

# Year 8 Physical Education Knowledge Booklet

## Softball

Name:

Class:



### What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, Trainers and white sports socks/school blue PE football socks.

Rugby top and tracksuit bottoms dependent on weather conditions.

### **Assessment Criteria**

2	Basic skills of batting and catching using glove starting to develop.	
3	Pitches with 50% strikes (good balls). Fields ground balls and takes easy catches.	
4	Batting inconsistent but shows potential. Some awareness of base running tactics.	
5	Consistent throwing and catching. Positive contribution to the team in offence and defence.	
6	Hits with power, but often catchable fly balls. Demonstrates back spin and forehand pitch.	
7	Runs bases effectively. Accurate pitching. Good fielding skills over short and long distance.	
8	Hits low and to left and right field. Able to steal bases. Variation in pitch. Influential in the field.	
S4	Social	Demonstrate patience and tolerance when supporting other members of the group.
T4	Thinking	Apply tactics and techniques in a variety of situations.

### Big Questions

1. How does the game of softball work? What are the key skills and rules?
2. What is the basic batting stance and how do we swing the bat for power and accuracy?
3. How do I use the glove for catching and then transfer to a throw?
4. How do I apply catching and throwing techniques into successful fielding?
5. How can batting skills be applied to maximise scoring in game situations?
6. How can batting/fielding tactics be used to enhance performance both as individual and as part of a team?

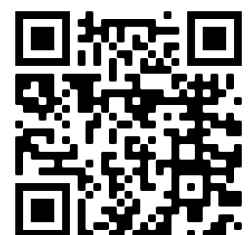
#### Web Links:

Skills-

<https://www.littleleague.org/university/articles/the-basics-fundamental-baseball-and-softball-skill-development-series/>

Rules-

<https://www.youtube.com/watch?v=pl2jdteC3zc>

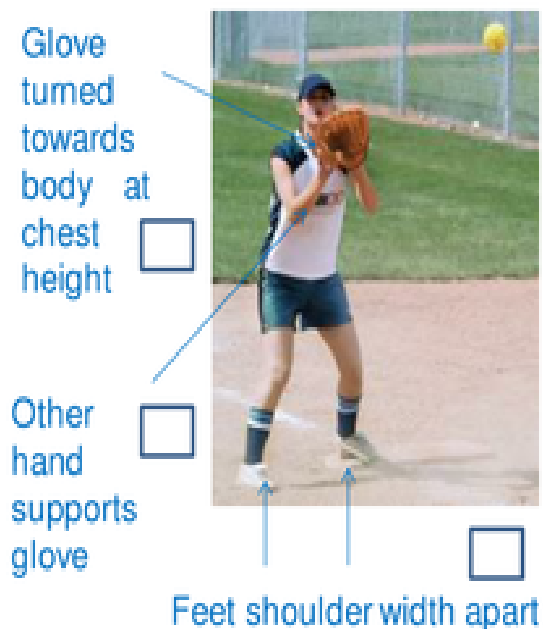
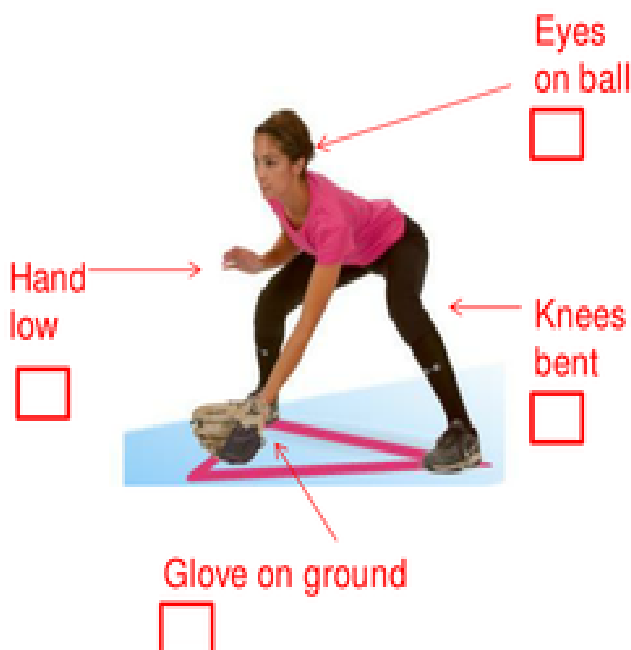




# Softball – *Fielding*

How to field a ground/bounce ball:

How to field a ball above the waist:



**STAR PERFORMERS** consider this: When professional Softball players field they ensure that they field with **100% CONCENTRATION**, **FIELD AT SPEED**, **THROW WITH ACCURACY** and **AT PACE**.  
 \*\*\*Current World Record throw speed is 105MPH set by Aroldis Chapman in 2010\*\*\*



# Softball Vocabulary

Complete the activity.



1. \_\_\_\_\_ An out made when a baserunner, forced to run because another teammate must run to the base being occupied, cannot reach the next base safely
2. \_\_\_\_\_ A play in which a runner on third base tries to score as the batter bunts the pitch
3. \_\_\_\_\_ A ballplayer who is designated to bat in place of the pitcher
4. \_\_\_\_\_ A sacrifice made by hitting a long fly ball allowing a baserunner on third base to score a run after the ball is caught
5. \_\_\_\_\_ An advance to first base by a batter who receives four balls
6. \_\_\_\_\_ A home run with a baserunner on each base, scoring four runs
7. \_\_\_\_\_ The credit a batter receives for a turn at bat that enables a teammate to score a run
8. \_\_\_\_\_ A short high fly ball
9. \_\_\_\_\_ A pitch of a baseball that is thrown with spin so that its path curves as it approaches the batter
10. \_\_\_\_\_ Hitting a baseball lightly without swinging the bat
11. \_\_\_\_\_ An out resulting from the batter getting three strikes

Designated hitter	Squeeze play	Bunt	Forceout
Pop fly	Run batted in	Curveball	Walk
Sacrifice fly	Strikeout	Grand slam	

## Try the cross word!

### Across

2. who kneels behind the batter
3. who stands behind the catcher
4. yell when ball goes foul
8. number of girls on the field
10. 4 balls
11. run to 1st
12. 3 strikes
13. short hit
14. hit allowing runners to score
15. run to 2nd

### Down

1. run to 3rd
5. stands between 2nd and 3rd
6. who stands in the middle and throws the ball to the batter
7. a hit allowing runner to run all 4 bases
9. outstanding player

