Lesson Plan 2: Physical Education

Lesson Title: Fielding a Groundball

Grade Level: 9th-12th

Estimated Time: 50 minutes

Student Prior Knowledge: Students will have known how to catch and throw a baseball

Standards:
PE.912.C.1: Students will learn how to evaluate/apply the proper mechanical principles when doing different physical activities

Goals

Students will properly learn the fundimentals of how to field a ground ball and will be able to apply them into a baseball game.

Objective:

Each student will have to properly field 4 out of 5 groundballs at shortstop or second base. Each student will have to field the ball and make the throw to first base. Each student will have to field a groundball at 5 specified locations as well as make a good throw to first base in order to pass the lesson for Fielding a Groundball.

Lesson Procedures:

I will show a digital video of professional baseball players fielding groundballs as well as demonstrate myself the proper fundamentals to fielding. I will ask the students several question regarding the video. For example, What is the proper foot position? What does it mean to have your feet shoulder width apart? I will demonstrate to the class the proper way to field, and throw to first base. After the demonstration is done I will put each student at either short stop or second and have them field and throw the ball to first base. Each student will be given five chances to successfully field and throw the ball to first.

 Assessments:

 Students will have to successfully field and throw 4 out of 5 balls correctly in order to receive a passing grade for this lesson.