



BASEBALLS MIDDLE SCHOOL CURRICULUM

THROWING AND CATCHING WARMUP

LEARNING OBJECTIVES

- » Students will throw a ball overhand with appropriate technique.
- » Students will catch an overhand throw with appropriate technique.
- » Students will demonstrate appropriate social behavior.

LEARNING TARGETS

- » I can throw a ball overhand with good form so it can easily be caught.
- » I can catch a ball thrown overhand using two hands.
- » I can work cooperatively with a partner.

TEACHING CUES

- » Step with opposite foot as throwing arm moves forward.
- » Follow through toward target and across body.
- » To catch, hands up, fingers spread, reach for ball, and the "give" with it.

PREP

- » 1 rubber ball per 2 students

SET

- » Use the same activity area as for the rest of the lesson.

TEACH

Lesson Objective

- » The object of Throwing and Catching Warm-Up is to practice the overhand throw and catching with a partner.

Instructions

- » As you arrive, find a partner; get 1 ball for your pair.
- » Stand 7-10 paces apart to begin. As others arrive, continue to form 2 parallel lines in face-off formation.
- » Begin throwing back and forth with your partner.
- » As your shoulder warms up, you may step back farther from your partner.
- » Remember to put your hands up to give your partner a target to throw to.
- » For safety, wait until you see a target before you throw.
- » After you each make a catch, take 1 step back. How far back can you and your partner go in 3 minutes? Continue until the signal.

Reflection Questions

- » Can you name the cues for throwing a ball overhand?
- » Can you name the cues for catching?
- » How can you tell when your partner is ready to catch the ball?

SPARK IT UP!

Grounders

- » Roll the ball to your partner to practice fielding a ground ball.
- » Your partner fields it, then throws it quickly back to you. Switch roles every 5 grounders.

KEY STANDARDS ADDRESSED

Standard 1.8.4

- » Demonstrates appropriate form in a variety of skill-related fitness activities.

Standard 1.8.8

- » Demonstrates a proper catch with or without an implement.

Standard 1.8.9

- » Demonstrates throwing for accuracy, distance and power.

Standard 2.8.18

- » Analyzes skill performance by identifying critical elements.

Standard 3.8.7

- » Recognizes and implements safe and appropriate behaviors with activity and equipment.

Standard 4.8.5

- » Examines individual and group challenges through movement.

SEL COMPETENCIES

Self-Awareness

- » Self-confidence, self-efficacy

Self-Management

- » Self-discipline, self-motivation

Fly Balls

- » Toss the ball high to your partner to practice fielding fly balls.
- » Your partner catches it, then throws it quickly back to you. Switch roles every 5 grounders.

Teaching Suggestions

- » Pair highly-skilled students with beginners. Peer coaches can help teach the skills of throwing and catching.
- » Teach them to make safe, soft throws to their partners.
- » Have all the pairs throw/catch in the same direction.
- » Rotate partners often.
- » Teach students a signal to use when they need to move into others' space to retrieve a ball.

Integration

- » Baseball5 uses a rubber ball as opposed to a stitched baseball. The rubber ball is often more readily available and safer for the game of Baseball5 than the baseball. Baseball5 isn't the only game modified from baseball with slightly different equipment. The original ball used for softball was a boxing glove tied together with shoelaces.