

SUBJECT: PE

UNIT: Year 10 - Softball



Key skills

Base running – This skill requires being focused on the game and running between bases with speed and accuracy. Often you can steal bases if you pay good attention through inaccurate throwing and catching.

Decision making - Identifying the correct base to throw to in order to prevent runs from being scores. A common misconception is that students focus on the player that is currently batting instead of other plates who are closer from reaching the home plate.

Softball positions

itcher.

Catcher.

First Base.

Second Base.

Shortstop.

Third Base.

Left Field.

Centre Field.

Keywords

Pitcher

Strike

Out

Catcher

Base

Foul Ball

Home run

Obstruction

Safe

Inning

Components of fitness used in Softball

Speed - Distance / Time

Agility - The ability to change direction whilst maintaining speed and balance

Coordination - The ability to perform movements using several body parts at once with fluidity

Muscular strength - The maximum amount of force produced by a singular muscular contraction.

Power - To produce strength quickly in an explosive movement.

