

## Objective

By the end of this lesson, you will have a better understanding of baseball rules, techniques, and history.

## Materials and Prep

- Baseball glove
- Baseball bat
- Baseball
- Baseball field or open space
- Comfortable sports attire
- Water bottle

No prior knowledge required, just enthusiasm and willingness to learn!

## Activities

- Practice throwing and catching the ball with a family member or friend. Focus on using proper techniques.

Try different grips on the ball and observe how it affects the trajectory of your throw.

- Watch a baseball game on TV or online. Pay attention to the rules, strategies, and player positions.

Take notes on interesting plays or techniques you see during the game.

- Research the history of baseball and its evolution. Create a timeline or infographic to showcase key events.

Look up famous baseball players and their contributions to the sport.

## Talking Points

- Quotation: "Baseball is like a poker game. Nobody wants to quit when he's losing; nobody wants you to quit when you're ahead." - Jackie Robinson
- Quotation: "Baseball is more than a game. It's like life played out on a field." - Juliana Hatfield
- Quotation: "In baseball, you don't know nothing." - Yogi Berra
- Quotation: "Baseball was, is, and always will be to me the best game in the world." - Babe Ruth