

Age: 3 - 5		Sport: Week 8 - T-Ball/Bonus	
Duration: 55 mins	Physical Skills: Everything!	Social Skill: Leadership	Stickers: Bonus, Leadership

Instructions	Language
Welcome!	
Equipment: N/A	
<p>Welcome everyone back to GoPlay!</p> <p>1. Explain that this is the last week so we will be having a bonus week of some of our favourite games and skills from the season.</p> <p>2. While still working on leadership! Explain what this means.</p>	<p>We can't believe it is the last class!</p> <p>For the last session, we are going to have a super fun bonus week!</p> <p>This means we are going to be touching on a few different activities and skills we have learned!</p> <p>It is important to practice leadership in sports!</p> <p>Today we are going to work on our leadership skills.</p> <p>Leadership is a BIG word. But it really just means encouraging our friends, setting a good example, giving high fives!</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	
<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>
Lava Monster	
Equipment: Hula hoops	
<p>Spread hula hoops all around the play space.</p> <p>Have the kids spread out as well, finding a spot to start in.</p> <p>When coach says go, all of the kids have to run around the play space. Once coach starts counting down from 10, the kids have to find a hula hoop to stand in.</p> <p>After coach is finished counting down, they will go around and make sure all the kiddos are in a hula hoop.</p> <p>Depending on how the game is going, you can take away a hula hoop each round.</p>	<p>Coach is no longer the coach! We have turned into lava monsters! Uh oh!</p> <p>The only way to stay safe from the lava monsters is by finding a hula hoop to stand in with your friends.</p> <p>But you can only go in the hula hoops when the lava monster starts counting down from 10.</p> <p>Let's do a practice round, what will you all do when you hear 10, 9, 8...</p>

Physical Skills ~ 15 - 20 mins

T-Ball Safety Talk!

Equipment: Bats

Before playing any games with the bats, have a quick safety talk with the group and show the kiddos how to hold the bat.

Have all of the kids face coach.

First, coach will show the group.

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.

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.

This is so that kids don't quickly turn around, swing the bat and hit another kid who is beside or behind them.

Have the kids get into 2 lines. The coaches will now have them each come up to one of the bats and try.

It is not the most exciting but it is necessary!

[Example](#)

Okay GoPlayers!, who remembers how to hold a bat from last class??

Let's review!

We need our eyes on coach and listening ears on!

T-Ball is superrrr fun, but we need to be awesome GoPlayers! today to make sure everyone is being safe.

Okay GoPlayers, now that you have seen coach hold the bat and do the 360 rule, let's all try before we start playing!

Who wants to try?! Let's line up behind the bats.

Can we practice our sharing and let each of our friends hold the bat?

Basepath Blitz

Equipment: Bases/ground markers

Have the bases/ground markers set up.

One coach will be with the kids lined up, the other will be near first.

All of the kids are going to line up near home. One at a time, they will step up to bat.

On coach's go, they will pretend to swing and then start running.

When they start to approach first, they should be checking with the coach whether they should:

- Run through, run through!
- Turn and take a look!
- Come back, come back!
- Go two, go two, go two!

The kiddo will complete that action. When approaching second, they will do the same thing. When approaching third, have them "go, go, go" and not look back to make it home!

You want to make this game high energy and exciting, have the kiddos cheer each other on.

[Example](#)

In t-ball we all have to work together to help our friends know what to do at times. Because when we are running we can't check everyone else on the field!

We are going to turn our listening ears on and use coach as a guide to what we need to do.

Don't forget, you want to be fast and controlled!

Let's be **leaders** and cheer our friends on when it's their turn or they're making it back to home!!

Social Skill ~ 10 - 15 mins

Treasure T-Ball Relay

Equipment: Balls, hula hoop, tee, bat

Set up two tees, place a bat beside each one.

Put a hula hoop between the two tees. Fill it with all of the balls.

Then put one hula hoop behind/slightly to the side of each of the tees. Keep these empty.

Who remembers doing a treasure t-ball relay wayyyy back at the beginning of the season?

Should we see how much we have all improved?! This time we are going to be hitting the ball instead of throwing it.

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

<p>Put a cone a few feet back from each tee.</p> <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, put it on the tee, then pick up the bat and hit it.</p> <p>Then, they will go run after their ball, run back and put it in the hula hoop that is beside their tee.</p> <p>As soon as they have passed the cone, the next person in line can go.</p> <p>The cone is the hitting 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>See how we are behind the cones right now?</p> <p>We are all going to stay behind it UNLESS we are the one who is throwing. Can we all be leaders and remember this to keep ourselves and our friends safe?</p> <p>I know we can do it! For this game, we are all on a pirate ship!</p> <p>The pirates took all of our treasure!!!</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 be leaders and get all of our treasure back??</p>
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Game/Fun Activity ~ 10 - 15 mins	Equipment: Bat, tee, ball, ground markers/bases
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<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?? Let's try to finish off strong and develop on the game we played last class.</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! Let's all be leaders in this game!</p>
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Clean-Up	Equipment: N/A
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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>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>
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Review!	Equipment: Bat and ball
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<p>Review some of the fun things we have done or skills we have learned this season!</p> <p>Some physical skills: Catching, throwing, hitting, base running, tagging, grounders, positions</p> <p>Some skills were: Leadership, listening, teamwork, sharing, patience</p>	<p>GoPlayers! I can't believe we are all done!</p> <p>Thank you for having an awesome season of t-ball and social skills!</p> <p>Can anyone think of some that we did?</p> <p>What was everyone's favourite??</p>
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Cheer!	Equipment: N/A
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<p>GO! PLAY! GO! PLAY! 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>
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	Again, louder!!
Stickers	Equipment: Sticker boxes
Hand out Bonus and Leadership stickers	Try to use the kiddos names as you hand out their stickers: Good job ____! Thanks for a great class ____! Thanks for being awesome!