

Age: 5 - 7		Sport: Week 1 - T-Ball	
Duration: 55 mins	Physical Skills: Catching	Social Skill: Sharing	Stickers: Catching, Sharing

Instructions	Language
Welcome!	
Equipment: N/A	
<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> 1. Introduce the sport - holding out t-ball bat and ball 2. Talk about the actions we do in t-ball. 3. Introduce the social skill. 3. Talk about what sharing is and how we use it. 	<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.</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 share the bat!</p> <p>Today we are going to work on sharing.</p> <p>Sharing means that we don't just keep things to ourselves, we also let our friends try the same things.</p> <p>We can also share equipment! So, if I give my bat to a friend to use, I am sharing!</p> <p>Sharing makes it fun for everyone to play!</p>
<p>Note:</p> <ol style="list-style-type: none"> 1. Start the lesson by setting up the circle of cones/pylons for everyone to meet at. 2. Complete 2-3 warm-up actions. 3. Then, always move into the second warm-up again after. 	
Warm-Up: Get Moving! ~ 5 - 10 mins	
Equipment: Cones	
<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 a movement they want to share.</p> <p>If they do, try to all complete that movement.</p> <p>Some examples: - Reach high to the sky - Jumping jacks - Reach low to the ground - Arm circles - Running on the spot - High knees</p>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Does anyone in the group have a warm up action that they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's try!</p> <p>Or</p> <p>Who wants to know coach's favourite ways to warm up?!</p> <p>I think we should do.... (use examples)</p>
T Tag	
Equipment: N/A	
<p>This is a variation of tag that plays on the "T" in "T-Ball".</p> <p>The kids will spread out around the play space.</p> <p>Either have the coach start as "it" or pick 1-2 kids to be "it".</p>	<p>Who remembers what sport we are playing today??</p> <p>Yes, T-Ball! And what letter is in that word?</p> <p>Yes, a "T"!</p>

<p>The tagging part of the game is standard, but when a kid is tagged, they have to stand where they are as a T (feet together, arms straight out).</p> <p>Another player has to come and run under their arm to free them.</p> <p>Once someone runs under one of your arms that are in a "T" position, you can rejoin the game.</p> <p>Play a couple of rounds to switch up who is "it".</p>	<p>How can we stand as a "T"?</p> <p>Exactly!! We are going to play T Tag!</p> <p>So, when you are tagged, you have to stop where you are and hold a "T" position! Let's see everyone's "T" position.</p> <p>Good job!</p> <p>The way that you get to rejoin the game is by having a friend run under your T arm.</p>
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Physical Skills ~ 15 - 20 mins

Catching

Equipment: Balls

We are going to introduce catching to the kids.

Have them grab a ball and spread out to find their own space.

Show them how to bend their knees and be in a good stance for playing t-ball.

Then show them how they don't want to have their arms out like a cup of soup (out in front of their stomach in a cup position) but instead out in front of them like a high five.

Have them all show this without any equipment.

Then, show them how they can throw the ball up with their one hand and then try to catch it with their other hand. Try to encourage the catching in more of the high five position but this will be challenging for some kids, so just motivate them to try catching it with one hand at all.

See how many catches in a row the kids can make.

[Example](#)

Okay GoPlayers!, who wants to try some t-ball skills??

Let's do it! We are going to watch coach and then get to try ourselves.

We don't want our hands out like a bowl of soup...

We want our catching hand up like we are going to give a high five!

Let's see... knees bent, get low! Now, catching hand up like you are giving a high five.

Good job, GoPlayers!!

Now, who wants to see how many catches in a row you can make?

Try to count your catches and beat your own personal best!

Up Top, Down Low

Equipment: Balls

Put the kids into partners. Have one ball per pairing.

This is going to work on their hand-eye coordination to get better at catching.

Coach will either call out up top (underhand pop ups) or down low (underhand low balls). They will get 10 throws/catches with one of the calls and then coach will switch.

Encourage them to count how many in a row they can get and then have the pairs try to beat their own records.

[Example at 6:18](#)

Let's keep working on our catching!

We are going to be working with a partner to either catch pop ups, so catching in a high five position high up (demo) or catching the low balls down low (demo).

For both we will need to keep our eyes on the ball and remember what we were just working on!

Social Skill ~ 10 - 15 mins

Treasure T-Ball Relay

Equipment: Balls

Set up two tees.

Place one hula hoop between these two tees. Fill it with all of the balls. The only purpose of this hula hoop is to hold the balls.

Place a cone a few steps away from each tee to mark where the kids will line up.

