



Participants learn about and practise striking a ball to score runs against the fielding group.

### Facility

- Outdoors

### Materials and Equipment

- 4 pylons per game
- 4 batting tees or large pylons per game
- 4 bats per game
- 4 balls per game

### Safety

Inspect the activity area and eliminate potential hazards. Check that the activity surface provides safe traction. Clearly outline the boundaries for the activity and set a safe distance from walls and obstacles. Remind students to be cautious when moving and to be aware of the personal space of others. Ensure there is enough space for each activity and players are aware that balls may come into their space from other games.

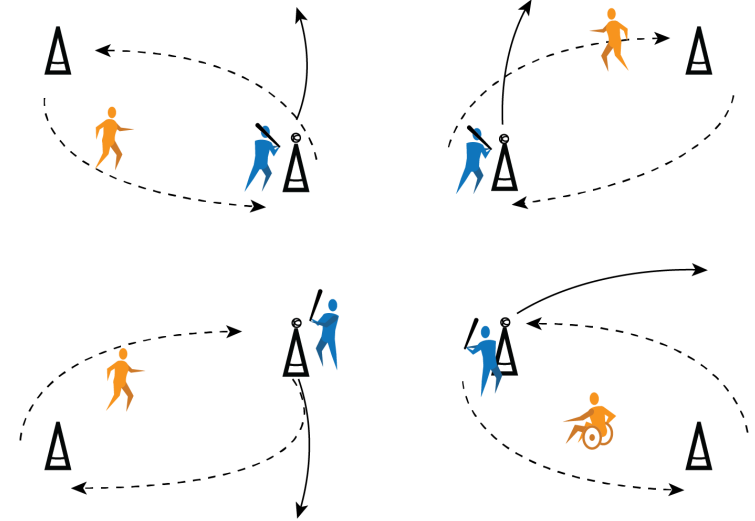
### Activity Information

#### Activity Set-up

- Divide participants into groups of four. Each game consists of two groups of four. One group is at bat while the other team is in the field.
- Participants set up their area for each game by placing pylons to mark four corners of an activity area. In the middle of the activity area, participants make a smaller square using the four batting tees.
- Make sure there is enough space between tees so that batters can swing their bats without hitting each other.

#### Activity Instructions

- Batting participants hit the balls off the tees at the same time into the activity area. Each batter then runs out to the pylon at the corner of the activity area in front of their tee and attempts to make it back to the tee to score a run.
- The fielders collect the balls and return them to their respective tees.
- A run is scored when a batter reaches a corner pylon and returns to the tee before a fielder has returned the batter's ball to the tee.
- Each batting group makes three hitting attempts, with the goal being to collect as many runs as they can before the batting group rotates to the field.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: As a batter, where would you aim to strike your ball to ensure that you have enough time to score a run? As the fielder, describe a strategy you can apply to prevent the batter from scoring a run.





## Adaptations

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.

To decrease the challenge, participants could:

- Choose the type of hitting implement they use (e.g., tennis racquet, paddle) and object they hit (e.g., beach ball, bean bag).
- Throw the ball back to the batting tee area instead of returning it directly back to the batter's tee when fielding.
- Make the fielding space smaller so there is less space to cover and less running.

To increase the challenge, participants could:

- Use a different manipulation such as kicking the ball into the field.
- Use different type of balls for each attempt.
- Identify a target (e.g., a hula hoop, tape on the floor) that batters can try to hit for bonus points.

## Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies batters can use to strike a ball in order to score runs against the fielding group. Note that this list is not exhaustive, and further learning opportunities may arise during the task.

### Movement Skills and Concepts

- Manipulation skills and effort awareness: Applying a controlled force while using an implement to strike an object into a designated area; applying manipulation skills to successfully receive/field the ball (e.g., striking the ball with a hard force will send the ball very far, making it harder for the fielders to return the ball)

### Movement Strategies

- Applying appropriate skills to be proficient at striking an object with an implement (e.g., standing sideways in a ready position, ready to transfer the weight from the back foot to the front foot while swinging the bat to strike the ball)
- Understanding and developing tactics to strike the ball into a designated space, while trying to score a run (e.g., striking the ball with the appropriate force to a location where the fielders have not covered)

## Living Skills

### Interpersonal Skills

- Working collaboratively as a group to effectively cover the playing area when fielding the ball
- Applying communication skills with other participants in order to interact positively

## Sport Connections

Contains aspects of:



## Canadian Physical Activity Guidelines

