

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: Beanbag boogie II</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 6</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 orange polyspots and 1 green polyspot in a line towards the target.</p> <p>Place a batting tee in front of the orange polyspots.</p> <p>Place a funnel on top of the tee and the playground ball on the funnel.</p> <p>Place a lollypop paddle on the</p>

				<p>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: See Below</p>
Transition	Divide the class in half and send half to the striking stations with the lead teacher and the other half to the roll stations with the assistant teacher.			
*** Children will complete the strike station with the lead teacher and then switch to the roll station with the assistant teacher. Each rotation lasts 10 mins. Each group will complete each station 1 time				
3:30-5:30 mins	<p>Demonstrate the strike:</p> <p><i>“Today boys and girls we are going to learn to bat like the Cleveland Indians or the Cincinnati Reds would do. Has anyone ever seen a baseball game? The pros bat like this, 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</i></p>	Strike Skill Card	Review the roll at the roll stations with roll group 1	<p>Roll stations: 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><i>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>Place a basket of 5 plastic balls behind the orange polypot.</p> <p>Place a green sticker on the child's stepping foot.</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 polypot 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 unless the teacher says so. (this is to keep students from getting hit with a paddle or a ball)</p> <p>***Safety rules: 1. No paddle can be touched unless a student is standing on an orange polypot, if he/she leaves the orange spots he/she must put the paddle down.</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>While lead teacher completes strike, assistant teacher completes the roll stations</p>	

	<p>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 polypot until the teacher says they can go.</p> <p>The four students who are active at the striking stations, can strike three playground balls towards the target that is 3 ft ahead of them. After each child strikes three balls, call freeze and have them each put the 3 balls at each station.</p> <p>The students who are seated can now switch with the students who just completed a 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>			
<p>30 sec</p>	<p>Switch groups</p>	<p>Roll to strike</p>	<p>Strike to roll</p>	
<p>17-19 mins</p>	<p>Roll stations Review the roll Sample demonstration: <i>“Today boys and girls we are going to roll the ball just like a professional bowler. Has anyone watching bowling? What do bowlers do?”</i></p> <p><i>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>	<p>Roll skill card</p>		

<p>19-29 mins</p>	<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 it’s your turn”</i></p> <p><i>“Now its your turn. After I or (assistant teacher) 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. 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>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>		
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	<p>Each child rolls his/her 5 balls and when finished sits on the orange polyspot. When all children are seated, the teacher instructs each child to “walk” and pick up 5 balls and return them to his/her basket. Once all the five balls are returned. This progression can repeat. Complete this progression 2 times total</p> <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>			
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.”</i></p>		Pick up equipment	