Then, place one hula hoop to the side of each line of kids. These will be kept empty. These are each team's treasure chests.

Okay GoPlayers!, can everyone point to the cones. Good job.

See how we are behind the cones right now?

We are all going to stay behind it UNLESS we are the one who is throwing. Can we set a goal as a group to do this?

I know we can do it!

For this game, we are all on a pirate ship!

The pirates took all of our treasure!!!

<p>Split the kids into two groups, have each group line up behind the cones.</p> <p>This is going to be a relay race where the first two kids will step past the cone, grab a ball from the middle hula hoop and throw it as far as they can.</p> <p>Then, they will go run after their ball, run back and put it in the hula hoop that is beside their tee (their treasure chest).</p> <p>As soon as they have passed the cone, the next person in line can go.</p> <p>The cone is the throwing zone and everyone else should be behind it for safety.</p> <p>Go until all of the balls are out of the middle hula hoop.</p> <p>The group with the most balls in their team's hula hoop "wins", but this is not about winning!</p>	<p>We want to get it back, so we are going to take one piece of treasure back at a time.</p> <p>One at a time, we will get to throw the treasure off of the ship, chase after it, and bring it back to our team's treasure chest.</p> <p>Can we get all of our treasure back??</p> <p>We are going to be practicing sharing because we are going one at a time! We need to work together to get the treasure back.</p>
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<p>Game/Fun Activity ~ 10 - 15 mins Ball Toss Race</p>	<p>Equipment: Ball</p>
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<p>Have all of the kids line up on one side of the play space.</p> <p>The coach will go to the other side and face the kids. Coach will have a ball in their hand.</p> <p>When everyone is ready, coach will throw the ball up in the air and then kids have to run towards coach.</p> <p>When the ball lands back in coach's hand, the kids have to stop running and freeze in a t-ball ready position (knees bent, hand out ready to give a high five).</p> <p>Keep doing this until the kids reach you.</p> <p>Make it interesting by throwing the ball up in different ways:</p> <ul style="list-style-type: none"> - Throw some high so the kids have to run farther - Some quick throws for short distances - Fake throw 	<p>Okay GoPlayers, who remembers their t-ball ready position? Let's see you all do it.</p> <p>Good job! For this game, that is how you are going to have to FREEZE.</p> <p>When the ball is up in the air you can run towards coach, and when it lands back in coach's hands, we need to see everyone in that ready position!</p> <p>You will all need to keep your eyes glued to the ball to know when to stop running!</p> <p>Let's see if you can make it all the way to coach.</p>
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<p>**If you know the kids names well, you can play: Belly Down</p>	<p>Equipment: Ball</p>
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<p>If you know the kids' names well, you can play this game!</p> <p>Have the kids line up on one side of the play space.</p> <p>They will lay on their stomachs in this line.</p> <p>Coach will stand in front of the kids with a ball.</p> <p>Coach will call out a kid's name then roll the ball towards them. That GoPlayer has to jump up, catch the rolling ball, roll it back to coach and then get back on their stomach.</p> <p>Give each kid a chance to try.</p>	<p>Sometimes in t-ball the balls aren't only in the air, they can also roll, which is called a ground ball!</p> <p>We are going to have to turn on our listening ears for this game!</p> <p>Everyone will be on their bellies and need to listen carefully for their name.</p> <p>When you hear your name you need to jump up quickly to catch the rolling ground ball!</p> <p>Then you get to roll it back to coach and lay back on your stomach.</p>
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<p>Clean-Up</p>	<p>Equipment: N/A</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>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>Make sure to say thank you ____, using the kiddos names as much as you can.</p>	
<p>Review! Equipment: Bat and ball</p>	
<p>Hold out the bat and ball to the kids.</p>	<p>Can anyone remember what the sport we played today is called? Yes, T-Ball! Can I hear everyone say "t-ball"? Who remembers what skill we worked on? Yes, catching! Now, who remembers what social skill we worked on today? We practiced sharing! I know it is a big word, but can I hear everyone say "I practiced sharing!"!</p>
<p>Cheer! Equipment: N/A</p>	
<p>GO! PLAY! GO! PLAY! Have the coach yell 'GO' and the kids yell 'PLAY'</p>	<p>Be as LOUD as you can! I can't hear you! Again, louder!!</p>
<p>Stickers Equipment: Sticker boxes</p>	
<p>Hand out Catching and Sharing stickers</p>	<p>Try to use the kiddos names as you hand out their stickers: Good job ____! Thanks for a great class ____! Thanks for being awesome!</p>