

Subject: SOFTBALL Attacking Strategies Lesson Description: Base running	Year: Ability: Duration:	Group: Period: w/c	Total No.: M: F: SEN:
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Objectives: To understand the importance of running hard between bases. To know and understand the laws governing running between bases, stealing, tagging etc. To know and understand the importance of communicating when on bases with team mates

Key Aspect of Transfers of Skills and Analysis	Throughout every aspect of this session : <ul style="list-style-type: none"> - Discuss and analyse the different types of attacking skills that gain an instant advantage and outwits an opponent - Identify the similarities and the teaching points found in each of these attacking skills to gain a strategic advantage when performing them - Enhance knowledge, understanding and the ability to transfer the range of attacking skills, tactics and approaches to gain ascendancy in practices and games
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Activity	Description	Objectives	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Student led warm up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Listen and observe warm ups and answers	🕒 Ask students how they could make warm up easy / harder / intense
Base running and tagging him	10 – 20 – 30 metre shuttles in fastest time	To understand the importance of running hard between bases	- Run Hard - Run straight	Use skill peer evaluation sheets to identify strengths and weaknesses in their roll	⬆ Run around bases
	In 3's between 15 m place two cones and place a ball on the ground – see how many bases the runner can shuttle to before the basemen tag him out	To be able to perform the 'Steal' of yards at the start To know and understand the laws governing running between bases, stealing, tagging etc.	<u>Tagged</u> - Player must have control of ball inside the glove and make contact with runner before they get to base	Ask students in pairs for feedback regarding their Base Running performances And about strengths and weaknesses of their Running.	⬆ Roll the ball ⬆ Runner hits the ball from tee ⬆ In 3's – Bowl and retrieve, seeing how many bases can be run
	In 3's : 2 have to make 5 catches 10 metres apart before runner runs 40 metres	To know and understand the importance of communicating when on bases with team mates To perform the actions safely and correctly	- The runner must remain in a straight line. - The ball carrier must just hold the ball in their glove in the line of the runner - Use a flat over arm throw - Point at basemen	M/C - Evaluate performances of outwitting opponents using the skills	⬆ Increase number of passes 🔗 - Ask the students how they can make the tasks easier / harder
	in 4's all on bases - on command all swing imaginary bat and sprint to next base - add slide	To be able to perform the tag correctly and safely To be able to communicate with team mates to eliminate batters	- Dive feet first, enabling the body to slide first - Make sure there is no body in front of the mat - Slide about 1 – 2metres away	M/C - Evaluate performances of outwitting opponents using the skills	🔗 - Students work in pairs to devise new techniques to work on strengths and weaknesses
	4 versus 4 – runner's starts on second base whilst others try to get them home safely without being out. If get out – swap over			M/C - Discuss and listen to strategies that are used to beat opponents	⬆ Batters and runners start on first base
	- 3 V 1 BATTER – tag out TRY TO GET THEM OUT ON FOURTH BASE				⬆ Try to tag them out on first base 🔗 - Refine attacking skill 🔗 - Pupils refine new skills
GAME	- Whole game – 9 V 9 - 3 innings - Equal teams - Discuss teaching points used to beat / outwit opponents - Discuss the skills used to beat / outwit / gain	To understand the rules and regulations regarding scoring and rules, To be able to officiate a large game correctly, understanding the laws of the game and perform the umpiring signals used	- Use correct bowling, fielding, base work, and batting techniques - Up to 3 balls and strikes. - If the ball is hit the batter runs - Fielders no closer than the edge of the diamond. - If 3 strikes are bowled then they have to run	Pupils highlight weaknesses and good points of Base Running M/C - Evaluate performances of outwitting opponents using the	⬆ Double tag results in all out ⬆ Can only tag players out 🔗 - Pupils work together in devising tactics and strategies to outwit opponent 🔗 - Discuss the influential strategies and tactics used to beat opponents - Evaluate how they outwit the opponent from using these

	ascendancy over an opponents - Discuss the skills used to gain ascendancy - Discuss how performers can use varying skills to outwit opponents - Discuss the benefits of out thinking opponents using these skills	To incorporate previously learned skills and strategies into a full size game of Softball. To outwit the opponents when performing the skills, techniques, shots and approaches within a game To use a variety of shots and skills to out wit the defenders / opponents when attacking To be creative when attacking whether individually or in the game To gain an advantage from the skills, techniques, shots and approaches in a game situation		- Try and turn body to hit ball around different areas of the field - Hit ball down by rolling wrist - Pupils must constantly look to outwit the defenders using various skills, techniques, shots and approaches - Pupils as a unit must try to be creative to outwit the opponents and opposing team to create a scoring opportunity from skill / strategy	skills M/C - Discuss and listen to strategies that are used to beat opponents ??? Are the students gaining ascendancy from the skills and strategy? ??? Are the students getting into positive scoring positions? ??? Are they being creative when attacking?	attacking skills - Evaluate how other skills and strategies previously learnt that can help the progress the attackers and outwit defenders within numerous skills and situations - Discuss, observe, evaluate and listen to the student's feedback of how you transfer these skills when outwitting the opponents and defenders - Observe, evaluate and listen to the students feedback of how creative these skills and tactics are when outwitting the opponents and defenders
Student led Cool Down	The 2 students chosen to lead the cool down do so.	To understand the importance of cooling down at the end of a session. To be able to lead a cool down		- listen to and follow instructions of those leading the cool down - complete exercises and stretches	Q & A on benefits of cooling down	observes students ability to lead the cool down
Informed Choices and Lifestyle	Discuss what types of training are essential for Softball players Discuss what skills and mental abilities you need to be a good sportsperson in Softball Discuss the benefits of being a good sportsperson whilst playing Softball					
Equipment	Tennis Balls, Cones, Bats, spoon bats, Softball Sheets, Wind balls, Softballs, Gloves, Pen, Whiteboard, Tees, Score sheets, peer evaluation sheets					
ICT	(A) Assessment	(C) Citizenship	(E) Peer Evaluation	(L) Literacy	(N) Numeracy	(PP) Pupil planning
HEALTH AND SAFETY THROUGHOUT THIS LESSON						
<ul style="list-style-type: none"> - Use tennis balls or soft balls - Pupils must all throw the same way - Pupils must never try to stop the ball with their feet, shins or body. - Space out the games / practices so that there is minimal risk - Never allow pupils to perform the actions if injured or ill - Stretch out major muscles - Pupils must remain within in and out boxes - The wicket keeper must NEVER get too close - Players must drop their bat after hitting the ball, but must not throw it back - Pupils must not be any closer than the diamond line or 10 metres behind <li style="text-align: center;">- KEEP EYE ON BALL - Pupils must not obstruct opponents 						
ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT						
Comments						
Competence	Performance		Creativity		Health and Active Lifestyle	
Developing Skills	Making and Applying		Physical and Mental Capacity		Evaluating and Improving	