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

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| 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> |

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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. |
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| 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:</p> <ul style="list-style-type: none"> - Reach high to the sky - Jumping jacks - Reach low to the ground - Arm circles - Running on the spot - High knees | <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 |
| <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 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 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 Simon Says, Positions! Equipment: Bases/ground markers, cones/pylons</p> | |
| <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> |
| <p>Social Skill ~ 10 - 15 mins Name and Throw Equipment: Ball</p> | |
| <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 players name, that person will get thrown to and have to catch the ball. They will then call out another players 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> |
| <p>Call the Ball Equipment: Balls</p> | |
| <p>Have the kids get into two lines, about 20-30 feet apart.</p> <p>The coach will stand between them.</p> <p>When the first two players in line are ready, coach will throw a ball high in the air between them.</p> <p>The two players have to communicate, watch each other, and make the call of who will catch it. They don't want it to hit the ground and they don't want to bump into each other!</p> <p>Explain to the kiddos that the player closest to the ball should call out, "I've got it!". The player who calls it should get under it and catch it, the other player should back up and get out of the way.</p> | <p>Let's build on this!</p> <p>Sometimes the ball will be coming and you and your teammates need to decide who will catch it so that you don't bump into each other or let the ball fall to the ground!</p> <p>You need to communicate, watch your friend, and make the call.</p> <p>You can do this by saying "I've got it!", and then move under the ball to catch it. If your partner makes the call, you want to get out of their way.</p> <p>Let's give this a try.</p> |
| <p>Game/Fun Activity ~ 10 - 15 mins T-Ball Game Equipment: Bat, tee, ball, ground markers/bases</p> | |
| <p>Remind the group of the bat safety talk!</p> <p>Now that the kids have worked on catching, throwing, hitting,</p> | <p>Who wants to try putting all of the skills we have learned so far together into one game??</p> |

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| <p>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>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> |
| <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, 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> |
| <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 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> |