

Baseball FUNdamentals

选修课档案 (ECA/ASA File)

课程名称 Course name	棒球启蒙课 Baseball FUNdamentals
教授年级 Grade	幼儿园大班 (K4-K5) 及小学低年级 (G1-G2) Kindergarten (K4-K5) & Lower Primary (G1-G2)
开班人数要求 Min & Max. Students' No.	开班人数要求: 最少 4 人 / 最多 12 人 Minimum: 4 students / Maximum: 12 students
机构名称 Company name	北京奥力乐体育文化咨询有限公司
项目联系人 Contact Information	Oliver, 亚那
联系人电话及邮箱 Contact No. & Email	电话: 13121499445, 18600618011 邮箱: oliver@olisports.cn , sofia@olisports.cn
机构总部地址 Company address	北京市顺义区张镇大街 12 号 1 栋 111 室
可上课时间 Available time for class	周一至周五 Monday to Friday
机构简介 Introduction about the company	
<p>本机构长期致力于国际学校的课外课程 (ECA/ASA) 合作, 提供体育运动、语言文化和社区活动等多元化课程。我们为学生提供专业且富有趣味性的课外课程, 包括棒球、体育运动技能发展、西班牙语语言与文化、以及各类社区活动, 旨在培养孩子的运动能力、团队合作精神和跨文化理解。我们的团队由经验丰富的体育与语言教育专家组成, 具有国际学校 ECA/ASA 丰富的合作经验。</p> <p>Our organization has long been committed to extracurricular courses (ECA/ASA) cooperation with international schools, providing diversified courses such as sports, language culture and community activities. We provide students with professional and interesting extracurricular courses, including baseball, sports skill development, Spanish language and culture, and various community activities, aiming to cultivate children's athletic ability, teamwork spirit and cross-cultural understanding. Our team is composed of experienced sports and language education experts with rich experience in cooperation with international school ECA/ASA.</p>	
师资介绍 Teachers' Background	
<p>Oliver 是一名专业棒球教练, 在国际学校的课外活动 (ASA) 方面拥有丰富的经验。他持有美国棒球教练认证 (A、B、C 级), 并拥有北京航空航天大学硕士学位, 专注于技能发展、比赛理解以及培养对棒球的热爱。此外, 他还完成了佛罗里达大学“青少年运动员训练科学”以及“社区教练基本技能”的专项培训。他结构化且富有趣味性的教学方法, 不仅帮助年轻球员建立自信, 提升基本功, 还能让他们真正享受棒球的乐趣。</p> <p>Oliver is a professional baseball coach with extensive experience in international school ASAs. Holding USA Baseball Coaching Certifications (Levels A, B, and C) and a Master's degree from Beihang University, Oliver focuses on skill development, game understanding, and nurturing a passion for the sport. He has also completed specialized training in The Science of Training Young Athletes from the University of Florida and Community Coaching Essential Skills. His structured yet engaging coaching approach helps young athletes build confidence, enhance their fundamentals, and truly enjoy the game.</p>	
课程内容及教学目标 Teaching content and teaching aim	

棒球启蒙课是一项专为 4-7 岁儿童设计的棒球启蒙课程，结合运动技能、身体协调性和社交互动，让孩子们在有趣、安全、结构化的环境中学习棒球基础。

教学目标

运动技能发展：培养孩子的跑步、跳跃、投掷等大肌肉运动能力，以及握力、手眼协调等精细动作技能。

棒球基础训练：通过趣味练习，掌握击球、接球、传球、跑垒等基本棒球技巧。

团队合作与社交能力：培养团队意识、沟通能力，提升自信心和专注力。

全英文环境学习：沉浸式英语教学，让孩子在运动中自然习得语言，提高听说能力。

课程优势

- ✓ 寓教于乐：边玩边学，增强运动兴趣
- ✓ 全面发展：促进身体素质与认知成长
- ✓ 国际化教学：全英文授课，提升语言能力
- ✓ 专业师资：经验丰富的国际学校 ECA/ASA 教练团队

Baseball FUNdamentals is a baseball introduction program designed for children aged 4-7, integrating athletic skills, physical coordination, and social interaction in a fun, safe, and structured environment.

