

Age: 5 - 7		Sport: Week 3 - T-Ball	
Duration: 55 mins	Physical Skills: Hitting	Social Skill: Teamwork	Stickers: Hitting, Teamwork

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 teamwork 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>Last class we worked on throwing, now we will get to work on hitting!</p> <p>It is important to practice teamwork when we play all sports.</p> <p>Today we are going to work on teamwork..</p> <p>Teamwork means that we don't just do this by ourselves, we also play with our friends, as a team!</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>
Funny Races	
Equipment: N/A	
<p>Have the kids line up on one end of the play space.</p> <p>Everyone has to run from one side of the playing area to the other while being a silly animal or character.</p> <p>Have each kiddo choose a different animal or character for each pass - if it is a big group, coach should choose so you aren't running for 10 straight minutes or make the playing field smaller!</p>	<p>Okay GoPlayers!, Let's all RUN RUN RUN to the other side of the play space like a _____.</p> <p>I want to see you be as silly as you can!</p>
Physical Skills ~ 15 - 20 mins	
T-Ball Safety Talk!	
Equipment: Bats	

<p>Before playing any games with the bats, have a quick safety talk with the group and show the kiddos how to hold the bat.</p> <p>Have all of the kids face coach.</p> <p>First, coach will show the group.</p> <p>When showing the group, hold the bat upwards with your one hand against the bottom of the handle, resting against the knob. Your other hand will go on top of your first hand, so your palms are facing inwards and wrapped around the grip.</p> <p>Then, show the kids the 360 rule. This means that you are holding the bat in front of you, either the barrel or the handle, and if you ever want to turn around while holding the bat, you have to turn 360 degrees. So your head/torso is rotating but the bat is staying close to you and not swinging as you turn.</p> <p>This is so that kids don't quickly turn around, swing the bat and hit another kid who is beside or behind them.</p> <p>Have the kids get into 2 lines. The coaches will now have them each come up to one of the bats and try.</p> <p>It is not the most exciting but it is necessary!</p> <p>Example</p>	<p>Okay GoPlayers!, who remembers how to hold a bat from last class??</p> <p>Let's review!</p> <p>We need our eyes on coach and listening ears on!</p> <p>T-Ball is superrrr fun, but we need to be awesome GoPlayers! today to make sure everyone is being safe.</p> <p>Okay GoPlayers, now that you have seen coach hold the bat and do the 360 rule, let's all try before we start playing!</p> <p>Who wants to try?! Let's line up behind the bats.</p> <p>Can we practice our sharing and let each of our friends hold the bat?</p>
--	--

Hitting Practice	Equipment: Balls, tees, bats
-------------------------	-------------------------------------

<p>Set up the tees.</p> <p>Rest the balls on top of the tees.</p> <p>Put a cone a good distance back from the tees where the kids will line up.</p> <p>This also creates a safe "hitting zone"</p> <p>Remind the kids of the proper way to hold a bat.</p> <p>One at a time they can come up and have a try.</p> <p>If you have two lines, make sure both have hit before you let them retrieve their balls.</p>	<p>GoPlayers!! Who wants to try hitting off the tees?</p> <p>We are going to practice!</p> <p>Remember our safety tricks that we just talked about. And we are going to make sure that if we are not the one person getting to hit, that we are waiting behind the cones.</p> <p>Only coaches and one person hitting can be in the hitting zone at a time. Can we do that?!</p> <p>Yes, we can!</p>
--	---

Hitting Practice Progression	Equipment: Bases, grounds markers, tee, bat, balls
-------------------------------------	---

<p>Progress on hitting practice by adding in base running as well.</p> <p>Do a progression on this where a t-ball diamond is set up (bases, tee). Have the kid's line up and get to practice hitting the ball off the tee and then running the bases.</p>	<p>Let's develop on the hitting practice we were just working on!</p> <p>Now, we will add running the bases as well. Because when we play t-ball, we hit and then run run run!</p> <p>We will be working on this even more when we try playing a t-ball game later!</p>
---	---

Social Skill ~ 10 - 15 mins Frog Jump Relay Race	Equipment: Balls, cones
---	--------------------------------

<p>Depending on the amount of kids in the group, split them into approximately 2 teams.</p> <p>Have a cone/pylon at the start of each line.</p> <p>When coach says go, the first person in line will pick up the cone/pylon and do a frog jump forward, holding the cone.</p> <p>A frog jump will be them trying their best to take one long leap forward using both legs.</p> <p>After their one frog jump, they will put the cone/pylon down</p>	<p>Okay GoPlayers!, who knows what a frog is? How do they move?</p> <p>Yes! They jump!</p> <p>Can I see everyone practice their best frog jump? Awesome!</p> <p>We are going to work together in our teams by moving the cone all the way to the other end!</p> <p>We want to try and do it as quickly as we can!</p>
--	--

<p>where they landed and run to the back of the line.</p> <p>The next person in line has to run up to where the cone/pylon is and do the same thing.</p> <p>Repeat these actions until they make it all the way to the other end of the play space.</p> <p>The teams can have a bit of healthy competition to push each other to go quickly! Example</p>	<p>Only one person is jumping with the cone at a time so we really need to be practicing our teamwork and cheering our friends on!</p>
<p>Game/Fun Activity ~ 10 - 15 mins T-Ball Game Equipment: Bat, tee, ball, ground markers/bases, hula hoop</p>	
<p>This is going to be a simplified and organized game of T-Ball to introduce the kiddos to some of the ways a real game works.</p> <p>Split the kids into two groups.</p> <p>Have the ground markers/bases set up the way a regular game would be.</p> <p>Put one tee at home. Place a hula hoop just in front of second base and a line of cones just in front of the hula hoop (so closer to home, in front of second base).</p> <p>One of the groups will line up at the tee, the other group will line up behind second base.</p> <p>One at a time, the kids will take their turn hitting the ball off the tee. The person at the front of the line at second base will wait until the ball is hit and then have to grab it and run it back to the hula hoop.</p> <p>These kids go to the backs of their lines and the next kids up can go.</p> <p>Give everyone a couple tries and then switch the groups.</p> <p>Example</p>	<p>Who wants to try putting all of the skills we have learned so far together into one game??</p> <p>Let's do it!</p> <p>Okay GoPlayers, let's all work together to make this game run smoothly.</p> <p>All positions are important in T-Ball and we will ALL get a turn at both so let's all be patient team players!</p>
<p>Clean-Up Equipment: N/A</p>	
<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>
<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?</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, hitting!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced teamwork!</p>

	I know it is a big word, but can I hear everyone say “I practiced teamwork”!
Cheer!	Equipment: N/A
GO! PLAY! GO! PLAY! Have the coach yell ‘GO’ and the kids yell ‘PLAY’	Be as LOUD as you can! I can’t hear you! Again, louder!!
Stickers	Equipment: Sticker boxes
Hand out Hitting and Teamwork stickers	Try to use the kiddos names as you hand out their stickers: Good job ____! Thanks for a great class ____! Thanks for being awesome!