



SOFTBALL

Years 3 & 4



Lesson Week:	Lesson Topic:
Week 1	Catching Skills
Week 2	Throwing Skills
Week 3	Fielding Skills
Week 4	Batting Skills
Week 5	Team Softball Games
Week 6	Team Softball Games

Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Catching Skills. • Up to 30 Children. 	<ul style="list-style-type: none"> • Softballs / Tennis Balls / Catching Mitts. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To catch a ball between waist and ankle height. • To catch a ball at shoulder/ head height. • To catch a ball dropping from above head height. • To throw a ball overarm with power and accuracy. 	<ul style="list-style-type: none"> • Throw, Catch, Run, Waist, Ankle, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Hoop.
Warm Up:	Differentiation:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Children work in groups one behind the other with a ball at the front. Set a hoop a certain distance in front of each line and a cone even further away. Children take it in turns to run and place the ball in the hoop, run around the cone and back to the hoop, then pick up the ball and underarm throw it back to the next person and join the back of the line. Team mates repeat. 2) Same exercise as 1, but this time, increase the distance. 3) Same exercise as 2, but this time, allow overarm throw. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Decrease the equipment size. 4) Introduce races and time limits.
Main Content:	Differentiation:
<p>“Low Catch”</p> <ol style="list-style-type: none"> 1) Children work in pairs, one ball between two. Children gently underarm throw the ball to and from each other, aiming for between waist and ankle height. Children throw with one hand and catch with their mitt. 2) Competition, first to so many catches wins. <p>“Shoulder High Catch”</p> <ol style="list-style-type: none"> 1) Children work in pairs, one ball between two. Children gently underarm throw the ball to and from each other, aiming for shoulder height at the side of the head. Children throw with one hand and catch with their mitt. 2) Competition, first to so many catches wins. <p>“High Catch”</p> <ol style="list-style-type: none"> 1) Children work in pairs, one ball between two. Children gently underarm throw the ball to loop the ball up and down to drop near head height. Children throw with one hand and catch with their mitt. 2) Competition, first to so many catches wins. <p>“Throwing And Catching”</p> <ol style="list-style-type: none"> 1) Children work teams. One team versus another. Each team stands behind a line facing the other team. Teams take it in turns to try to throw the ball past the other teams’ line. The other team tries to catch the ball. If the team throwing does not reach the line with the ball, the team catching gets a point. If the team catching does not catch the ball, the team throwing gets a point. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Decrease the equipment size.
Cool Down:	Assessment Opportunities:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Throwing Skills. • Up to 30 Children. 	<ul style="list-style-type: none"> • Softball / Tennis Balls / Bases / Catching Mitts. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To throw underarm accurately. • To throw overarm accurately. • To link overarm bowling with a run up. 	<ul style="list-style-type: none"> • Bowl, Bases, Throw, Catch, Run, Arm, Crocodile, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Bounce, Land, Spin.
Warm Up:	Differentiation:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Children work in groups one behind the other with a ball at the front. Set a hoop a certain distance in front of each line and a cone even further away. Children take it in turns to run and place the ball in the hoop, run around the cone and back to the hoop, then pick up the ball and underarm throw it back to the next person and join the back of the line. Team mates repeat. 2) Same exercise as 1, but this time, increase the distance. 3) Same exercise as 2, but this time, allow overarm throw. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Decrease the equipment size. 4) Introduce races and time limits.
Main Content:	Differentiation:
<p>“Underarm Throwing”</p> <ol style="list-style-type: none"> 1) Children work in groups, one ball per group and stand in two lines facing each other. Children take in turns to underarm throw the ball to the other line then follow the ball and join the back of that line. 2) Competition, first group to make so many catches wins. <p>“Standing Overarm Throwing”</p> <ol style="list-style-type: none"> 1) Children work in groups, one ball per group and stand in two lines facing each other. Children take in turns to overarm throw the ball to the other line then follow the ball and join the back of that line. 2) Competition, first group to make so many catches wins. <p>“Running Overarm Throwing”</p> <ol style="list-style-type: none"> 1) Children work in groups, one ball per group and stand in two lines facing each other, at a greater distance apart this time. Children take in turns to run and over arm throw the ball to the other line then follow the ball and join the back of the line. 2) Competition, first group to make so many catches wins. <p>“Snowball Tag”</p> <ol style="list-style-type: none"> 1) Choose two children to start as ‘it’ with a soft ball each, and try to tag or underarm throw and hit (below shoulder height) as many children as they can with their ball. Once tagged or hit, the children collect a soft ball and become ‘it’ as well. The last two remaining children who are not ‘it’ start as ‘it’ in the next game. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between bases. 4) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between bases. 4) Decrease the equipment size.
