

World Junior Baseball Championships 2010

Hit a Home Run for Health
A resource for elementary school teachers



Thunder Bay District
Health Unit

Acknowledgements

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Health Promoting Schools



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Hit a Home Run for Health

OVERVIEW

Welcome to *World Junior Baseball Championships – Hit a Home Run for Health*. This resource aims to support teachers in integrating the sport of baseball throughout the curriculum.

Why the focus on healthy eating and physical activity

It is clear that the current health status of our Canadian children remains less than desirable. It is reported almost half of students in grades 6 to 10 are physically inactive. Along with poor physical activity rates, the majority of Canada's children report eating less and 1 serving of fruit and vegetables per day. Unfortunately, unhealthy children tend to stay unhealthy into adulthood and the habits they learn during childhood shape their future habits¹.

Unhealthy eating habits and sedentary lifestyles are serious factors that put individuals at a higher risk of developing chronic diseases at a younger age. Chronic diseases such as heart disease and diabetes are highly preventable. With the help of everyone involved in a child's development, children are able to learn healthy habits that will help them maintain healthy lifestyles for life².

Why the World Junior Baseball theme

The World Junior Baseball Championships date back to 1981 with 22 competitions to date. The 23rd championship will be hosted in Thunder Bay in 2010. The event has been held every two years since 2000 and involves the 18 and under national teams of member countries of the International Baseball Federation (IBAF). Participating countries represent all baseball playing regions of the world including, Asia, the South Pacific, Africa, Europe, North America, Central America, and South America. Countries qualify a year before by taking part in regional qualifying events. Ryan Dempster, Larry Walker, John Smoltz, and Joe Mauer are Major League players who participated in the event during their youths³.

The 2010 event in Thunder Bay is scheduled over 11 days from July 23 to August 1, and will be held at both Port Arthur Stadium and Baseball Central. The 12 teams battling for the gold medal in this years events include Italy, the Netherlands, France, Korea, Chinese Taipei (Taiwan), Panama, USA, Cuba, Venezuela, Czech Republic, Australia, and Canada³.

Why schools should be involved

Good health and quality education go hand in hand. Evidence consistently reveals a link between academic achievement and health. Students with the highest marks are more likely to be in good health compared to students with the lowest marks. Schools can positively influence students' health by encouraging and supporting healthy lifestyles¹.

Baseball History

The origin of baseball stems internationally throughout the world with a variety of countries playing variations of the sport. For example, Russia played a version of baseball called *lapta* in the 1300's and England played *cricket* and *rounders* during the sixteenth and seventeenth centuries. Each country had their own game with their own rules but the concepts were all very similar. Teams pitched the ball to their team mates, runners ran around bases, and players were identified as out when they were hit with the ball⁴.

In 1838, Ontario hosted the first recorded baseball game in the world with innings, three outs, and pitching technique variations to challenge the hitter⁴.

Alexander Cartwright of New York City went on to become known as "The Father of Baseball." Cartwright wrote the first set of rules for the game of baseball in 1845 and established one of the first known baseball teams in New York City. Baseball began to grow in popularity throughout the United States, Canada, and Cuba later in the 1800's. By 1938, interest in international competition grew so much that the International Baseball Federation was established to coordinate international tournaments and develop the sport around the world⁴.

How to use this resource

World Junior Baseball Championships – Hit a Home Run for Health is a resource for teachers and/or schools to use within a classroom or the entire school. The purpose is to generate some excitement within schools about the 2010 World Junior Championship coming to Thunder Bay. The program has been designed to demonstrate how the sport of baseball can be incorporated throughout the entire curriculum. Activities ranging from physical education to art have been included to stimulate ideas for the classroom. A sample baseball tournament is provided to assist schools in planning and organizing their own tournaments.

This resource may be adapted to meet your individual needs. In the Additional Resources section are suggested books and activities to elaborate lesson plans.

How this resources is organized

Hit a Home Run for Health includes the following components:

1. Physical literacy background information
2. Sample baseball tournament template and game variations
3. Featured curriculum activities
4. Additional resources

Physical Literacy

The years 2002 to 2012 were declared Literacy Decade by the United Nations . Literacy was defined as: “a mastery of universal techniques and concepts that are building blocks for future education.”⁵

Physical literacy defined

The Canadian Sport Centre’s Long Term Athlete Development Plan defines physical literacy as: “the development of fundamental movement skills and fundamental sport skill that permit a child to move confidently and with control, in a wide range of physical activity, rhythmic (dance) and sport situations⁶.

It involves:

- developing proficiency in agility, balance, coordination and speed.
- moving comfortably in different environments such as on the ground or in the water.
- mastering specific skills such as throwing and catching a ball, riding a bike and skating.

