

This is a preview!

Full “Softball Unit” is 39+ pages!

Softball Unit

3-Week

6th-12th Grade

Softball Unit

“Great
resource!”



Health Education Today



**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Here is an Overview of the Program:

Name		
	01Softball Unit.docx	
	01Softball Unit.pdf	
	02Study Guide and Test.docx	
	02Study Guide and Test.pdf	
	03Softball Throwing Tips Poster.docx	
	03Softball Throwing Tips Poster.pdf	
> 	04Kickball Games for Lead Up	
	05Great website for Softball.pdf	
	06Peer Grading Sheet.docx	
> 	06Warm Ups and Stretching	
	07Play Score Sheet.pdf	
> 	08Learning Targets and Standards	
	09Physical Literacy Unit Check List.docx	
	10Peer Grading Sheet.pdf	
> 	11BONUS Jump Rope Tests	
> 	12BONUS Olympic Stations	
	13Previews of Other Lessons.pdf	
	14Troubleshooting Issues with Files.pdf	

REAL TEACHERS' REVIEWS ENDORSE
THIS PROGRAM:

“Fabulous! Thanks!”

“Awesome lessons!”

“Great Lesson!”

“Extremely well-organized!”

“A great time saver.”



What is Included in this Program:

1

37 pages of Step-by- Step Teacher Directions

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

3

Lead up games!

4

Study Guide and Test

1

37 pages of Step-by- Step Teacher Directions

2-Week Suggested Overview:

Week 1:

- Rules/rotation
- Throwing/catching/grounders
- Batting/baserunning
- Play 4-Corners
- Positions
- Batting/throwing drills for warm-up
- Continue 4-Corners (add teacher pitcher)
- Go over softball rules
- Warm-up drills
- Real game with teacher pitcher
- Flyer's Up
- Game play
- Warm-up stations
- Game play (variations)

Week 2:

- Skill building
- Game play
- Skill building
- Game play
- Written study guide and test



Day 1: Softball Intro and Skills and Drills

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met: Reading 3	My State Standards Met:
 Equipment Needed: Softballs -you can bring some hard regulation softballs out for experienced players, but for our P.E. games we always use the softer "Incrediballs."	 How Many: 1 for each pair of students	 Directions: For our P.E. games we always use the softer "Incrediballs."
Mitts	1 for each person	
Tee	1	
Bases	4	
Softballs -you can bring some hard regulation softballs out for experienced players, but for our P.E. games we always use the softer "Incrediballs."	1 for each pair of students	

Today's Instructions:

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

1. In gym go over RULES/SAFETY:

-It's really important that when the whistle blows, all balls stop being thrown.

See who you are throwing to, and throw accordingly. We will have all players rotating and playing all positions so look before you throw!

-No one touches a bat unless you are up to bat-no "on deck" batter.

-If you are touching a bat without being the batter, you will have to take 1 lap.

-Stay behind the backstop. Catcher must wear mask!

-No negative comments or making fun of anyone. Softball is a game where 1 person is put on the spot and some people may feel uncomfortable, so we all need to be encouraging.

-No arguing with the umpire!

-Anytime coming from the field to be up to bat, either hand your mitt to someone, or drop it



Program is standards-based:



National Standards

Day 2: Softball Skills and Drills

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met:	My State Standards Met:
 Equipment Needed:	 How Many:	 Directions:
Softballs -you can bring some hard regulation softballs out for experienced players, but for our P.E. games we always use the softer "Incrediballs."	1 for each pair of students	Footballs
Mitts	1 for each person	
Tee	1	
Bases	4	

Today's Instructions:

1. Inside, talk positions and job of each position.

Optional: YouTube Batting Video: [ON-hx6SuiEU](https://www.youtube.com/watch?v=ON-hx6SuiEU)

2. Start today's lesson with a warm-up and additional stretching. (See the top of the page for ideas.)

3. *Drill:* Next, have half the class warm-up yesterday, while the other half of class does places for warm-up).

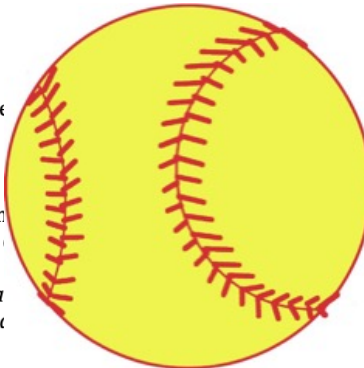
finish the lesson with or other warm up ideas.)

returner like we did tomorrow we will switch

Talk batting again as a reminder with the group:

-Grip bat on calluses of hands

-Align hands, keep hand together



2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!



Method 1
Overhand Throws
Download Article

2 Grip the ball with four fingers on the laces. Turn the ball so that the laces form a "C," then place your four fingers along the top lace. Your thumb should comfortably rest on another lace along the side of the softball.

