

<b>Age: 1.5 - 3</b>		<b>Sport: T-Ball</b>	
<b>Duration:</b> 45 mins	<b>Physical Skills:</b> Holding the bat, catching, throwing	<b>Social Skill:</b> <b>Sharing</b>	<b>Stickers:</b> T-Ball, <b>Sharing</b>

<b>Instructions</b>	<b>Language</b>
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<b>Welcome!</b>	<b>Equipment: N/A</b>
<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> <li>1. Introduce the sport - holding out t-ball bat and ball</li> <li>2. Talk about the actions we do in t-ball.</li> <li>3. Introduce the social skill.</li> <li>3. Talk about what <b>sharing</b> is and how we use it.</li> </ol>	<p>Has anyone seen this bat before? Has anyone seen baseball played before?</p> <p>Today we are playing... T-Ball! Which is very similar to baseball if you have ever seen that!</p> <p>We use tees to hit the balls. To use the tees we just place the ball on top of it and we hit the balls with this bat!</p> <p>The balls are a little small in T-Ball, which can make them a little tricky to catch. But we are all going to practice and get better at it together!</p> <p>Today, we are going to work on catching, throwing, and holding the bat.</p> <p>In t-ball and baseball, not everyone playing gets a bat at all times. Usually it is just one person who uses the bat at a time. They have to <b>share</b> the bat!</p> <p>Today we are going to work on <b>sharing</b>.</p> <p><b>Sharing</b> means that we don't just keep things to ourselves, we also let our friends try the same things.</p> <p>We can also <b>share</b> equipment! So, if I give my bat to a friend to use, I am <b>sharing</b>!</p> <p><b>Sharing</b> makes it fun for everyone to play!</p>

<p><b>Note:</b></p> <ol style="list-style-type: none"> <li>1. <b>Start the lesson by setting up the circle of cones/pylons for everyone to meet at.</b></li> <li>2. <b>Complete a couple laps around the circle as dinosaurs (1-2).</b></li> <li>3. <b>Then, always move into the second warm-up again after.</b></li> </ol>
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<b>Warm-Up: Get Moving! ~ 5 - 10 mins</b>	<b>Equipment: Cones</b>
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<p>Set up a circle of cones in the middle of the playspace and have everyone find a spot.</p> <p>Start by talking about why we always warm-up.</p> <p>Try to ask some kids in the group if they have heard of dinosaurs. Ask them if they have a favourite dinosaur they want to share.</p> <p>If they do, try to move around the circle like that dinosaur.</p> <p>Another option is to suggest animals to the group (if the kids are shy or you want to incorporate a few other animals).</p> <p>Then move around the circle like that animal.</p> <p>Some examples: - T-rex: move around the circle with little t-rex arms. - Pterodactyl: fly around the circle with big pterodactyl wings.</p>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Who has heard of dinosaurs??</p> <p>Does anyone in the group have a favorite dinosaur they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's move around the circle like a ____.</p> <p>Or</p> <p>Who wants to know coach's favourite dinosaur?!</p> <p>I think we should be.... (use examples)</p>
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<b>Head, Shoulders, Knees, &amp; BLANK</b>	<b>Equipment: Balls, cones, pylons, ground markers</b>
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<p>Have all players line up (on a end or line) on one side of the play space.</p> <p>On the other side of the play space, randomly disperse many types of equipment (tall cones, flat cones, different balls, ground markers, etc).</p> <p>Play Head, Shoulders, Knees and toes while calling the actions at random. Then, yell out a piece of equipment or color that the players must run to retrieve and bring back.</p> <p>When calling a ball type, i.e. soccer ball, players could dribble the ball back.</p> <p>Equipment can be placed into hula hoops or by the coach once retrieved.</p> <p>Play until all equipment is collected.</p>	<p>Okay GoPlayers, let's all go line up there! (wherever you would like them to)</p> <p>Let's do a practice round before we start this game.</p> <p>When I say "head", where do you think you touch? Yes, your head! (touching your head)</p> <p>When I say "shoulders", where do you think you touch? Yes, your shoulders! (touching your shoulders)</p> <p>When I say "knees", where do you think you touch? Yes, your knees! (touching knees)</p> <p>Good job GoPlayers!</p> <p>Now does everyone see the balls and cones and other equipment?</p> <p>If you hear me say one of those items I want everyone to run like a cheetah and grab whatever I called out!</p> <p>Do you think we can turn our listening ears on to play this game? Yes we can!</p> <p>Let's see if we can collect ALL of the equipment.</p>
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**Physical Skills ~ 10 - 15 mins**  
**Throwing and Catching**

**Equipment: Hula hoops, balls**

Have each kiddo and their parent find their own space in the play area with a ball.

Demonstrate to the kids how they can throw the ball. Turn your body, point, ball by the ear and throw!

They can start seated then move to standing throwing! We want one handed throws in T-Ball.

Level up: if there are enough hula hoops for each pairing, give each parent a hula hoop. The kids can now work on throwing the ball through the hula hoop to work on their aim.

If there are not enough hula hoops, have the coaches walk around with a hula hoop and let each kiddo try a couple throws through the hoop.