The importance of physical literacy

- So children have the ability to move with competence in a wide variety of physical activities.⁷
- So children have the knowledge, skills, and attitude to lead healthy lifestyles for themselves.⁸
- Without the development of physical literacy, many children and youth withdraw from physical activity and sport.
- A physically literate individual has a well established sense of self. This, together with environmental interaction, encourages positive self esteem and self confidence.
- Sensitivity to and awareness of our embodied capacities leads to fluent self expression through non-verbal communication and to perceptive and empathetic interaction with
- The ability to “read” what is going on around them in an activity setting and react appropriately⁹

Consequences of missing out on physical literacy

A child who misses out on developing physical literacy is at a great disadvantage. Children like to play with other children who have the same level of skill as they do, and who can “keep the game going”, and if they can’t keep the game going, they won’t generally be asked to join in.

Missing out on fundamental movement skills also means that the child is unlikely to choose to take part in a formal sport activity that requires proficiency in that skill. This restricts their choice of life-long health-promoting activities and they may turn to more inactive and/or unhealthy choices during their leisure time. Being unable to perform even a single fundamental movement skill can seriously restrict later opportunities for recreational or competitive activity⁵.

Physical Literacy

Fundamental skills of baseball⁵

- Running
- Twisting
- Throwing
- Catching
- Hitting
- Receiving
- Jumping
- Kicking
- Agility
- Balance
- Coordination
- Speed

How baseball skills can benefit a lifetime of physical activity participation and health⁶



Consequences of inadequate physical literacy skill development for schools

When students arrive at secondary school without having developed physical literacy in the earlier grades, physical education teachers spend much more time trying to teach movement and sport skills that should already have been learned. This remedial work is difficult, and if the students have not had success in physical education in the earlier grades it is quite possible that they have developed negative attitudes towards the subject that makes them unwilling to fully participate⁶.

Sample Round Robin Baseball Tournament

Round robin play involves each entry playing all other entries. Round robin tournaments can take a long time to complete, so if it looks like there will be more than five teams, it is best to divide the teams into pools. Below is a template for designing a tournament schedule. Begin by assigning each team a number.

Five teams or less

For example, team 1 plays team 2 first and wins with a score of 7-5. Play until each team has played each other and the winner is the team(s) with the most runs at the end.

Team	1	2	3	4	5
1		5			
2	7				
3					
4					
5					
Total Runs					
Ranking					

More than five teams

Same as above, except a final round must be played with the top one or two teams from each pool. The top one or two teams advance to the final round. See below as an example.

Pool 1					Pool 2				
Team	1	2	3	4	Team	5	6	7	8
1					5				
2					6				
3					7				
4					8				
Total Runs					Total Runs				
Ranking					Ranking				

Final Round

If you wish to identify a winner, have the top 2 teams from each pool play each other for first and second place (i.e. Pool 1 -first vs. Pool 2 - first). At the same time, have the second placed teams from each pool play each other for third and fourth place (i.e. Pool 1 - second vs. Pool 2 - second).

First and Second Place

Third and Fourth Place

Team	Pool 1 (First)	Pool 2 (First)	Team	Pool 1 (Second)	Pool 2 (Second)
Pool 1 (First)			Pool 1 (Second)		
Pool 2 (First)			Pool 2 (Second)		
Total Runs			Total Runs		
Ranking			Ranking		

Baseball Variations

Spelling Bee Baseball¹⁰

Hit a home run with words. Players can be baseball all-stars, even if they can't hit, pitch, or throw, because in this version of the game, players round the bases just by spelling words correctly.

Supplies:

-Dictionary -Baseball diamond

Aim of the Game:

To be the team with the most correctly spelled words at the end of the game.

How to Play:

1. The pitcher tosses out tough (but not impossible) words.
2. The batter takes a swing at spelling the word right. The umpire checks the spellings in the dictionary. If the word is spelled correctly, the batter moves to first base.
3. Just like in regular baseball, if the batter misses three times in a row, they're out. Three outs, and the other team is up. Players score by making it around all 3 bases and into home base.
4. The game ends when 3 or more innings are played.

Bocce Baseball¹¹

Supplies:

-baseball diamond -small balls (bocce, tennis, ping pong or soccer)
-a hula hoop for each team in different colours

Aim of the Game:

To move your team around the bases by winning rounds of bocce and be the team with the most points at the end of the game

How to Play:

1. Place two different coloured hoops at home plate (ie. blue and red).
2. Around the baseball diamond teams play games of bocce.
3. Partners play a single round of bocce. The winner races to the baseball diamond and moves his team's hula hoop one base and returns to continue playing the bocce game.
4. Every time a team's hula hoop crosses home plate, a run is scored for that team. It is possible to have 10-20 mini games of bocce going on at the same time as players move their red or blue hoop around the bases.

