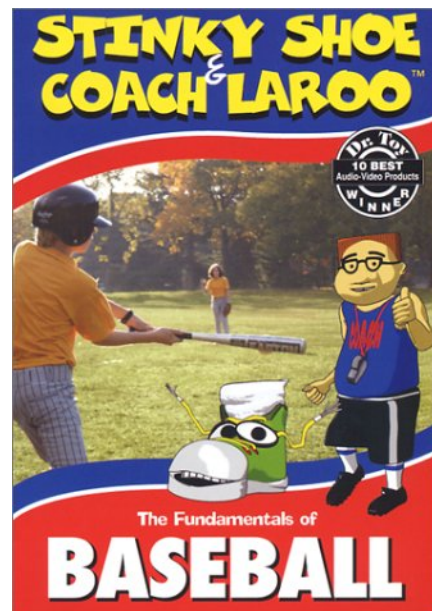


#10402

THE FUNDAMENTALS OF BASEBALL

BIG KIDS PRODUCTIONS, INC., 2002
GRADE LEVEL: 3–6
30 MINUTES
1 INSTRUCTIONAL GRAPHIC INCLUDED



DESCRIPTION

A baseball coach and his young team review and practice the sport's fundamentals. Covers standard baseball terminology, how to grip the bat and swing, proper fielding techniques, and base running. The kids learn about good sportsmanship, being a team member, and having fun. Animated.

ACADEMIC STANDARDS

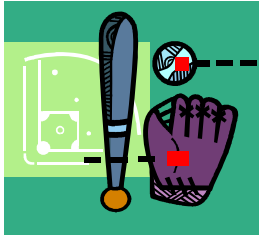
Subject Area: Physical Fitness

- Standard: Uses a variety of basic and advanced movement forms.
 - Benchmark: Uses basic sport-specific skills for a variety of physical activities (e.g., basketball chest pass, soccer dribble, fielding a softball with a glove). (SEE INSTRUCTIONAL GOALS 1.)
 - Benchmark: Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances (e.g., combining steps to perform certain dances; combining running, stopping, throwing, shooting, kicking for sideline soccer). (See INSTRUCTIONAL GOALS 1.)
- Standard: Uses movement concepts and principles in the development of motor skills.
 - Benchmark: Understands the critical elements of a variety of basic movement patterns such as throwing (e.g., the ready position, arm preparation, step with leg opposite the throwing arm, follow-through, accuracy of throw). (See INSTRUCTIONAL GOALS 1.)
- Standard: Understands the social and personal responsibility associated with participation in physical activity.
 - Benchmark: Understands the purpose of rules in games. (See INSTRUCTIONAL GOALS 3.)

INSTRUCTIONAL GOALS

1. To describe and demonstrate the baseball skills: hitting, fielding, base running, and throwing.
2. To identify equipment used in baseball.
3. To introduce and discuss the rules and strategies of baseball.
4. To emphasize the importance of the "basics" of the game, practicing, sportsmanship, and being a good team member.

BACKGROUND INFORMATION



The fundamentals of baseball are presented by animated characters Stinky Shoe and Coach LaRoo along with real-life kids and their coach. After a brief warm-up, skills taught are hitting, fielding, base running, and throwing. Rules of baseball are also introduced. Other topics include the importance of practicing, good sportsmanship and a positive attitude, and playing by the rules.

VOCABULARY

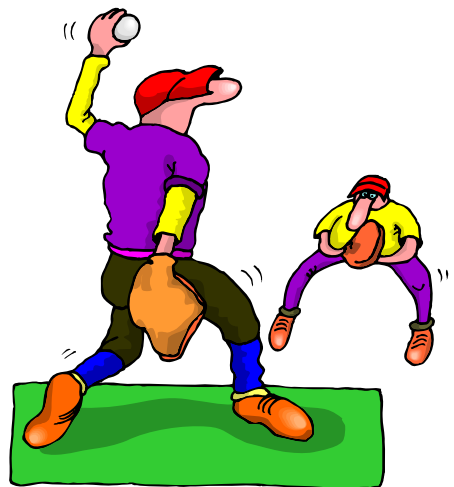
- | | | |
|----------------------------|----------------|-----------------|
| 1. batter's box | 9. home plate | 18. stance |
| 2. "breaking in" the glove | 10. line drive | 19. stride |
| 3. double play | 11. line out | 20. strike out |
| 4. fair ball | 12. out | 21. swing |
| 5. force-out | 13. pop-up | 22. tagging up |
| 6. foul ball | 14. run down | 23. umpire |
| 7. grip | 15. safe | 24. walk (noun) |
| 8. ground ball | 16. shortstop | |
| | 17. stance | |

BEFORE SHOWING

1. Introduce the game of baseball. Show equipment (listed but not shown in the media) and describe how each are used. Discuss general rules. Explain baseball vocabulary.
2. Discuss the concepts sportsmanship, teamwork, and having a positive attitude. Brainstorm why these are important elements of team sports.

DURING SHOWING

1. View the media more than once, with one showing uninterrupted.
2. Stop the media to inform students which skills they will practice.



AFTER SHOWING

Discussion Items and Questions

1. What is the first thing you do when you arrive at the baseball field? Why do players "warm-up"?
2. Winning is not the most important thing in sports. What are some of the other important aspects of team sports mentioned in the media?



