

Curriculum Progression- Rounders SkillsConcepts

Concept: To develop a lifelong love of physical activity

Concept: To build, develop and demonstrate resilience

Concept: To experience being part of a team and understand their role within it.

Concept: To develop a sporting attitude being fair, kind and respectful

Concept: To understand how to set realistic goals and work towards achieving them

Concept: To develop essential skills in coaching, leadership and teamwork

Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being

T o p i c K n o w l e d g e	Skill	Y3	Y4	Y5	Y6
	Link to school values	<b>Together we are safe</b> To prepare the body with a warm up, to use the equipment safely showing an awareness of the other players, running in the correct direction and avoiding collision with the other players and bases.	<b>Together we are safe</b> To prepare the body with a warm up, to use the equipment safely showing an awareness of the other players, running in the correct direction and avoiding collision with the other players and bases.	<b>Together we are safe</b> To prepare the body with a warm up, to use the equipment safely showing an awareness of the other players, running in the correct direction and avoiding collision with the other players and bases.	<b>Together we are safe</b> To prepare the body with a warm up, to use the equipment safely showing an awareness of the other players, running in the correct direction and avoiding collision with the other players and bases.
	New Key Vocabulary	<ul style="list-style-type: none"> <li>Underarm</li> <li>Overarm</li> <li>Accuracy</li> <li>Control</li> <li>Technique</li> </ul>	<ul style="list-style-type: none"> <li>Target</li> <li>Movement</li> <li>Body position</li> <li>Bases</li> <li>Positioning</li> <li>Directional batting skills</li> <li>Transfer of body weight</li> </ul>	<ul style="list-style-type: none"> <li>Accuracy</li> <li>Force</li> <li>Target</li> <li>Adjustment of body position</li> <li>Directional strategies</li> <li>Deep fielder</li> <li>High Catch</li> <li>Strategic Positioning</li> </ul>	<ul style="list-style-type: none"> <li>Shoulder-width distance,</li> <li>transfer of weight</li> <li>Concept of space</li> <li>Drills</li> <li>Strategic positioning</li> <li>Innings</li> <li>umpire</li> <li>no-ball</li> </ul>
	End points	To participate in a 'mini' game of rounders demonstrating an ability to throw a ball - using underarm and overarm techniques, catch a tennis ball and strike a ball using a rounders bat	To use accurate throwing and catching techniques, begin to understand and use directional hitting and understand the purpose and roles of the bowler, backstop and bases.	To demonstrate a good understanding of the game and show confidence and increased accuracy in throwing, directional hitting, catching and fielding skills - working as a team to support fielders.	To play a competitive game of rounders: demonstrating accurate throwing & striking techniques, the ability to field strategically and opportunities for umpiring a match and coaching peers.