Soccer Baseball¹¹

Supplies:

- 10+ players - 1 soccer ball - baseball diamond

Aim of the Game:

To be the team with the most players crossing home plate at the end of the game.

How to Play:

1. Divide the players into 2 teams: Batters and Outfielders. The rules are similar to baseball except that the players use a soccer ball.
2. The Pitcher rolls the ball towards the Batter (standing at home plate). The Batter kicks the ball into the outfield within the 1st and 3rd baselines. The Batter immediately starts to run to as many bases as possible. A Batter is safe if he gets to the base before the ball. The Outfielders try to get the Batter out by getting the ball (run it, throw it or kick it) to the base before the Batter. If the Batter misses kicking the ball or kicks it out of bounds, it is a strike. After 3 strikes the Batter is "out" and another Batter goes to bat.
3. A Batter is also "out" if an Outfielder does any of the following:
 - a) catches the kicked ball before it touches the ground
 - b) touches the Batter with the ball when the Batter is not touching a base. If a Batter is running to 2nd or 3rd base and there is not another Batter on the base behind him, he can try to return to that base. The Outfielders will try to touch him with the ball to get him "out".
4. When 3 Batters are "out", the teams change positions.
5. A point is scored every time a Batter crosses home plate. The team with the most points after 3 more innings wins.

Venezuela



Featured Game

Name: **Quemada**
Number of Players: At least four
Supplies: A soft ball
Aim of the Game: To be the team with the most number of players remaining in the "living world"

How to Play:

1. Divide the group into two equal teams. Choose a playing area and divide it in half. Each team gets one half. Each half is known as the "living world". Behind each half is an area known as the "ghost world".
 2. All but one player from each team start in the "living world." The extra player starts in the other team's "ghost world."
 3. Teams decide who gets the ball first.
 4. Players from Team One throw the ball across the middle line, trying to hit players from Team Two, *anywhere but on the head or feet.*
 5. Any player who is hit must go to the "ghost world," joining the original ghost from his team.
 6. The ghosts can also try to hit people with the ball, but they must be behind the back edge of the "living world."
 7. The last team with any players remaining in the "living world" wins.
- Note: If a player is hit by the ball but then *catches* the ball, he is still living.

Classroom Ideas



READING

Have the students read a baseball themed book to expand their knowledge of the fun and exciting game! Have a discussion about the story and the characters. Here are some books found at your local library:

Baseball Ballerina Strikes Out! By: Kathryn Cristaldi
Step 2 reading level
Brodie Children's EZ Reads
ISBN: 0679891321 (pbk)

The Baseball Star By: Fred Arrigg
Waverley Children's Picture Paperback
ISBN: 0816736286

Baseball's Greatest Hitters By: Sydelle Kramer
Step 4 reading level
MJLB Non-Fiction
ISBN: 0679853073

Nutrition Zone

Food Native to Venezuela

Pabellon

- Pabellon is a dish made with stewed and shredded meat with rice, black beans and banana.
- It is considered by many to be the national dish of Venezuela.



Why couldn't the orange
get up the hill?
Because it had run out of juice!

Canada



Featured Game

- Name: **Capture the Flag**
Number of Players: At least six
Supplies: Two flags (cloth, socks, paper, pretty much anything will do)
Aim of the Game: To capture the other team's flag



How to Play:

1. Choose a playing area and divide it into four smaller areas: Team One's territory, Team Two's territory, a neutral space (between the two territories), and a jail.
2. Form two teams. Assign each team a colour and give each team a flag of that colour.
3. Choose one player from each team to be jail guards. The guards stand in the jail.
4. Each team is given five minutes to place their flag somewhere in their area. (Flags have to be visible).
5. Once flags have been placed, the game begins.
6. Players must work together to protect their flag and to capture the other team's flag.
7. When a player is in the other team's territory, he can be tagged and brought to jail. A player cannot be tagged in the neutral zone or in his own territory.
8. Once a player is in jail, the jail guards must make sure he stays in jail for 30 seconds.
9. If a player has captured the other team's flag and is tagged in the other team's territory, he must drop the flag

Classroom Ideas



WRITING

- Have students write a story or letter to their favourite baseball player or athlete.
- Have students write a poem about baseball or their favourite baseball player or athlete.
- Have students read their story, letter, or poem to the class.

Nutrition Zone

Foods Native to Canada

Blueberries, Maple Syrup, Wild Rice

- Blueberries grow on wild plants in the bush that get pinkish-white flowers before the fruit develops.
- Maple syrup is made from the sap of maple trees. Quebec produces over 80 million quarts of maple syrup per year.
- Wild rice is the seed of a water plant that grows up to 10 feet tall in marshes and muddy banks of freshwater lakes.



