

AT HOME

FUN AT BAT



PHYSICAL EDUCATION
GRADES K-5



SESSION FIVE



SESSION FIVE // WELCOME

Welcome to session five of the Reds Community Fund and USA Baseball’s Fun at Bat program. Today’s lesson is hitting derby.

Let’s review the skills and championship principle we learned from session four:

- Ready Position — Students practice this with an imaginary bat. Stand with feet shoulder-width apart and knees bent. Students grasp their hands as if they were holding an actual bat in front of their waist. Emphasize that the arms make a “V” shape. Have students bring their hands back toward the right ear (if they are right-handed) or left ear (if they are left-handed). Make sure that the hands are close to, but not touching, the ear. Students can practice making the “V” and bringing the bat up toward the ear a couple of times.
- **Key 1:** Make a roof of a house with your arms.
- **Key 2:** Spread feet outside shoulders. Keep your eyes on the ball.

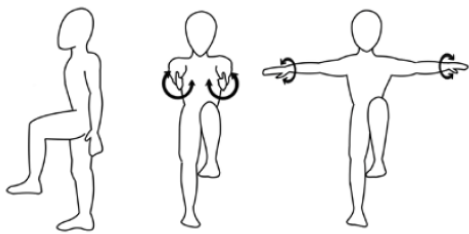
CHAMPIONSHIP PRINCIPLE

What championship principle did we learn last session? _____

Were you a leader today?

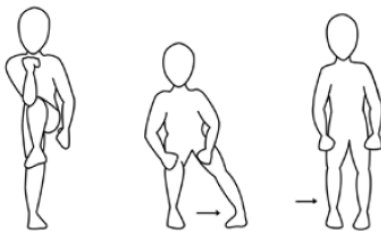
SESSION FIVE // WARMUP

The Cincinnati Reds make sure they are stretched and ready to perform on the field. To get you ready USA Baseball has put together 9 warm up exercises for you to do! LET’S GET MOVING!



MARCH IN PLACE

This exercise challenges the eyes and brain to work together regardless of the sight line. This will prepare children to accelerate, decelerate and run whether it’s to a base or chasing after a live ball. As an extra challenge, you can add in march in place with arms out to the side, doing arm circles forward/backward, or arms in front with arm circles clockwise/counterclockwise.



SLIDES

This exercise prepares children to quickly change direction whether accelerating, running back to a base or getting to a hit ball. Slide to the right, bringing right knee to left elbow and then slide to the left, bringing left knee to right elbow.

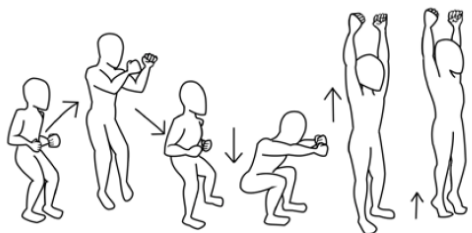


SESSION FIVE



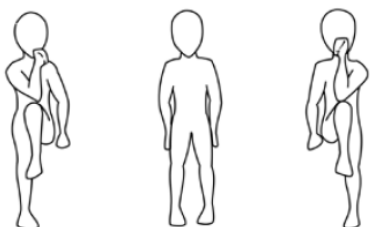
SINGLE LEG JUMPS

This movement prepares the body for all of the energy and power required in jumping, running, accepting landing forces, and observing differences in right and left side abilities. 3 repetitions each leg, alternating in between. Jump forward off of your left leg and then jump forward off of your right leg consecutively.



DOUBLE LEG JUMP-SQUAT/REACH/TOE RAISE-SQUAT JUMP

Baseball is a game requiring full body connection whether throwing, pitching, hitting or fielding. This drill links it all together. Standing on both legs, jump forward, land, and go to a full squat position. Raise up from the squat reaching arms to the sky, then add the toe raise. Lower heels, then jump straight up.



CROSS CRAWL

Baseball requires cross body action in hitting, fielding and running as well as full mental alertness. This exercise accomplishes all of these important functions. While standing, bring your right elbow to left knee then left elbow to right knee and continue alternating.

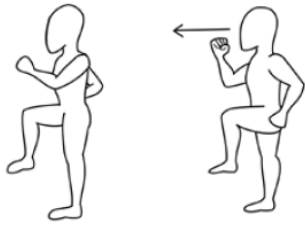


BRIDGE AND HIP EXTENSION

The bridge is a hip hinge movement done on the ground that is the same athletic stance a fielder would have in preparation on defense and a batter would have as they get in their stance. It works the power muscles of the backside and loosens up the hips. Pulling the knees to the chest assures that we have full range of motion about the hips and knees. Lie down on back and push hips to the sky, hold for 3 seconds. When hips are back on the ground, pull both knees to chest and hold for 5 seconds. When hips are back on the ground, pull both knees to chest and hold for 5 seconds.



SESSION FIVE



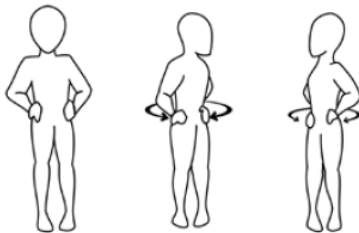
SUPER SLOW MOTION MARCH

This challenges the ability to balance and stand on one leg while teaching the body how to best handle an unbalanced situation. March in place, in super slow motion, looking straight ahead.