	<p>Crucial knowledge Knowledge &amp; Skills</p>	<ul style="list-style-type: none"><li>• To perform a dynamic warm up</li><li>• To perform a controlled underarm throw for a short pass to another player or a batsman.</li><li>• To catch a tennis ball showing well timed body and hand positioning for a clean , controlled catch.</li><li>• To strike a tennis ball using a rounders bat demonstrating: correct body positioning, firm hand grip on the rounders bat, a smooth and controlled swing, watching the ball and making contact with the ball to strike the ball forwards.</li></ul>	<ul style="list-style-type: none"><li>• To perform a dynamic warm up</li><li>• To perform controlled and accurate underarm throws - using the correct technique - throwing the ball to the batsman or another player.</li><li>• To perform a controlled, longer distance throw using the overarm technique, throwing the ball to another player.</li><li>• To catch a ball, above the waist, using the correct technique in both stationary and moving positions.</li><li>• To strike a ball accurately and begin to develop the skills of directional hitting.</li><li>• To understand the positioning and purpose of the batsman, the backstop and the bases.</li></ul>	<ul style="list-style-type: none"><li>• To perform a dynamic warm up</li><li>• To be able to change the amount of force used when throwing overarm and underarm.</li><li>• To strike a ball with an ability to control the direction of the ball aiming for specific areas of the field.</li><li>• To understand the positioning and purpose of the deep fielders in a rounders game.</li><li>• To take an active role in a game of rounders as a batsman and a fielder.</li></ul>	<ul style="list-style-type: none"><li>• To perform a dynamic warm up</li><li>• To develop fielding strategies throwing a ball overarm and underarm with precision and accuracy.</li><li>• To strike a rounders or tennis ball with directional accuracy purposefully and confidently in a specific direction.</li><li>• To develop the skills of umpiring a game of rounders - showing an understanding of the rules and correct terminology</li><li>• To take an active role as a batsman and a fielder in a competitive game of rounders.</li></ul>
	<p>Procedural Knowledge – How well do pupils demonstrate accurate, safe and efficient movement patterns.</p> <p>Skill Based</p> <p>Procedural Knowledge ‘in’ movement e.g. demonstrating a warm up, showing what different jumps in gymnastics looks like.</p>	<p>Concept: To develop a lifelong love of physical activity</p> <p>Concept: To experience being part of a team and understand their role within it.</p> <p>Concept: To develop a sporting attitude being fair, kind and respectful.</p> <p><b>Throwing Techniques</b></p> <p><b>Underarm Throw</b></p> <p>An <b>underarm throw</b> in rounders is a <b>controlled, accurate throw</b> where the ball is swung from <b>below the waist</b> in an upwards motion.</p>	<p>Concept: To develop a lifelong love of physical activity</p> <p>Concept: To experience being part of a team and understand their role within it.</p> <p>Concept: To develop a sporting attitude being fair, kind and respectful.</p> <p><b>Throwing Techniques</b></p> <p><b>Underarm Throw</b></p> <p>An <b>underarm throw</b> in rounders is a <b>controlled, accurate throw</b> where the ball is swung from <b>below the waist</b> in an upwards motion. It is often used for <b>short, accurate passes</b> to teammates, such as throwing to a bowler, backstop, or a fielder close by.</p> <p><b>Overarm Throw</b></p> <p>An <b>overarm throw</b> in rounders is a <b>powerful and long-distance</b> throw where the ball is thrown <b>over the shoulder</b> using a high arm</p>	<p>Concept: To develop a lifelong love of physical activity</p> <p>Concept: To experience being part of a team and understand their role within it.</p> <p>Concept: To develop a sporting attitude being fair, kind and respectful.</p> <p>Concept: To develop essential skills in coaching, leadership and teamwork</p> <p><b>Throwing Techniques</b></p> <p><b>Underarm Throw</b></p> <p>An <b>underarm throw</b> in rounders is a <b>controlled, accurate throw</b> where the ball is swung from <b>below the waist</b> in an upwards motion. It is often used for <b>short, accurate passes</b> to teammates, such as throwing to a bowler, backstop, or a fielder close by.</p> <p><b>Overarm Throw</b></p> <p>An <b>overarm throw</b> in rounders is a <b>powerful and long-distance</b> throw where the ball is thrown <b>over the shoulder</b> using a high arm</p>	<p>Concept: To develop a lifelong love of physical activity</p> <p>Concept: To experience being part of a team and understand their role within it.</p> <p>Concept: To develop a sporting attitude being fair, kind and respectful.</p> <p>Concept: To develop essential skills in coaching, leadership and teamwork</p> <p>To develop fielding strategies throwing a ball accurately</p> <p><b>Underarm Throw</b></p> <p>An underarm throw should be used in the following situations:</p> <ul style="list-style-type: none"><li>• When a <b>quick, low throw</b> is needed, especially for <b>short distances</b> e.g. from back stop to 1<sup>st</sup> base.</li></ul>