- The laces provide a surface to grip onto, and you will "pull" on the laces as you throw to give the ball backspin (the top of the ball spins back towards the bottom), which helps the throw's speed and stability.

wikiHow to Throw a Softball

(shagger)



(shagger)



3

Lead up games!

Ultimate Frisbee:

**THIS ACTIVITY/LESSON MEETS NATIONAL STANDARDS-See end of activity/lesson*

Equipment Needed:

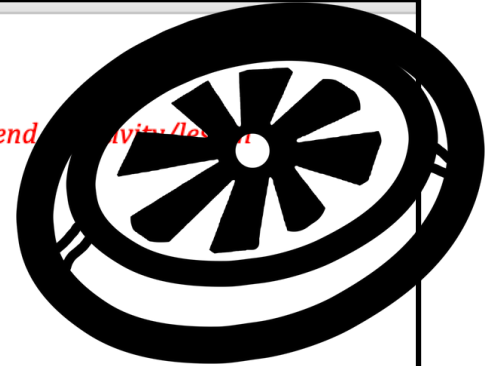
- Frisbees
- pinnies

1. Review and practice Frisbee skills:

-Grip the Frisbee in your fingers. Your index finger should be against the underside.

- Stand with your feet at shoulder width. Your right foot should be in front if you are right-handed. Your left foot should be in front if you are left-handed.

Curl your wrist slightly back. Your elbow should be pointing up and your arm fast and try to flick!



Frisbee Baseball:

**THIS ACTIVITY/LESSON MEETS NATIONAL STANDARDS-See end of activity/lesson*

Equipment Needed:

- 15-20 Frisbees
- 4 hoola hoops for bases
- garbage can

1. Divide into two teams like baseball. Set up like baseball with bases, a team up and a team out in the field. At the pitcher's mound put a garbage can.

2. First 5 batters come up to bat, each with a Frisbee in their hand.

3. All 5 at the same time toss their Frisbees out into the field (must be thrown forward) and start running the bases. They can keep running and scoring points crossing home until all 5 Frisbees get put into the garbage can by the outfield. They don't have to get home, they can stand on a base when all Frisbees get into the garbage can and be safe. Once the next batters throw their Frisbees they should run. Once a player gets home they go to the end of the line. (or you can have them continue to run the bases if you want for a more active game. Once you score, you just are a runner until the teams switch sides. In this case, you may want to use mats for the bases since there could be lots of students on one base.

Here are some scorecards - print them as a sheet score card:

FRISBEE GOLF SCORECARD

Names:	1.	2.
Hole 1 scores:		
Hole 2 scores:		
Hole 3 scores:		
Hole 4 scores:		
Hole 5 scores:		
Hole 6 scores:		
Hole 7 scores:		
Hole 8 scores:		
Hole 9 scores:		

Frisbee Golf:

**THIS ACTIVITY/LESSON MEETS NATIONAL STANDARDS-See end of activity/lesson*

You can purchase ready made Frisbee golf sets with Frisbees and "holes" included, (similar to this picture) but you can just as easily, and for way cheaper make your own course.

Equipment Needed:

-1 Frisbee for each student (or if you don't have that, students could be in pairs)

-print and put signs to show students where the "holes" are in protector sheets

-any old equipment if you want to use it and make your course a bit harder since they'd need to not just hit a tree trunk, but actually get the Frisbee in the hole or in part of an object. For instance, you could use old tires, bike innertubes hanging, buckets, garbage cans, hoola hoops, ropes, etc.



4

Unit Test and “Peer Assessment Sheet”

SOFTBALL STUDY GUIDE:

A. RULES TO REMEMBER:

1. A ball hit inside the 1st and 3rd baselines is and a ball hit outside
2. The 4 ways to get a player out are:
 - 1) strike out,
 - 2) tag out at base,
 - 3) force out at base,
 - 4) catch batter's fly ball.

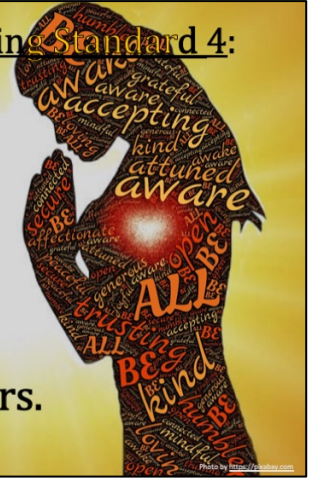
NAME: _____ KEY _____ PER: _____ Date: _____

WRITE IN THE CORRECT LETTER:

