

PE 304  
Lesson Plan  
Fielding a groundball

**Grade:** 4/5

**Equipment:** balls of various sizes, hula hoops and baseball gloves

**Learning Outcomes:** TSWBAT

- to catch groundballs of various sizes, speeds, heights and lateral directions
- correctly shuffle from side to side with proper foot work
- work cooperatively with other students

**Introductory Activity:** Go Go Stop

Skill Work Tasks	Extensions/Simplifications	Refinement	Organization
<p>1.) In partners, line up facing each other roll the ball between each other along the ground practicing picking the ball up with a glove</p>	<p>- <b>increase rolling speed</b> - <b>increase the size of the ball</b></p>	<p>- bend at the knees - keep feet wider than your shoulders</p>	<p>- Equipment will be located at the sides of the gym, Balls in hula hoops - Inform students of start and stop signals (FREEZE and GO) - Number students off and into pairs (ie. Number students 1-10 if class had 20 students) - If there is an uneven number then there will have to be a group of three the students will alternate</p>
<p>2.) Line up front to back in the middle of the gym, leaving enough room between each other. Shuffle from right to left across the gym, and when instructed switch directions</p>	<p>- <b>increase speed</b> - <b>switch directions more frequently</b> - <b>move slower and less switches</b></p>	<p>- stay low to the ground with glove at knee level - bend knees with chest up</p>	<p>- Students will need to return balls to hula hoops - Students will need to keep their gloves - The word of the day, BASEBALL will be used to signal switching directions - Task will and with FREEZE and then students will need to come in closer to hear the next task.</p>

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| 3.) Repeat task 1 but try and make your partner move from side to side using the shuffling technique to catch the ball | <ul style="list-style-type: none"> <li>- <b>make the catcher move further from side to side</b></li> <li>- <b>increase speed</b></li> <li>- <b>decrease speed or not as far from side to side</b></li> </ul> | <ul style="list-style-type: none"> <li>- keep both feet on the ground</li> <li>-keep glove close to the ground</li> </ul>        | <ul style="list-style-type: none"> <li>- Demonstration new task and have students get back with their original partner and choose a ball</li> <li>- Then instruct them to line up just as they were in the first task, but to make sure they have enough space between the pairs so they have room to move side to side</li> </ul> |
| 4.) Now bounce the ball ( 1-2 feet off the ground) directly to your partner  | <ul style="list-style-type: none"> <li>- <b>have the ball bounce closer to the catchers feet</b></li> <li>- <b>have ball bounce further away from the catcher</b></li> </ul>                                 | <ul style="list-style-type: none"> <li>- keep eyes on the ball</li> <li>- cushion the ball bringing it to the chest</li> </ul>   |  |
| 5.) Repeat task 4 but make your partner move side to side using the shuffling technique to catch the ball              | <ul style="list-style-type: none"> <li>- <b>increase speed</b></li> <li>- <b>make the partner move further side to side</b></li> <li>- <b>roll the ball</b></li> <li>- <b>change ball</b></li> </ul>         | <ul style="list-style-type: none"> <li>- keep knees bent</li> <li>- cushion the ball</li> <li>- keep eyes on the ball</li> </ul> |  |
| 6.) Now rather than making your partner move side to side have them run <i>up</i> to the ball                          | <ul style="list-style-type: none"> <li>- <b>bounce the ball</b></li> <li>- <b>roll the ball slower</b></li> </ul>  | <ul style="list-style-type: none"> <li>- run up to ball and use fielding techniques learnt in lesson</li> </ul>                  | <ul style="list-style-type: none"> <li>- Have students move a little farther apart from their partner, so they have more room to run up to the ball</li> </ul>   |

**Application:** Now play “Roll N’ Score”. Try and score points by rolling the ball between your partner’s legs. You get one point for every time you get it between your partner’s legs. Once one of you reaches 5 points switch partners with another pair and play again. Remember to use the techniques we have just been learning, on how to field a groundball properly.