		<p>action. It is used to cover <b>greater distances with speed and accuracy</b>.</p> <p>An overarm throw is used to throw the ball longer distances, to attempt to get a runner out - throwing to a base at speed, to deliver a strong and accurate pass.</p>	<p>action. It is used to cover <b>greater distances with speed and accuracy</b>.</p> <p>An overarm throw is used to throw the ball longer distances, to attempt to get a runner out - throwing to a base at speed, to deliver a strong and accurate pass.</p> <p>Changing the amount of force when throwing a rounders ball depends on several factors, including how far you need to throw and how much control you want. A throw can be adjusted using the following techniques:</p> <ol style="list-style-type: none"><li>1. Adjust Your Arm Speed<ul style="list-style-type: none"><li>• A faster arm movement generates more force, making the ball travel further.</li><li>• A slower arm movement produces a gentler, shorter throw.</li></ul></li><li>2. Grip the Ball Differently<ul style="list-style-type: none"><li>• A firmer grip allows for a stronger, more controlled throw.</li><li>• A looser grip can help with softer throws.</li></ul></li><li>3. Change Your Stance and Body Movement<ul style="list-style-type: none"><li>• For a powerful throw, step forward with your opposite foot, twist your torso, and push off with your back leg.</li><li>• For a gentle throw, use less lower-body movement and rely more on your wrist and arm.</li></ul></li><li>4. Alter the Release Point<ul style="list-style-type: none"><li>• Releasing the ball earlier (higher angle) increases height and distance.</li><li>• Releasing it later (lower angle) keeps it lower and shorter.</li></ul></li><li>5. Use Different Throwing Techniques<ul style="list-style-type: none"><li>• Overarm throw for power and long distances.</li><li>• Underarm throw for short, controlled passes.</li></ul></li></ol>	<ul style="list-style-type: none"><li>• When you are under pressure and need to get the ball in quickly, without worrying too much about power.</li></ul> <p><b>Overarm Throw</b></p> <p>An underarm throw should be used in the following situations:</p> <ul style="list-style-type: none"><li>• <b>Long distances</b></li><li>• When there's <b>time to aim</b> and you need a <b>powerful throw</b>.</li><li>• When you're trying to <b>throw over a fielder</b> to prevent the ball from being intercepted.</li></ul>
<p><b>Catching Techniques</b></p> <p>A <b>good catch</b> in rounders is one that is <b>clean, controlled, and helps the team</b> by preventing the opposition from scoring or getting a batter out.</p>		<p><b>Catching Techniques</b></p> <p>A <b>good catch</b> in rounders is one that is <b>clean, controlled, and helps the team</b> by preventing the opposition from scoring or getting a batter out. A skillful catch is one that is: well-timed and controlled, hands are used to secure the ball, the player takes a good position to catch the ball and their hands are ready for the catch.</p>		
<p><b>Batting Techniques</b></p>				

