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Learning Activity Sheet for PE and Health

Quarter 1

Lesson

6

Learning Activity Sheet for PE and Health Grade 8
Quarter 1: Lesson 6 Weeks 7-8
SY 2025-2026

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LEARNING ACTIVITY SHEET

Learning Area:	PE and Health	Quarter:	1 st Quarter
Lesson No.:	6	Date:	
Lesson Title/Topic:	Sport-specific Skills in Softball/Baseball and Their Fitness Requirements		
Name:		Grade & Section:	

I. Activity No 5: "Skill Check: Assessing Softball/Baseball Abilities"

II. Objective(s): Assess own softball/baseball skills and identify areas for improvement.

III. Materials Needed: Paper, Pen or pencil, Softball/baseball equipment (optional)

IV. Instructions:

Rate your proficiency level for each softball/baseball skill category using the scale provided. Be honest and objective in your self-assessment. Consider your experiences, strengths, and areas for improvement when assigning ratings.

1. Throwing

Key Factors: Technique, arm strength, accuracy, consistency, ability to throw different types of pitches (e.g., fastballs, curveballs, changeups).

- ☐ Beginner (Little to no experience or proficiency)
- ☐ Developing (Some experience, basic proficiency)
- ☐ Competent (Moderate experience, solid proficiency)
- ☐ Advanced (Extensive experience, high proficiency)
- ☐ Expert (Exceptional experience, mastery)

2. Catching

Key Factors: Hand-eye coordination, glove positioning, timing, soft hands, ability to judge the trajectory of the ball, securing the ball after the catch

- ☐ Beginner (Little to no experience or proficiency)
- ☐ Developing (Some experience, basic proficiency)
- ☐ Competent (Moderate experience, solid proficiency)
- ☐ Advanced (Extensive experience, high proficiency)
- ☐ Expert (Exceptional experience, mastery)

3. Batting

Key Factors: Stance, grip, swing mechanics, hand-eye coordination, timing, pitch recognition, ability to make solid contact with the ball.

- ☐ Beginner (Little to no experience or proficiency)
- ☐ Developing (Some experience, basic proficiency)
- ☐ Competent (Moderate experience, solid proficiency)
- ☐ Advanced (Extensive experience, high proficiency)
- ☐ Expert (Exceptional experience, mastery)

4. Fielding

Key Factors: Positioning, footwork, glove skills, anticipation, reaction time, ability to field balls cleanly, making accurate throws to other players or bases.

- ☐ Beginner (Little to no experience or proficiency)
- ☐ Developing (Some experience, basic proficiency)
- ☐ Competent (Moderate experience, solid proficiency)
- ☐ Advanced (Extensive experience, high proficiency)
- ☐ Expert (Exceptional experience, mastery)

5. Base Running

Key Factors: Speed, agility, base stealing technique, reading the pitcher's movements, understanding game situations, sliding technique, rounding bases efficiently.

- ☐ Beginner (Little to no experience or proficiency)
- ☐ Developing (Some experience, basic proficiency)
- ☐ Competent (Moderate experience, solid proficiency)
- ☐ Advanced (Extensive experience, high proficiency)
- ☐ Expert (Exceptional experience, mastery)

COMMENTS:

Please provide any additional comments or notes regarding your self-assessment ratings. Share specific examples or observations that support your ratings and identify areas for improvement.

1.

2.

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5.

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I. Activity 6: Home Run Goals: Setting the Standard for Softball/Baseball Success

II. Objective(s): Set specific, measurable, achievable, relevant, and time-bound (SMART) goals for softball/baseball improvement.

III. Materials Needed: Softball/Baseball Goal Setting Worksheets (one per student), Pens or pencils

IV. Instructions:

After completing the self-assessment, reflect on your ratings and identify specific areas where you excel and areas where you would like to improve. This could be throwing accuracy, batting consistency, fielding technique, etc. Write it down in the designated space provided.

Specific: Clearly state what you want to achieve in the chosen area of improvement. Be clear and concise in defining your goal.
Example: "Improve my throwing accuracy."

Measurable: Determine how you will measure your progress or success in achieving your goal. Include a specific metric or indicator.
Example: "Increase my accuracy to hit a target 8 out of 10 times from a distance of 30 feet."

Achievable: Assess whether your goal is realistic and attainable given your current skill level and available resources.
Example: "Yes, with consistent practice and focus, I can improve my accuracy over time."

Relevant: Explain why this goal is important to your overall softball/baseball development and how it contributes to your improvement as a player.

Example: "Improving my throwing accuracy will make me a more valuable player and help my team succeed."

Time-bound: Set a specific deadline for achieving your goal to create a sense of urgency and accountability.

Example: "I will achieve this goal within the next two months."

Note: Keep your SMART goal visible and refer to it regularly to stay focused and motivated on your journey to achieving it.

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I. Activity 7: " Strike Out or Home Run: Softball/Baseball Basic Skills Q&A "

II. Objective(s): Assess skill levels in softball/baseball.

III. Materials Needed: Pens or pencils

IV. Instructions: Read each question carefully. Write your answers on the space provided.

1. Throwing/Catching:

- How should you grip the ball when throwing in softball/baseball?

- What is the proper stance for catching a fly ball?

2. Batting/Hitting:

- What is the objective of batting in softball/baseball?

- Describe the proper follow-through after making contact with the ball.

3. Fielding:

- What is the ready position, and why is it important in fielding?

- How should you approach a ground ball to field it effectively?

4. Base Running:

- When is it appropriate to round the bases in softball/baseball?
- What are some techniques for sliding into a base safely?

5. Game Understanding:

- How many players are typically on a softball/baseball team?
- What is the role of the pitcher in softball/baseball?