STAND ON ONE LEG

While standing on one leg, perform a hip hinge on one leg while the other goes behind, creating a T. This is an excellent single leg balance, stabilizer and strength drill that challenges the ability to bend and balance on one leg. 2 repetitions, alternating right and left leg. Attempt to hold each pose for 5 seconds.



WHIRLY BIRDS

This exercise simply opens up the hips and trunk allowing for more free movement when running, fielding and hitting. 1 set rotating hips clockwise, then 1 set rotating hips counterclockwise. 10 seconds each direction. Standing on both legs with feet close together and hands on the hips, rotating hips in different directions.



SESSION FIVE



SESSION FIVE // HITTING DERBY

Children will start at a designated area and once music starts or the command “Batters ready?” is given, the child will be in the ready position waiting to hear, “Swing.” When they hear “swing” or at their own pace, the child will hit a ball off a tee, stool or other suitable elevated surface.

This activity can also be done with children using their hands as a bat (striking the ball with both hands). When retrieving their ball, change the way they move (skip, slide, and gallop). Children can set a goal for ball distance, number of times they successfully hit the ball, and more. Have fun and celebrate your home runs!

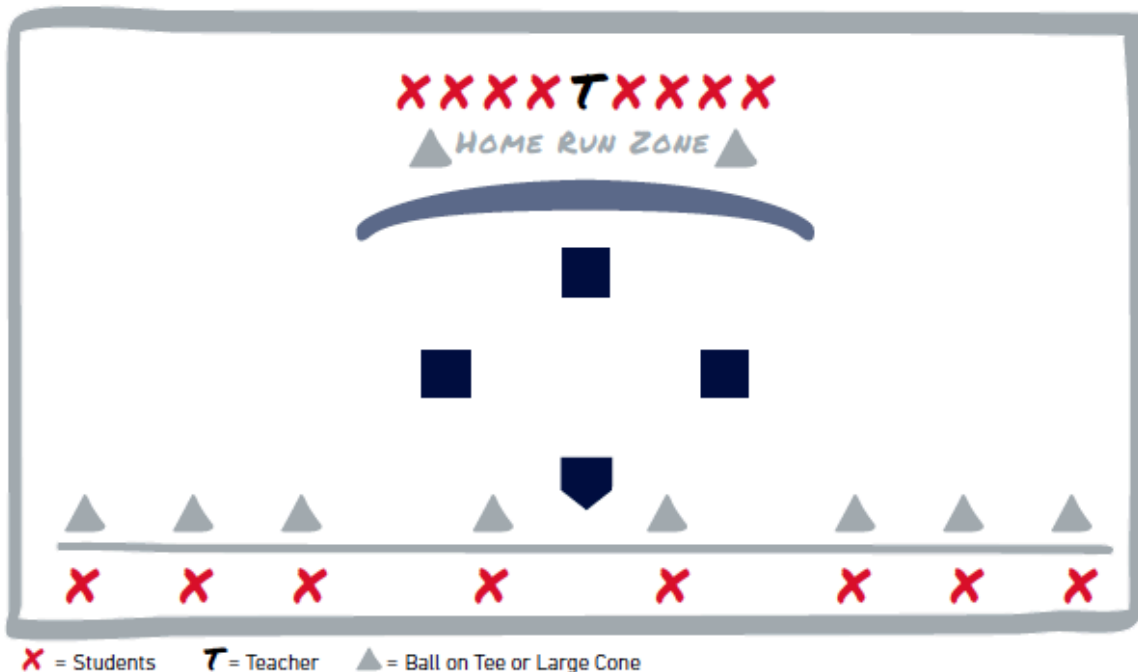


EQUIPMENT NEEDED: Foam/plastic bat, any size ball, batting tee

ALTERNATIVE EQUIPMENT: Cardboard box, tennis racket, umbrella, open hand, etc., traffic cone, paper towel rolls, upside down trash bin, chair, etc.

HITTING LINES

Set up a tee with one ball and get a bat. When the leader says, “Batters ready?” the batter should assume the ready position. When they hear “Swing,” the batter hits the ball off the tee. After they swing, the leader says, “Bats down,” and then “Field.” The batter retrieves the ball and returns it to the tee. When the ball has been returned to the tee, the leader calls up the next batter with “Batter up!”



Don't forget to share your Fun at Bat at Home activities on social media using the hashtag **#FABAtHome** and **#Reds**.



SESSION FIVE



SESSION FIVE // CHAMPIONSHIP PRINCIPLE

TODAY'S CHAMPIONSHIP PRINCIPLE // NEVER GIVE UP

- Sometimes we try different things, and we are just not the best at them. Think about the first time you rode a bike. Maybe you fell off, maybe you went really slow, maybe you couldn't even move at all. But you learned to ride and got better. It's important to remember that if you keep trying, work hard and don't give up, you can do things that once were really difficult.

Can you think of something that you wanted to quit but didn't and became really good at?

Thanks for participating in session five of the Fun at Bat program. Join us for session six: fielding.



DON'T FORGET TO SHARE YOUR FUN AT BAT AT HOME ACTIVITIES ON SOCIAL MEDIA USING THE HASHTAG #FABATHOME AND #REDS.