Cool Down:	Assessment Opportunities:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> Fielding Skills. Up to 30 Children. 	<ul style="list-style-type: none"> Softball / Tennis Balls / Bases / Catching Mitts. Cones / Hoops – Variety of colours. Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> To stop a moving ball with hands and body as a barrier. To pick up and throw a ball underarm on the run. To chase and return a ball. To catch a bouncing ball, from a crouched position. 	<ul style="list-style-type: none"> Bases, Throw, Catch, Run, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Bounce, Land, Return, Crouch, Barrier, Chase, Catcher.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Imaginary Fielding”</p> <ol style="list-style-type: none"> Children work individually jogging around the area. On command “left”, “right” or “both”, the children have to pretend to pick up a ball with that hand. Same exercise as 1, but this time, the children have to put the same knee on the ground their picking up hand. Same exercise as 1, but this time, the children have to pretend to throw the ball after they have picked it up. 	<p>“Easier”</p> <ol style="list-style-type: none"> Decrease the speed of movement. Decrease the playing area. <p>“Harder”</p> <ol style="list-style-type: none"> Increase the speed of movement. Increase the playing area.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Stopping The Ball With A Catching Mitt”</p> <ol style="list-style-type: none"> Children work in pairs with one ball. Children take in turns to roll the ball to each other. As it is rolled the children have to get down on one knee, to use their leg as a barrier, and stop the ball with their mitt. Competition, first pair to roll and stop so many times. <p>“Picking Up One Handed and Throwing”</p> <ol style="list-style-type: none"> Children work in pairs with one ball. Children take in turns to roll the ball to each other. As it is rolled the children have to run towards the ball, pick it up with one hand on the move and throw it straight back to their partner. Children have 5 rolls then swap over. Competition, first pair to roll and throw so many times. <p>“Chasing And Throwing”</p> <ol style="list-style-type: none"> Children work in pairs with one ball. Children start side by side and take in turns to roll the ball out in front. As it is rolled the other child has to chase after and retrieve the ball, then it back to partner. Children have 5 rolls then swap over. Competition, first pair to roll and retrieve so many times. <p>“Base Throwing”</p> <ol style="list-style-type: none"> Children work in groups, one ball, one hoop and one set of bases/cones per group. Children set up bases/cones in a square with the hoop in the middle and take it in turns to stand in the hoop with the ball or on a base. Child with the ball throws to anyone of the four bases. They must catch, touch the base then throw back. Children swap after so many successful throws. 	<p>“Easier”</p> <ol style="list-style-type: none"> Decrease the speed of movement. Decrease the playing area. Decrease the distance between bases. Decrease the running distance. Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> Increase the speed of movement. Increase the playing area. Increase the distance between bases. Increase the running distance. Decrease the equipment size.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Imaginary Fielding”</p> <ol style="list-style-type: none"> Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. Same exercise as in 1, but this time the children have to slowly lunge around the area. 	<ul style="list-style-type: none"> Peers, Self, Group Work, Q & A's, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Batting Skills. • Up to 30 Children. 	<ul style="list-style-type: none"> • Soft / Tennis Balls, Bats / Bases / Catch Mitts. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To hit a ball with a Softball bat. • To strike a ball with accuracy and control. • To recognise fielders positions and space. 	<ul style="list-style-type: none"> • Bat, Back, Front, Hit, Attack, Safety, Bases, Throw, Catch, Run, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Bounce, Land, Return, Crouch, Barrier, Chase, Catcher.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Running With The Bat”</p> <ol style="list-style-type: none"> 1) Children work in groups with a bat each. Set up small races. Children take it in turns to run with their bat to a certain line and back. The next child in line can go when the foot of the child in front of them crosses the start line. 2) Same exercise as 1, but this time, give the children a target number of runs to get to in the specified time. 3) Same exercise as 1, but this time, increase distance. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Decrease the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Increase the equipment size.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Batty Uppies”</p> <ol style="list-style-type: none"> 1) Children work individually, in their own space, with a bat and a ball each. Children get used to the bats and balls by seeing how many times they can hit the ball up and keep it off the ground. <p>“Basics Of Batting”</p> <ol style="list-style-type: none"> 1) Instruct the children in good batting techniques. Hold the bat with two hands firmly on the grip. Make sure they maintain a good firm grip. Stand sideways on with feet shoulder width apart with head facing the bowler/feeder. To prepare for the bowl, hold bat back above shoulder. <p>“Hitting The Ball”</p> <ol style="list-style-type: none"> 1) Children work in groups, one ball, one hoop and one base/cone per group. Each group takes it in turns to be a batter, a catcher and a feeder/pitcher or act as fielders. Feeders/pitcher underarm throw the ball to the batters chest height. Batter steps forward to hit the ball with the bat out at the side of their body. Children have three bats then rotate spots. <p>“Hitting The Goals”</p> <ol style="list-style-type: none"> 1) Same exercise as “Hitting The Ball”, but this time, the groups set up small gates/goals, with cones, that the batters try to aim for when hitting the ball. Give different scores for goals that are different widths and distances away. Most points wins. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between bases. 4) Decrease the running distance. 5) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between bases. 4) Increase the running distance. 5) Decrease the equipment size.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Running With The Bat”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths while carrying their bat. 2) Same exercise as in 1, but this time the children have to slowly lunge to the line and back. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Team Softball Games. • Up to 30 Children. 	<ul style="list-style-type: none"> • Soft / Tennis Balls, Bats / Bases / Catching Mitts. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To improve basic striking, fielding, decision making skills. • To encourage teamwork and improve basic striking and fielding skills. • To encourage good communication between batters in a match situation. 	<ul style="list-style-type: none"> • Bat, Back, Front, Hit, Attack, Safety, Bases, Throw, Catch, Run, Arm, Shoulder, Ball, Land, Underarm, Rounders, Accuracy, Fingers, Score, Power, Bounce, Return, Crouch, Barrier, Chase, Catcher, Team Work, Striking, Fielding.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Creating Space And Catching”</p> <ol style="list-style-type: none"> 1) Children work in pairs, with one ball between two, jogging around the area. On command, pairs throw low and catch as many times as they can in 30 seconds then carry on jogging around the area. Pairs try to beat their score each time. 2) Same exercise as 1, but this time the pairs alternate throwing low, high and up in the air. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Increase the time limit. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Decrease time limit.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Continuous Softball”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Batting team stays a safe distance away when waiting for their turn to bat. The fielding team spread out all over the area, making sure they are a safe distance away from the batter. One fielder acts as a catcher. The coach pitches underarm and the batter attempts to hit it. Whether they hit it or not the, batter has to run. Batters score one run each time they travel round a cone and back. More than one run at a time can be scored. Fielders have to return the ball every time to pitcher who continuously serves. Each batter keeps going until they are caught out or if they miss the ball 3 times. <p>“Racing Rounders”</p> <ol style="list-style-type: none"> 1) Same exercise as in “Continuous Rounders”, but this time, whatever happens when the batter tries to hit the ball, even if out, the batter has to run immediately around three cones, then return the bat to their team mates and join the back of the line until their next turn. One run is scored each time the ball is hit. If the ball is missed or hit behind the base, no run is scored. If out (caught, missed 3 times), one run is taken away. Pitcher continuously serves, even if the bat has not been returned! Teams swap after so many pitches. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between bases. 4) Decrease the running distance. 5) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between bases. 4) Increase the running distance. 5) Decrease the equipment size.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Creating Space And Catching”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Team Softball Games. • Up to 30 Children. 	<ul style="list-style-type: none"> • Softballs, Bats, Stands, Bases / Catching Mitts. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To improve basic striking, fielding and decision making skills. • To encourage teamwork and improve basic striking and fielding skills. • To encourage good communication between batters in a match situation. 	<ul style="list-style-type: none"> • Bat, Back, Front, Hit, Attack, Safety, Bases, Throw, Catch, Run, Arm, Shoulder, Ball, Land, Underarm, Softball, Accuracy, Fingers, Score, Power, Bounce, Return, Crouch, Barrier, Chase, Catcher, Team Work, Striking, Fielding.
Warm Up:	Differentiation:
<p>“Creating Space And Catching”</p> <ol style="list-style-type: none"> 1) Children work in pairs, with one ball between two, jogging around the area. On command, pairs throw low and catch as many times as they can in 30 seconds then carry on jogging around the area. Pairs try to beat their score each time. 2) Same exercise as 1, but this time the pairs alternate throwing low, high and up in the air. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Increase the time limit. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Decrease time limit.
Main Content:	Differentiation:
<p>“Caterpillar Softball”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Batting team lines up a safe distance behind the first batter. The fielding team spread out behind a target line. Batters take it in turns to strike the ball off the top of a ball stand (placed in front of them) towards the target line. They score by running around a marked out box and back through a gate followed by all the other batters in a train. They then go to the back of the line. Batters are not allowed to run if the ball does not cross the target line or if the batter is caught. Once the ball has crossed the target line and been stopped by a fielder, the rest of the fielding team must form a line behind them. The ball is passed overhead in a straight line until it reaches the 5th fielder who then runs to touch the ball on the base before the batters run through the gate <p>“Team Softball”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Set up a game of Softball as close to normal rules as possible. Each team has 10 minutes of batting time to score as many runs as possible. Make sure all children have a go at every position (pitching, catcher, batting, fielding, bases, etc.) 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between bases. 4) Decrease the running distance. 5) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between bases. 4) Increase the running distance. 5) Decrease the equipment size.
Cool Down:	Assessment Opportunities:
<p>“Creating Space And Catching”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.

