5th Grade Softball Season Block Plan

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| ***Class Context***  **Class**:  5th Grade; 14 girls /13 boys; class duration – 30 min.; class meets 3 times/week; 21 classes total; no previous Sport Education experiences.  **Activity**:  Modified softball (home plate w. 2 bases laid out in triangle. Timed ½ innings (4 minutes). Own team pitches. No strikeouts (use of batting tee after 4 strikes). Outs are made if a runner is not in contact with a base when batted ball is returned to home base and touches home plate. Each team gets two at bats.  **Equipment available**:  Adjustable batting tee; 12 junior size softballs; & 6 youth bats; 2 clipboards; pencils; scorecards.  **Team format**:  5 teams (5, 5, 5, 6, & 6). Teacher selects teams.  **Competition format**:  Round Robin competition. Each team plays every other team twice.  **Duty Team Roles**:  Scorekeeper; Plate umpire, Base umpire; Coach/Captain; Fitness Trainer. |

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| ***Day*** | ***Class Activities*** |
| 1 | Sport Education introduction: Seasons; Teams; Records  Class-wide Skill practice – Fielding: Ready position, line-up with ball, footwork, bring ball in. |
| 2 | Explain Fair play & use of Team Points  Introduce the modified game format w. rules of the game.  Class-wide Skill Practice -- Throwing & Catching (including lobs): Stride, arm motion, trunk rotation, follow-through / hands ready; give with ball. |
| 3 | Assign Teams.  Teams decide on name, cheer and Team Coach/Captain.  Class-wide Skill Practice – Fly balls: Turn hips; judging distance and trajectory of balls.  Assign Teams’ home field (i.e. training camps) |
| 4 | Teams practice at home field, review of previously practiced skills.  Introduce Duty Team roles and responsibilities.  Class-wide skill practice -- Hitting: Stance, grip, bat position, stride, swing, weight transfer, follow-through. |
| 5 | Introduce umpiring.  Duty teams practice field set-up.  Team practice at home field.  Informal scrimmages for play practice and practice of umpiring. |
| 6 | Introduce scorekeeping  Team practice at home field.  Informal scrimmages for play practice and practice of umpiring and scorekeeping. |
| 7 | 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 | Written test on rules and procedures  Team Practice – Batting practice.  Brief scrimmages  Teams decide on line-up (i.e., batting order and fielding position). |
| 9 | First half competition “Opening day” Ceremonies.  Team warm-ups – Fielding /Batting practice.  Duty Team: 5  Game 1: 1 - 2  Game 2: 3 – 4 |
| 10 | Team warm-ups – Fielding /Batting practice.  Duty Team: 4  Game 1: 3 - 1  Game 2: 2 – 5 |
| 11 | Team warm-ups – Fielding /Batting practice.  Duty Team: 3  Game 1: 5 - 1  Game 2: 2 – 4 |
| 12 | Team warm-ups – Fielding /Batting practice.  Duty Team: 2  Game 1: 3 - 5  Game 2: 4 – 1 |
| 13 | Team warm-ups – Fielding /Batting practice.  Duty Team: 1  Game 1: 2 - 3  Game 2: 4 – 5 |
| 14 | Watch video of game play  Mid-Season Team Practice – Focus on problem areas. |
| 15 | Team warm-ups – Fielding /Batting practice.  Duty Team: 5  Game 1: 2 - 1  Game 2: 4 – 3 |
| 16 | Team warm-ups – Fielding /Batting practice.  Duty Team: 4  Game 1: 1 - 3  Game 2: 5 – 2 |
| 17 | Team warm-ups – Fielding /Batting practice.  Duty Team: 3  Game 1: 1 - 5  Game 2: 4 – 2 |
| 18 | Team warm-ups – Fielding /Batting practice.  Duty Team: 2  Game 1: 5 - 3  Game 2: 1 – 4 |
| 19 | Team warm-ups – Fielding /Batting practice.  Duty Team: 1  Game 1: 3 - 2  Game 2: 5 – 4 |
| 20 | League Party / Awards Ceremony: Team MVPs; Most improved team; Best Duty Team; Best Fair play team. |
| 21 | Back up day. |
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