1. A A runner may advance _____ base(s) on an overthrow past 1st base.
 - A. 1
 - B. 2
 - C. none
2. D A runner may overrun _____ base only.
 - D. 1st
 - E. 2nd
 - F. 3rd
3. G When a baserunner only needs to touch the base to get to the next base, it is called a _____ force out.
 - G. force out
 - H. out
4. J The rules say that after a fly ball is caught the runner must _____ tag up.
 - I. run fast
 - J. tag up

SHAPE/Learning Standard 4:

I can exhibit responsible personal and social behavior that respects myself and others.



the ball is thrown out of the field and base to center field

Student Assessment Form:

Student Name: _____

Period: _____ Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations:



5. MARATHON:

Skip with High Knees

-Step (R), lift opposite knee (L), step other foot (L), lift opposite knee (R)



Circle Score: Grade:

A	A-	B	C	D	F
10	9	8	7	6	5 or lower
Excellent	Very Good	Good	Adequate	Acceptable, but could improve	Needs Improvement



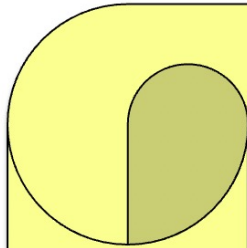
Alternate Ideas During Game Play:

-Dancing is a life-long activity.

-Keeping the body fit is a life-long activity.

-Jump roping is a life-long easy fitness activity to do yourself, almost anyplace, anywhere. Tuck a jump rope and even exercise while you travel.

Alternate S



1. Ping Pong: If you can set up a table in your gym, this works great.

2. 4-Square: It's easy to set up in the gym.

3. Line Dancing-bring out students if you see them. Basketball game! If needed, make a poster of "Dance" folder in the "In" folder.

4. Jump Roping: Bring out short ropes. You could put them from that unit in "Inside" jump until they miss and catch it down on a poster and then.

5. Give them a boom box and have students do the exercise.

6. Or, off

What would you like to do in PE this year? Using this list **circle 10 activities you would like to do**. Of those 10, choose your favorite 5, and number them from 1-5, with 1 being the activity you would **most like to do** all the way to number 5.

- ☐ 4-Square
- ☐ aerobics/dance
- ☐ archery
- ☐ backpacking/camping skills
- ☐ badminton
- ☐ ballroom Dancing
- ☐ basketball
- ☐ body workouts (abdominal work, leg and arm work, stretches)
- ☐ bicycling
- ☐ bowling
- ☐ Bucca Ball
- ☐ canoeing/boating
- ☐ combatives (Strength challenges)
- ☐ Croquet
- ☐ Dodgeball
- ☐ fitness testing
- ☐ fitness workouts (class would be a fitness center with choices)
- ☐ jump roping
- ☐ football
- ☐ Frisbee Golf
- ☐ golf
- ☐ hacky sack
- ☐ handball
- ☐ hiking
- ☐ hip hop dancing

Any other suggestions:

☐ Karate/self-defense



☐ line dancing

☐ Nutrition lessons-diets, calories, fast food info, dangers of energy drinks, body fat %

☐ obstacle courses

☐ orienteering (compass/geocaching)

☐ pickleball

☐ ping pong

☐ putt putt golf

☐ relays

☐ ropes course/trust building

☐ Salsa Dancing

☐ scooters

☐ skating/roller blading

☐ soccer

☐ softball

☐ Speedball

☐ square dancing

☐ station work-different activities around the gym and students choose or rotate through

☐ step benching

☐ Team Handball

☐ tennis

☐ Set gym up like a sports

club ☐ track events

☐ Ultimate Frisbee

☐ volleyball

☐ Zumba

☐ walking

☐ horseshoes

☐ weight training

☐ yoga

Copyright © Health Education Today

FOUR SQUARE RULES:

1. Server stands in the #1 square. Server calls any special game.

2. Players waiting stand by the #4 square. The first person in line is the judge. (If there is an argument and the judge didn't see it clearly, **RE-SERVE**.)

3. Server must have 1 foot in diagonal corner when serving. All other times his foot does not have to stay in corner.

4. To serve, drop the ball and hit with an open hand, fingers pointing down. **Serve must be returnable.**

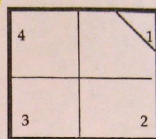
5. The ball does not have to bounce before being hit, but if it does bounce, it may only bounce once.

6. Lines are good!!!

7. No catching or carrying

8. When you miss, go to end of line and next person waiting comes into #4 square.

9. Ball must be hit with an open hand with fingers either up or down-no fists. Using 1 hand is fine.



Offer active alternatives
for students who don't
want to play in games!

Learning Target Posters Included:



Free Updates! Just re-download.

Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>
<http://www.corestandards.org>

Graphics:

<https://pixabay.com/>

<https://openclipart.org>

<http://www.clker.com>

Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>