

Physical Development - Building Understanding

Lesson 2 : Striking & Fielding Games

Baseball / Rounders

Alistair



For this lesson you will need

- Soft ball
- Tea tray
- Baseball bat
- Tennis ball
- Coloured paper / card



Let's get ready

- Find a quiet, clear space to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the right clothes for sport & physical activity.
- Make sure your resources are nearby.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.



Warm up...

Stretch

Jog

Jump

Stretch, walk, jog and jump to get our muscles ready to play baseball / rounders (warm up can last between 2 & 5 minutes).



Sequences of movement...

Reaction

Speed

Striking

Place stations around a space (e.g. coloured pieces of card) and practise running from base to base. Increase the speed and reaction times and introduce striking a ball into the activity to mirror a baseball / rounders match.



Skills...

Pitch

Striking

Coaching

Practise the skills of pitching, striking and fielding building towards playing a baseball / rounders game with a parent / carer / sibling.



Make it easier

*Use large, soft balls and practise striking with your hand before progressing on to using a bat.

*Practise striking from a static position with a larger surface area than a bat.

Make it harder

*Look at our masterclass sessions with elite sportspeople sharing their 'top tips'.

*Practise pitching the ball using an overarm technique.

More ideas

*Ask your parent / carer to help you search for baseball-specific content.

*Play a game of rounders / baseball against your parent / carer or sibling.



STEP Principle

***All of our activities can be adapted using the step principle
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support visually impaired learners / Bigger, brighter, tactile, weighted resources / Adapt space & activities to suit wheelchair users e.g. adapt the space to ensure the learner can move freely from base to base.



Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram, Facebook** or **Twitter** tagging **@OakNational** and **#LearnwithOak**

