

# Baseball Unit

10 Days; 50 Minute Classes

9<sup>th</sup> Grade – Males Only

Lindy Luleff



## Block Plan

Teacher Lindy Luleff Unit Baseball Period(s) 7th Level 9<sup>th</sup> Grade

Dates April 18<sup>th</sup> - 29th

Monday	Tuesday	Wednesday	Thursday	Friday
<u>4/18</u>  Introduction to the unit, goals and objectives – watch video of baseball highlights (NCAA and MLB). Discuss history of baseball.  (command)	<u>4/19</u>  Discuss rules. Introduce how to hold and throw baseball. Body parts used and stressed.  HANDOUT: Throwing phases and shoulder parts QUIZ: History of Baseball  (command)	<u>4/20</u>  Review throwing: warm-up. Introduce catching; Evaluate one another and compare. Partner throw and catch.  TASK SHEET: Catching  (peer evaluation)	<u>4/21</u>  Review Catching; Introduce Fielding	<u>4/22</u>  Introduce Bunting!  (self-check)
<u>4/25</u>  Hitting  (command)	<u>4/26</u>  More hitting.  (peer evaluation)	<u>4/27</u>  Today there skills testing of batting and hitting.  (stations)	<u>4/28</u>  Written Assessment: Multiple choice, matching, and short answer questions to test their understanding and knowledge of baseball.	<u>4/29</u>  Final Assessment of Baseball Skills: Skills Testing: Peer evaluation of each skill learned (Throwing, Batting, and fielding).  (peer evaluation)

## Baseball Unit: Grading Procedures/Scale and Rationale



### COURSES:

BOYS FRESHMAN PHYSICAL EDUCATION

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\*10 positive P.E. points earned each class period for positive participation!

- Maximum amount of points that can be earned:

\*45 class meetings per nine-week grading periods =  
10 points per day x 45 days = 450 POINTS!

\*TAKE HOME ASSIGNMENTS: 4 assignments at 50 points each -

\*QUIZZES: 5 quizzes at 10 points each -

\*FITNESS TEST: 100 points -

\*FINAL WRITTEN TEST: 200 points -

Total Nine-Week Grading Scale:

A=90-100%    B=80-89%    C=70-79%    D=60-69%    F=59% and below

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### GRADING SCALE:

10% - Prepared for Class (shoes, clothes, materials, secures personal items)

30% - Active Participation (applies movement concepts and safety practices, exhibits healthy choices, rules, strategies, self management skills and social skills)

30% - Evaluations and Written Assignments (quizzes and homework)

30% - Movement Skills (skills proficiency tests and written test)

RATIONALE:

\*Need to wear appropriate clothing to participate in class. All P.E. students MUST purchase an A.I.S.D. Physical Education T-shirt. They may wear their own shorts or win pants/sweat pants, and athletic shoes. Athletic shoes are required to participate in activities in the gym area.

\*After the tardy bell rings, you will have an additional 5 minutes to dress and be in your appropriate areas. Students will have 5 minutes to re-dress at the end of class.

\*Dressing facilities will be provided in the P.E. locker rooms. Please bring a combination lock to secure clothing and valuables in the locker room.

\*Safety rules are very important and need to be followed during all activities. Those rules will be given to you at the beginning of each new activity.

\*Listening skills are very important in a large group. Please respect and treat your peers and instructors in the manner in which you want to be treated. NO profanity!