What do you get when 362
blueberries try to leave school
at the same time?

Blueberry Jam!

United States of America



Featured Game

Name: **Who Started the Motion?**
Number of Players: At least five
Supplies: None
Aim of the Game: To test players' observation skills



How to Play:

1. Players sit in a circle.
2. One player, selected to be the Guesser, leaves the area.
3. Another player, selected to be the Guard, accompanies the Guesser and makes sure that the Guesser cannot see or hear the other players.
4. A Leader is selected. The Leader's job is to lead the other players in a series of actions (running, walking, skipping, jumping, doing push-ups, etc.) without being seen by the Guesser.
5. Once the players have started the first action, the Guard tells the Guesser to re-enter the playing area.
6. The Leader randomly changes actions and the rest of the player follow suit.
7. The Guesser must observe the players and try to figure out who is leading the group. The Guesser has only two chances to guess who the Leader is. If the Guesser guesses correctly, they win the game. If the Guesser guesses incorrectly, the game is over and new Guesser and Leaders are selected.

Classroom Ideas



MATH

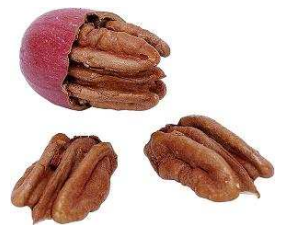
- Get each student to throw a ball and have them measure the distance that they threw it.
- Measure the distance between bases and figure out the surface area of the playing field.
- Discuss different geometrical shapes that are found within the playing field and have students name each one.
- Play a game where a math question is asked and if it is correctly answered the student can move to the next base and at the next base another question is asked until a "home run" is hit!
- Play an online math game or puzzle. Websites can be found in the Resources section.

Nutrition Zone

Food Native to the United States of America

Pecans

- Pecans are the edible fruit of a giant tree.
- They were originally found in the Mississippi Valley.
- They were an important part of the diet of American Indians before the European settlers arrived.



Why did the banana go out with the prune?
Because he couldn't find a date!

Netherlands



Featured Game

Name: **Haneqe**
Number of Players: At least four
Supplies: Chalk
Aim of the Game: To accumulate points by having as many players as possible enter the target area



How to Play:

1. Choose a playing area and draw a medium-sized circle (target) on the ground.
2. Form two teams: Team Invasion and Team Protection.
3. During play, all players hop on one foot while holding their other foot with their hand.
4. Players from Team Invasion try to enter the target area, while players from Team Protection try to block their way.
5. If, at any time during the game, a player's other foot touches the ground, that player is out of play, except those players who have already reached the target.
6. Once all players from Team Invasion are either out of play or inside the target, the round ends and each player who has managed to reach the target earn one point for his team.
7. The teams exchange roles for round 2.

Classroom Ideas



ART

- Design a unique paper maché baseball. Use cut up pieces of newspaper, watered down glue and a blown up balloon to create the paper maché baseball. The students can decorate the baseball with details, designs, and even their famous signature!
- Make a collage of baseball themed items from magazine and newspaper clippings.

Nutrition Zone

Food Native to the Netherlands

Coleslaw

- A salad made primarily with cabbage of different varieties. Can also include shredded carrots too.
- The dressing can be creamy or vinaigrette type with a variety of seasonings.



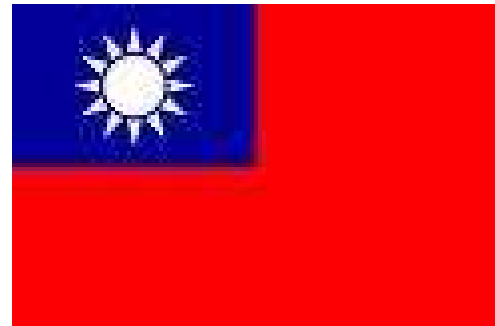
What did the baby corn
ask the Mom corn?
Where's Pop corn?

Chinese Taipei



Featured Game

Name: **Japanese Tag**
Number of Players: At least three
Supplies: None
Aim of the Game: Not to be ONI (IT)



How to Play:

1. Choose one player to be ONI.
2. At "Go!" ONI tries to tag another player.
3. The tagged player becomes the new ONI, but he must put one hand on the spot where he was tagged.
4. With his hand on this spot, he must chase the other players. He is relieved of his position only when another player is tagged.

Classroom Ideas



GEOGRAPHY

- Have the world map drawn on a piece of bristle board and have a group of students locate and color the maps of the participating countries. Have students decorate the countries appropriately.
- Create an atlas scavenger hunt for the students. Create questions related to each of the 12 participating countries and have the students answer the questions about the countries. Have students point to the country on a map once they have answered the question correctly.

