

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 orange and 1 green polyspot for each child</p> <p>15 small playground balls</p> <p>25 foam balls</p> <p>5 red polyspots</p> <p>5 batting tees</p> <p>5 funnels</p> <p>5 lollypop paddles</p> <p>40 multicolored dome cones</p> <p>1 red and 2 green stickers for each child</p> <p>9 sets of 1 orange and 1 green polyspot (roll stations similar to lesson plan 1)</p> <p>9 sets of 3 plastic bowling pins</p> <p>9 sets of 3 plastic balls to roll</p> <p>9 baskets</p> <p>Green stickers for each child.</p> <p>CD player</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 11</p> <p>Strike Task Card</p>	<p>Continue set up of stations</p>	<p>Striking Stations:</p> <p>Place two orange polyspots and 1 green polyspot in a line towards the target. Place a batting tee in front of the orange polyspots.</p>

		Roll Task Card		<p>Place a funnel on top of the tee and the playground ball on the funnel. Place a lollypop paddle on the ground with the other two playground balls.</p> <p>Four striking stations need to be set up. 5 red polyspots are on the ground behind the striking stations for the children who are not batting to sit on while they wait.</p> <p>Place targets on the wall for the children to strike the ball towards.</p> <p>Roll stations:</p> <p>on the other side of the room.</p> <p>Set up 1 orange and 1 green polyspot in a line towards two blue cones that are 3 ft apart. Place three bowling pins in a triangle between the blue cones.</p> <p>The green polyspot is 3 ft from the blue cones.</p> <p>Place a basket of 5 plastic balls behind the orange polyspot.</p> <p>Place a green sticker on the child's stepping foot.</p>
3:30-5:30 mins	<p>“Who can tell me what kinds of animals live in the OCEAN? Octopus, Shark, Fish great! Well today we are going to go to the Ocean. While we are there we are going to feed the ocean animals. (THE BALL OR BEANBAG REPRESENTS FOOD AND THE TARGETS ARE PICTURES OF OCEAN ANIMALS)</p>	Strike Skill Card		

	<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 orange polyspot and holding a lollypop paddle, step with the front foot onto the green polyspot and strike the ball at the target) <p><i>“Did anyone see what color spot I stepped on? Green. What about my hands on the paddle? Did you see how I put the red sticker hand below the green sticker hand?”</i></p> <p><i>Before we go practice, everyone needs a red sticker on one hand and a green sticker on the hand you brush your teeth with, can you show me how you brush your teeth?”</i></p> <p>(Place a red sticker on their non-dominant hand (typically left) and a green sticker on dominant hand (typically right))</p> <p>NOW WE ARE GOING TO GO FEED THE ANIMALS. LETS STRIKE SOME FOOD TO THEM.</p>			
<p>6-16 mins</p>	<p>Strike Progressions 1 & 2</p> <p>Progression 1: Five students are striking at batting stations.</p> <p>Four students are seated on a polyspot safely behind the batting tees.</p> <p>A line of dome cones are set behind the batting stations so that no one crosses into the batting stations while students are striking.</p> <p>A second line of dome cones are set in front of the striking stations to show students they cannot cross over them to retrieve balls</p>	<p>Strike Task Card</p> <p>CUES: Step and swing. Hit the ball to the target. Red sticker on bottom, green sticker hand on top.</p>		

	<p>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 polypspot, if he/she leaves the orange spots he/she must put the paddle down. 2. Students are not allowed to retrieve the balls they bat unless the teacher says so. If they strike all their balls they must sit on their orange polypspot until the teacher says they can go. <p>The students who are active at the striking stations, can strike A beach 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>Repeat for 5 mins.</p> <p>Progression 2: Same as progression 1 except now each child will have 5 foam balls and will strike them from the tee without the funnel. Collect the playground balls and funnels when you switch to the foam ball.</p>			
30 sec	Switch skills			
17-19 mins	<p>Review the roll</p> <p>THEME: OCEAN Roll food to the ocean animals</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>	Roll skill card		

<ul style="list-style-type: none"> • Step from the orange spot onto the green spot with your opposite foot (left foot if you are right handed), bend your knees, • 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 scarf 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 and favorite hand you can stand up and walk slowly to an orange polyspot.”</i></p> <p>Roll progressions 1 and 2</p> <p>Progression 1: roll a plastic ball to the 3 pins between two cones 5 feet away</p> <p>The child starts standing on an orange polyspot facing the target with a ball in his/her dominant (Favorite) hand. There is a green polyspot slightly to the left(or right if left-handed) directly in front of the child approximately 1 step forward.</p> <p>The child picks up a ball from the basket, holds the ball with the sticker hand (favorite/dominant), steps with the sticker/scarf foot onto the green polyspot and rolls the ball on the ground towards the 3 pins between the cones.</p> <p>Each child rolls his/her 5 balls and when finished sits on the orange polyspot.</p> <p>When all children are seated, the teacher instructs each child to “walk” and pick up 5 balls and return them to his/her basket.</p> <p>Once all the five balls are returned. This progression can repeat. Complete this progression 2 times total.</p>	<p>Roll task card</p> <p>CUES: Step with the sticker foot and roll. Roll the ball to knock down the pins.</p>		
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19-29 mins	<p>***the focus of this progression is the step</p> <p>Progression 2: Is the same as progression 1 except, the green spot is now 7 ft from the cones.</p> <p>***The focus of this progression is the arm swing and keeping the ball from bouncing</p>	<p>CUES: Keep the ball on the ground, don't let it bounce.</p> <p>Swing your arm like an elephant trunk.</p>		
30 secs	Transition back to polyspot circle		Pick up equipment	
29-30 mins	<p>Debrief:</p> <p><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." DO YOU THINK OUR OCEAN FRIENDS WE ABLE TO EAT SOME FOOD? THAT'S GOOD."</i></p>		Pick up equipment	