

BLOCK PLAN
Exercise and Sport Sciences Department
Manchester

College

FIT: Warmup/Fitness Activity

UNIT _____ **SKL:** Introduce/Review Skill
Baseball _____

ACT: Drill, Leadup, Test, Tourn

Steps	Monday	Tuesday	Wednesday	Thursday	Friday
FIT	"5 min jog"	Red light, green light" teachingideas.com	"Three blind mice" teachingideas.com	"Sharks in the water" teachingideas.com	"Stuck in the mud" teachingideas.com
SKL	Throwing and catching; Zakrajsek p. 312	Throwing and catching; Zakrajsek p. 312	Fielding ground balls; Zakrajsek p. 314	Fielding fly balls; Zakrajsek p. 316	Fielding ground balls; Zakrajsek p. 314
ACT	Students throw and catch with partner; Zakrajsek p. 313	Students throw and catch with partner; Zakrajsek p. 313	Field ground balls from partners; Coach Jim	Field fly balls from partners; Coach Jim	Hit grounders to students; Coach Jim
FIT	"5 min jog"	Line tag	Builders and bulldozers	"ladders" teachingideas.com	Cat and mouse" teachingideas.com
SKL	Fielding fly balls; Zakrajsek p. 316	Pitching; Zakrajsek p. 319	Batting; Zakrajsek p. 321	Batting; Zakrajsek p. 321	Base running; Zakrajsek p. 324
ACT	Hit fly balls to students; Coach Jim	Students pitch over plate; Coach Jim	Hitting off tee; Coach Jim	Students hit pitches thrown by teacher; Coach Jim	Hitting the intermediate base; Zakrajsek p. 325
FIT	"5 min jog"	Bumper cars"	Chains"	Guess the	"blackout"

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SKL	Defensive strategy; Zakrajsek p. 327	Game	Game	Game	Game
ACT	Field ground balls throw to first; Coach Jim	Regular game play	Regular game play	Regular game play	Regular game play