

Bats (S. L. I.)

K-5 Physical Education

Benchmarks

Grade Two

1. Is able to strike a baseball sized wiffle ball into a target 4 feet wide from about 10 feet away.
2. Is able to incorporate small waist rotation to go along with front foot stepping forward.
3. Is able to keep bat back on rear shoulder to begin the swing.

Grade Three

1. Is able to incorporate the front and full hip rotation to create power when swinging.
2. Is able to follow through by releasing the wrists.
3. Is able to strike a suspended wiffle ball squarely with the sweet spot of the bat.

Grade Four

1. Is able to keep hands back until it is time to begin the swing.
2. Is able to keep swing stroke as flat as a pancake.

Grade Five

1. Is able to break the wrists in the follow through.