

BAT, PITCH & THROW FOR MANIPULATIVE SKILLS & MUSCLE MEMORY!

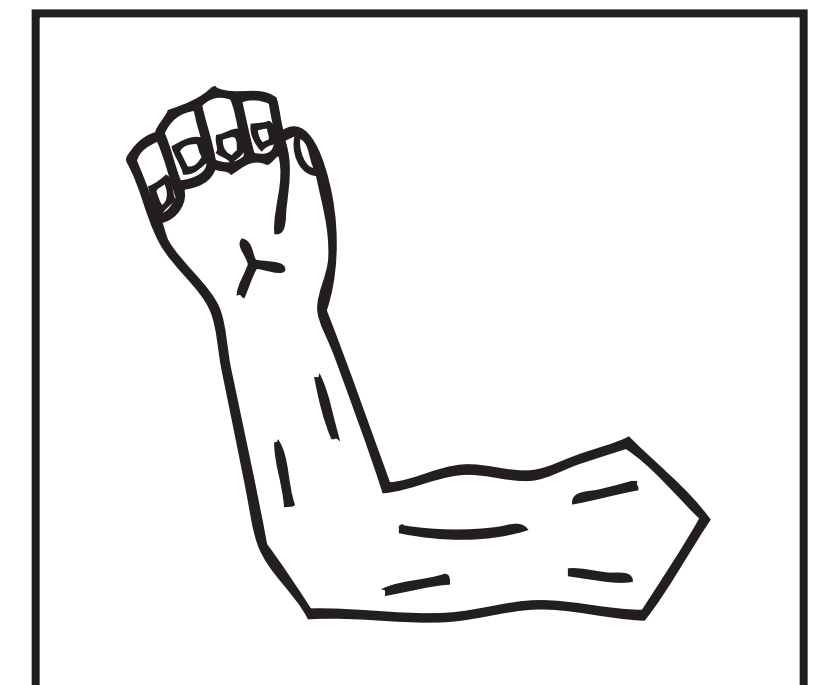
-THE BASEBALL STATION-

Two players hit, catch and pitch in this baseball game to build manipulative skills. Lots of arm muscles are used at this station. Coordination is important in this challenging game.

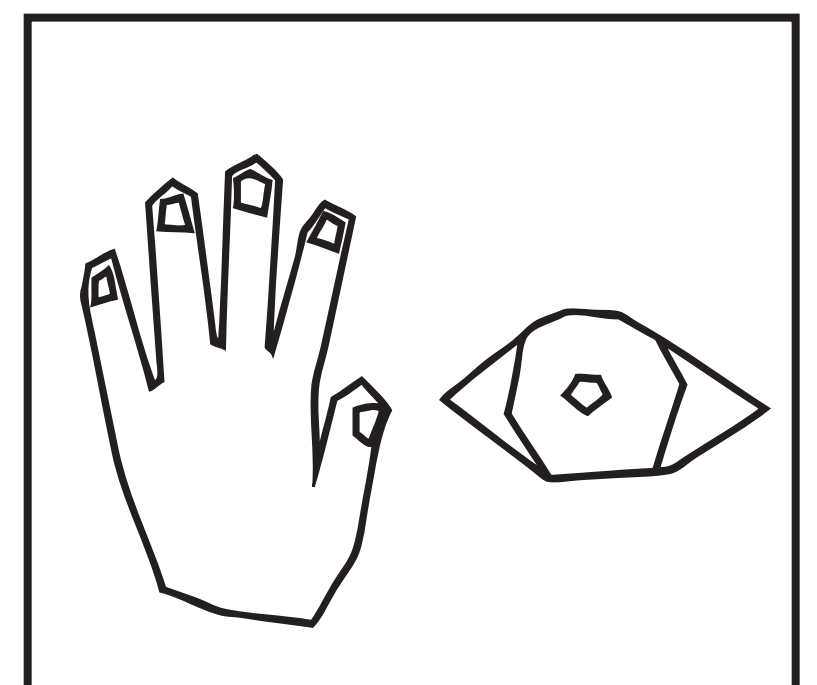
The baseball station allows players to do it all - pitch, throw, catch and bat. Muscles used include trapezius, biceps, forearm, deltoids, and pectorals as well as your quadriceps and calf muscles. Coordination is important when trying to hit targets in the field and pitch at targets.



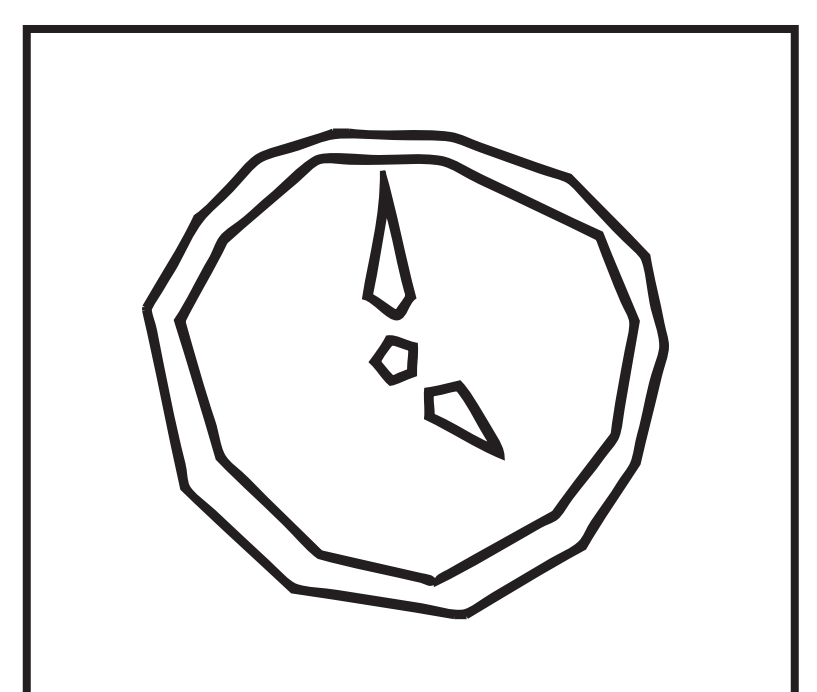
Muscles, Systems & Skills



Arm Strength



Coordination



Timing

The Baseball Station is in alignment with the following Physical Education and Health Learning Standards:

- Participate in physical activities that provide conditioning for each fitness area
- Understand the relationship between physical activity and individual well being
- Understand the effects of activity on the body, the risks associated with inactivity and the basic components of health-related fitness (cardiovascular, muscle strength, muscle endurance, flexibility and body composition)

Related Sports & Activities

Baseball
Football
Aerobics
Tennis

