

Age: 3-5 / 5-7		Sport: T-Ball - Week 4	
Duration: 60 mins	Physical Skills: Hitting, running the bases	Social Skill: Sharing	Stickers: Hitting, Sharing

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

Welcome!

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

Social Skill Intro

- **Sharing** means we don't keep things just for ourselves — we let our friends have a turn too.
- **Sharing** helps everyone feel included and makes activities more fun for the whole group.
- What can we do to show we are **sharing**?
 - Take turns using equipment
 - Using kind words like “your turn” or “do you want to try?”
 - Wait patiently while someone else is having a turn

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.

Physical Literacy Skill

- ★ **Jumping**
 - Practice bending your knees and standing back up
 - Try small jumps in place with both feet together - practice landing softly with bent knees like a quiet ninja!
 - Try big jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really high like a spaceship taking off into space!
 - Try far jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really far and powerful like a kangaroo

Jumping Course!

Equipment

- Cones, hula hoops, spot markers**

Key Points

- Create 4–5 stations around the space using cones, hula hoops and spot markers
- Stations can include:
 - ◆ Two-foot jumps - Jump forward with two feet together landing in the hula hoop
 - ◆ Side-to-side jumps - Jump side to side over a line of cones
 - ◆ Mini hurdles - Jump over small lines of tall cones
 - ◆ Spot jumps - jump and land on a zigzag of spot markers
- Players can try the different stations at random, or they can be assigned where to go
- Encourage bending knees before jumping, using their arms to help lift, and jumping with two feet

PHYSICAL SKILLS

T-Ball Safety Talk! - [EXAMPLE](#)

<p>Equipment</p> <p>Key Points</p>	<p><input type="checkbox"/> Bat, tee, bases, hula hoop, balls</p> <hr/> <ul style="list-style-type: none"> → Set up the tees, bases and place a hula hoop of balls near each tee → Create a boundary of cones a few meters back from the tees where the kids will line up to create a safe “hitting zone” → The first player in line hits the ball off the tee. After hitting, the player runs to first base and stops → Each subsequent player hits off the tee, and the players on base advance to the next base when the next hitter hits → 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
<p>FUN ACTIVITY (~ 5 mins)</p>	
<p>VIP Tag!</p>	
<p>Equipment</p> <p>Key Points</p> <p>Adapatation</p>	<p>→ Cones, hula hoop</p> <hr/> <ul style="list-style-type: none"> → Create a large boundary using cones that players must stay within → Place one hula hoop on the ground in one corner of the boundary zone → Choose one player to be the “VIP”; they stand inside the hula hoop - the hula hoop is the VIP’s safe zone → Assign 1-2 players to be IT and all other players play tag → If a player is tagged, they must sit down where they are → The VIP’s role is to high five seated players to bring them back into the game, without getting tagged → If the VIP gets tagged, the round ends! → Rotate the VIP each round so everyone who wants a turn gets a chance. <hr/> <ul style="list-style-type: none"> • Place two hula hoops in opposite ends of the space and have 2 VIP players • To better indicate who is IT - players who are IT can run with a ball and tag players with the ball (with two hands, not throwing the ball)
<p>WRAP UP (~5 mins)</p>	
<p>Huddle & Review!</p>	
<p>Review</p> <p>Cheer</p> <p>Stickers</p>	<ul style="list-style-type: none"> → Who can tell me what we learned in t-ball today (i.e. hitting, throwing, running the bases)? → What social skill did we work on today? → Yes, sharing! Can I hear everyone say “sharing”? <hr/> <ul style="list-style-type: none"> • The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can! <hr/> <p>★ Hand out Hitting and Sharing stickers</p>