

<b>Age: 1.5 - 3</b>		<b>Sport: T-Ball</b>	
<b>Duration: 45 mins</b>	<b>Physical Skills:</b> Throwing, hitting, running the bases	<b>Social Skill:</b> <b>Sharing</b>	<b>Stickers:</b> T-Ball, <b>Sharing</b>

**Review T-Ball Sport Resources Alongside Lesson Plan [HERE](#)**

**Welcome!**

1. Introduce the sport - holding out t-ball
2. Talk about the actions we do in t-ball
3. Introduce the social skill
3. Talk about what **sharing** is and how we use it

<b>Social Skill</b>  <b>Intro</b>	<ul style="list-style-type: none"> <li>● <b>Sharing</b> means we don't keep things just for ourselves — we let our friends have a turn too.</li> <li>● <b>Sharing</b> helps everyone feel included and makes activities more fun for the whole group.</li> <li>● What can we do to show we are <b>sharing</b>? <ul style="list-style-type: none"> <li>○ Take turns using equipment</li> <li>○ Using kind words like “your turn” or “do you want to try?”</li> <li>○ Wait patiently while someone else is having a turn</li> </ul> </li> </ul>
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**WARM UP**

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

<b>Physical Literacy Skill</b>	<p>★ <b>Shuffling</b></p> <ul style="list-style-type: none"> <li>● Cues for Shuffling: “Step, Together, Step, Together” <ul style="list-style-type: none"> <li>○ Step to the side with right foot, bring left foot in so the feet are together again</li> </ul> </li> <li>● Stay low - bend your knees</li> <li>● Light feet - stay on your toes</li> <li>● No crossing feet - keep your feet side-by-side</li> </ul>
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**Head, Shoulders, Knees, & HOME RUN!**

<b>Equipment</b>	<input type="checkbox"/> <b>Spot markers or flat cones, bases</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Set up a line of cones or spot markers and have all the players stand along the line</li> <li>→ A few meters ahead of the line, set up the bases</li> <li>→ Play ‘Head, Shoulders, Knees and Toes’ while calling the actions at random. Then, yell out “HOME RUN!”. The players must then run around the bases as fast as they can, give the coach a high five, and back to their spot. <ul style="list-style-type: none"> <li>◆ Make sure you are demonstrating the actions and running the bases!</li> </ul> </li> <li>→ Play a few rounds of this and then take a water break</li> </ul>

**PHYSICAL SKILLS**

**Roll, Catch, Throw!**

<b>Equipment</b>	<input type="checkbox"/> <b>Baseballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Each player will pair up with their parent and find their own space in the play area</li> <li>→ Have parents gently roll the ball to their child</li> <li>→ Child picks up the ball and throws it back to their parent</li> <li>→ Explain this is like a “ground ball” (ball comes along the ground, not the air)</li> <li>→ Remind kids to watch the ball as it rolls and use two hands to pick it up</li> </ul>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• <b>Progression:</b> Parents roll a ground ball to their child on a diagonal so that it does not go perfectly into their hand - the player will shuffle side to side in order to trap the ball, then throw it back to their parent</li> </ul> <p><a href="#">EXAMPLE</a></p>

### Shuffle and Throw Maze! - [EXAMPLE](#)

<b>Equipment</b>	<input type="checkbox"/> <b>Baseballs, cones, hula hoops</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Create a semi-circle lane using flat cones</li> <li>→ On one side of the semi-circle, players will line up and wait their turn. Place a hula hoop beside the start of the line to hold the baseballs</li> <li>→ At the other end of the semi-circle, hook a hula hoop to the fence of the diamond (or have the coach hold it up if playing on grass)</li> <li>→ When the coach says “GO,” players take turns grabbing a baseball and shuffle sideways along the cone track toward the target. Players must hold their ball while shuffling</li> <li>→ When they reach the end, they aim and throw their ball at the hula hoop target</li> <li>→ After throwing, players retrieve their ball and return to the end of the line to take another turn. To reduce waiting time, set up two semi-circle tracks with two targets</li> </ul>

### SOCIAL SKILLS

#### Simplified T-Ball Game - Hitting & Running!

<b>Equipment</b>	<input type="checkbox"/> <b>Bat, tee, baseball, bases, hula hoop</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Set up the tees and place a hula hoop of balls near each tee.</li> <li>→ Create a boundary of cones a few meters back from the tees where the kids will line up to create a safe “hitting zone”</li> <li>→ Start by showing how to swing a bat - stand beside the ball and swing through. The main point for them to work on will be using both hands to swing the bat.</li> <li>→ The first player in line hits the ball off the tee. After hitting, the player runs to first base and stops.</li> <li>→ Each subsequent player hits off the tee, and the players on base advance to the next base when the next hitter hits.</li> <li>→ Continue until everyone has had multiple turns at batting and running the bases. After each turn, players rotate back to the end of the batting line.</li> <li>→ After everyone in the group has had a chance to hit and move through the bases, give players the chance to hit again and run a full home run this time.</li> <li>→ Emphasize <b>sharing</b> by reminding players that only one person gets to use that bat at a time - Emphasize giving the bat to their teammate after hitting to demonstrate <b>sharing</b></li> </ul>

### FUN ACTIVITY

#### Fire and Ice Tag!

<b>Equipment</b>	<input type="checkbox"/> <b>Cones, playground balls</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Create a large boundary using cones that players must stay within</li> <li>→ Choose 1-2 players who will be IT - they are the “freezers” and have “ice powers”</li> <li>→ Choose another 1-2 players (can be coaches) who have the fireball (playground ball” to unfreeze players</li> <li>→ Players with the fireball cannot be frozen</li> <li>→ If you are frozen, players with the fireball can toss you the ball and if you catch it you are unfrozen</li> <li>→ If the fireball is not caught when tossed, it must be re-tossed until it is caught successfully</li> </ul>

**WRAP UP**

**Huddle & Review!**

**Review**

- Who can tell me what actions we practiced in t-ball today (throwing, hitting, running the bases)?
  - What social skill did we work on today?
  - Yes, **sharing!** Can I hear everyone say “**sharing**”?
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**Cheer**

- The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY!
  - Be as LOUD as you can!
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**Stickers**

- ★ Hand out T-Ball and **Sharing** stickers