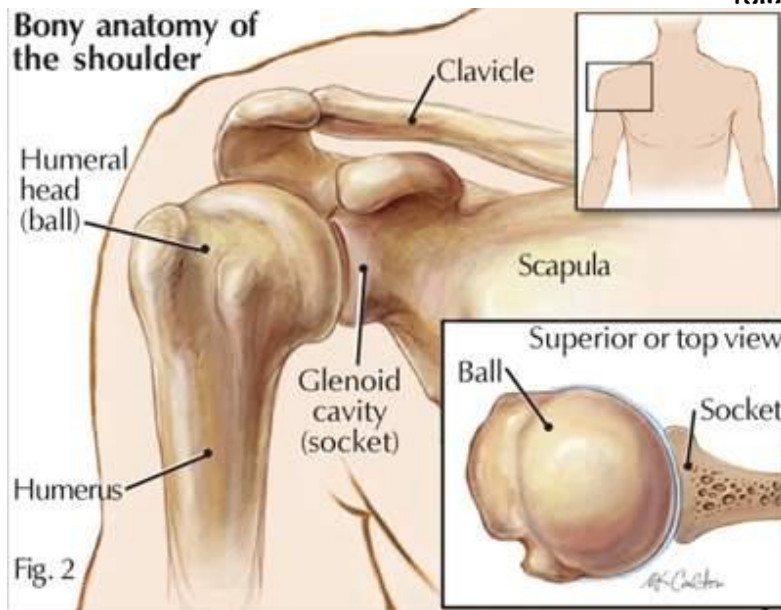
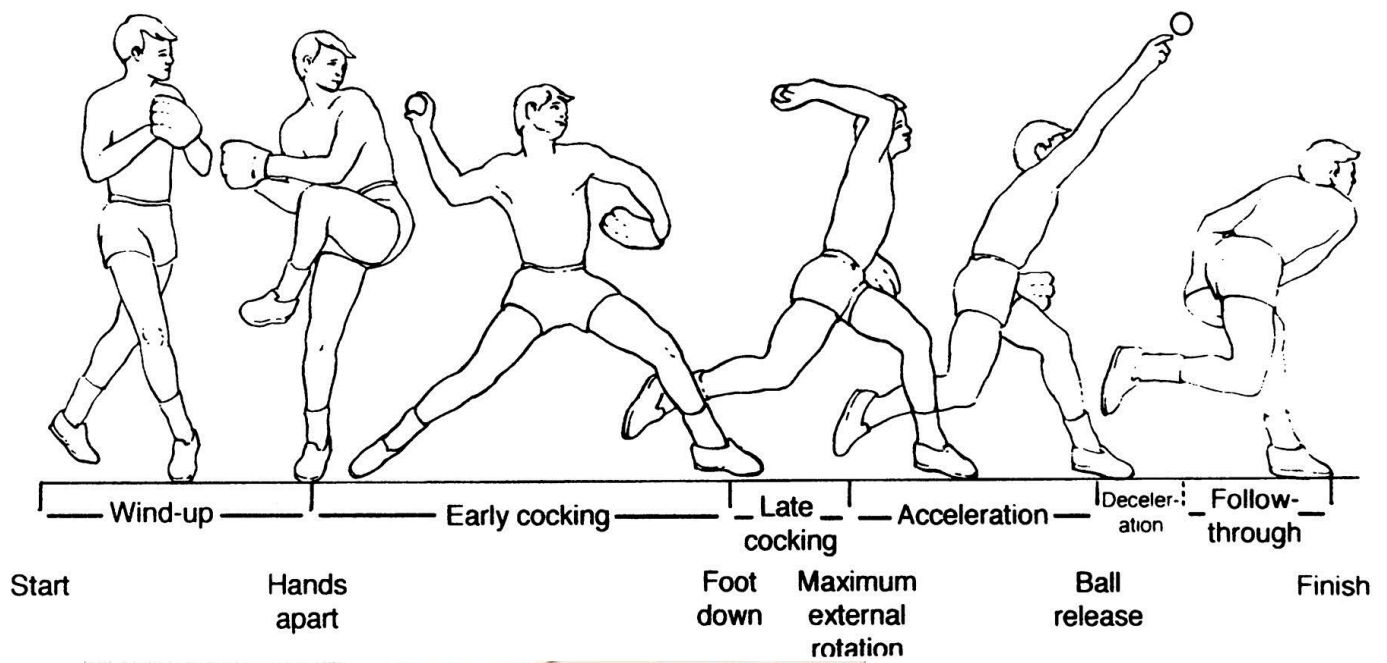
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NON-DRESS OR NON-PARTICIPATION POINT DEDUCTIONS:

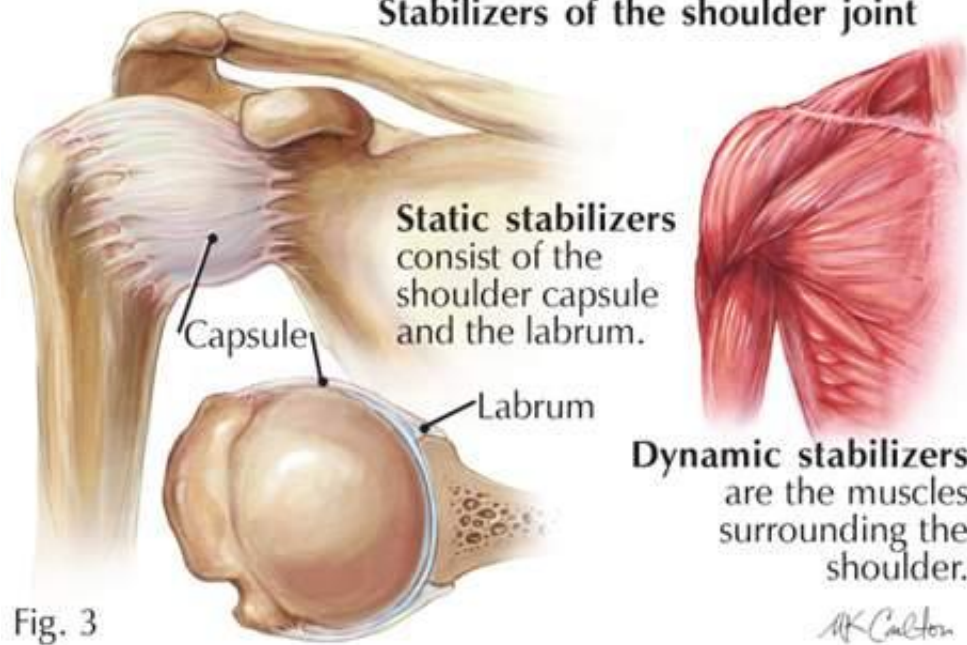
<u>NON-DRESS FOR CLASS:</u>	1 <sup>st</sup> Time	2 <sup>nd</sup> Time	3 <sup>rd</sup> Time	4 <sup>th</sup> Time
<u>NEGATIVE POINTS DEDUCTED:</u>	-40	-40	-40	-40

DAILY PARTICIPATION POINTS WILL BE DEDUCED FOR ANY OF THE FOLLOWING PROBLEMS:

Non-dresses, non-participation, absences, off task behavior, unsafe behavior, inappropriate language, or any discipline problem. It is up to the teacher to decide how many points to deduct from the daily 10 points. These points cannot be made up!



## Stabilizers of the shoulder joint



## Lesson Plan

Name Lindy Luleff

Lesson # 4

Date Thursday

Activity: Fielding

Number of Students: 30

Skill Level: 9<sup>th</sup> grade

Equipment & Facilities: Open gym, 30 Gloves, Bases (dots) and over 45 baseballs, in buckets.

Objectives: The Learner Will (TLW):

1. Will learn the importance of fielding correctly and quickly.
2. Will exhibit team work.
3. Will learn the footwork and hand-eye coordination when fielding.

Texas Essential Knowledge & Skills: 116.56 C(1b) C(2a,b,d,e) C(4a) C(5b) C(6b,c) C(7a,b,e)

Time	Goals- What to Teach	Lesson Organization	Cues
5 minutes	Dress out.		
5 Minutes	Dynamic Stretching	XXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXX  <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 10px auto;"> Students run to half court and back </div>	Sit Down  High Knees Butt Kicks Karaoke Lunges Toe-Toe-Heel-Heel High Knee Karaoke Hamstring Stretch Tick-Tocks Half Court, Full Court
10 minutes	Introduce Fielding! -Staying low -Knees Bent -Arms out in front -Keep Butt LOW	The teacher will demonstrate the correct way to field a ball.	“ready position”  “Butt LOW!”  “Arms Out”  “Head Down”  Follow Ball all the way in!

25 minutes	**Emphasize technique	<p>Students will pair up and throw balls or grounders to each other, slow rolls and also fast rolls to see the difference of grounders and learn how to field correctly.</p> <p>X -----X X-----X X-----X</p>	<p>“ready position”</p> <p>“Butt LOW!”</p> <p>“Arms Out”</p> <p>“Head Down”</p> <p>Follow Ball all the way in!</p>
	Review!	<p>All Equipment Up.</p> <p>See All Hear All Position</p> <p>T XX XXX XX X X XXX X X X XX XXXX XXX X</p>	
5 minutes	Dress Out		

(AAHPERD) Outcomes:

- I. Has learned skills necessary to perform a variety of physical Activities.
- II. (1, 2, 5, 6, 7)



## Lesson Plan

Name Lindy Luleff

Lesson # 5

Date Friday

Activity: Bunting

Number of Students: 30

Skill Level: 9<sup>th</sup> grade

Equipment & Facilities: Outside Baseball Field, Batting Cages, 15-30 Bats, 100+ Baseballs.