Nutrition Zone

Food Native to Chinese Taipei

Beef Noodle Soup

- A rich soup hearty enough to serve as the main course.
- Includes ingredients like dried tangerine peel, star anise, and pickled mustard greens.



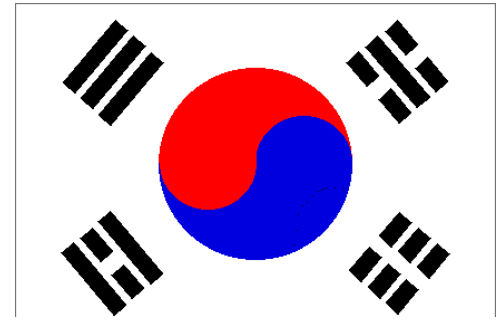
What do little sharks love to eat?
Peanut butter and jellyfish
sandwiches!

Korea



Featured Game

Name: **Gorelki**
Number of Players: At least five
Supplies: None
Aim of the Game: Not to be OHO (IT)



How to Play:

1. Players form couples. Couples line up.
2. An extra player, OHO, stands about ten feet in front of the couples, facing away from them.
3. When OHO shouts, "Last couple out!" the couple at the end of the line must split up and come up on either side of the line of players. They may come quickly or slowly.
4. OHO may not turn his head to see them coming. He must stare straight ahead. Only when the couple is even with him can he leave his place.
5. Once the couple is even with him, he dashes after one of them, trying to tag him before the couple can join hands in front of him.
6. If OHO succeeds, the tagged player becomes the new OHO. The previous OHO and the other member of the couple become the couple at the head of the line.
7. If OHO does not succeed, the couple becomes the head couple and OHO tries again.

Classroom Ideas



MEDIA LITERACY

- Athletes often appear on the cover of "Wheaties" cereal. Have students design an original cereal box with a portrait of their favourite baseball player.
- Have them draw a picture of their favourite baseball player and get them to add their signature to the box.
- Have students create a sports magazine with their favourite baseball player on the front. If appropriate have students write a brief article on the famous baseball player's life.

Nutrition Zone

Food Native to Korea

Kimchi

- Kimchi is a pickled, spicy, vegetable dish with varied seasonings.
- The vegetables used can be cabbage, radish, scallions, or cucumber.



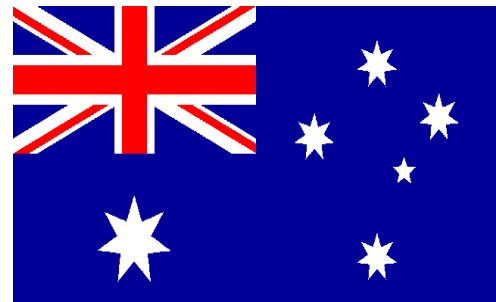
What do ants use for hula hoops?
Cheerios

Australia



Featured Game

Name: **Dog and the Bone**
Number of Players: At least five
Supplies: Any object to represent the bone
Aim of the Game: To accumulate as many points as possible



How to Play:

1. Players form two lines, about three meters apart, facing each other.
2. They count off from opposite ends so that the two number ones are diagonal.
3. A "bone" is placed on the ground between the two lines.
4. A caller stands at one end of the lines and calls out a number. The two players with that number must race to catch the bone.
5. The player who grabs the bone must make it back to his line before being tagged by the other player.
6. If the player is successful, his team scores a point. If not, the player must give the bone to the other player, whose team gets a point.

Classroom Ideas



HEALTHY EATING

- Create a well-balanced snack. Discuss Eating Well with Canada's Food Guide and why healthy eating is important for athletes. Try Pita Pizzas with a fruit & yogurt parfait.

Pita Pizza

Mini whole wheat pita shells
Pizza sauce
Skim mozzarella cheese
Ham
Pineapple
Green pepper
(or any other favourite toppings)

1. Spread sauce onto pita shell.
2. Place mozzarella cheese on top.
3. Place favourite toppings on cheese.
4. Microwave on high for 1-2 minutes or eat unbaked.

Nutrition Zone

Food Native to Australia

Macadamia Nuts

- The trees can grow up to 65 feet high.
- The flavour is similar to coconuts.
- Some float in water and some sink, so they are sorted by putting them in a barrel of water.



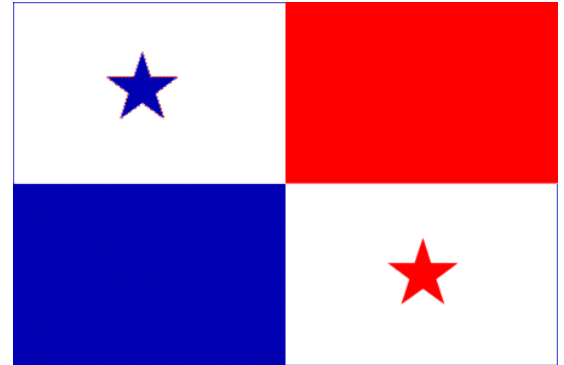
What kind of nut can you hang a picture on?
A walnut!

