





Activity Plan for Creative Baseball Batting

Week 1			
Activity	How many or how long	How many days	Instructions
Batting practice 	20 mins	Total for the week	<p>Practice how you hold a baseball bat and how you swing.</p> <p>When you hold the bat, be sure that you use the best grip. Hold the bat with your fingers, not the palm of your hand. To get the best grip, have someone else hold the bat out towards you with the end you hold closest to you (as if they are handing the bat to you). Reach for the bat with your left hand (as if you were shaking someone's hand). After you put your left hand around the bat, put your right hand around it as well. Your right hand should be touching your left hand but just above it on the bat. You should feel like you can completely control the movement of the bat with your hands. If it feels hard to keep the bat the right way up (the end that you are not holding above the end you are holding), try a smaller bat or move both hands a little higher up the bat (but make sure you keep both hands together).</p> <p>When your grip is comfortable, practice swinging the bat. Don't worry about using a ball; just imagine a ball to hit.</p>

Week 2			
Activity	How many or how long	How many days	Instructions
Baseball Dance 	30 mins	Total for the week	<p>Pick a song that you really like and make up a hip hop dance that features baseball. Try to make up dance moves that can show off how you hold a baseball bat (hands together) and how you swing a bat. Build those moves into your dance, together with other dance moves about baseball (e.g., sliding into the base, running hard, and leaping to catch a fly ball).</p>

Activity Plan for Creative Baseball Batting

Week 3			
Activity	How many or how long	How many days	Instructions
Batting practice	20 mins	Total for the week	<p>Practice swinging your bat again. Don't worry about using a ball; just imagine a ball to hit. Things to think about while you are practicing are:</p> <ul style="list-style-type: none"> • Keep both hands together on the bat, right hand above the left hand • Have the bat above and behind your right shoulder before you start swinging • Swing the bat suddenly and sharply, so that gets moving as fast as possible • Hold on to the bat as you swing (don't let it fly out of your hands) 

Week 4			
Activity	How many or how long	How many days	Instructions
Baseball Drama 	30 mins	Total for the week	<p>Make up a play about a baseball game. Tell the story of how different players came up to bat and what happened when they got a hit. Once you have the play done, perform it for your family.</p>