Objectives: The Learner Will (TLW):

1. Will know the fundamentals of Bunting.
2. Understands the importance of bunting and why it is used.

Texas Essential Knowledge & Skills: 116.56 C(1b) C(2a,b,d,e) C(4a) C(5b) C(6b,c) C(7a,b,e)

Time	Goals- What to Teach	Lesson Organization	Cues
5 minutes	Dress out	Students are all in position to see and hear.	Sit down
2 minutes	Review Fielding;	<div style="text-align: center;">           T            X X X X X X            X X X X X X         </div>	Sit Down
7 Minutes	Introduce Bunting;	<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: fit-content;">           Students run to half court and back         </div>	High Knees Butt Kicks Karaoke Lunges Toe-Toe-Heel-Heel High Knee Karaoke Hamstring Stretch Tick-Tocks Half Court, Full Court
26 minutes	Purpose: To advance, or move the runner along to gain a base. (Sacrifice Bunt).	Teacher demonstrates bunting.	



## Task Sheet

### Bunting

**Warm up:** Practice bunting after learning the proper technique.

**Task:** Self-check and determine whether you fit the criteria for efficient bunting.

**Reminder:** Keep thumb and finger back behind back away from balls.

Teaching Points	Needs Time	Achieved	Comments
<b>Technique</b> 1.Knees slightly bent 2.Shoulders turned parallel to target 3.Thumb and pointer finger holding bat 4.Bat slightly tilted ready for contact			
<b>Control</b> 1.Able to track the ball into the bat 2."Attack" the ball; push against bat 3.Push ball into ground; no pop-ups			

Number of pop-ups \_\_\_\_\_?

Why is your thumb and pointer finger positioned behind the bat?

Why do you need to bend your knees?

## Lesson Plan

Name Lindy Luleff

Lesson # 6

Date Monday

Activity: Batting

Number of Students: 30

Skill Level: 9<sup>th</sup> grade

Equipment & Facilities: Batting cages (indoor or outdoor), 30 pairs of batting gloves, 15 Hitting T's, 80 baseballs, 100 wiffle balls.

Objectives: The Learner Will (TLW):

1. The students will learn how to swing a bat.
2. Students adapting to different basketball shooting ranges, from lay-ups to outside shots.

Texas Essential Knowledge & Skills: 116.56 C(1b) C(2a,b,d,e) C(4a) C(5b) C(6b,c) C(7a,b,e)

Time	Goals- What to Teach	Lesson Organization	Cues
5 minutes	Dress out		
5 minutes	Warm up routine	Students are all in position to see and hear.	Squad lines
7 minutes	Review dribbling by using the task sheets.	<p style="text-align: center;">T</p> <p style="text-align: center;">X X X XX XX</p> <p style="text-align: center;">X XX XXX X</p>	Sit Down
22 minutes	<p>Skills test for shooting</p> <p>Students will get three tries (10 shots each time) shooting lay-ups, free-throws, and a three point shot. Trying for the very best score possible</p>	<p>Students will be partnered up. One will be doing the skill and the other will be recording their scores for each station.</p> <p>Remind the students focus on technique and not results.</p> <p>Students will bring all equipment to the bag.</p>	<p>High Knees</p> <p>Butt Kicks</p> <p>Karaoke</p> <p>Lunges</p> <p>Toe-Toe-Heel-Heel</p> <p>High Knee Karaoke</p> <p>Hamstring Stretch</p> <p>Tick-Tocks</p> <p>Half Court, Full Court</p>

5 Minutes	Closure Ask questions to students about the techniques of dribbling and the importance of it.		
5 Minutes	Dress out.		