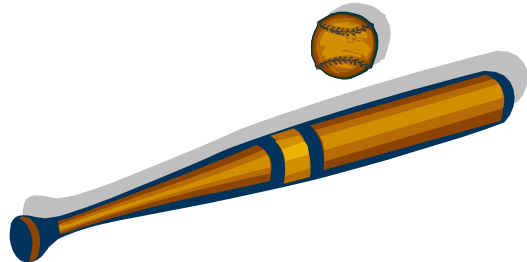
3. What equipment is needed in baseball?
4. What are the four critical elements for hitting? Describe each one (i.e., grip, stance, stride, and swing).
5. What are the rules of baseball discussed in the video?
6. How many players are on the field, and what are their positions?
7. Compare different ways a fielder reacts depending on where and how the ball is hit.
8. What are the possible ways a batter gets on base? How are they called "out"?
9. Discuss all the options for base running depending on where and how the ball is hit.
10. What are the critical elements of throwing a baseball?
11. What does "practice makes perfect" mean?

Applications and Activities

1. Perform drills and practice the skills. (See INSTRUCTIONAL GRAPHIC). Use the graphic to help assess and monitor skills improvement.

- a. Hitting.
- b. Fielding.
- c. Base running.
- d. Throwing.

2. Play lead-up games to practice skills.
3. Describe and demonstrate how to hit the baseball.
4. Draw a diagram of a baseball field. Show on the diagram where the team is on the field. List the names of the positions.



5. Measure the baseball field. On your diagram, show the measurements between bases, the plate, the pitchers mound, and the outfield. Calculate how many feet you run if you hit a home run.
6. Design and make a poster showing baseball rules. Display it at the field. Explain the rules to younger players.
7. Role play good sportsmanship on the field. Show how to resolve conflicts during a game.
8. Keep a baseball journal. Write about your skills,

C a p t i o n e d M e d i a P r o g r a m

- your improvements, your successes, and challenges. Express your feelings about this game and your interactions with your teammates. List the occasions when you supported and encouraged a teammate.
9. Make a collage showing baseball equipment.

INSTRUCTIONAL GRAPHIC

- BASEBALL TASK CARD

RELATED RESOURCES

Captioned Media Program

- [*Heroes of Sport #9223*](#)
- [*The Jackie Robinson Story #2191*](#)

World Wide Web



The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and “kid safe” sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **DECATUR SPORTS PAGE**

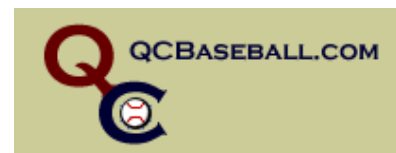
<http://www.decatursports.com>

Presents a variety of drills from baseball coaches.

- **QCBASEBALL.COM**

<http://www.qcbaseball.com/drills/drills1.aspx>

Baseball drills advice for coaches, with rules, philosophy, baseball situations, and coaching tools.



- **YOUTH BASEBALL–CREATIVE BACKYARD DRILLS**

<http://www.y-coach.com/backyarddrills.html>

Backyard baseball drills. Creative ideas that use baseball skills in lead-up games with alternative and economical equipment.

- **LOOK SMART–DIRECTORY–BASEBALL FOR KIDS**

<http://search.looksmart.com/p/browse/us1/us317837/us317922/us161146/us525522/>

Links to baseball information. Contains fun facts, parent involvement, coaching tips, scoring, camps, and much more.

- **LITTLE LEAGUE ONLINE**

<http://www.littleleague.org>

Little League Baseball is the largest organized youth sports program in the world with millions of participants on 200,000 teams in 100 countries. Start at "About Us" for the history of Little League or "Players" for current news and a ten-question Little League trivia quiz. "Who was the first Little League graduate to become President of the United States?" Contains a link to find local little league teams.

- **BASEBALL ALMANAC**

<http://baseball-almanac.com/>

Baseball Almanac is a comprehensive site filled with every imaginable baseball stat, record, award, record, and "Fabulous Feat." Peruse it via the sections listed on the left-hand vertical menu, or try the Google site search. A search for "Babe Ruth" returns 1650 pages. Going far beyond the usual set of stats, the site includes baseball songs, poetry, quotations, movies, and Presidential baseball trivia. "President John F. Kennedy had a staff member named Dave Powers act as his official Undersecretary of Baseball."



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BASEBALL TASK CARD

Directions: Indicate your assessment of each skill by circling the appropriate number (1 = needs help, 5 = great).

Name _____

Hitting (hit a pitcher ball 10x)						signed
Check: Grip	1	2	3	4	5	<input type="text"/>
Stance	1	2	3	4	5	<input type="text"/>
Stride	1	2	3	4	5	<input type="text"/>
Swing	1	2	3	4	5	<input type="text"/>

Throwing/Catching						
Toss ball up/catch with glove	1	2	3	4	5	<input type="text"/>
Throw to a wall/catch rebound	1	2	3	4	5	<input type="text"/>
Throw to a partner	1	2	3	4	5	<input type="text"/>

Fielding						
Throw at wall/field grounder	1	2	3	4	5	<input type="text"/>
Throw ground balls to partner	1	2	3	4	5	<input type="text"/>
Ready position	1	2	3	4	5	<input type="text"/>



Directions: Indicate your assessment of each skill by circling the appropriate number (1 = needs help, 5 = great).

Name _____

Hitting (hit a pitcher ball 10x)						signed
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