





## Equipment

- Variety of types and sizes of bats and balls. Tee for tee-ball
- Adapt equipment to suit learners with special needs in your lesson



## Core Competencies

### Communication & Collaboration

- Ask learners striking and catching ball to talk to each other and give feedback on the striker's actions.

### Self-efficacy

- Ask learners to see how far they can strike an object using a variety of sports implements. Facilitator provides praise for all efforts and feedback on the action.

### Critical Thinking & Problem Solving

- Ask learners to think and work out what implements they would like to strike a ball with for it to travel different distances.

### Creativity & Imagination

- Ask learners to think of different ways to strike a ball or object.

### Citizenship

- Encourage learners to identify personal goals that would contribute back to their family or community or society as a whole.

### Digital Literacy

- Ask learners to find & watch videos online of different games involving striking a ball – baseball, soft ball, hockey, ice hockey, cricket, golf, etc

### Learning to Learn

- Encourage learners to reflect on what they might want to do in the future and how education and training might help them do so.



## TREE Framework

### Easier

Use slow-moving balls. Increase the surface area of striking implement. Decrease distance between the batter and catcher or between two batters. Starting with striking a stationary object (like a ball on a tee) and gradually move to hitting a moving target.

### Harder

Introduce defenders to guard targets. Decrease the surface area of striking implement or the size of the balls used. Increase distance between the batter and catcher or between two batters.

## Inclusivity

Learners with limited mobility can use a bat with a ball attached by string or a bat with a larger surface area. They can use a striking implement with a large surface area or can use a lighter larger ball or balloon. Learners who are visually impaired can use a ball with a bell or can feel for the position of a ball on a Tee before striking.



## Game

### Beat the Ball

Set up a tee-ball diamond. Divide learners into two teams. One will team field, the other bat.

The learners on the batting team take turns to bat the ball then run around the diamond and back home. The fielding team must all line up behind the person who retrieves the ball before the batter runs back to home base.

### Variations:

- Players can kick or throw the ball.
- Players must run around their own team.
- Fielding team must line up and pass the ball through their legs to the last player.



## Sport4Development Approach

- Use the Sport4Development approach to teaching life skills.

## Sample life skill learning outcome

Learners can identify what they are good at and their goals for the future.

Facilitator asks learners to identify what bats and balls they can use successfully when practicing striking activities. What worked for them when striking. Facilitator reinforces the fact that we can all improve our skills if we practice and asks how learners would know they are improving.

Facilitator asks learners to identify things they are good at in school and at home. Asks learners what things they cannot quite do yet but think they will be able to do with practice.