		<p>A <b>good batting technique</b> in rounders shows accuracy, power, and control to hit the ball effectively into space.</p>	<p><b>Batting Techniques</b></p> <p>A <b>good batting technique</b> in rounders combines accuracy, power, and control to hit the ball effectively into space. The player shows the correct body position, the rounders bat is held with one hand, the player is watching the ball, the swing is smooth and controlled and a powerful and well-directed hit is struck.</p> <p><b>Fielding Strategies</b></p> <p>Players can explain the different fielding positions in rounders showing an understanding of their roles:</p> <ul style="list-style-type: none"><li>• Bowler: The person who throws the ball to the batter.</li><li>• Backstop: Stands behind the batter to catch any missed balls.</li><li>• Fielders: Positioned around the bases (1st, 2nd, 3rd, etc.) to catch balls or make throws to get batters out.</li></ul>	<p><b>Directional hitting</b> refers to a batter's ability to control where they hit the ball, aiming for specific areas of the field to avoid fielders and maximise opportunities to score a rounder.</p> <p><b>Fielding Strategies</b></p> <p>The purpose of the <b>deep fielder</b> in a rounders game is to cover the outer areas of the field and to stop long hits from reaching the boundary. They play an important role in preventing batters from scoring full rounders by quickly retrieving the ball and returning it to the bases or the bowler. Responsibilities include: stopping long hits, catching high balls, blocking and retrieving ground balls and accurate throwing back to the bowler or a base.</p>	<p><b>Batting Techniques</b></p> <p><b>Directional hitting</b> refers to a batter's ability to control where they hit the ball, aiming for specific areas of the field to avoid fielders and maximise opportunities to score a rounder.</p> <p><b>Umpiring Skills</b></p> <p>Umpiring skills are the abilities and knowledge required to fairly officiate the game - making the correct decisions to ensuring that the game runs smoothly. An umpire needs to have a knowledge and understanding of the rules, make accurate and fair calls and communicate effectively with players. An umpire can use a number of hand signals to indicate decisions.</p>
<p>R u l e s , S t r a t e g i e s a n d t a c t i c s - k n o</p>	<p><b>Declarative knowledge</b> – How well do pupils recall and describe the tactic, rule and strategy and know what it looks like in practice and when it is used.</p>	<p>Rounders is a game where you strike a ball with a rounders bat and run around a number of bases to score points. There are two teams, one team bats and the other team fields. The throwing techniques of underarm and overarm throws are used during a game of rounders. A rounders bat is held with one hand and is used to strike a ball.</p>	<p>Rounders is a game where there are two teams. One team bats whilst the other team fields. The two teams swap after everyone has had a turn at batting, or after a set time (this is called an innings) One batter at a time stands in the batting square. The bowler throws the ball underarm towards the batter. The batter attempts to hot the ball and run around the 4 bases. The batter must run to at least the first base - even if they miss the ball. You score1 full rounder if you hit the ball and run all the way around the 4 posts without stopping. Your score half a rounder if you run to the 2nd post or 3rd post, or if you reach the 4th post after missing the ball but still ran.</p>	<p>There are <b>two teams</b>: one team <b>bats</b>, and the other team are the fielders. The goal is to <b>hit the ball and run around four bases</b> to score points (called rounders).</p> <p><b>Batting rules:</b></p> <ol style="list-style-type: none"><li>1. Each player takes turns to <b>hit the ball</b> after the bowler throws it underarm.</li><li>2. After hitting, you must <b>run to the first base</b> (even if you don't hit the ball).</li><li>3. You can keep running to <b>2nd, 3rd, and 4th base</b> (home) if it's safe.</li><li>4. If you reach <b>4th base in one go</b>, you score <b>1 rounder</b>.</li><li>5. If you reach <b>2nd base without being out</b>, you score <b>half a rounder</b>.</li><li>6. If the bowler throws a bad ball (too high, too low, or too wide), you can leave it, and it doesn't count as a miss.</li></ol> <p><b>Fielding Rules</b></p>	<p><b>1. Objective of the Game</b></p> <ul style="list-style-type: none"><li>• The game is played between two teams. Each team takes turns <b>batting</b> and <b>fielding</b>.</li><li>• The aim is for the batter to hit the ball and then <b>run around the bases</b> (posts) to score <b>rounders</b>.</li><li>• A <b>rounder</b> is scored when the batter successfully completes a circuit around the four bases without getting out.</li></ul> <p><b>2. The Field</b></p> <ul style="list-style-type: none"><li>• The field consists of a <b>diamond shape</b>, with <b>four posts</b> (bases) arranged in a square:<ul style="list-style-type: none"><li>○ <b>1st post, 2nd post, 3rd post, and home base</b> (4th post).</li><li>○ The <b>bowler's post</b> (where the bowler stands) is placed near 1st post.</li></ul></li></ul>





