

# AT HOME

# FUN AT BAT



PHYSICAL EDUCATION  
**GRADES K-5**



# SESSION ONE

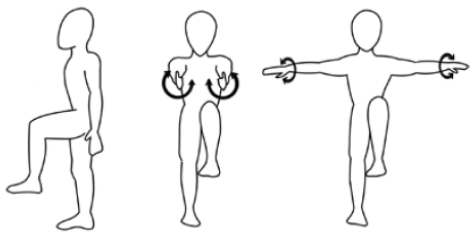


## SESSION ONE // WELCOME

Welcome to session one of the Reds Community Fund and USA Baseball's Fun at Bat program. Today's lesson is the fundamentals of underhand throwing and overhead throwing.

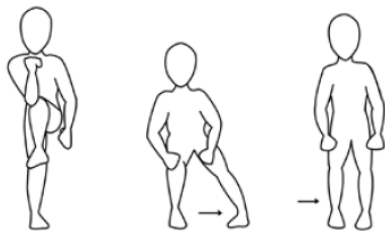
## SESSION ONE // WARMUP

The Cincinnati Reds make sure they are stretched and ready to perform on the field. To get you ready for the Fun at Bat program, USA Baseball has put together 9 warm-up exercises for you to do! Let's get our heart rate up!



### 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.



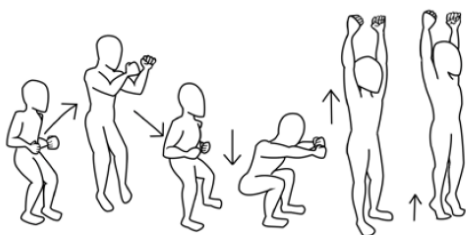
### SLIDES

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.



### 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.

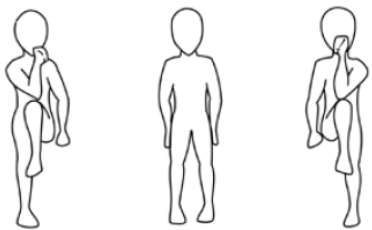


### DOUBLE LEG JUMP-SQUAT/REACH/TOE RAISE-SQUAT JUMP

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.



# SESSION ONE



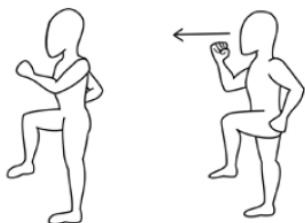
## CROSS CRAWL

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.



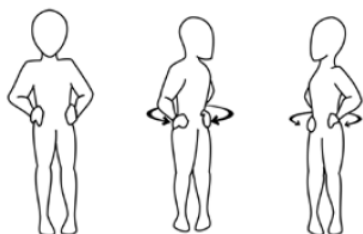
## SUPER SLOW MOTION MARCH

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 ONE



## SESSION ONE // FUNDAMENTALS OF UNDERHAND THROWING

Now that we are warmed up it's time to learn our first skill in session one, the fundamentals of underhand throwing.

Make sure the ball is in the child's dominant hand. Then they will step with their opposite foot, making sure that their hips are facing their desired target. Holding the ball at their waist the child will swing the ball backward behind themselves without twisting their body. As they step with their opposite foot, they will swing the ball forward past their hip, release the ball then follow through so that the ball travels upward toward their target.



**EQUIPMENT NEEDED:** Any size ball

**ALTERNATIVE EQUIPMENT:** Ball of paper, aluminum foil, or rolled up socks

## UNDERHAND THROWING

Now that you know the fundamentals of underhand throwing, let's practice invisible throwing!



### INVISIBLE THROWING

Stand in your own space, using invisible balls to develop your underhand-throw mechanics. Place the "imaginary ball" in the dominant hand. Then, step with the opposite foot, making sure that the hips are facing the desired target. Holding the ball at your waist, swing the "imaginary ball" backward behind yourself without twisting the body.

