

During the last lesson, you got to know one of the most popular games in physical education classes. Now, it's time for something different: Baseball - a sport beloved by most Americans

Slide 1-2

Baseball is a team sport primarily popularized in North and South America, as well as in East Asia. The main objective of the game is to hit a ball thrown by the opponent with a bat wielded by one of the players.



<https://szymon.edu.pl/zasady-gry-w-baseball-interaktywne-video-z-zadaniami/>

Slide 3-4

The origins of baseball can be traced back to the old English game of rounders, which involved hitting a small leather ball with a rounded end bat and scoring points by running around bases scattered on the field.

In 1845, the first official baseball club was established, known as the New York Knickerbockers.

Although the rules underwent numerous changes initially, upon the formation of the club, Alexander Cartwright decided to codify the rules applicable during matches. Some of them were still subject to modifications, but the fundamental rules remain in effect to this day.

In 1847, the National League of Professional Baseball Clubs was established to regulate contracts between teams and players. In the early seventies, there were about ten professional teams in the American arena. After World War II, the leading players began to be treated as stars of America's most popular sport. Baseball was played by both children and their parents, and fields were almost everywhere. To this day, baseball is considered the premier sport by Americans, but it is also gaining an increasing number of fans in Poland.

Slide 5

The first official baseball competitions at the Olympic Games took place in 1992, with the last one being held in Beijing in 2008. Previously (1912-1988), baseball matches were played at the Olympics, but as exhibition events - without medals.

In 2022, baseball returned to the Olympics during the Tokyo Olympic Games.

Slide 6



<https://logos-download.com/19134-major-league-baseball-logo-download.html>

Major League Baseball (MLB) is the largest baseball league in the world, featuring 30 top teams. The World Series is the final match between teams from the National and American Leagues. Established in 1903, it consists of 7 games. The team that wins 4 games first wins the series. In 1903, 1919, 1920, and 1921, matches required 5 wins.

Slide 7

The Best of the Best



"Strengthening the health awareness of primary school students with the use of modern forms of education" benefits from funding worth EUR 240,000.00 received from Iceland, Liechtenstein and Norway under the EEA Funds. The aim of the project is to increase knowledge and develop habits regarding proper patterns of a healthy lifestyle among students of grades IV-VI.

<https://www.pinstripealley.com/2021/12/21/22846460/yankees-world-series-american-leaguepennant-don-mattingly-brett-gardner-cc-sabathia-ron-guidry>

The New York Yankees are a 27-time winning team in the World Series. They have been around since 1903 and are based in the Bronx.

Slide 8

A baseball game consists of 9 innings, so the exact playing time is not fixed like in soccer, for example. A tie result is not allowed; there must always be a winner. The team with the most points wins.

Slide 9

Players perform specific roles on the field.

- Batter: the player who hits the ball with a bat.
- Pitcher: the player who throws the ball.
- Catcher: the player who catches the ball. The attacking team's task is to gain another base, while the defending team tries to prevent them from doing so. After hitting the ball, the batter leaves the bat and runs to score a base. If there is an opportunity to score another base after the first one, the player continues running. After catching the ball, the catcher throws it to a teammate whose task is to defend the base. A player scores a base by touching it with any part of their body before the defending player does.

Slide 10

The defending team, known as the fielding team, consists of 9 players: a pitcher, a catcher, four infielders (three base players and a shortstop), and three outfielders (right, left, and center).



<https://pl.wikipedia.org/wiki/Baseball#/media/Plik:Baseballpositioning-shift.svg>

In the attacking team, players who serve as batters come out one after another.

Slide 11

A player is "out" when:

- They fail to reach first base.
- A defending player touches the base or the attacking player before they reach the base.
- They use up three attempts to hit the ball (strikeout).

An unsuccessful attempt to hit the ball refers to a full swing by the batter and the catcher catching the ball.

- If the pitcher makes a mistake four times, the batter is awarded a base "for free." They advance to first base, and if another player was standing there, they move to the next base, freeing the previous base for the batter.

Slide 12

Player Equipment

Players' attire is quite characteristic. Their uniforms consist of a tight-fitting long-sleeved jersey, knicker-style pants, and long socks, which are often pulled up over the pants. Uniforms differ in colors and designs but always feature the club emblem. Players wear caps with visors on their heads to shield themselves from the sun's rays.

Their shoes have special plates in the soles designed to increase traction on the ground.

Slide 13

In addition, players have:

- Baseball bat: made of wood or aluminum (not allowed in professional leagues), with a double-handed grip. It is slightly tapered.
- Baseball: made of leather or leather-like material, with a rubber core wrapped in several layers of twine.



Photo <https://www.pngegg.com/pl/png-wgioz>

Slide 14

Batting glove: prevents blisters on the hands and absorbs vibrations from the bat, preventing it from slipping in the hands.



Photo: Baseball bat and 2 gloves Junior Brett Spartan | (galeriasportowa.pl)

Baseball glove: a large leather glove facilitating catching balls.



