



SOFTBALL



Lesson Plan for Grade 7, PE

Prepared by: _____

OVERVIEW & PURPOSE

Focusing on throwing, fielding and batting throughout the two weeks. At the beginning of each new skill the students will be evaluated on their ability to perform that certain skill. The last day of the lesson there will be a softball game to evaluate improvement on all three skills.

EDUCATION STANDARDS

Anchor standard 1: Motor skills and movement patterns

Anchor standard 2: Movement and performance

Anchor standard 3: Physical activity and fitness

OBJECTIVES

1. Practice catching and throwing
2. Practice hitting with proper technique
3. Understanding softball rules and strategy

MATERIALS NEEDED

- Cones
- Gutter balls
- Plastic bats

Pe Softball Skills

VM Jensen

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the name bar.

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