




PE	Year 3 Rounders Skills	
Skills	Knowledge	Concept & Vocabulary
<div data-bbox="152 209 719 603"> <h3>Underarm Throwing</h3> <p>The underarm throw is used for short distances and is more accurate than the overarm throw. It involves a backward-forward swing of the hand to release the ball.</p>  <p>Skills Practice</p> </div>	<p>To perform an underarm throw using the correct technique.</p>	<p>Concept: To use accurate rounders skills including: batting, throwing - overarm and underarm and fielding techniques.</p> <p>Vocabulary</p> <ul style="list-style-type: none"> • Underarm / overarm • Accuracy • Control • Technique • Transfer • Batting / bowling • Fielding / bases
<div data-bbox="152 624 719 997"> <h3>Overarm Throwing</h3> <p>The overarm throw is a skill used in many sports, such as cricket, basketball and netball and is used to get the ball over a long distance.</p>  </div>	<p>To perform an overarm throw using the correct technique.</p>	<p>Recall from KS1</p> <ul style="list-style-type: none"> • Pupil can stop / catch a ball with control and pass a ball to someone else, or direct it at a target. • Pupil can follow a number of defined rules.
<div data-bbox="235 1018 618 1422">  <p>Keep your fingers, hands and arms relaxed and raise with the ball to soften the impact.</p> </div>	<p>To catch a ball using the correct technique.</p>	
	<p>To strike a ball using the correct technique</p>	
	<p>To begin to use fielding techniques on a rounders pitch.</p>	
	<p>To work as part of a team in a 'mini' rounders game.</p>	

