

<b>Age: 3-5 / 5-7</b>		<b>Sport: T-Ball - Week 8</b>	
<b>Duration: 60 mins</b>	<b>Physical Skills: N/A</b>	<b>Social Skill: <a href="#">Communication</a></b>	<b>Stickers: Bonus, <a href="#">Leadership</a></b>

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

**Welcome!**

1. Introduce the sport - bonus week (doing a little bit of everything because it's the last day!)
2. Talk about the t-ball skills we learned this season - what everyone's favourite t-ball skill?
3. Introduce the social skill
4. Talk about what [Leadership](#) is and how we use it

<b>Social Skill</b>	<ul style="list-style-type: none"> <li>• <a href="#">Leadership</a> means helping your team do their best and setting a good example for others.</li> <li>• What are some ways that we can show good <a href="#">leadership</a>? <ul style="list-style-type: none"> <li>○ Trying your best every time</li> <li>○ Encouraging your teammates when they make mistakes or do well</li> <li>○ Showing respect to coaches and other players</li> <li>○ Helping teammates know what to do</li> </ul> </li> </ul>
<b>Intro</b>	

**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>★ <a href="#">Recap of Skills</a></p> <ul style="list-style-type: none"> <li>• Galloping</li> <li>• Skipping</li> <li>• Shuffling</li> <li>• Running</li> <li>• Jumping</li> <li>• Balance</li> <li>• Throwing/Catching</li> </ul>
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**VIP Tag!**

<b>Equipment</b>	<input type="checkbox"/> <a href="#">Cones, hula hoop</a>
<b>Key Points</b>	<hr/> <ul style="list-style-type: none"> <li>→ Create a large boundary using cones that players must stay within</li> <li>→ Place one hula hoop on the ground in one corner of the boundary zone</li> <li>→ Choose one player to be the "VIP"; they stand inside the hula hoop - the hula hoop is the VIP's safe zone</li> <li>→ Assign 1-2 players to be IT and all other players play tag</li> <li>→ If a player is tagged, they must sit down where they are</li> <li>→ The VIP's role is to high five seated players to bring them back into the game, without getting tagged</li> <li>→ If the VIP gets tagged, the round ends!</li> <li>→ Rotate the VIP each round so everyone who wants a turn gets a chance.</li> </ul> <hr/>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• Place two hula hoops in opposite ends of the space and have 2 VIP players</li> <li>• 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)</li> </ul>

**PHYSICAL SKILLS**

## King/Queen of the Field!

<b>Equipment</b>	<input type="checkbox"/> Balls, bat, tee, cones, hula hoop
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Set up a home plate and tee with a hula hoop of balls beside it</li><li>→ The coach will have the bat to start</li><li>→ Players spread out in the field, far enough back to avoid being hit by a ball</li><li>→ The coach will start by hitting the ball into the field. Then, players scramble to field the ball.</li><li>→ The player who successfully retrieves the ball will throw it back to the coach and becomes the next batter<ul style="list-style-type: none"><li>◆ If one player repeatedly fields the ball first, have them give the ball to someone who hasn't had a turn yet</li></ul></li><li>→ Emphasize fun, <b>teamwork</b> and effort over competition</li></ul>
<b>Adaptation</b>	<ul style="list-style-type: none"><li>• Set up two tees and have two balls going at a time</li></ul>

## Blast Ball! - EXAMPLE (Time 10:11)

<b>Equipment</b>	<input type="checkbox"/> Bases, tee, bat, balls, cones
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Set up the tee, home plate, 1st, 2nd, and 3rd base</li><li>→ If the group is large enough, divide players into 2 teams</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>→ One team lines up behind the tee, and the other team spread out in the field<ul style="list-style-type: none"><li>◆ One player at each of the bases and the rest spread out in the space behind the bases</li></ul></li><li>→ Players practice hitting the ball off the tee and running the bases</li><li>→ The rest of the players will work together to field the ball and throw it back to the coach</li><li>→ Let the players practice hitting until they successfully make contact with the ball</li></ul>
<b>Adaptation</b>	<ul style="list-style-type: none"><li>• <b>Progression:</b> Remove the tee and the coach will toss a small playground ball (for larger contact surface area) to the batter. Let the players practice hitting until they successfully make contact with the ball.</li></ul>

## SOCIAL SKILLS

### T-Ball Relay!

<b>Equipment</b>	<input type="checkbox"/> Cones, balls, hula hoops
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Set up two cones to mark the start of the lines</li><li>→ Divide players into two teams, each team lining up behind a cone</li><li>→ Each player will have a ball</li><li>→ The coach will stand a few meters away holding a hula hoop in each hand out to both sides</li><li>→ When the coach says GO, the first player in each line will shuffle with their ball in hand towards the coach, and throw their ball aiming for the hula hoop</li><li>→ After throwing, the players run back to their line and high five the next player in line, then take a seat at the back of the line</li><li>→ The first team to have all players seated wins</li><li>→ Emphasize <b>leadership</b> by encouraging players to <b>encourage their teammates</b> when they make miss the hula hoop, or <b>cheer their teammates on</b></li></ul>

## FUN ACTIVITY

### T-Ball Game!

