Sample Softball Season Block Plan (7th Grade)

|  |
| --- |
| ***Context***  **Class**:  7th Grade; 16 girls /19 boys; class duration – 50 min.; class meets on A – B schedule (3 times one week and 2 times next week); 20 classes total; Experienced two previous Sport Education seasons.  **Activity**:  Modified softball, w. focus on hitting line drives and ground balls through the infield. Regular field size. Timed ½ innings (5 minutes). Team at bat provides pitcher who does not engage in fielding. Any ball that is a fly ball is an automatic out (Umpire’s call); play is dead & and base runners do not advance. No strikeouts (use of batting tee after 3 strikes). Each team gets two at bats. Other standard rules are in effect. At mid-season modified rules are reviewed for possible changes.  **Equipment available**:  Adjustable batting tee; 12 junior size softballs; 6 youth bats; 2 clipboards; pencils; scorecards.  **Team format**:  5 teams of 7 players each. Students assist teachers in team selection process..  **Competition format**:  Ladder competition. Based on preseason scrimmages, teams are seeded on the ladder by the teacher. Teams move up on ladder by challenging teams above them on the ladder.    **Duty Team Roles**:  Sport Council member, Scorekeeper, Plate umpire, Base umpire, Coach/Captain, Fitness Trainer. |

|  |  |
| --- | --- |
| ***Day*** | ***Class Activities*** |
| 1 | Sport Education review.  Introduce the use of Sport Board in selecting teams. All students nominate five candidates.  Class-wide Skill practice – Fielding: Ready position, line up w. ball, footwork, bring ball in.  Explain Game structure (i.e., modified rules)  Informal scrimmages (teacher selected teams) using modified game structure.  Explain Fair play & use of Team Points. |
| 2 | Announce five top nominees for Sport Board.  Introduce the Fitness Trainer role.  Class-wide warm-ups demonstrating appropriate exercises specific to softball.  Class-wide Skill Practice -- Throwing & Catching; Fielding & Batting  Informal scrimmages (teacher selected teams)/ Sport Board members assess skill level of players. |
| 3 | Introduce Duty Team roles and responsibilities.  Class-wide warm-ups demonstrating additional exercises specific to softball.  Class-wide Skill Practice -- Throwing & Catching; Fielding & Batting.  Continue informal scrimmages/Sport Board continues skill assessment. |
| 4 | Announcement of teams  Teams practice at home field, review of previously practiced skills.  Duty teams practice field set-up.  Team Warm-ups.  Team practice of infield-play  Teams decide on name, cheer and Team Coach/Captain.  Assign Teams’ home field (i.e. training camps) |
| 5 | Duty teams practice field set-up.  Introduce umpiring.  Team practice at home field.  Class wide instruction/practice of base running.  Informal infield practice w. base runners for practicing game play and Umpiring. |
| 6 | Introduce Scorekeeping  Team practice at home field (fielding/batting).  Informal scrimmages for play practice and practice of Umpiring and Scorekeeping.  Explain Competition format: Ladder Competition |
| 7 | Team warm-ups.  Team practice at home field.  Class wide instruction of pitching  Informal scrimmages for play practice and practice of Umpiring and Scorekeeping.  Posting of competition schedule. |
| 8 | Team Warm-ups.  Team Practice – Batting practice.  Instruct teams on how to design a good team line-up.  Brief Scrimmages  Teams decide on line-up (i.e., batting order and fielding position) . |
| 9 | Ladder Competition seeding announcement. Review rules of who can challenge whom in a Ladder format  Team warm-ups  **“Opening day”** Ceremonies.  Duty Team: Opening Day 1st seed  Two simultaneous 2-inning games. |
| 10 – 13 | Team warm-ups – and Team Practice.  Duty Teams rotate on basis of Opening Day seeding (2nd to 5th).  Two simultaneous 2-inning games. |
| 14 | Mid-season Festive Event: Skill Competition  Discussion of rules adjustments for second half of season, based on teacher & Sport Board observations. |
| 15 | Start 2nd half of season.  Team warm-ups – and Team Practice.  Duty Team: Mid-season 1st rank  Two simultaneous 2-inning games. |
| 16 - 19 | Team warm-ups – and Team Practice.  Duty Teams rotate on basis of Mid-season standings (2nd to 5th).  Two simultaneous 2-inning games. |
| 20 | League Party / Awards Ceremony: Team MVPs; Most improved team; Best Duty Team; Best Fair play team. |
| 21 | Back up day. |
|  |  |

***From Complete Guide to Sport Education (3rd ed.); Siedentop, Hastie,***

***& van der Mars, 2020, Champaign, IL: Human Kinetics***