

LEVEL	UNIT	LESSON Number 4	EQUIPMENT
Second Grade	Softball	Review The Steps Of Hitting With Tees	Control Cones, Tees, Bases, Whiffle Bats, Whiffle Balls,

Objectives

1. Physically demonstrate the skills of throwing overhand and underhand.
2. Verbally describe the steps to hitting a ball off of a tee.
3. Physically demonstrate hitting a ball off a tee. Choose the direction and then direct the ball to go there by batting it.
4. Have fun.
5. Play safely.
6. Play cooperatively with their groups of 3 to 6 players.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm Up and Practice Throwing	10	<p>Warm up with a fun warm up game using flags.</p> <p><u>Underhand/Overhand Tag.</u></p> <p>Everybody is it! When someone pulls your flag off, you have to go to one of the stations and throw the beanbag overhand or underhand into the hoop. Explain that each time they are caught, they should alternate using either overhand or underhand. (IE: if they choose overhand the first time, they should choose underhand the second time.) Once you get it in the hoop, retrieve the beanbag, placing it next to the marker where you found it, and then you can go back into the game! Continue throwing until you throw the beanbag inside the hoop.</p> <p>Have at least 12 areas to throw at. Explain to the students that they should go to a workstation that is empty. Clip hoops to a fence, or have them laying on the ground with a control cone in them (the control cone will help them see where the target is. Place a marker to indicate where to throw from, with a beanbag next to the marker. The marker should. Either throw the beanbag so that it hits inside the hoop while it's clipped to the fence, or throw the beanbag so that it lands inside the hoop while it is on the ground. You could even give a bonus point to anyone who hits the cone!</p>	
Part 2	10	<p>With the students in partners or threes, have them practice hitting. Be sure you review all the points of hitting the ball.</p> <p>In their groups of three, have the group get a tee, control cone whiffle bat and bases. Instruct the class to place their control cone tee inside one of the hoops. They should not move the hoops, under any circumstance. These are to be placed, spread out around the perimeter of your playing field, hitting away from any fences or obstacles that could cause the ball to be lost. Remember when they are hitting, you are using whiffle balls, so you can, using your good prudent judgment, allow your students to hit into the middle from two to three different directions.</p> <p>Batting [AT] (Give this direction to get your students working on the task of hitting. As they begin you can walk around and assess where you feel your students need the most instruction regarding hitting.)</p> <p>Each player in your group will get three (3) hits each, then rotate through again. Hit the ball off the tee.</p> <p>Following are safety rules you must insist your students follow.</p> <ol style="list-style-type: none"> 1. Only the batter may be standing near the tee. 2. Each batter should take three hits from the tee and then run out to the field. 3. When the batter finishes batting, they will place the bat on the 	

		<p>ground and run out to the field, tagging the player that should run in to bat next.</p> <ol style="list-style-type: none"> 4. Continue rotating around in order, taking turns batting until the teacher gives the signal to stop. 5. Watch out for other groups, Players and whiffle balls. 6. Call the ball if you are going to catch it, this will warn other players that the ball is coming near them. As you run for a ball, watch out for others. Better to miss the ball than crash into another classmate. <p><i>Remember, each question should be asked to the entire class, and then allow the class to work on the question before answering the question. During the time the students are working on the question the teacher should walk around and work with students individually. After a few minutes, stop the class and allow a few students to answer. Be sure you get mostly correct answers. If you don't, then you must find a way to reword the question so the students can work on it again. Be sure most of the students have the concept from the question before you move on to the next question.</i></p> <p><u>Guided Discovery Questions:</u></p> <ol style="list-style-type: none"> 1. Where do your eyes look as you are swinging the bat to hit the ball? (At the ball) 2. To get the most power, how should you hold your hands on the bat? (Hands together, strong hand on the top & weak hand on the bottom) 3. To get the most power where on the bat should your hands be? (Toward the bottom of the bat) 4. How should your arms look when you actually hit the ball? (Extended straight out over the tee) 5. What can your weak leg do to help you get more power and direct where the ball will go? (Step into the hit, in the direction of where the ball should go) 6. What should your strong foot do to help keep you stable as you hit the ball? (Stay planted) 7. As you begin the swing, which leg is holding most of your weight? (Strong/back leg) 8. As you follow through the swing, which leg takes the weight of your body? (The front leg) 9. Which surface of your body begins facing the pitcher? (The weak side) Which surface of your body finishes facing the pitcher? (The front surface) 10. Where on the ball should you make contact if you want the ball to go on the ground? (On top of the ball) 11. Where on the ball should you make contact if you want the ball to go up in the air? (Underneath the ball) 12. Where on the ball should you make contact if you want the ball to go straight out like a line drive? (In the center of the ball) 13. If you want the bat to swing level with the ground, what part of your body should bend in order to adjust to the height of the ball? (The knees) <p>Once you are satisfied with the class's performance of the skill taught, you can have them Practice the new skill.</p>	
Part 3	10	<p>2v2 or 3v3 One Base hitting game. Batter hits off the tee. The batter must run from Home, to first and back to home before the fielders get the ball, and throw it to a player on their team who is waiting at home. If the player with the ball is at home before the runner makes it back to home, the runner is out. If the runner makes it back home before the ball gets back to home then the player's team scores a run. All players on the team get to bat, and then switch rolls.</p>	