Panama



Featured Game

Name: **Poi Rakau**
Number of Players: At least five
Supplies: A stick or stick-like object
Aim of the Game: To pass the stick ("koari") as many times as possible



How to Play:

1. All of the players stand in a circle with one player who is holding the "koari" standing in the centre. The players forming the circle should be about 3-5 steps from the player in the centre.
2. The player in the centre begins by tossing the "koari" upright to a player in the circle. That player catches with one hand and, while keeping the "koari" upright, passes it (hand to hand, not tossed) to either the player on the right or left.
3. This player then throws it upright back to the person in the centre and so on, with the player in the centre passing the "koari" randomly to players in the circle.
4. Players work to keep the passing rhythmical and increase speed.
5. Difficulty can be increased by having catchers keep hands behind their back until "koari" is thrown to them, or by adding a second "koari."

Classroom Ideas



HISTORY

- Have students research the cultures, traditions, food and weather conditions of the 12 participating countries.
- Experience the cultures by either wearing the traditional clothes or watch an educational video of the culture.
- Have students draw pictures of the traditional food or make the traditional recipes for everyone to try.

Nutrition Zone

Food Native to Panama

Sancocho

- Sancocho is the version of chicken soup in Panama.
- It consists of large pieces of meat and vegetables served in a broth.
- It can include corn on the cob, cassava, cilantro and sometimes rice.



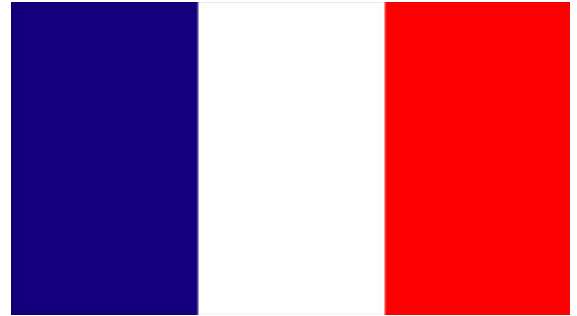
What did the mayonnaise say to
the refrigerator?
Close the door, I'm dressing!

France



Featured Game

Name: **Le gardien du bon chou**
Number of Players: At least four
Supplies: A long skipping rope
Aim of the Game: To remain the Cabbage and the Guardian of the Cabbage for as long as possible



How to Play:

1. Choose one player to be the Cabbage. He holds one end of a long rope.
2. Choose another player to be the Guardian of the Cabbage. He holds the other end of the rope.
3. Neither the Cabbage nor the Guardian can let go of the rope. If they do, they must pass on the roles of Cabbage and Guardian to two other players.
4. The other players try to tag the Cabbage while the Guardian tries to protect the Cabbage and tag the other players.
5. When a player is tagged by the Guardian, that player must freeze. When all players are frozen, the Guardian and the Cabbage win the game.
6. When a player tags the Cabbage, he becomes the new Cabbage, the previous Cabbage becomes the Guardian, and the previous Guardian joins the other players.

Classroom Ideas



PHYSICAL ACTIVITY

- Play a game of baseball tag. When students are on the bases they are "safe", but once they are running to the next base they are able to be tagged by a designated "it" person. There can be one or two "it" people depending on the number of students playing. Once a student makes it to home base they have won!
- Students can play baseball relay, where one student is on each base and the first student will run with the baseball to the next base to pass off the baseball and the relay continues in this manner.

Nutrition Zone

Foods Native to France

Cheese, Pork

- 350 of the 1000 types of cheese produced in the world are made in France.
- Pork comes from pigs which are omnivorous mammals. The killing of a pig used to be an occasion for a major feast.



What do you call a nervous cow?
A milkshake!

Cuba



Featured Game

Name: **Pebble Chase**
Number of Players: At least three
Supplies: A pebble
Aim of the Game: To be the Leader



How to Play:

1. Players choose a safe zone some distance away from the playing area.
2. One player is the Leader and has a pebble in his hand.
3. The other players stand side by side, facing the Leader, and hold out one hand.
4. The Leader slowly walks in front of players and pretends to drop the pebble into each player's hand.
5. When the Leader actually drops the pebble into a player's hand, that player must run to the safe zone and back to the Leader, while the other players try to tag him.
6. If the player gets tagged before returning to the Leader, the person who tagged him becomes the new Leader.
7. If the player returns to the Leader without being tagged, he becomes the new Leader.

