

KINDERGARTEN & GRADES 1 & 2

Lesson 6

Lesson Objective:

- Batting and base running

Equipment Required:

- Foam bat
- Gym ball (soft balls)
- Cones



Safety Considerations:

Check the playing area for any hazards. Make sure the students are dressed properly for active movement. During game activity, instruct the students to throw the balls in the proper direction and not at other students. When the students retrieve balls, make sure they are careful not to be hit.

Entry Activity:

Split the students into 4 teams, 1 group per foam bat. Mark a start line approximately 15 feet from the back wall of the gym. Mark a finish line approximately 40 feet away from the start line. Have the 1st person in each team take the foam bat and spread out along the start line. One person from each team should be 5 feet past the finish line. Everyone else on each team should be behind the student with the bat, back against the wall.

One at a time the students take a swing at an imaginary ball, drop the bat, and run as fast as possible through their finish line. They continue until they receive a high five from a teammate that's 5 feet past the finish line. The runner then assumes that teammate's position to give the next runner a high five. After a student gives the runner a high five, they walk back (out of the way of runners) to the end of their teams' line.

Skill Development:

Teacher should demonstrate for students the proper stand for batting. Have them work in partners to practice the movement of batting without equipment. Teacher should move around the gym and provide feedback on stand and position.

Variations and progression:

A Close feet (compact stance) Wide feet (wide stance)

B Straight legs Bent legs

C High hands Low hands

D Bat pointing straight up Lying on shoulder

E Complete swings without ball

➔ **Key points:**

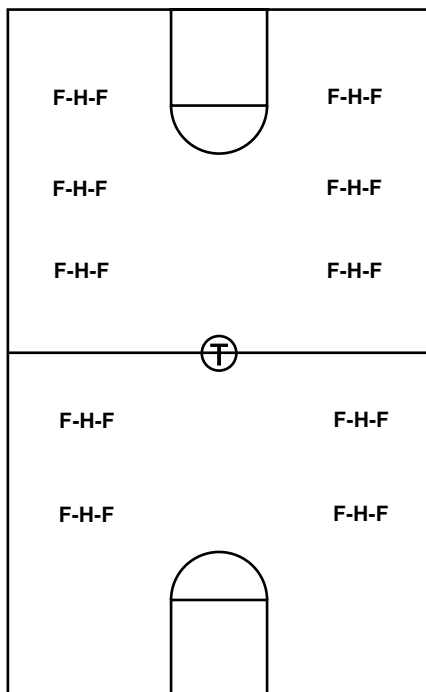
- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Game 1:

Separate the students into teams of 3, each team having 1 soft ball. Two students on a team are fielders and the other student is known as the hitter. Line up all the teams so they are all facing the same way. Place a fielder on either side of the hitter, roughly 5 feet away.

The batter faces the fielder with the ball, the ball tosser. The fielder tosses the ball underhand to allow the hitter to make contact with the open palm of their hand. If the hitter misses, the other fielder standing 5 feet behind the hitter catches the ball, and they become the ball tosser for the hitter. If the hitter hits the ball, the fielder who catches the ball trades positions with the hitter.

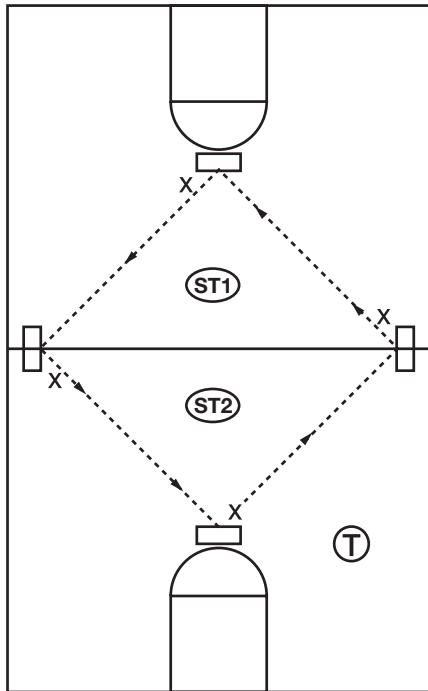
Ensure that all 3 team members get the chance to be the hitter.



Game 2:

Identify 4 large spots on the gym floor as bases (safe areas), each base is 30 feet away from the other. Players can only run counter-clockwise (the normal direction that players run around the bases). Two students are in the middle of the 4 bases (middle of the large diamond shape made by the 4 bases). All students spread themselves around on the bases (staying in the safe areas).

On the teachers' command, all students run in a straight to the next counter-clockwise base. The students do this while attempting to avoid the tag of the 2 students in the middle. If a student is tagged, they switch spots with the student who tagged them. They are now 1 of the 2 students in the middle.



LEGEND

X	STUDENTS	□	BASES
Ⓣ	TEACHER	ⓈT1	STUDENT 1
↓	DIRECTION OF MOVEMENT	ⓈT2	STUDENT 2

Focus Points:

- Run through the finish line (first base in real game)
- Direction in which you run from base to base
- Watch the ball all the way as you swing to make contact