				<ul style="list-style-type: none"><li>The <b>fielder</b> can throw the ball to a base or to the <b>bowler's end</b> to attempt to run the batter out.</li></ul> <p><b>8. The Game Format</b></p> <ul style="list-style-type: none"><li>A typical rounders game consists of <b>two innings</b> per team, with each team having a turn to bat and a turn to field.</li><li>In each inning, the batting team tries to score as many rounders as possible, while the fielding team tries to stop them.</li><li>After a set number of <b>overs</b>(a set number of balls bowled) or a timed period, the teams switch roles.</li></ul>
Procedural knowledge – How well do pupils perform the tactic or strategy and through their actions they are able to showcase their knowledge.	<p><b>Throwing Techniques:</b></p> <p><b>Children to perform an underarm throw using the correct technique.</b></p> <ul style="list-style-type: none"><li>Grip the ball using a firm but relaxed grip.</li><li>Body position - stand with your feet shoulder-width apart for stability.</li><li>Position your non-throwing side (left side if you're right-handed, right side if you're left-handed) slightly forward.</li><li>Keep your knees slightly bent to allow flexibility and balance.</li><li>Hold the ball at waist height or just below.</li><li>As you start the throw, rotate your throwing arm backward, keeping your elbow low and close to your body. This helps build the momentum for the throw.</li><li>Your non-throwing hand should be out in front to guide and balance your motion.</li><li><u>Throwing action</u></li><li>Step forward with your lead foot (opposite to your throwing arm) as you bring your throwing arm forward.</li><li>Your arm should remain straight with the elbow slightly bent as you swing it forward.</li><li>Release the ball when your hand is around waist height, flicking your wrist slightly to give the ball a smooth trajectory.</li></ul>	<p><b>Throwing Techniques:</b></p> <p><b>Children perform underarm throws - using the correct technique - using a number of teacher-led drills to develop the skills of accurate and fast passes underarm.</b></p> <ul style="list-style-type: none"><li>Grip the ball using a firm but relaxed grip.</li><li>Body position - stand with your feet shoulder-width apart for stability.</li><li>Position your non-throwing side (left side if you're right-handed, right side if you're left-handed) slightly forward.</li><li>Keep your knees slightly bent to allow flexibility and balance.</li><li>Hold the ball at waist height or just below.</li><li>As you start the throw, rotate your throwing arm backward, keeping your elbow low and close to your body. This helps build the momentum for the throw.</li><li>Your non-throwing hand should be out in front to guide and balance your motion.</li><li><u>Throwing action</u></li><li>Step forward with your lead foot (opposite to your throwing arm) as you bring your throwing arm forward.</li><li>Your arm should remain straight with the elbow slightly bent as you swing it forward.</li><li>Release the ball when your hand is around waist height, flicking your wrist slightly to give the ball a smooth trajectory.</li></ul>	<p><b>Throwing Techniques:</b></p> <p>To demonstrate the skills in throwing a rounders ball accurately and with the right amount of force to reach the intended target.</p> <p>Children to perform over and underarm throws using the correct technique using a number of teacher led drills to practise and refine throwing skills.</p> <p><b>Activity</b> 3 ball round the clock <a href="https://www.sportplan.net/drills/Rounders/Throwing-Catching/3-ball-round-the-clock-rounders52.jsp">https://www.sportplan.net/drills/Rounders/Throwing-Catching/3-ball-round-the-clock-rounders52.jsp</a></p> <p>Catching the high ball relay <a href="https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-the-high-ball-relay-rounders27.jsp">https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-the-high-ball-relay-rounders27.jsp</a></p> <p>Chase Ball <a href="https://www.sportplan.net/drills/Rounders/Throwing-Catching/Chase-Ball-roundersc12.jsp">https://www.sportplan.net/drills/Rounders/Throwing-Catching/Chase-Ball-roundersc12.jsp</a></p>	<p><b>Throwing Techniques:</b></p> <p>Players to develop strategies in fielding, working as part of a team to prevent the batting team from scoring rounders by throwing a ball with increased accuracy and pace.</p> <p>Children to perform over and underarm throws using the correct technique using a number of teacher led drills to practise and refine throwing skills.</p> <p><b>Catch the Runner</b> Groups of 4/5. One player is the runner. The other players are fielders. Fielders pass the ball accurately between themselves within a designated area (no running with the ball) attempting to 'catch - tig' the runner. Repeat giving every player the opportunity to be the runner. More able children to play within a larger space. Support: To play within a smaller space.</p> <p><b>Recall</b> from Y5 - The role of the bowler, backstop, bases and deep fielders.</p> <p>Teacher model with one group: Teams of 8 with rounders pitch set up. Pair teams together. Batting team line up behind batting circle. Fielders stand on each post with bowler in position. Batting team strike ball and fielders perform fielding duties - reinforcing roles of positions.</p>

