



# SOFTBALL



Lesson Plan for Grade 7, PE

Prepared by: \_\_\_\_\_

## **OVERVIEW & PURPOSE**

Focusing on throwing, fielding and batting throughout the two weeks. At the beginning of each new skill the students will be evaluated on their ability to perform that certain skill. The last day of the lesson there will be a softball game to evaluate improvement on all three skills.

## **EDUCATION STANDARDS**

Anchor standard 1: Motor skills and movement patterns

Anchor standard 2: Movement and performance

Anchor standard 3: Physical activity and fitness

## **OBJECTIVES**

1. Practice catching and throwing
2. Practice hitting with proper technique
3. Understanding softball rules and strategy

## **MATERIALS NEEDED**

- Cones
- Gutter balls
- Plastic bats

# Elementary Softball Lesson Plans

**L Darling-Hammond**



## **Elementary Softball Lesson Plans:**

## **Elementary Softball Lesson Plans** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Elementary Softball Lesson Plans**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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