BALL AND BAT SKILLS

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| **Activity Name** | **Description** | **Outcome Focus** |
| **Part 1** | | |
| Toss and Try | With ball in personal space:   * Bounce the ball and catch it. * Toss the ball up and catch it. * Toss the ball up, clap and catch it. * Toss and catch with the right hand only. * Toss and catch with the left hand only. * Toss from hand to hand. | Catches a soft object/ball from a self-toss. |
| Sorta Sporty | * Dribble with hands and then feet, moving in different pathways. * Shoot like a basketball so it arcs and lands right in front of your feet. * Bowl (roll) the ball against the wall. * Toss against the wall and catch on a bounce off the floor; without a bounce. * Kick against the wall so it bounces straight back to you. | Travels Demonstrating Low, Middle, and High Levels, as well as a Variety of Relationships with Objects |
| Rolling Around | Standing, roll the ball around your body:   * In a circle, clockwise around both feet together; counterclockwise. * Back and forth in front of the body; behind the body. * In a circle around 1 leg and then the other.   On the floor:   * In plank position, back and forth from hand to hand. * In sit-up position, between feet and then up overhead. | Transfers Weight, Changes Directions and Understands Relationships with Objects |
| **Part 2** | | |
| Partner Passes | With a partner:   * Roll the ball back and forth. * Bounce the ball to each other. Try light & strong bounces. * Toss and catch with an underhand throw. * Toss the ball high and jump to make a catch. * Toss the ball low and bend to make a catch. | Throws Underhand Using a Mature Pattern, Catches a Well-Thrown Ball with Hands, Works with Others |
| Batter Up | * Toss and catch with an overhand throw. * Partner 1 hits a ball off a tee/cone to Partner 2, who retrieves the ball and throws overhand back to Partner 1. After Partner 1 has 3 attempts, switch roles. | Throws Overhand Using a Mature Pattern, Strikes a Ball off a Tee/Cone with a Bat |
| Double Trouble | With a partner, each partner with a ball:   * Roll the balls at the same time so they crash into one another. * Roll the balls at the same time so they pass each other and make it to the opposite side. * One partner bounce passes, the other tosses across. * Mirror: One partner moves the ball in personal space while the other mirrors the movements. * Follow the leader: With one partner in front and the other in back, the front partner will move through the activity area performing ball “tricks” while the other follows and copies the movements. | Differentiates Between Self and General Space, Works with Others |