Elementary Physical Education
Softball Lesson

Age level: 6-9 year olds
Class size: 15
Unit: Softball
   Skill: Throwing
Class Period Time: 50 min.

Performance Objectives: By the end of the lesson, students should be able to:

Psychomotor:
- Throw the ball back and forth while playing catch
- Complete 6 throws without dropping the ball
- Play a relay throwing game
- Demonstrate proper throwing form

Cognitive:
- Understand how to use proper throwing form
- Apply this skill to future games that will be played

Affective:
- Appreciate and value when they can use this skill outside of P.E. class
- Demonstrate willingness to participate
- Help others by using positive suggestions and only constructive criticism

Equipment:
- Gloves (bring own from home, will have a few extra available) Optional for today
- 15+ softballs (soft balls, wiffle balls)
- Use of softball field or other open area

Safety Tips
- Make sure that ability groups are grouped together
- Use equipment properly
- Be aware of where you are walking, so you don’t get hit by overthrown balls or walk in front of someone.
- Respect each other

Assessment Measures
- ____ Psychomotor: Observation of students participating in the drills and activities.
- ____ Cognitive: Students will have a group exam explaining proper throwing form
- ____ Affective: Observe them giving positive feedback and constructive criticism.

Future Suggestions:
## LESSON

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Cue Words/ Refinement</th>
<th>Organization/ Grouping (Max. Participation)</th>
</tr>
</thead>
</table>
| 0-10 min | - Meet Students and give name tags  
- Move to play area                                                             |                       | S T                                          |
| 10-15 min | **Set Induction**  
• “Can anyone tell me how many Americans play softball today?” A: 35 million, it is one of the most popular sports to play.  
• Why?  
  - Appeal to all ages  
  - Little equipment needed  
  - Easy to find facilities to use | S S                    | S S                                          |
| 15-20 min | **Instructions for Class**  
• Today we will learn proper throwing form  
• Need to be respectful of the equipment and only use it for its intended purpose  
• Balls will be thrown, so pay attention to where you are  
• You will be asked to pick a partner, pick someone at the same ability level as yourself, to prevent injury.  
• I only want to hear positive comments and/or constructive criticism. (Ask for an example)  
• If you didn’t bring a glove there are a few extra available to use  
• At the end of today please place (not throw) the balls back into the bucket. | X X X X X             | T X X X X                                    |
| 20-25 Min. | **Warm – Up**  
• Run around bases 3 times in a strait line  
• Form squads in left field and stretch  
  - The person at the front of each row will lead a stretch  
  - Then do 2 x 10 push ups and 2 x 10 sit ups. | X X X X X             | X X X X                                       |
| 20-25 Min. | **Establish Freeze Command**  
- Show everyone the freeze position. (hands on knees)  
- Explain that when I say “FREEZE” I want you to freeze in that position and stand still and listen for directions, while facing me.  
- Practice saying, “FREEZE” and them making their position 5+ times, until they know what to do.  
- Next, Have them go get a piece of equipment and practice the freeze with equipment in their hand. “When I say go, I want you to go get a piece of equipment from the side and bring it back here.”  
- Ready, GO!  
- When I say freeze, I want you to put the equipment at your toes and then put hands on knees. This is known as “home base”.  
- Pick up equipment.  
- Practice 5+ times until they get it.  
- Return equipment: “When I say go, I want you to put your equipment away where you found it.”  
- Ready, GO! | -Hands on knees.  
“Freeze”  
-listen, face me  
-At toes, Home base  
-Ready, Go. | RANDOM FORMATION |
<table>
<thead>
<tr>
<th>25-25 Min</th>
<th>LESSON FOCUS ACTIVITIES</th>
<th>25-27 min</th>
<th>27-33 min</th>
<th>33-35 Min</th>
<th>35-45 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get a partner (with the same ability level are you) and line up across from each other down the 1st base line, <strong>NO</strong> balls needed at this time. - Determine Left or Right Handed</td>
<td><strong>Major Task 1:</strong> Throwing Stance  - feet shoulder width apart  - glove side shoulder should point toward target and feet should follow  - Stand strait  <strong>Application:</strong> Proper position done on command from an athletic position</td>
<td><strong>Major Task 2:</strong> Arm Position  1) <strong>Ready position</strong>  - Throwing hand takes ball from glove at chest level  <strong>Application:</strong> go into position on the number one (1).  2) <strong>Break position</strong>  - Glove elbow points at target (hold up blanket)  - Throwing elbow should be behind head at shoulder level (partner can’t see elbow)  - Eyes on your target  - Throwing arm, Elbow at 90 degree angle and wrist down at about 90 degree angle (reach in a cookie jar)  <strong>Application:</strong> go into position on the number called.  3) <strong>Throw position</strong>  - Pull glove arm down, so glove touches your back pocket  - As rotation occurs the throwing arm will come forward, making sure the elbow stays above shoulder level, flick wrist toward target as you release the ball  - Follow through across opposite side of the body with throwing arm  <strong>Application:</strong> go into position on the number called; repeat this drill a number of times until comfortable.</td>
<td><strong>Major Task 3:</strong> Throwing Mechanics  - Step toward target from # 1 arm position  - Proceed with step 2 and 3 arm positions, back leg will naturally come forward  <strong>Application:</strong> Practice throwing with out the ball and then pretend to play catch with a partner</td>
<td><strong>Application Activity</strong>  - <strong>get balls</strong>  - Inform student that if time permits there will be a contest after this next drill  - When I blow my whistle, stop throwing  - <strong>Practice</strong>  - Use correct from  - How many catches can you get in one minute  - See how many catches you can get in one minute</td>
<td></td>
</tr>
</tbody>
</table>
**Contest (if time)**
- Get into groups of 4, 2 people on each side of the line. The person at the front of each line will rotate to the back after touching the ball.
- You will throw the ball back and forth, see how many catches each team can get in 1, 2, 3 minutes.

Repeat drill until time is up

<table>
<thead>
<tr>
<th>45-47 min</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay sitting and have them listen.</td>
<td></td>
</tr>
<tr>
<td>Tell students that class will be over when they can explain correct throwing form in order to leave. Raise hands to answer question.</td>
<td></td>
</tr>
<tr>
<td>Looking for feet, arm 1, 2, 3 and throw.</td>
<td></td>
</tr>
<tr>
<td>Ask them to place the balls into the bucket then they may leave</td>
<td></td>
</tr>
<tr>
<td>“FREEZE: have a seat.”</td>
<td></td>
</tr>
</tbody>
</table>

| 47–50 min | Head up to gymnastics studio |