



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

Australian Pe Lesson Plans Softball

K Morrison



Australian Pe Lesson Plans Softball:

Australian Pe Lesson Plans Softball Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Australian Pe Lesson Plans Softball**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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