



## Board/Authority Authorized Course Framework Template

<b>School District/Independent School Authority Name:</b>	<b>School District/Independent School Authority Number (e.g. SD43, Authority #432):</b>
<b>Developed by:</b> Troy Bannister	<b>Date Developed:</b>
<b>School Name:</b> Langley Secondary	<b>Principal's Name:</b> Marcello Moino
<b>Superintendent Approval Date (for School Districts only):</b>	<b>Superintendent Signature (for School Districts only):</b>
<b>Board/Authority Approval Date:</b>	<b>Board/Authority Chair Signature:</b>
<b>Course Name:</b> Softball Academy	<b>Grade Level of Course:</b> 10
<b>Number of Course Credits:</b> 4	<b>Number of Hours of Instruction:</b> 120

**Board/Authority Prerequisite(s):**

**Special Training, Facilities or Equipment Required:**

- The course will have certified softball instructors as well as a qualified teacher.
- The course will be utilizing the turf field, softball and softball fields, lacrosse box, blaze batting center and a local fitness centre.
- Field equipment will be provided by the instructor and students will supply their own softball gear.

## **Course Synopsis:**

The course provides students with intensive, personalized training to improve both their individual and team softball skills. The instructor and teacher assess each student's strengths and growth areas to create a training plan for each of them to improve their skills. In addition, students learn about ways in which to maintain a healthy lifestyle, set goals for themselves and have opportunities to reflect on their growth in these areas.

## **Goals and Rationale:**

The Softball Academy is a unique program in which diverse students train together with the common purpose of improving their individual and team skills in softball. The program is open to all students at all skill levels and the focus is on individual skill and team tactical development. The on field staff consists of a Head Instructor and at least one assistant instructor every session in addition to a teacher assigned to the softball academy.

## **Aboriginal Worldviews and Perspectives:**

### **Look for ways to incorporate hands-on learning experiences for students into your practice.**

- ✓ Students will be physically doing the drills and be able to determine success and what needs to be done to improve their skills.

### **Embrace learner-centred practice and interact with students to ascertain their strengths and preferences when it comes to learning experiences.**

- ✓ Students will self-assess to determine their strengths and to identify areas that they need to focus on improving.

### **Emphasize possible practical applications (e.g., “real-world”) when introducing abstract or theoretical concepts.**

- ✓ Students will learn practical life skills as part of their daily work at school and understand and develop strategies that help them overcome struggles while playing the game of softball.
- ✓ Students will understand the mental side of the game and learn strategies to think positively about being successful.

### **Learn from real-life situations that will help them to do the right things.**

- ✓ Students work in game like situations that will have them develop an understanding of what needs to be done in order to be successful

### BIG IDEAS

Our personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels to improve softball skills.

Knowing how our bodies move and function when playing softball in order to prevent injuries.

Following proper training guidelines and techniques can help us to reach softball goals

Making healthy choices regarding nutrition, exercises and rehabilitation can help us to reach softball goals.

Understanding potential careers and involvement in softball after leaving high school can help focus goal setting.

### Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <p>Softball Specific Training Developing a rounded player Mental Training for Softball</p> <p><b>Healthy and active living</b></p> <ul style="list-style-type: none"> <li>•Participate daily in physical activities designed to enhance and maintain health components of fitness</li> <li>•Identify, apply, and reflect on strategies utilized to pursue personal fitness goals in Softball</li> <li>•Identify and describe the relationship between healthy eating, overall health, and performance in fitness activities</li> <li>•Analyze health messages from a variety of sources and describe their potential influences on health and well-being</li> <li>•Analyze and critique a variety of fitness myths and fads</li> <li>•Plan ways to overcome potential barriers that affect participation in fitness and conditioning activities in Softball</li> <li>•Explain how developing competencies in fitness and conditioning activities can increase confidence and encourage lifelong participation in Softball</li> </ul> <p><b>Principles of Strength Training Specific to Softball</b></p> <ul style="list-style-type: none"> <li>•Develop and demonstrate appropriate exercise techniques for a variety of fitness activities</li> <li>•Create and implement a personalized fitness program, based on the Softball Canada program</li> <li>•Identify and describe how different types of fitness activities influence the muscular system and the cardiovascular system</li> </ul> <p><b>Social responsibility</b></p> <ul style="list-style-type: none"> <li>•Demonstrate a variety of leadership skills in different types of fitness activities</li> <li>•Demonstrate appropriate behaviours in different types of fitness activities and environments</li> <li>•Apply safety practices in different types of fitness activities, for self and others</li> </ul>	<p><i>Students are expected to know the following:</i></p> <p><b>General Softball Skills</b></p> <p><b>Throwing Mechanics:</b> Grip, Finding the Target, Feet positioning/Stance, Arm Action and Follow Through <b>Receiving Mechanics:</b> Ready Stance, Glove positioning and Transfer</p> <p><b>Hitting:</b> Swing Mechanics, Plate Discipline, Plate Approach, Situational Hitting and Bunting</p> <p><b>Base Running:</b> Home to First, Stealing Second, First to Third, Tag Up Situations and Scoring on a past ball or wild pitch</p> <p><b>Positional Softball Skills:</b></p> <p><b>Infielders:</b> Set Up, Approach to the Ball, Fielding Mechanics, Throwing Mechanics, Double Play Turns, Foot Work and Situational Play</p> <p><b>Outfielders:</b> Routes to the Ball, Throwing, Line Drive Work, Coming Through the Ball</p> <p><b>Pitchers:</b> Pitching Mechanics, Setting up the Hitter, Pick Offs and the Mental Side of Pitching</p> <p><b>Catchers:</b> Receiving, Blocking, Throwing, Game Calling and Pitcher Management</p> <p><b>Team Development Skills:</b> Situational Infield Practice, Situational Outfield Practice, Hitting the Cuts, Bunt Defense, Pick Offs, Defending Steals</p> <p><b>Classroom Material:</b> Mental side of softball, Softball strategy, Careers in softball, Softball opportunities and pathways, NCAA registration and requirements, Sports nutrition, Sports injury prevention and rehabilitation and Video analysis</p>

**Components of an exercise session Softball Specific**

- warm up
- exercise portion
- cool down

- Exercise safety and etiquette
  - breathing techniques
    - proper body position and stance for lifting weights
  - proper use of equipment and facilities
  - spotting and working out with a partner

- Ways to monitor and adjust physical exertion levels, including heart rate monitoring and percentage of 1 repetition maximum

- Principles of program design, including training principles to enhance personal fitness levels. Softball Canada fitness program

## Big Ideas – Elaborations

Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.

Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.

Potential careers that softball could lead to including: Education required, Salaries/Pay, Experience.

## Curricular Competencies – Elaborations

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

Develop and apply a variety of movement concepts and strategies in different Softball activities

Apply methods of monitoring and adjusting exertion levels in physical activity during practices and games

Develop and demonstrate safety, fair play, and leadership in physical Softball

Identify and describe preferred types of physical activity

## Content – Elaborations

**Proper skill development related to all areas of softball; hitting, fielding, team concepts, injury prevention and rehabilitation and life with softball after high school**

**Proper technique for fundamental movement skills including non-locomotor, locomotor, and manipulative skills focusing on Softball specific areas**

- movements performed “on the spot” without travelling across the floor or surface
- movement skills that incorporate travelling across the floor or surface
- movement skills involving the control of objects, such as balls, primarily with the hands or feet; may also involve racquets or bats;
- movement concepts and strategies related to Softball
- ways to monitor and adjust physical exertion levels
- how to participate in different types of physical activities, including individual and dual activities, and games specific to Softball
- training principles to enhance personal fitness levels relating to Softball
- effects of different types of physical activity on the body

**Recommended Instructional Components:**

- ✓ Drill-repetition-practice-feedback
- ✓ Technology (visual and/or structured presentation medium)
- ✓ Goal setting short and long term and also how to make achievable goals

**Recommended Assessment Components: Ensure alignment with the [Principles of Quality Assessment](#)**

- ✓ Growth in abilities throughout the semester specific to skill level and fitness level
- ✓ Participation
- ✓ Self Reflections/Journal/Fitness Tracking
- ✓ Descriptive Feedback written/visual/oral

**Learning Resources:**

Softball Canada Sr. and Jr. National Team Fitness and Season Program