Kiddos and parents, go find your own space with a ball.

GoPlayers, who has thrown a ball before?

Awesome! Let's try for T-Ball.

Without a ball, let's see if you can all practice these actions with me. Turn your body, point, ball by the ear and throw!

We are going to pass with our parents!

Now let's see if you can throw right through the hula hoop!

**Roll, Catch, Throw!**

**Equipment: Balls**

Now that the kids have worked on throwing and catching, have the parents roll the ball to the kids, they can pick it up and then throw it back to their parent.

This is mimicking a ground ball! You can explain that sometimes the ball doesn't come from the air, it may also be on the ground.

Some of the kids might want to be the one rolling, try to get them to practice a couple times picking it up and throwing but if they really want to roll that is okay too.

Sometimes in T-Ball, the ball isn't just in the air flying, sometimes it is also on the ground, rolling!

Even when it is rolling, we need to scoop it up like ice cream and then throw it!

**Social Skill ~ 10 mins**  
**Hit and Retrieve Battleship**

**Equipment: Cones/pylons, balls, bats**

Set up pylons/cones all around the field with a ball on top.

Depending on how many bats you have, that is how many groups you will form.

So if you have two bats, also set up two cones/pylons for the groups to stand behind. Split the kiddos into their groups.

Start by showing how to swing a bat, stand beside the ball

\*\*Make sure the kiddos are split into the appropriate number of groups and standing behind their cone/pylon.

Okay GoPlayers, now that we are in our groups, does everyone see the pirate ships all over the play space!!

We need to knock over those ships but we only have a certain number of bats.

<p>and swing through. The main point for them to work on will be using both hands to swing the bat.</p> <p>The goal is for the first kid in each group to run around the field and hit the ball off the pylon with their bat (only once).</p> <p>Have the player run with the bat, swing it at the "target" then run back to their teammate and give them the bat so they can take a turn - emphasis on <b>SHARING!</b></p> <p>Level up: Set a timer, have the kids knock over as many pylons as a group in 1 min, 30 seconds etc.</p>	<p>This means we need to work together and <b>share</b> to defeat the ships!</p> <p><b>Sharing</b> means that one person in our group will have the bat, knock over ONE ship and then come back and give the bat to the next friend in their group so that everyone can help defeat the ships!</p> <p>Parents, please help guide your kiddo and make sure they are just knocking one over so that everyone gets a turn.</p> <p>WOW! That was quick, should we see how fast we can defeat the pirate ships in this round?</p>
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<p><b>Game/Fun Activity ~ 10 mins</b> <b>Red Light, Green Light Toss</b></p>	<p><b>Equipment: Ball</b></p>
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<p>Players line up on one side of the field.</p> <p>Coach will throw a ball up in the air.</p> <p>When the ball is in the air players run forward towards coach.</p> <p>As soon as the ball hits the ground players need to stop. If players run when the ball is not in the air they need to start over!</p> <p>The goal is to get to the other side of the field.</p>	<p>Let's play one more game GoPlayers!</p> <p>Everyone go line up on that end of the play space.</p> <p>When coach throws this ball in the air, you can all run fast like cheetahs towards me.</p> <p>Once the ball hits the ground, you must FREEZE!</p> <p>Can I see everyone's best FREEZE! Good job!</p> <p>So, what are you doing when the ball is in the air? Yes, run run run!</p> <p>When the ball hits the ground, show me what we do! Yes, FREEZE.</p> <p>Do you think you can make it all the way to coach?!</p>
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<p><b>Clean-Up</b></p>	<p><b>Equipment: N/A</b></p>
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<p>Have the kids help with clean up.</p> <p>Countdown from 3 and have the kids run as fast they can to grab all of the balls and bring to coach.</p> <p>Count down again and do the same for any other equipment.</p> <p>Give out high fives as they bring the equipment to you!</p> <p>Make sure to say thank you ____, using the kiddos names as much as you can.</p>	<p>Let's see you quickly you can bring all of the balls to me!</p> <p>Now let's do it again for ____!</p>
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<p><b>Review!</b></p>	<p><b>Equipment: Bat and ball</b></p>
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<p>Hold out the bat and ball to the kids.</p>	<p>Can anyone remember what the sport we played today is called?</p> <p>Yes, T-Ball!</p> <p>Can I hear everyone say "t-ball"?</p> <p>Who remembers what skill we worked on?</p> <p>Yes, catching!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced <b>sharing!</b></p> <p>I know it is a big word, but can I hear everyone say "<b>I practiced sharing!</b>"!</p>
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<p><b>Cheer!</b></p>	<p><b>Equipment: N/A</b></p>
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<p>GO! PLAY! GO! PLAY! Have the coach yell 'GO' and the kids yell 'PLAY'</p>	<p>Be as LOUD as you can!</p> <p>I can't hear you!</p>
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	Again, louder!!
<b>Stickers</b>	<b>Equipment: Sticker boxes</b>
Hand out T-Ball and <b>Sharing</b> stickers	Try to use the kiddos names as you hand out their stickers: Good job ____! Thanks for a great class ____! Thanks for being awesome!