As you step with the opposite foot, swing the "imaginary ball" forward past the hip and release/toss the "imaginary ball" so that it travels upward toward the target.

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



# SESSION ONE



## SESSION ONE // FUNDAMENTALS OF OVERHEAD THROWING

The second skill you will learn in session one is the fundamentals of overhead throwing.

Make sure that the ball starts in the child's dominant hand and point at the desired target with their non-dominant hand. Bringing their throwing arm back into an "L" shape (arm bent at the elbow and hand held in the air with the ball), the child will step with their opposite foot as they turn their hips and begin throwing the ball toward their target and following through across their body.



**EQUIPMENT NEEDED:** Any size ball

**ALTERNATIVE EQUIPMENT:** Ball of paper, aluminum foil, or rolled up socks

## OVERHEAD THROWING

Now that you know the fundamentals of overhand throwing, let's practice invisible throwing!



### INVISIBLE THROWING

Standing in your own space, using "imaginary balls" to develop your overhand-throwing mechanics. Place the "imaginary ball" in your dominant hand and point at the target with the non-dominant hand. Then, step with the opposite foot, making sure that your hips are facing the target.

Place the arm in an "L" position, holding the ball at the top of the L. As you step with the opposite foot and the ball travels in front of the body toward the target, then release the ball.

### VARIATIONS

You can try variations by facing different targets in the activity area (wall, trees, etc.) and practicing your throwing motion on command.

You can move safely around the activity area using different locomotor skills while music is playing and when the music stops, find the instructor (adjust your feet/hips) and throw an imaginary ball to the instructor.

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# SESSION ONE



## SESSION ONE // TARGET PRACTICE

The next activity with targets tests how well our aim is! How many targets do you think you can hit? Join USA Baseball in our next activity, targets, targets everywhere.

The child will have a ball that is friendly to their surroundings. They will try to locate and throw overhand or underhand at as many targets as possible within the activity area. These targets can be large items like doors or posters, or small items like cracks on the wall, pillows, paper taped on to the wall, etc. If outdoors, targets can be attached to the backstop or other fences with zip ties or similar fasteners. Targets should be hung at varying levels, both low and high.



**EQUIPMENT NEEDED:** Any size ball

**ALTERNATIVE EQUIPMENT:** Ball of paper, aluminum foil, or rolled up socks

## TARGETS, TARGETS EVERYWHERE



### VARIATIONS

After the child releases the ball and hits the target, they instantly become the fielder and attempt to catch the ball using the “thumbs out, thumbs together” method, depending on how the ball comes off the target. Students continue throwing at various targets, with the reminder that they can only throw at available targets.

Have children perform different locomotor skills (slides, crawls, etc.) while traveling to the different targets and they can perform an exercise (jumping jacks, squat, etc.) each time they arrive at a new target.

Target poster is attached on the next page. Print this off and use it as a target.

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

Source:

USA Baseball. 2017. Fun at Bat Grades K-2 Physical Education. Reston, VA: SHAPE America – Society of Health and Physical Educators.



# SESSION ONE



## SESSION ONE // TARGET POSTER

Print this off and use it as a target. Don't forget to share your Fun at Bat at Home activities on social media using the hashtag **#FABAtHome** and **#Reds**.





# SESSION ONE



## SESSION ONE // CHAMPIONSHIP PRINCIPLE

### TODAY'S CHAMPIONSHIP PRINCIPLE // RESPONSIBILITY

- Responsibility means: Being accountable for something
- In class you are responsible for following your class rules and completing your homework

What are you responsible for at home?

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## SESSION ONE // CLOSURE

What new skills did we learn today?

- Fundamentals of Underhand and Overhand Throwing

Can you name one important part of the overhand throwing motion?

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What other sports or games involve overhand throwing motion?

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### CHAMPIONSHIP PRINCIPLE

What championship principle did we learn about today? \_\_\_\_\_

How were you responsible during Fun at Bat today?

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Thanks for participating in session two of the Fun at Bat program. Join us for session two: the fundamentals of catching.



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