Teaching Goals

- Motor Skill Development - Enhancing gross motor skills (running, jumping, throwing) and fine motor skills (grip strength, hand-eye coordination).
- Baseball Fundamentals - Learning essential skills like hitting, catching, throwing, and baserunning through engaging drills.
- Teamwork & Social Skills - Developing teamwork, communication, confidence, and focus.
- English Immersion - Learning in a full English environment, improving listening and speaking skills through play.

Key Benefits

- ✓ Learn Through Play - Fun and engaging activities that spark interest in sports
- ✓ Holistic Development - Enhances physical fitness and cognitive growth
- ✓ International Learning - Full English instruction to improve language skills
- ✓ Expert Coaching - Led by experienced ECA/ASA coaches from international schools

教学计划
Teaching Plan

周次 week	所需课时 Teaching hour	教学内容 Teaching content	教学成果 Teaching result
1	1	棒球入门：基本规则 & 热身练习 Introduction to Baseball: Basic rules & warm-up drills	理解基本比赛规则和术语 Understanding basic gameplay and terminology
2	1	投球与接球基础 Throwing & Catching Fundamentals	掌握正确的握球、站姿，提高投球准确性 Proper grip, stance, and accuracy improvement
3	1	接地滚球训练 Fielding Ground Balls	提升脚步移动、手套摆放位置和反应速度 Footwork, glove position, and reaction time
4	1	接飞球训练 Catching Fly Balls	训练手眼协调，提高接球技巧 Hand-eye coordination and catching techniques
5	1	击球基本动作 Hitting Mechanics	掌握正确握棒、站姿和挥棒基本动作 Grip, stance, and swing fundamentals
6	1	跑垒 & 速度训练 Base Running & Speed Training	改进跑步姿势，提高比赛意识 Running form and game awareness
7	1	小组比赛 Small-Sided Games	在比赛中应用所学技能 Applying learned skills in a game setting
8	1	团队合作 & 沟通 Teamwork & Communication	通过训练提升决策能力和团队协作能力 Drills focusing on decision-making and teamwork

9	1	防守策略 Defensive Strategies	了解防守站位和基础团队防守概念 Positioning and basic team defense concepts
10	1	增强击球力量 & 击球练习 Hitting Power & Contact Drills	提高挥棒速度，增加击球稳定性 Enhancing bat speed and making solid contact
11	1	模拟比赛 Scrimmage Game	实践运用所学所有技能 Practical application of all skills learned
12	1	复习 & 挑战训练 Review & Challenge Drills	巩固核心技术 Reinforcement of key skills
13	1	最终比赛 & 反馈总结 Final Game & Feedback Session	完整的比赛体验和个性化反馈 Full game experience and personalized feedback
学年末汇报展示形式 Final report or show			
家长将收到一份总结孩子学习进展的表现报告，并通过照片和视频回顾课程亮点。学期末将举办一场友谊赛，学生们可以展示所学技能。 活动安排： 比赛日（Big Game Day）：孩子们在教练的引导下独立比赛，展现学到的棒球技巧 家长观赛：邀请家长到场观看，见证孩子的成长与进步 颁奖与纪念品：颁发结业证书，合影留念，每位学员都将收到一份小礼物 Parents will receive a performance report summarizing their child's progress and review the highlights of the course through photos and videos. A friendly match will be held at the end of the semester so that students can demonstrate the skills they have learned. Event Arrangement: Game Day (Big Game Day): Children will compete independently under the guidance of the coach to show off the baseball skills they have learned Parents' Watching: Parents are invited to watch and witness their children's growth and progress Awards and Souvenirs: Certificates of Completion will be issued, photos will be taken, and each student will receive a small gift			
学习成果体现 Studying result			
每次上课视频、照片展现出学生的学习成果			
教学场地及教具需求以及其他需要告知学生的情况 Teaching place and teaching tools			
教学场地：室外或室内运动场地，需有开阔空间 教具提供：提供棒球手套、球、球棒及安全装备 学生须知：请穿着运动服，并自带水壶 Venue: Outdoor or indoor sports facility with open space Equipment Provided: Baseball gloves, balls, bats, and safety gear Student Guidelines: Wear athletic clothing and bring a water bottle			
收费标准 Fee			
250 元/课时			