Classroom Ideas



HEALTH

- Discuss how the muscles in the human body work and which muscles are being used when playing baseball.
- Discuss the importance of physical activity and how a proper diet has a positive effect on sports performance.

Nutrition Zone

Food Native to Cuba

Black Beans

- This bean variety is slightly kidney shaped and completely black.
- Cooked beans are a source of fibre, iron, potassium, folic acid, and many other vitamins and minerals.



What is an astronaut's favourite sandwich?
Launch meat!

Czech Republic



Featured Game

Name: **Potato**
Number of Players: At least three
Supplies: A ball (or a potato!)
Whiteboard and whiteboard marker or paper and pen would be helpful in keeping track of letters.



Aim of the Game: To be the last player to spell the word "potato"

How to Play:

1. Have players form a circle.
2. One player is IT and stands in the middle of the circle holding a ball.
3. IT throws the ball high up in the air and shouts out the name of another player.
4. That player must try to catch the ball.
5. If that player catches the ball, he becomes IT.
6. If that player misses the ball he gets the letter P; if he misses the ball a second time he gets the letter O, and so on.
7. Once a player has spelled the word potato, he is out of the game.

Classroom Ideas



SCIENCE

- Have each student drop different size balls at different times and measure the distance dropped and the time it takes for the ball to hit the ground.
- Explain to students how to calculate velocity if appropriate.
- Have students plant grass seeds and tend to the grass to make it grow. Explain how the grass of a playing field needs to be taken care of.

Nutrition Zone

Food Native to Czech Republic

Various Mushrooms

- Many types of wild mushrooms grow in the forests of the Czech Republic.
- Mushrooms don't have leaves, chlorophyll, flowers or roots, and grow from single-cell spores.



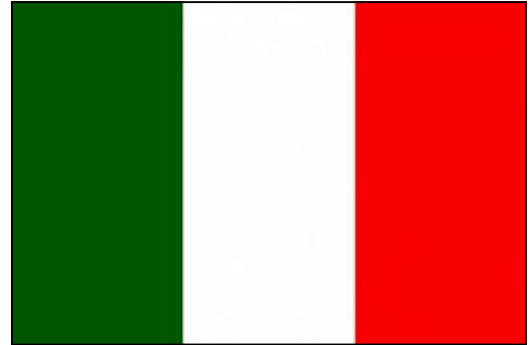
Why did the boy eat his homework?
Because his teacher said
it was a piece of cake!

Italy



Featured Game

Name: **Lupo Mangia Frutta**
Number of Players: At least five
Supplies: None
Aim of the Game: To not be the wolf ("lupo")



How to Play:

1. One player is selected to be the "wolf" or "lupo" and stands on one end of the playing area.
2. Without being heard by the wolf, each of the other players decide on being a certain type of fruit.
3. The "fruit" line up opposite of the wolf, about 4 metres away.
4. The wolf says "Toc Toc" ("knock knock") and all the fruit ask "who is it?" The wolf replies "I am a fruit-eating wolf". The fruit reply "What kind of fruit do you want?"
5. The wolf calls out a type of fruit. If any player among the fruit is the kind of fruit called out by the wolf, the fruit must run away and the wolf must try to catch him/her.
6. If the wolf succeeds in catching him/her, this child will be the wolf in the next round of the game. If not, the wolf will have another go.

Classroom Ideas



DRAMA

- Get one student to interview a classmate pretending they are a famous baseball player. One student can pretend they are a reporter for a news channel. The reporter can ask them things like where they were born and their favourite things to do.
- Get one student to act as a baseball player and one student to act as the sports announcer. The baseball player can perform some interesting baseball moves, while the sports announcer describes what the player is doing.

Nutrition Zone

Food Native to Italy

Pizza

- The "Margherita Pizza", named after an Italian Queen, was made to represent the Italian flag. It has red tomatoes, green basil, and white mozzarella cheese.



What do you get when you stack thousands of pizzas on top of each other?
The Leaning Tower of Pizza!

Additional Resources

The following resources are available to support teachers in implementing sport activities within the classroom.