		<ul style="list-style-type: none"><li>After releasing the ball, allow your throwing arm to naturally follow through across your body.</li></ul>	<ul style="list-style-type: none"><li>After releasing the ball, allow your throwing arm to naturally follow through across your body.</li></ul> <p>Children perform overarm throws - using the correct technique - using a number of teacher-led drills to develop the skills of accurate and longer distance throws of a tennis ball.</p> <ol style="list-style-type: none"><li><b>Stand Sideways</b><ul style="list-style-type: none"><li>Face your target sideways with your non-throwing shoulder pointing towards it.</li><li>Feet should be shoulder-width apart for balance.</li></ul></li><li><b>Grip the Ball</b><ul style="list-style-type: none"><li>Hold the ball with your fingers spread across it for better control.</li><li>Keep a relaxed but firm grip.</li></ul></li><li><b>Prepare the Throw (Backswing)</b><ul style="list-style-type: none"><li>Bring your throwing arm back and up behind your head.</li><li>Your elbow should be bent at a 90-degree angle.</li><li>Your non-throwing hand can be pointing towards the target for aim.</li></ul></li><li><b>Step Forward</b><ul style="list-style-type: none"><li>Step forward with your opposite foot (e.g., if throwing with the right hand, step forward with the left foot).</li><li>This helps generate power and accuracy.</li></ul></li><li><b>Throw the Ball</b><ul style="list-style-type: none"><li>Swing your arm forwards in a smooth motion.</li><li>Release the ball above shoulder height, aiming at your target.</li><li>Follow through by extending your arm towards the target.</li></ul></li><li><b>Follow Through</b><ul style="list-style-type: none"><li>Your throwing hand should continue moving forward after releasing the ball.</li><li>Your body should naturally rotate slightly towards the target.</li></ul></li></ol> <p><b>Key Coaching Points:</b></p>		
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<p><b>Catching Techniques</b> To catch a ball using the correct technique.</p> <p><b>Watch the Ball</b></p> <ul style="list-style-type: none"> <li>Keep your eyes on the ball at all times.</li> <li>Track its movement as it comes towards you.</li> </ul> <p><b>Get into Position</b></p> <ul style="list-style-type: none"> <li>Stand with your <b>feet shoulder-width apart</b> for balance.</li> <li>Knees slightly bent, ready to move.</li> </ul> <p><b>Hands Ready</b></p> <ul style="list-style-type: none"> <li>Hold your hands out in front of you, ready to catch.</li> <li><b>Fingers together, thumbs pointing inwards</b> for high catches.</li> <li><b>Fingers pointing down, little fingers together</b> for low catches.</li> </ul> <p><b>Soft Hands &amp; Give</b></p> <ul style="list-style-type: none"> <li>As the ball reaches your hands, <b>soften your grip</b> to absorb the impact.</li> <li>Bring your hands slightly <b>towards your body</b> to cushion the catch.</li> </ul> <p><b>Secure the Ball</b></p> <ul style="list-style-type: none"> <li>Hold the ball firmly once caught.</li> <li>If necessary, bring it close to your chest to keep control.</li> </ul> <p><b>Be Ready to Throw</b></p> <ul style="list-style-type: none"> <li>After catching, be prepared to pass or throw the ball quickly.</li> </ul> <p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>✓ Keep eyes on the ball.</li> <li>✓ Use <b>soft hands</b> to absorb impact.</li> <li>✓ Move your body to <b>get under the ball</b>.</li> <li>✓ <b>Cup hands together</b> for a secure grip.</li> </ul> <p><b>Batting Techniques</b> To strike a ball using the correct technique</p> <p><b>Hold the Bat Correctly</b></p>	<ul style="list-style-type: none"> <li>✓ Keep eyes on the target.</li> <li>✓ Use a smooth and controlled motion.</li> <li>✓ Step forward to add power.</li> <li>✓ Follow through with your arm and body.</li> </ul> <p><b>Catching Techniques</b> To catch a ball, above the waist, using the correct technique in both stationary and moving positions.</p> <p><b>Recall catching technique – from Year 3</b> Hold your hands out in front of your body with your fingers pointing upwards, your palms facing outwards and your thumbs touching. As the ball makes contact, close your fingers over the ball. Pull your hands in towards your body and use your fingers to catch and guide the ball.</p> <p>Players to perform a number of drills to progress catching skills from a stationary to a moving position.</p> <p><b>Activity</b> <u>Catching drill</u> <a href="https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-drill-roundersc28.jsp">https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-drill-roundersc28.jsp</a></p> <p><u>Catching Relay</u> <a href="https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-relay-roundersc29.jsp">https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-relay-roundersc29.jsp</a></p> <p><u>Catching a high ball</u> <a href="https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-a-High-Ball-RR0015.jsp">https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-a-High-Ball-RR0015.jsp</a></p>	<p><b>Batting Techniques</b> To purposefully strike a ball into a specific direction</p> <p><b>Recall: Directional hitting strategies from Y4</b> <a href="https://www.youtube.com/watch?v=smTBrE52Fag&amp;t=20s">https://www.youtube.com/watch?v=smTBrE52Fag&amp;t=20s</a></p> <p><b>Recall from Y3</b></p> <ol style="list-style-type: none"> <li>Stand sideways on, feet shoulder width apart</li> <li>Hold the bat behind the body</li> <li>Watch the ball</li> <li>Swing bat through ball and transfer weight onto front foot</li> </ol>	<p><b>Batting Techniques</b> To strike a rounders ball with directional accuracy purposefully and confidently in a specific direction.</p> <p><b>Recall – Directional hitting strategies from Y4</b> <a href="https://www.youtube.com/watch?v=smTBrE52Fag&amp;t=20s">https://www.youtube.com/watch?v=smTBrE52Fag&amp;t=20s</a></p> <p><b>Recall: Support</b></p> <ul style="list-style-type: none"> <li>*Stand sideways – feet shoulder width apart.</li> <li>*Hold the bat behind the body.</li> <li>*Watch the ball.</li> <li>*Swing bat through ball &amp; transfer weight onto front foot.</li> </ul>
