

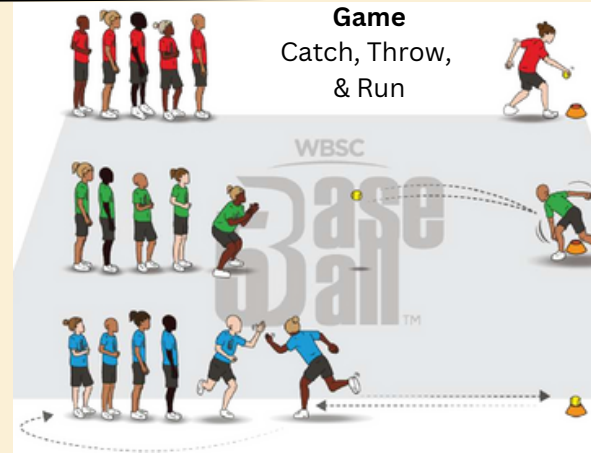
Grades 1-3 Curriculum Goal Suggestions

Strand A:

Students will learn skills to build relationships and communicate effectively. This will support healthy relationships and respect diversity

Explanation:

The first player in the row, at the “go” of the instructor, sprints forward, takes the ball and throws it towards the teammate now positioned at the beginning of the row, waits for him/her to throw it back and puts it back on the cone. Then he runs back, with a “high five,” he/she passes the turn and goes to the end of the row. The moment the second player receives the high five, the player can leave to repeat the same sequence.



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Strand C:

Students will use numerous Skills from strand B through this drill.

Stability while passing the ball from teammate to teammate.

Locomotion while moving positions. **Manipulation** while throwing the ball or hitting the ball to your teammates.

Explanation:

Teams of four form a square and pass a ball around, either clockwise or counterclockwise, completing a set number of laps. One player counts the laps and calls "stop" when finished. To increase difficulty, add a fifth player in the middle who throws the ball, then takes the receiver's spot, rotating through the square.

Optional: Use one team and time how long it takes to complete the laps. Fastest team wins.



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Strand C:

Students will use numerous Skills from strand B through this drill.

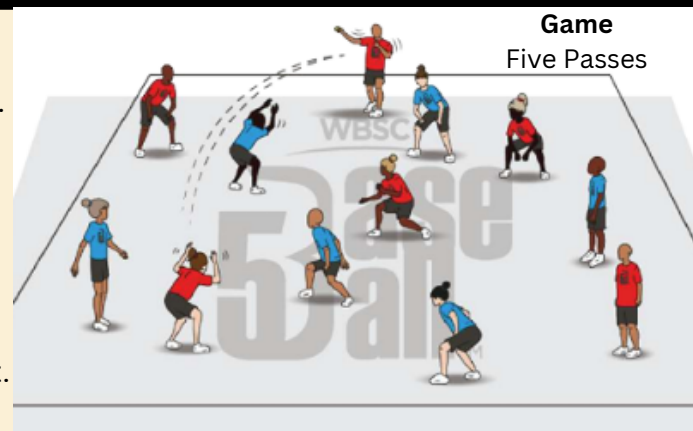
Stability while passing the ball from teammate to teammate.

Locomotion while moving positions. **Manipulation** while throwing the ball or hitting the ball to your teammates.

Explanation:

A team must be able to pass the ball 5 times consecutively without dropping the ball or it being intercepted by the opponent. On the fifth pass, a point is obtained and possession is reversed.

Whoever has the ball cannot move and can only pass the ball (cannot hand it off). Other teammates can move without the ball. Opposing team is trying to intercept the ball



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Softball Ontario Contact:
Troy Moffitt
tmoffitt@softballontario.ca

Ministry of Education.
(2019). The Ontario
Curriculum Health and
Physical Education.