

Catching in pairs

Softball Activity 1

Learning intention

Catching in pairs links to activities regarding throwing and catching.

TIME: 10 mins

3-4

5-6

Skill development

Content descriptions

ACPMP043, ACPMP061

Skill focus

Throwing, catching and locomotor movement

Equipment

1 soft core ball or tennis ball per pair
1 softball glove per player (optional)

**STRIKE
OUT
STROKE**
TOGETHER WE CAN STRIKE OUT STROKE

How to

1. Players form pairs.
2. On your signal, players throw to each other aiming for their partner's chest.
3. After 5 successful throws, each player takes 1 step back aiming to reach the line behind them.
4. Use player role models to demonstrate the correct technique and become familiar with the glove.

Change it

Easier

- › Reduce the distance between players and throw underarm

Harder

- › Players count the number of consecutive catches and try to increase this number
- › Players count the number of throws each pair can make in 30 seconds

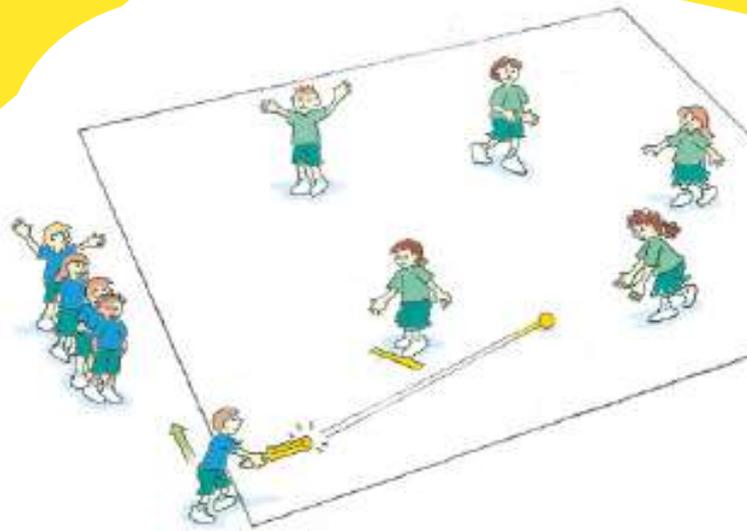
Tips

- › Hold the ball in the fingers, not the palm of the hand
- › Take a step forward as you throw
- › Aim for your partner's chest
- › Stand side-on to the player you are throwing to
- › Catch the ball in the pocket of the glove

Question

- › What do you need to do with your bare hand and the glove to make sure the ball stays in?





Strike BEFAST

Softball Activity 2

Learning intention

This modified game of softball builds on striking and fielding skills and engages students in physical activity whilst introducing them to the B.E.F.A.S.T. stroke acronym

TIME: 20-30 mins

3-4

5-6

Skill development

Game concepts

Content descriptions

ACPMP043, ACPMP045, ACPMP061, ACPMP063

Skill focus

Fielding, throwing, catching, shot placement, baserunning, striking and teamwork

Equipment

- 1 foam bat per group
- 1 foam ball per group
- 1 batting tee
- 4 bases or markers

**STRIKE
OUT
STROKE**
TOGETHER WE CAN STRIKE OUT STROKE

How to

1. Form a batting team and a fielding team
2. Players take turns to bat the ball off the batting tee
3. The batter steps to the plate and is instructed to get their “BALANCE”, then look for the ball with your “EYES”.
4. The batter hits the ball then runs around the bases while fielders attempt to catch the ball
5. The batter yells “FACE” as they hit 1st base, “ARMS” at 2nd base, “SPEECH” at 3rd base and “TIME -Call 000” as they cross homeplate. These are the warning signs and symptoms of stroke known as B.E.F.A.S.T
6. All fielders must touch the ball once by passing to all team members, before returning the ball to the batting tee.
7. Batters count how many bases they reach before the fielders return the ball to the tee

Change it

Easier

- › Make the base distance shorter
- › Use a bigger ball

Harder

- › Have fielders use a softball glove
- › Remove the batting tee and have pitcher lob the ball underarm for the batter to hit

Questions

- › How can the fielding team get the ball in more quickly?
- › How can the batting team score more runs?
- › What does B.E.F.A.S.T. mean?
- › If you think someone is having a stroke, what do you do?