(AAHPERD) Outcomes:

- I. Has learned skills necessary to perform a variety of physical Activities.  
(1, 2, 5, 6, 7)

## Lesson Plan

Name Lindy Luleff

Lesson # 7

Date Tuesday

Activity: skills test

Number of Students: 30

Skill Level: 9<sup>th</sup> grade

Equipment & Facilities: Baseball Field/Batting Cages, 30 Gloves,

Objectives: The Learner Will (TLW):

1. Proper Throwing and Batting.
2. Essential skills to be successful during play.

Texas Essential Knowledge & Skills: 116.56 C(1b) C(2a,b,d,e) C(4a) C(5b) C(6b,c) C(7a,b,e)

Time	Goals- What to Teach	Lesson Organization	Cues
5 minutes	Dress out		
5 Minutes	Warm up		Sit Down
7 minutes	Skills test for throwing and batting.	Students will be partnered up. One will be doing the skill and the other will be recording their scores for each station.	High Knees Butt Kicks Karaoke Lunges Toe-Toe-Heel-Heel High Knee Karaoke Hamstring Stretch Tick-Tocks Half Court, Full Court
22 minutes	<p>Throwing: See how far and how on target the students can throw.</p> <p>Batting: How many times out of 10 can they contact off the pitch?</p>	<p>Remind the students to focus on technique and not results.</p> <p>Students will bring all equipment to the bag.</p>	

5 Minutes			
5 Minutes	<p>Closure Ask questions to students about how each skill went and review.</p> <p>Dress out.</p>		

(AAHPERD) Outcomes:

- I. Has learned skills necessary to perform a variety of physical Activities.  
(1, 2, 5, 6, 7)

## Lesson Plan

Name Lindy Luleff

Lesson # 8

Date Wednesday

Activity: Written Test

Number of Students: 30

Skill Level: 9<sup>th</sup> grade

Equipment & Facilities: Gym, Tests, Pencils.

Objectives: The Learner Will (TLW):

1. The students will be tested on the skills and facts learned throughout unit.

Texas Essential Knowledge & Skills: 116.56 C(1b) C(2a,b,d,e) C(4a) C(5b) C(6b,c) C(7a,b,e)

Time	Goals- What to Teach	Lesson Organization	Cues
5 minutes	Dress out		
20 minutes	Video on how to play team basketball	Students are organized in rows for all to see the projector.	Sit Down
20 minutes	Written test.	Students are spread throughout the gym.	High Knees Butt Kicks Karaoke Lunges Toe-Toe-Heel-Heel High Knee Karaoke Hamstring Stretch Tick-Tocks Half Court, Full Court
5 Minutes	Dress out.	<div style="text-align: center;">T</div> <div style="text-align: center;">X X X X X X X</div> <div style="text-align: center;">X X X X X X X</div>	

(AAHPERD) Outcomes:

- I. Has learned skills necessary to perform a variety of physical Activities.  
(1, 2, 5, 6, 7)



## Lesson Plan

Name Lindy Luleff

Lesson # RAINY DAY

Date RAINY DAY

Activity: Trivia Baseball

Number of Students: 30

Skill Level: 9<sup>th</sup> grade

Equipment & Facilities: Any Location: 4 Chairs in shape of baseball diamond.

Objectives: The Learner Will (TLW):

1. Recall facts previously learned regarding the history of baseball.
2. Recall the rules of baseball previously learned.
3. Exhibit sportsmanship during competitive game play.

Texas Essential Knowledge & Skills: 116.56

Time	Goals- What to Teach	Lesson Organization	Cues
7 Minutes	No dress out needed  Importance of history and rules: Explain Rules of Game!	Students are in see all hear all position. T XX X XX XXX X X X X XX X X XX X X XX X XXXX X X	Sit Down
2 minutes	Answer any questions and clarify confusion.  Teach/ Reinforce:  History  Rules  Fun Facts	*Break into 2 teams of 15;1 Scorekeeper from each team  *Teacher is the “pitcher” and asks the questions.  *Depending on the difficulty of the question, questions are worth 1, 2, or 3 points.  *These questions cover the history and rules of baseball.	Trivia Baseball!
30 minutes		*Get the question wrong= 1 out.	

