

AT HOME

FUN AT BAT



PHYSICAL EDUCATION
GRADES K-5



SESSION FOUR



SESSION FOUR // WELCOME

Welcome to session four of the Reds Community Fund and USA Baseball's Fun at Bat program. Today's lesson is the fundamentals of hitting.

Let's review the skills and championship principle we learned from session three:

- Do you remember how to field a ground ball?
- How about catch a fly ball?
- Making sure we position our hand correctly will make it easier to catch the ball
 - Above waist: thumbs to thumbs
 - Below the waist: pinky to pinky
- Fielding a ground ball
 - Sit in a chair position, knees bent, arms ready
 - Feet shoulder width apart
 - Flat back
 - Make a triangle with feet and hands
- Catching a fly ball indicates that the ball is traveling toward them above their head (waist), which requires the child to present both hands with their fingers pointing up.

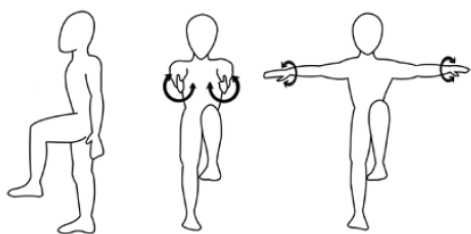
CHAMPIONSHIP PRINCIPLE

What championship principle did we learn last session? _____

Did you help someone today?

SESSION FOUR // 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!

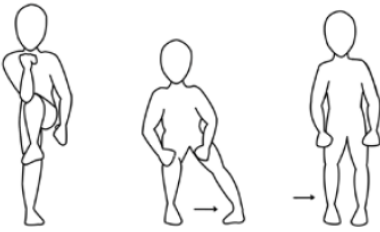


MARCH IN PLACE

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.



SESSION FOUR



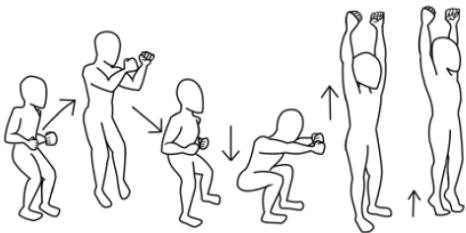
SLIDES

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.



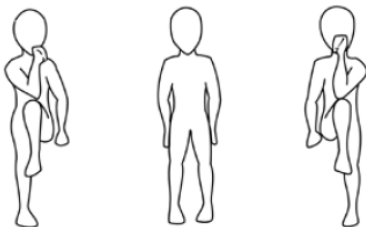
SINGLE LEG JUMPS

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.

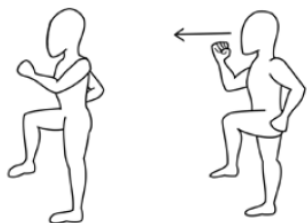


BRIDGE AND HIP EXTENSION

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.

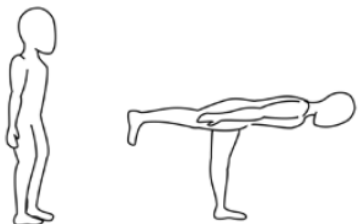


SESSION FOUR



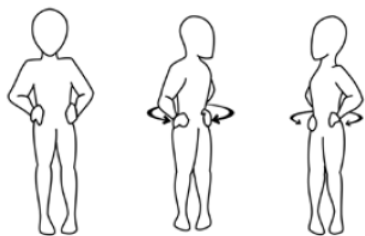
SUPER SLOW MOTION MARCH

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 FOUR



SESSION FOUR // FUNDAMENTALS OF HITTING

When you are hitting a ball, it is important you are ready to hit the ball from the tee or from the pitcher. The ready position allows the child to prepare to hit the ball. In ready position, feet are to be shoulder-width apart and knees are bent. The child then brings their hands back toward their right ear (if they are right handed) and makes sure that their hands are not touching their ear, but are close. You can practice making the “V” and bringing the bat up toward your ear a couple of times. Swinging the bat starts at the ready position and the arms move together in front of the child at chest height, passing the “V” position, finishing toward the opposite ear (right-handed batter – right ear to left ear; left-handed batter – left ear to right ear).



EQUIPMENT NEEDED: Foam/plastic bat

ALTERNATIVE EQUIPMENT: Cardboard box, tennis racket, umbrella, open hand, etc.

MUSICAL BATTERS

Play music as you move around the activity area. When the music stops, you stop and assume the ready position for hitting a ball from a tee or pitcher. When the music starts again, travel using a different locomotor skill.



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



SESSION FOUR



SESSION FOUR // CHAMPIONSHIP PRINCIPLE

TODAY'S CHAMPIONSHIP PRINCIPLE // LEADERSHIP

- A leader is someone who can be trusted to do the right thing. Leaders are great listeners and are always doing the right thing.

Can you think of anyone in the school who is a leader?

Why do you think that person is a leader?

Why do we need leaders in games and activities?

Thanks for participating in session four of the Fun at Bat program. Join us for session five: hitting derby.



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