Websites:

- Batter's Up Baseball Mathematics (multiplication & division) www.prongo.com/math/index.html
- Canadian Olympic School Program www.olympicschool.ca

Book Title	Author	Synopsis	Grade Level
The Best Skater in the Whole Wide World	Linda Bailey	Lizzy's ambitious dream is to be a champion figure skater. She practices her twirls and lutzes around the living room while watching the performers on TV. The author deftly portrays the ambition, desire, disappointment, and creative solution to a common setback.	K - 2
Degas and the Little Dancer	Laurence Anholt	Young Marie wants to be a ballerina, but her parents have no money for lessons. She must earn what little money she can as an artist's model at a ballet school.	K - 3
Olympics	B.G. Hennessy	This text depicts everyone from the athletes to those who manufacture equipment for both the Summer and Winter games. Hennessy gives an overview of what's involved in putting on and participating in the Olympics, rather than factual accounts of various competitions.	K - 3
The Magic Hockey Stick	Peter Maloney	Do you believe in magic? Tracy does. When she starts using Wayne Gretzky's hockey stick, won by her parents at a charity auction, she suddenly becomes the best player on her hockey team.	K - 3
Sophie Skates	Rachel Isadora	Young readers are sure to admire eight-year-old Sophie, who is pursuing her dream of becoming a professional ice skater. While she clearly loves to skate, her story emphasizes the hard work, time, and dedication required to excel in the sport.	K - 3
The Brady Brady Series	Mary Shaw	Stories about Brady Brady and the Icehogs.	K - 3
Extreme Skiing	Kelley MacCauley and Bobbie Kalman	Extreme skiers have taken this favourite pastime to a whole new level! These daring athletes do it all, from winning gold at the Olympics to hitting backcountry mountains.	K - 3
Winners Never Quit	Mia Hamm	Mia's favorite sport is soccer but she hates losing. In fact, she dislikes it so much that she quits in the middle of a game. Upset about her attitude, her siblings do not let her participate the next day. Mia learns quickly that there will be times when she will score a goal and those when she will not, but playing the game is the most fun of all.	K - 3
When I Grow Up, I'm Going to Be a Hockey Star	Kimberly Jo Simac	Nearly all kids who learn to play hockey dream of becoming a hockey star. In this book, Kimberly Jo Simac shows beginning hockey players that this dream can become a reality. This book introduces budding young hockey players to the sport's team spirit, challenges and rewards.	K - 3
The Hockey Heroes Series	Mike Leonetti	A series of books highlighting a hockey player seen through the eyes of a young boy who finds the inspiration to surpass his own problems and become the best player and person he can. Each of the six books ends with a one-page biography of the featured hockey hero.	K - 3

Salt in his Shoes	Dolores and Rosalyn Jordan	Before basketball star Michael Jordan's name was uttered reverently in households all over the planet, young Michael was just a shrimpy kid trying to play ball with the big boys in the neighborhood. This warm, uplifting story will encourage young readers to chase their dreams with hard work and faith.	K - 6
Mighty Jackie: The Strike Out Queen	Marissa Moss	When Jackie Mitchell was a pitcher for the Chattanooga Lookouts, she made baseball history on April 2, 1931, by striking out both Babe Ruth and Lou Gehrig.	K - 6
Players in Pigtails	Shana Corey	Katie Casey is in a league of her own: "She preferred sliding to sewing, batting to baking, and home runs to homecoming." Unfortunately, baseball is not considered ladylike in 1942.	K - 6
Running Girl: The Diary of Ebonee Rose	Sharon Bell Mathis	The heart of Running Girl is diary-format fiction, fiction as clear as poetry; but its soul is straight fact. The narrator is 11-year-old Ebonee Rose. In her kente-cloth-covered diary ("Cool, cool!"), she records her preparations for the All-City Track Meet and her respect for female runners who have broken color barriers, gender-based stereotypes, and speed records.	3 - 6
Wilma Unlimited	Kathleen Krull	Wilma Rudolph contracted polio just before her fifth birthday. Though not expected to walk again, the fiercely determined girl persevered with her leg exercises; by the time she was 12, she no longer needed her steel brace. Eight years later, Wilma represented the U.S. in the 1960 Olympics in Rome, where, despite a twisted ankle, she became the first American woman to win three gold medals during a single Olympic competition.	3 - 6
Lives of the Athletes: Spills, Thrills (and what the Neighbours Thought)	Kathleen Krull	The newest addition to Krull and Hewitt's series of offbeat collective biographies, this lively book discusses the public feats and private lives of 20 athletes.	3 - 6
Bobsled, Luge and Skeleton	Robin Johnson	Winter Olympic Sports	3 - 6
Sports Shorts	Joseph Bruchac	Well-known authors provide clever, semi-autobiographical snapshots that most people would love to forget. While many of the stories are about failed physical efforts, others celebrate athletic achievement.	5 - 9
Girls Got Game	Sue Macy	Nine American women authors, including Virginia Euwer Wolff and Jacqueline Woodson, were invited to contribute original short stories about girls playing sports to this collection.	6 - 9
Another Way To Dance	Margaret Southgate	Vicki Harris, 14, is one of two African Americans accepted into the summer program at New York City's School of American Ballet. She is a compulsive dancer and feels ready for the competition of this time-consuming endeavor. She is not ready, however, to face the racism within the program and begins to doubt her ability.	6 - 9

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