Photo: <https://galeriasportowa.pl/baseball/33689-zestaw-do-baseballa-kij-pilka-i-2-rekawicejunior-brett-spartan-9001741112718.html>

Slide 15

Batter's helmet - it is a type of reinforced cap with an ear flap, designed to protect against potential impact from the ball.



Photo: <https://www.turbosquid.com/pl/3d-models/baseball-batting-helmet-ear-3d-model-1222973>

Catcher's gear - a mask made of steel wires, protecting against ball impact, knee guards, chest protector, shin guards. All elements of the gear are designed to shield the player from impact.



Photo: [https://pl.freepik.com/premium-zdjecie/lapacz-baseballu-i-sport-z-mezczyzna-na-boiskuprzy-talerzu-miotaczy-do-gier-fitness-i-zdrowia-w-parku-stadionowym-rekawica-do-kasku-imundur-z-treningiem-sportowca-w-celu-osiagniecia-treningu-i-cwiczen\\_35941680.htm](https://pl.freepik.com/premium-zdjecie/lapacz-baseballu-i-sport-z-mezczyzna-na-boiskuprzy-talerzu-miotaczy-do-gier-fitness-i-zdrowia-w-parku-stadionowym-rekawica-do-kasku-imundur-z-treningiem-sportowca-w-celu-osiagniecia-treningu-i-cwiczen_35941680.htm)

Slide 16-18

Baseball is gaining increasing popularity in Poland as well. But is it a new sport? No, as the Extra League Baseball competitions have been taking place since 1984. Polish clubs are affiliated with the Polish Baseball and Softball Association (female version), which has existed since 1978. The association is responsible for organizing competitions at the Extra League, First League (men's), Little League Juniors, and Women's Softball League levels.



Phftp: <https://www.baseballsoftball.pl/>

Film <https://www.youtube.com/watch?v=xgRqTQGUYdg>

Slide 18

Softball is often mistaken for the women's version of baseball. However, this is not true, as male teams frequently participate in this game as well.

It is a fact, though, that only women's teams compete in this discipline during the Olympic Games. The first match took place in Atlanta in 1996 (after being included in the Olympic program by the IOC in 1991). In comparison to baseball, softball matches are played on a smaller field, the ball is larger and lighter, and the bat is thicker.

During the match, two teams compete against each other, each consisting of 9 players. The game consists of 7 innings, during which teams take turns attacking and defending.



Photo: <https://www.britannica.com/sports/softball>

Slide 19-20

What came first - baseball or palant?

During physical education classes, your teacher probably suggested playing palant. As you can easily notice, it shares common elements with baseball and softball presented earlier. Palant is a game with a long history in Polish lands. Its greatest promoter was King Zygmunt August. It was necessary to know the rules of this game, as it was played by both kings and peasants. The game of palant is much older than baseball. Some believe that newer variants of more popular games today have grown from its roots. During the match, two teams compete against each other on a field with dimensions of 50-75 m in length and 20-25 m in width, fighting for victory. A rubber ball and a bat, which can be either round or flat, are used in the game. If you want to learn more about the game of palant, I encourage you to watch the video.

Film:

<https://www.bing.com/videos/search?q=zasady+gry+w+palanta+&view=detail&mid=151F51923E0815CB10D8151F51923E0815CB10D8&FORM=VIRE>

Slide 21

## Fun Facts

1. The record throw (pitch) belongs to MLB pitchers Joel Zumaya (Detroit Tigers) in 2006 and Mark Wohlers (Atlanta Braves) in 1995, reaching 165 km/h.
2. The longest baseball game lasted for 26 innings, while the shortest lasted for 9 innings.
3. The baseball cap was once worn only by players. Over time, it became one of the most popular headwear items.
4. Chewing tobacco and spitting saliva used to be very popular habits among baseball players. Nowadays, it's no longer in fashion.
5. Both during and after the matches, players from both teams have a peaceful attitude towards each other. Brawls between fans of opposing teams, as often seen in other sports, do not occur.
6. Mascots are characteristic figures during games. People in costumes have the task of motivating fans to cheer.
7. Artur Strzałka from Silesia Rybnik was the first Polish player to sign a contract with an MLB team (New York Yankees).
8. The Curse of the Bambino is a humorous term referring to the misfortune of the Boston Red Sox team in the World Series after selling player Babe Ruth (known as the Bambino).
9. In 2022, there were 6 teams competing in the Baseball Extraleague.
10. Miller Park stadium in Milwaukee accommodates 41,900 spectators in its stands.

## Test

1. Name 3 related sports disciplines discussed in today's lesson. (**baseball, softball, palant**)
2. Are baseball competitions present at the Olympic Games? (**yes**)
3. List the elements of the uniform. (**slides 12-15**)
4. What equipment is essential for playing baseball? (**Field, ball, bat**)
5. Explain the abbreviation MLB. (**Major League Baseball**)
6. In which sports discipline does baseball have its roots? (**Game of palant**)
7. Is softball a typically female discipline? (**No, men also play softball**)
8. List the differences between baseball and softball. (**field size, ball size, bat weight and shape**)
9. Name the types of gloves used in baseball. (**batting glove and baseball glove**)
10. Why do batters use ear-protecting helmets? (**For safety**)