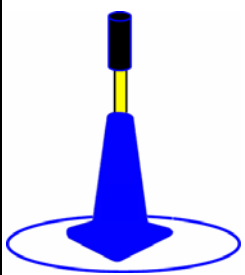


LEVEL	UNIT	LESSON Number 5	EQUIPMENT
Second Grade	Softball	Hitting An Underhand Pitch	Wiffle balls, Tees, Control Cones, Hoops, Clips, Wiffle bats, Markers, bases.

Objectives

1. The students will demonstrate an underhand pitch during the game of pitch tag.
2. The students will verbally describe the points to hitting a ball.
3. The students will demonstrate hitting an underhand pitch.
4. Students will play fairly in their groups of three.
5. Students will have fun.
6. Students will play safe, watching for others as they are hitting and fielding the ball.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1 Review underhand pitching. Warm Up.	10	<p><u>Pitch Tag.</u></p> <p>Everybody is it! When someone pulls your flag off, you have to go to one of the stations and Pitch the ball underhand into the hoop. Explain that each time they are caught; they should pitch three strikes from the marker, which will be placed where the pitcher's mound would be. Once you pitch three strikes, 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 propped in a control cone in them Place a marker to indicate where to throw from, with a wiffleball next to the marker. 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 goes through the hoop while it is on the control cones.</p>	As the students are pitching, praise them and remind them of the points to throwing overhand.
Part 2 Review Hitting	10	<p>In their groups of three, have the group get a tee, control cone whiffle bat and three whiffleballs. 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>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 ground and run out to the field, tagging the player that should run in to bat next. 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>As the class is hitting, stop the class and verbally review the points of hitting</p>	<p>While the students are batting, you should walk around to the different zones, watching and coaching. Point out any student or group that is doing a good job.</p> <p>Be sure to spread the hoops far enough apart so that no student can strike another batter with the bat, from either side of the plate. There should be at least six bat lengths between each tee.</p> 

		<p>the ball. Ask the questions one at a time, allowing a student/s to answer and then let them practice focusing on that point. After a minute of practice, ask the next question.</p> <p>Guided Discovery Questions:</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. 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>Part 3 Hitting an Underhand Pitch</p>	<p>10</p>	<p>In groups of 3 let the students take turns hitting an underhand pitch. Be sure all the players take the roll of Pitching, Fielding and Hitting. Remember that the catcher has no protective clothing; so <i>do not have the catcher play the roll of regulation catcher.</i> The best way to set up this lesson would be to use your hoops clipped to a fence or taped to a wall to be used as strike zones. It will be easy to tell strikes because if the batter doesn't swing but the ball hits inside the strike zone the group will see it. Allow the students to take three hits, or three strikes. If they get three strikes before a hit they are out and must go to the field. If they hit three pitches before they strike out, they must still go to the field. Any ball hit with the bat is considered a hit for this game.</p>	