

**Surrey School District  
Physical Education Department  
Fielding Games**

**Objective:** Strike a moving object, usually a ball, with an implement, usually a bat, away from fielders in order to run the bases and score points

During this unit of instruction, develop these **Fundamental Movement Skills**

<b>Non-Locomotor</b> Bend, curl, hold, lift, lower, pull, push, stand, stretch, reach, swing, twist, turn	<b>Locomotor</b> Walk, run, jump, slide	<b>Manipulative</b> Sending (strike) Receiving (catching)
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**And Fitness Components** to increase student success.

<b>Health Related</b>	<b>Skill Related</b>	
Muscular Endurance	Agility	Speed
Muscular Flexibility	Balance	Reaction
Muscular Strength	Coordination (eye-hand)	Power

**Classroom Connections: Life Skills Development**

- How did you and your partner work together to be successful?
- What was important to the success of your team?
- Did you and your partner work together to think of ways to beat your score?
- Why is it important to provide healthy, positive encouragement to your teammate regardless of their success?
- How can staying positive be healthy in relationships with teammates?

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**Activity Name:** Catch This!

**Level of Complexity:** Easy

**Participant Grouping:** Partners

**Playing Area:** Gymnasium or Outdoors

**Equipment:** Variety of types of balls eg. Beach, foam, gator, tennis, etc. 1 per pair

**Fundamental Movement Skill:** Overhand Throw

**Preparation Phase:**

- ✓ From Ready Position/Athletic Stance changing to Sideways Stance

**Movement Phase:**

- ✓ Draw back arm in readiness with flexed elbow (arm creates a circular motion)
- ✓ Step forward, bringing arm forward while transferring weight on to opposite foot

**Follow-Through Phase:**

- ✓ Extend and release object with arm finishing across body
- ✓ Toes pointing at target

**Tactical Focus & Skills:** Scoring Runs

**How To Play:**

- ✓ In pairs, have students start facing each other about 1m apart
- ✓ Toss the ball to your partner who catches it and then takes one step back
- ✓ Partner then tosses ball back to original partner who then takes one step back
- ✓ If you don't catch the ball, you do not step back
- ✓ Continue until someone drops the ball
- ✓ When the ball is dropped, both players return to the starting position and see if they can improve on their previous best

**Variations:**

- ✓ Use fun equipment (rubber chicken, sponge, water balloon, textured balls)
- ✓ Add another ball
- ✓ Only use one-hand to throw and catch
- ✓ Modify the type of throw eg. Underhand, overhand, bounce, baseball
- ✓ Add a player to create a triangle, add another to create a square
- ✓ Add a fitness activity after you throw eg. Run to a line, push up, jumping jacks, etc.

**Adaptations:**

- ✓ Use implements to catch eg. Lacrosse stick, scoop
- ✓ Tie a scarf to the ball to make it easier to catch
- ✓ Roll the ball to each other
- ✓ Kick ball to each other, ball must stay in contact with the floor
- ✓ Velcro mitts
- ✓ Step sideways instead of backwards

**Tactical Awareness:**

- What types of throws are easiest to catch?

**Surrey School District  
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**Activity Name:** Hold The Line                      **Level of Complexity:** Easy to Moderate

**Participant Grouping:** Teams of 3-4            **Playing Area:** Gymnasium or Outdoors

**Equipment:** 4 Pylons, 1-2 gator/foam balls per game

**Fundamental Movement Skill:** Overhand Throw

**Preparation Phase:**

- ✓ From Ready Position/Athletic Stance changing to Sideways Stance

**Movement Phase:**

- ✓ Draw back arm in readiness with flexed elbow (arm creates a circular motion)
- ✓ Step forward, bringing arm forward while transferring weight on to opposite foot

**Follow-Through Phase:**

- ✓ Extend and release object with arm finishing across body
- ✓ Toes pointing at target

**Tactical Focus & Skills:** Get ball past defenders

**How To Play:**

- ✓ Divide a badminton court into thirds by using the short serve lines
- ✓ Each team occupies one third of a court, leaving the middle third open
- ✓ Teams of 3-4 players must defend their line while also trying to throw ball past opponents' line
- ✓ Ball must bounce in the center third of court
- ✓ Can only throw from inside your own third of court

**Variations:**

- ✓ Change the type of ball used
- ✓ If using a smaller ball, have ball bounce twice before scoring

**Adaptations:**

- ✓ Play seated
- ✓ Reduce the size of the goal
- ✓ Increase the size of the goal

**Tactical Awareness:**

- Where is the best spot to position yourself to throw the ball?
- Where is the best spot to position yourself to stop the ball?

