

Age: 5 - 7		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"> Start the lesson by setting up the circle of cones/pylons for everyone to meet at. Complete 2-3 warm-up actions. 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:</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>
Belly Down	
Equipment: Ball	
<p>If you know the kids' names well, you can play this game!</p> <p>Have the kids line up on one side of the play space.</p> <p>They will lay on their stomachs in this line.</p> <p>Coach will stand in front of the kids with a ball.</p> <p>Coach will call out a kid's name then roll the ball towards them. That GoPlayer has to jump up, catch the rolling ball, roll it back to coach and then get back on their stomach.</p> <p>Give each kid a chance to try.</p>	<p>Sometimes in t-ball the balls aren't only in the air, they can also roll, which is called a ground ball!</p> <p>We are going to have to turn on our listening ears for this game!</p> <p>Everyone will be on their bellies and need to listen carefully for their name.</p> <p>When you hear your name you need to jump up quickly to catch the rolling ground ball!</p> <p>Then you get to roll it back to coach and lay back on your stomach.</p>
Physical Skills ~ 15 - 20 mins	
Basepath Blitz	
Equipment: Bases/ground markers	
<p>Have the bases/ground markers set up.</p>	<p>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</p>

<p>One coach will be with the kids lined up, the other will be near first.</p> <p>All of the kids are going to line up near home. One at a time, they will step up to bat.</p> <p>On coach's go, they will pretend to swing and then start running.</p> <p>When they start to approach first, they should be checking with the coach whether they should:</p> <ul style="list-style-type: none"> - Run through, run through! - Turn and take a look! - Come back, come back! - Go two, go two, go two! <p>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!</p> <p>You want to make this game high energy and exciting, have the kiddos cheer each other on.</p> <p>Example</p>	<p>everyone else on the field!</p> <p>We are going to turn our listening ears on and use coach as a guide to what we need to do.</p> <p>Don't forget, you want to be fast and controlled!</p> <p>Let's be leaders and cheer our friends on when it's their turn or they're making it back to home!!</p>
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Group Fav!	
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<p>If your group had a favourite game or activity from the season, bring it back for the final session.</p> <p>Let them try to improve since they last tried it and have fun playing it again!</p>	<p>GoPlayers! Who remembers one of our favourite games _____?</p> <p>Who wants to try it again for the final class? Let's see how much we have all improved!</p>
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<u>Social Skill</u> ~ 10 - 15 mins	Equipment: Balls, hula hoop, tee, bat
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<p>Remind the kiddos of the bat safety talk!</p> <p>Set up two tees, place a bat beside each one.</p> <p>Put a hula hoop between the two tees. Fill it with all of the balls.</p> <p>Then put one hula hoop behind/slightly to the side of each of the tees. Keep these empty.</p> <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>Who remembers doing a treasure t-ball relay wayyyy back at the beginning of the season?</p> <p>Should we see how much we have all improved?! This time we are going to be hitting the ball instead of throwing it.</p> <p>Okay GoPlayers!, can everyone point to the cones. Good job.</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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<u>Game/Fun Activity</u> ~ 10 - 15 mins	Equipment: Bat, tee, ball, ground markers/bases
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<p>Remind them again 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?? 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>
<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>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>
<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 Bonus and Leadership 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>