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Opportunities to peer coaching using correct batting technique.</p> <p><u>Batting Drills</u>  <a href="https://www.sportplan.net/sp/app/search/batting%20skills">https://www.sportplan.net/sp/app/search/batting%20skills</a></p> <p><u>Directional Batting Skills</u>  <a href="https://www.youtube.com/watch?v=smTBrE52Fag&amp;t=20s">https://www.youtube.com/watch?v=smTBrE52Fag&amp;t=20s</a></p> <p>Introduce directional batting skills considering positioning of feet using coloured cones.</p> <p><b>Fielding Strategies</b></p> <p>Fielders to position themselves as a bowler, backstop and on the bases.</p> <p>Players to complete a number of activities to develop their understanding of the different roles in a rounders game:</p> <p><b>Activity</b></p> <p><b>Roles of the Bowler / Backstop &amp; first base:</b>  Discuss the positioning &amp; purpose of the bowler in a game of rounders  Resource: Twinkl  <a href="https://www.twinkl.co.uk/resource/t2-mov-449-twinkl-move-pe-y5-striking-and-fielding-rounders-lesson-3-backstop-and-bases">https://www.twinkl.co.uk/resource/t2-mov-449-twinkl-move-pe-y5-striking-and-fielding-rounders-lesson-3-backstop-and-bases</a></p>	<p><b>Children to practise and refine skills of directional hitting using the following drill:</b></p> <p><b>Activity - in groups of 8</b></p> <p><b>Directional Hitting</b></p> <p>Set up coloured cones to designate zones for batting in different directions.  A right-handed zone will be more challenging for a right-handed player &amp; opposite set up for a left-handed player.  Teach technique of turning body position to direct ball in a different direction. Encourage fielders to adjust fielding positions to reduce batter's scores. Points awarded when ball is hit into different coloured zones.</p> <p><b>Fielding Strategies</b></p> <p>Players to practise and apply deep fielding techniques</p> <p><b>Recall from Year 4</b> - the roles of the bowler, backstop and players on the bases.</p> <p>Resource:  <a href="https://www.twinkl.co.uk/resource/t2-mov-450-twinkl-move-pe-y5-striking-and-fielding-rounders-lesson-4-deep-fielding">https://www.twinkl.co.uk/resource/t2-mov-450-twinkl-move-pe-y5-striking-and-fielding-rounders-lesson-4-deep-fielding</a></p> <p><u>The role of the deep fielder:</u>  Children to practise the skills of positioning themselves as deep fielders - the ones far out on the pitch who are responsible for retrieving the ball if the batter makes a long distance hit.</p>	<p>Children to practise and refine skills of directional hitting - turning the body to direct the ball in a different direction.</p> <p>Set up 2 rounders pitches with different coloured zones e.g. blue zone straight in front, green zone to the right, yellow zone to the far right. Group the children into four teams. On each pitch one team will be batting and one fielding.  Batters to strike the ball and gain points for zone ball is hit into.  Blue - 1 point  Green - 2 points  Yellow - 3 points  This will be an opposite set up for a left-handed player.  Encourage the fielders to adjust fielding positions to reduce batter's score.</p> <p><b>Umpiring Skills</b></p> <p>To develop the skills of umpiring a game of rounders - showing an understanding of the rules.</p> <p>Review the rules of playing a rounders game.  Discuss new vocabulary including the concept of a no-ball - where the bowler bowls a ball above shoulder, below knee, too far away from batter or too close to body.</p> <p>Children to practise:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Watching the game carefully.</b></li> <li><input type="checkbox"/> <b>Make fair decisions</b></li> <li><input type="checkbox"/> <b>Keep the game safe and fun</b> for everyone.</li> <li><input type="checkbox"/> <b>Be confident and clear</b> when making calls.</li> </ul>
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Health y P a r t i c i	<p><b>Declarative knowledge</b> – How well do pupils recall the rules, tactics and strategies for success they have learned?</p>	<p>Warming up before a rounders lesson is <b>essential</b> to prepare the body for physical activity, prevent injuries, and improve performance. A warm up contributes towards: preparing muscles for activity, increases the heart rate and blood flow, helps to prevent injuries, improves coordination and reaction time and helps children get into the mindset of the game and builds confidence before moving onto the skills part of the lesson.</p>	<p>Warming up before a rounders lesson is <b>essential</b> to prepare the body for physical activity, prevent injuries, and improve performance. A warm up contributes towards: preparing muscles for activity, increases the heart rate and blood flow, helps to prevent injuries, improves coordination and reaction time and helps children get into the mindset of the game and builds confidence before moving onto the skills part of the lesson.</p>	<p>Warming up before a rounders lesson is <b>essential</b> to prepare the body for physical activity, prevent injuries, and improve performance. A warm up contributes towards: preparing muscles for activity, increases the heart rate and blood flow, helps to prevent injuries, improves coordination and reaction time and helps children get into the mindset of the game and builds confidence before moving onto the skills part of the lesson.</p>	<p>Warming up before a rounders lesson is <b>essential</b> to prepare the body for physical activity, prevent injuries, and improve performance. A warm up contributes towards: preparing muscles for activity, increases the heart rate and blood flow, helps to prevent injuries, improves coordination and reaction time and helps children get into the mindset of the game and builds confidence before moving onto the skills part of the lesson.</p>