**Surrey School District  
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**Activity Name:** Crazy Kickball

**Level of Complexity:** Easy to Moderate

**Participant Grouping:** Teams of 5

**Playing Area:** Badminton Court or Outdoors

**Equipment:** 3 balls per team, 2 pylons, 1 hoop

**Fundamental Movement Skill:** Kick

**Preparation Phase:**

- ✓ Ready Position/Athletic Stance behind ball and slightly to one side
- ✓ Looking at target and then object

**Movement Phase:**

- ✓ Step toward object with non-kicking foot (Plant Foot)
- ✓ Plant Non-kicking foot placed beside the object
- ✓ Bend kicking leg at least 90 degrees during the backswing
- ✓ Contact object with the instep (shoelaces)

**Follow-Through Phase:**

- ✓ Extend kicking leg in the direction of the target

**Tactical Focus & Skills:** Score runs

**How To Play:**

- ✓ The first batter receives the 3 balls and kicks all 3 anywhere into the playing area (badminton court)
- ✓ After all 3 objects have been kicked, the entire batting team runs from home base to the opposite pylon and back as many times as possible
- ✓ While the batting team is running, the fielding team must try to retrieve all the objects and place them into a hoop that is located 5m to the right of home base
- ✓ Fielding players are not permitted to run with the objects
- ✓ Once all objects are back inside the hoop, the batting team must stop running
- ✓ A run is scored every time the ENTIRE batting team runs to the opposite pylon and back before all objects are placed inside the hoop
- ✓ Switch batting and fielding teams after each person on the batting team has had a chance to bat (kick)
- ✓ There are no outs

**Variations:**

- ✓ Using outs, batting team is out if caught in between bases
- ✓ Over/Under—fielders must do over/under with each piece of equipment before it can be placed back into the hoop
- ✓ Modify the locomotor pattern for the batting team eg. Skip, gallop, slide, etc.

**Adaptations:**

- ✓ Players can throw objects rather than kick

**Tactical Awareness:**

- What can the fielding team do to cover as much space as possible?
- What can the batting team do to score as many runs as possible?

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**Activity Name:** 5 Person Throw-Baseball **Level of Complexity:** Moderate to Difficult

**Participant Grouping:** Groups of 5 **Playing Area:** Badminton Court or Outdoors

**Equipment:** 1 base, 2 cones, 1 gator/foam per fivesome

**Fundamental Movement Skill:** Overhand Throw

**Preparation Phase:**

- ✓ From Ready Position/Athletic Stance changing to Sideways Stance

**Movement Phase:**

- ✓ Draw back arm in readiness with flexed elbow (arm creates a circular motion)
- ✓ Step forward, bringing arm forward while transferring weight on to opposite foot

**Follow-Through Phase:**

- ✓ Extend and release object with arm finishing across body
- ✓ Toes pointing at target

**Tactical Focus & Skills:**

**How To Play:**

- ✓ In groups of 5, designate a catcher, batter, pitcher and 2 fielders
- ✓ Place 2 cones in line with each other to form home plate and 1<sup>st</sup> base
- ✓ Each batter determines the distance the bases are set apart with approval from rest of the group
- ✓ There are no fly ball outs
- ✓ **Pitcher** throws or rolls ball underhand to batter who catches the ball
- ✓ **Batter** catches ball and throws it within the boundaries of the court/field. Run to 1<sup>st</sup> base and back to home as fast as you can.
- ✓ **Fielders** catch the thrown ball and must pass the ball to all teammates. Last person throws ball to catcher at home plate. Try to have the ball beat the runner home.
- ✓ After batter has had 3 attempts, rotate from catcher to batter to fielder 1, to pitcher, to fielder 2, to catcher

**Variations:**

- ✓ Add a third fielder

**Adaptations:**

- ✓ Change implement size

**Tactical Awareness:**

- What types of throws does the batter need to make in order to be successful?
- What does the fielding team need to do to get the batter out?