



GRADE 10

Baseball 10

SD37 Delta

This course will focus on the introduction of the basic skills pertaining to the game of baseball along with the implementation of a progressive development program for individual student athletes to follow. The specific areas of skill developed will be: Throwing; Catching; Running; Fielding; Hitting

Credits: 4

Approval Date: Jun 2018

Hours: 120

Trax Code: YHRA

GOALS AND RATIONALE

The world of sports offers participants an excellent opportunity to combine many of the factors that lead to a healthy, enjoyable lifestyle. To that end, our goals are to provide young student athletes with an environment conducive to personal development both athletically and socially; to provide an avenue for student athletes to understand and enjoy the benefits of good health and physical condition.

BIG IDEAS

*Knowing how our bodies move and function ensures physical safety *Participating in team sports requires communication, teamwork, and goal setting *Participating in team sport builds self-esteem and confidence *Knowing about good fitness and nutrition enables a healthy lifestyle *Skill development is an ongoing process of practice, feedback, and reflection

ADDITIONAL INFORMATION

Student athletes will be presented with special, sport specific instruction and training in the all important areas of: •Fitness/ conditioning/ Weight training •Speed, Agility, quickness •Nutrition, diet, rest, recovery •Mental preparation, mental toughness