p a t i o n		<p>Exercise is important as it boosts our self-esteem, strengthens our bodies, helps us to sleep well and builds a foundation for a healthy lifestyle.</p> <p><b>Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being</b></p>	<p>Exercise is important as it boosts our self-esteem, strengthens our bodies, helps us to sleep well and builds a foundation for a healthy lifestyle.</p> <p><b>Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being</b></p>	<p>Exercise is important as it boosts our self-esteem, strengthens our bodies, helps us to sleep well and builds a foundation for a healthy lifestyle.</p> <p><b>Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being</b></p>	<p>Exercise is important as it boosts our self-esteem, strengthens our bodies, helps us to sleep well and builds a foundation for a healthy lifestyle.</p> <p><b>Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being</b></p>
	<p><b>Procedural knowledge</b> – How well do pupils demonstrate safe practice of how to participate?</p>	<p><b>Together we are safe.</b> Players can warm up safely, handle and use equipment safely showing spatial awareness and an awareness of the other players. Players can move in the correct direction around a rounders pitch without colliding with other players and the equipment.</p> <p>Pupils can recognise when they need to hydrate and need a rest from exercise.</p>	<p><b>Together we are safe.</b> Players can warm up safely, handle and use equipment safely showing spatial awareness and an awareness of the other players. Players can move in the correct direction around a rounders pitch without colliding with other players and the equipment.</p> <p>Pupils can recognise when they need to hydrate and need a rest from exercise.</p>	<p><b>Together we are safe.</b> Players can warm up safely, handle and use equipment safely showing spatial awareness and an awareness of the other players. Players can move in the correct direction around a rounders pitch without colliding with other players and the equipment.</p> <p>Pupils can recognise when they need to hydrate and need a rest from exercise.</p>	<p><b>Together we are safe.</b> Players can warm up safely, handle and use equipment safely showing spatial awareness and an awareness of the other players. Players can move in the correct direction around a rounders pitch without colliding with other players and the equipment.</p> <p>Pupils can recognise when they need to hydrate and need a rest from exercise.</p>