

Time	Lead Teacher	References & Cues	Assistant Teacher	Equipment Needed/ Set up
0-1 Min	<p>Entry to polyspot circle.</p> <p>Children each sit on a polyspot.</p>	<p>Polyspot picture card</p> <p>Roll task card</p> <p>Strike task card</p>	<p>Set up striking and rolling stations</p>	<p>2 polyspots for each station</p> <p>5-9 batting tees</p> <p>1 small plastic bat</p> <p>1 yarn ball per child</p>
1-3 mins	<p>Warm up: Warmin Up</p> <p>The music will play children should follow along with the cues and perform each motor skill for the duration.</p>	<p>Warm up CD track number 14</p> <p>Strike Task Card</p> <p>Roll Task Card</p>	<p>Continue set up of stations</p>	<p>Striking Stations:</p> <p>Place two polyspots a line towards the target. Place a batting tee in front of the polyspots.</p> <p>Place targets on the wall (child's waist height) for the children to strike the ball towards.</p> <p>Roll stations:</p> <p>Set up 1 orange and 1 green polyspot in a line towards two cones that are 3 ft apart. Place one bowling pin between on a polyspot.</p> <p>Place a green sticker on the child's stepping foot.</p>
3:30-5:30 mins	<p>Demonstrate the strike:</p> <p><i>"Remember when we learning to hit a ball like a pro baseball or softball player??. Today we are going to practice batting some more. Watch me."</i></p> <ul style="list-style-type: none"> Standing with a foot on each polyspot and holding a bat, step with the front foot onto the front polyspot and strike the ball at the target 	<p>Strike Skill Card</p>		

	(Ask questions to check for understanding)			
6-16 mins	<p>Strike Progressions 1 & 2</p> <p>Strike Progression: 5-9 students are striking at batting stations.</p> <p>Half the students are seated on a polyspot safely behind the batting tees.</p> <p>Tell students they cannot retrieve balls unless the teacher says so. (this is to keep students from getting hit with a paddle or a ball)</p> <p>***Safety rules:</p> <ol style="list-style-type: none"> 1. No paddle can be touched unless a student is standing on an orange polyspot, if he/she leaves the orange spots he/she must put the paddle down. <p>The students who are active at the striking stations, can strike A ball towards the target that is 3 ft ahead of them. After each child strikes three times, call freeze and have them switch</p> <p>The students who are seated can now switch with the students who just completed 3 strikes.</p> <p>Continue to switch for 10 mins.</p>	Strike Task Card		
30 sec	Switch skills			
17-19 mins	<p>Review the roll</p> <p>Sample demonstration: <i>“Does anyone remember when we practiced our bowling? What do bowlers do? They step. Bend their knees. Swing back their arm like an elephant trunk. When they let go of the ball it doesn't bounce does it? Nope, its stay nice and smooth on the ground. Watch me roll this ball in between the blue cones”</i></p> <ul style="list-style-type: none"> • Step from the orange spot onto the green spot with your 	Roll skill card		

<p>19-29 mins</p>	<p>opposite foot (left foot if you are right handed), bend your knees,</p> <ul style="list-style-type: none"> reach back with your right arm and keep your shoulders facing the target, release the ball so it does not bounce and roll it between the cones <p>(Repeat the demonstration from a sideways view)</p> <p><i>“Did you see how I stepped with my sticker foot and rolled the ball between the cones? Now its your turn”</i></p> <p><i>“Now its your turn. After I place a green sticker on your foot</i></p> <p>Roll Progression: roll a yarn ball to the pin between two cones 5 feet away</p> <p>The child starts standing on an a polyspot facing the pin with a ball in his/her dominant (Favorite) hand. There is a polyspot slightly to the left(or right if left-handed) directly in front of the child approximately 1 step forward.</p> <p>Step and roll the ball to knock over the pin. After each roll, instruct the child to WALK and reset the pin and return to the spot with his/her ball. Repeat rolling for duration.</p>	<p>Roll task card</p> <p>CUES: Step with the sticker foot and roll. Roll the ball to knock down the pins.</p> <p>CUES: Keep the ball on the ground, don't let it bounce. Swing your arm like an elephant trunk.</p>		
<p>30 secs</p>	<p>Transition back to polyspot circle</p>		<p>Pick up equipment</p>	
<p>29-30 mins</p>	<p>Debrief: <i>“We completed a lot of activities today. We batted the ball like baseball players and rolled the ball like bowlers. Did we all step with our sticker feet? When we batted did we keep our green sticker on top of our red sticker? How about the rollers, did we keep the ball on the ground, no bouncing? Great job.”</i></p>		<p>Pick up equipment</p>	