5 Minutes	Review; Encourage both teams and acknowledge their great effort and attitudes.	<p>*1 pt.= “1<sup>st</sup> base”</p> <p>*2 pts. = “2<sup>nd</sup> base”</p> <p>*3 pts = “3<sup>rd</sup> base”</p> <p>*BONUS BALL = HOMERUN!</p> <p>C</p> <p>C            T            C</p> <p>C</p> <p>See all, hear all;</p> <p>T</p> <p>X XX X XXX X X</p> <p>XX X X XX X XXX</p> <p>XX X X X X XX</p>	<p>OUT!</p> <p>1<sup>st</sup></p> <p>2<sup>nd</sup></p> <p>3<sup>rd</sup></p> <p>HOMERUN!</p> <p>Sit Down</p>
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(AAHPERD) Outcomes:

- I. Has learned skills necessary to perform a variety of physical Activities.  
(1, 2, 5, 6, 7)

## Lesson Plan

Name Lindy Luleff

Lesson # 10

Date Friday

Activity: Modified game

Number of Students: 30

Skill Level: 9<sup>th</sup> grade

Equipment & Facilities: Outside Baseball Field, 30 Gloves, 20 Bats, 30 Helmets, 30 pairs of batting gloves.

Objectives: The Learner Will (TLW):

1. The students will learn how to play the game of baseball.
2. Students will gain an understanding of how to play a team sport.
3. Will learn how to work together, while implementing all the skills learned.

Texas Essential Knowledge & Skills: 116.56 C(1b) C(2a,b,d,e) C(4a) C(5b) C(6b,c) C(7a,b,e)

Time	Goals- What to Teach	Lesson Organization	Cues
5 minutes	Dress out		
5 Minutes	Warm up		
18 minutes	Modified game- Stressing rules and techniques. Teamwork Communication Proper techniques		
5 Minutes	Closure: Discuss the outcome of the game and how the skills they have learned improved and what they can continue to work on.		
5 Minutes	Dress out.		

(AAHPERD) Outcomes:

II. Has learned skills necessary to perform a variety of physical Activities.  
(1, 2, 5, 6, 7)

## Lesson Plan

Name: Lindy Luleff

Lesson # 9

Date: Thursday

Activity:         

Number of Students: 30

Skill Level: 9<sup>th</sup> grade

Equipment & Facilities: Baseball Field

Objectives: The Learner Will (TLW):

Texas Essential Knowledge & Skills: 116.56

Time	Goals- What to Teach	Lesson Organization	Cues
2-3 minutes			
45 minutes			

(AAHPERD) Outcomes:

(AAHPERD) Outcomes:

- I. Has learned skills necessary to perform a variety of physical Activities.  
(1, 2, 5, 6, 7)

## Lesson Plan

Name: Lindy Luleff

Lesson # RAINY DAY

Date: RAINY DAY

Activity: Nutrition

Number of Students: 30

Skill Level: 9<sup>th</sup> grade

Equipment & Facilities: Wherever relocated: can be done anywhere!

Objectives: The Learner Will (TLW)

1. Learn the importance of a healthy diet.
2. Learn the benefits of proper nutrition.
3. Learn to apply healthy eating habits at home.

Texas Essential Knowledge & Skills: 116.56 6,7

Time	Goals- What to Teach	Lesson Organization	Cues
10 minutes	Tell students we cannot dress out today due to a function in the gym: Nutrition Lesson!	Students in the see all, hear all position.	Sit Down
35 minutes	<p>Question: importance and effects of proper nutrition?</p> <p>- Food pyramid</p> <p>Explain Nutrition!</p> <ol style="list-style-type: none"> <li>1. Importance of diet</li> <li>2. Daily food intake</li> <li>3. Drugs/Alcohol</li> <li>4. Applying healthy habits to daily life</li> </ol>	<p style="text-align: center;">T</p> <p style="text-align: center;">X X X X X X</p> <p style="text-align: center;">X X X X X X X</p> <p style="text-align: center;">XX X XX X XX X</p> <p style="text-align: center;">X</p> <p>Teacher will explain the importance of nutrition to students and handout worksheets.</p> <p>Explain how to apply these in home life!</p>	Healthy lifestyles!
5 minutes	Closure: Introduce Food	Pass out food logs!	Food Logs

(AAHPERD) Outcomes: Has learned the essential knowledge to living a healthy life with the right foods.