

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

Instructions	Language
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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 communication is and how we use it. 	<p>Who can remember what we are playing?</p> <p>Yes, T-Ball!</p> <p>Last week we worked on grounders, this week we are going to work on positions.</p> <p>It is important to practice communication when we work with others!</p> <p>Today we are going to work on our communication.</p> <p>Communication is a BIG word. But it involves talking using our mouths (point to mouth), or listening using our ears (point to ears), or even using our bodies!</p> <p>Which are all things we know!</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 a couple laps around the circle as animals (1-2). 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 favourite animal they want to share.</p> <p>If they do, try to move around the circle like that animal.</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:</p> <ul style="list-style-type: none"> - rabbits/bunnies: hop around the circle - penguins: waddle around the circle with feet turned out - giraffe: stand on tippy toes and put both arms up in the air for the neck and walk around the circle - cheetah: run as fast as you can around the circle - bird: move your arms up and down (flapping like wings) to fly around the circle 	<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 favorite animal 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 animal?!</p> <p>I think we should be.... (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>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>
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<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>Who remembers playing this game before? Should we try it again?!</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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<p>Physical Skills ~ 15 - 20 mins Simon Says, Positions!</p>	<p>Equipment: Bases/ground markers, cones/pylons</p>
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<p>For this activity, we want to solidify the different positions of playing t-ball.</p> <p>Set up a normal game with bases/ground markers, but also put cones/pylons in the outfield to indicate left field, center field, and right field.</p> <p>If you are standing at home base and looking out at the diamond, that is the proper order to left, center, and right field.</p> <p>As a group, walk the different positions: first base, second base, third base, left field, center field, right field, having the kids yell them out as you go around.</p> <p>Then, have all of the kids start by home and call out different random positions for the kids to run to.</p> <p>Level up: play simon says with the positions. So, if you say simon says “ they run to that position, but if you do not say “simon says...” first and only said the position, they should not run there.</p>	<p>Let’s walk through ALL of the positions we need to know!</p> <p>I want to hear everyone calling out the positions as we go through them.</p> <p>We need to have our listening ears turned on! I am going to be communicating different positions to you and you will need to run to the correct place on the field!</p>
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<p>Social Skill ~ 10 - 15 mins Name and Throw</p>	<p>Equipment: Ball</p>
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<p>Have the group stand in a circle.</p> <p>The coach will start with the ball.</p> <p>Everyone should be in their ready position. Coach will start by calling out a player’s name, that person will get thrown to and have to catch the ball. They will then call out another player’s name and throw to them.</p> <p>This action will be repeated, making sure that the person with the ball is calling out the name!</p>	<p>We are going to work on a couple of our skills before we play our t-ball game!</p> <p>We want to remember our throwing and catching skills.</p> <p>In t-ball we also need to communicate with our team mates. Let’s hear you call out the person’s name before you pass it to them!</p> <p>We should always be in ready position!</p> <p>Let’s work together and communicate and wait for our name to be called to be thrown to!</p>
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<p>Game/Fun Activity ~ 10 - 15 mins T-Ball Game</p>	<p>Equipment: Bat, tee, ball, ground markers/bases</p>
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<p>Remind the group of the bat safety talk!</p> <p>Now that the kids have worked on catching, throwing, hitting, base running, tagging, grounders, and positions, try to facilitate a game of t-ball with more of the proper rules.</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>Split the kiddos into two teams.</p> <p>Help them get set up, go through their positions again, remind them of some of the skills we have worked on.</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!</p>
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Clean-Up		Equipment: N/A	
<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>		
Review!		Equipment: Bat and ball	
<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, positions!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced communication!</p> <p>I know it is a big word, but can I hear everyone say "I practiced communication!"!</p>		
Cheer!		Equipment: N/A	
<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>		
Stickers		Equipment: Sticker boxes	
<p>Hand out Positions and Communication 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>		