

Age: 5 - 7		Sport: Week 4 - T-Ball	
Duration: 55 mins	Physical Skills: Base running	Social Skill: Patience	Stickers: Base Running, Patience

Instructions	Language
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Welcome!	Equipment: N/A
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<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 patience 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 hitting, now we will get to work on base running!</p> <p>It is important to practice patience all the time and also in sports!</p> <p>Has anyone here ever had to wait their turn to do something?</p> <p>Yes! Well that means you have already practiced patience before.</p>
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<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
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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 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>
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T Tag	Equipment: N/A
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<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>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>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>How can we stand as a "T"?</p> <p>Exactly!! We are going to play T Tag!</p> <p>Who remembers playing it during our first class of T-Ball??</p> <p>So, when you are tagged, you have to stop where you are and hold a "T" position! Let's see everyones "T" position.</p>
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<p>Play a couple of rounds to switch up who is "it".</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>
<p>Physical Skills ~ 15 - 20 mins Back Up! Equipment: Balls, cones/pylons</p>	
<p>Have the kids get into partners.</p> <p>Each person will have a cone and they will also have one ball between partners.</p> <p>The cone is for marking where each person is standing.</p> <p>Have the partners find their own spot in the play space.</p> <p>They will place the cones somewhat close together to start and practice throwing and catching the ball between them.</p> <p>Pick a certain number of successful throws/catches that they have to complete in order to take a step back/move their cones/pylons farther from each other.</p> <p>Keep doing this so they have a chance to move their cones/pylons apart by a good distance.</p>	<p>Who remembers when we practiced catching and throwing?</p> <p>Who remembers playing back up! Let's warm up our throwing and catching by trying this again and see if we can beat our number of successful throws/catches! Who thinks they can do that??</p> <p>Remember, we don't want our hands out like a bowl of soup...</p> <p>We want our catching hand up like we are going to give a high five!</p> <p>Let's see... knees bent, get low! Now, catching hand up like you are giving a high five.</p> <p>Good job, GoPlayers!!</p> <p>Now we are going to add throwing in as well!</p> <p>In our partners, we are going to try to make ___ successful throws/catches and then you can take a step back so you have even farther to throw!</p>
<p>Run The Bases Equipment: Bases</p>	
<p>Depending on the amount of kids in the group and the space that you have, set up 1-2 "diamonds" using the markers.</p> <p>As a whole group, start by lining up behind the coach. The coach will lead the group around one of the diamonds, jumping on the markers (the bases) each time you pass one.</p> <p>Go through this a couple of times so the kids get an idea of the path they run.</p> <p>Then, split the class up between the diamonds.</p> <p>Once the kids have gone a few times, you can time them to have a healthy competition of seeing who the fastest kiddo is!</p>	<p>Okay GoPlayers! let's put our running skills to the test and also learn how to run the bases. We worked on this a little bit last week, but we are going to keep it going this week!</p> <p>Does everyone see the colourful circles? Those are our bases!</p> <p>Everyone line up behind me, and follow where I go! I want to see you hopping like a bunny on each colour you pass.</p> <p>Now, let's split up and try one at a time!</p> <p>Should we time each other and see how fast we can go??</p>
<p>Social Skill ~ 10 - 15 mins Run the Bases - Extension! Equipment: Ball, cone/pylon, bases/ground markers</p>	
<p>Keeping the bases out from the last activity, we are going to extend that game to also work on patience.</p> <p>After the healthy competition segment in the last activity, have the kids line up behind a cone near home.</p> <p>The first kiddo in line will step up to home.</p> <p>Coach will throw the ball and the player will catch it and then throw it back to the coach.</p> <p>Once they have thrown it back to coach, they will run to first base and stop.</p> <p>The next player in line will step up to complete the same actions.</p> <p>The player at first can only run to second once the next player in line has started to run to first.</p> <p>They must be patient at each base and watch for when it is time to run to the next base.</p>	<p>Okay GoPlayers!, who wants to add on to the activity we were just working on??</p> <p>Well, we don't get to always speed through the bases when we play t-ball. Sometimes we need to practice patience while we wait at a base.</p> <p>So, we can only run to the next base when our friend is running to the base we are currently standing at.</p> <p>We will have to be patient and also cheer our friends on as they complete a home run!!</p>

<p>This pattern continues until all the players have completed a home run.</p>	
<p>Game/Fun Activity ~ 10 - 15 mins Base Tag Equipment: Bases</p>	
<p>This is a variation of tag that involves the kickballs.</p> <p>First, place a few of the markers around the playspace. These will be safe spots.</p> <p>Start with just one person being it. They will be running with a ball.</p> <p>They have to tag others by tapping them with the ball.</p> <p>When the other kids are being chased, they can jump on a marker to be safe from being tagged.</p> <p>They can only stay on the marker for 5 seconds and the person it has to keep running and can't wait at the marker.</p> <p>When you are tagged, you can grab a ball and start tagging others.</p> <p>Note: if the balls are not working, you can play without them and just use your hands to tag.</p>	<p>When we play T-Ball we can be safe by jumping on the bases, as we practiced earlier when we ran the bases!</p> <p>So, if you are being chased, you can jump on a marker to be safe.</p> <p>BUT, you can only stay there for 5 seconds.</p> <p>If you are the person chasing them, you just have to move on and cannot wait for them.</p> <p>Let's still all work as a team and be good sports when we play this game!</p> <p>If you get tagged, it is okay because you get to join the tagging team and help your friends get the others!</p>
<p>T-Ball Game Equipment: Bat, tee, ball, ground markers/bases</p>	
<p>Remind the group about bat safety!</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>Have the ground markers/bases set up the way a regular game would be.</p> <p>Put one tee at home.</p> <p>You can start by having the kiddos get to hit the ball off the tee and then run the bases. Each kid gets at least one turn.</p> <p>If this is as far as the kids can go with this activity, that is okay! Have the kids cheer their friends on when they hit and run.</p> <p>Level up: after they have done this a couple of times, split the kids into two groups.</p> <p>Half the kids will line up at the tee. The other half will go out in the outfield.</p> <p>See if you can get the outfielders to race quickly to the balls when they are hit. Play so that when an outfielder picks up the ball, that is when the kid who hit the ball stops running.</p> <p>Level up: if the group is doing well with this, include the aspect of actually tagging the person who hit the ball or making it to the base first.</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! We can expand on the game we played at the end of last class!</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>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>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>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, base running!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced patience!</p> <p>I know it is a big word, but can I hear everyone say “I practiced patience!”!</p>
<p>Cheer! Equipment: N/A</p>	
<p>GO! PLAY! GO! PLAY!</p> <p>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> <p>Again, louder!!</p>
<p>Stickers Equipment: Sticker boxes</p>	
<p>Hand out Base Running and Patience stickers</p>	<p>Try to use the kiddos names as you hand out their stickers:</p> <p>Good job ____!</p> <p>Thanks for a great class ____!</p> <p>Thanks for being awesome!</p>