

**Topic: PE – Rounders****Year:7****NC Strand: analysing performance' and 'competitive sports.'****What should I already know?**

Pupils should already know:

The basic rules of the game: Where to stand in the field, where to bowl and where to bat, what are the importance of each base, how to score rounders.

Pupils should know the basic techniques of how to hold a bat when striking.

Pupils should know the correct technique a bowler bowls a ball at an opponent batter.

Pupils should know how the scoring system works in rounders - getting to second base = half rounder and getting to fourth base = full rounder.

What will I know by the end of the unit?

By the end of this unit, pupils should know:

Making and Applying Decision

Pupils will be able to select the correct throw and understand why that throw is an effective throw.

Pupils will know how tactics can play a vital role in being able to adapt to each opponent.

Outwitting Opponents

Pupils will start to know how to find their opponents weaknesses and how to capitalise on them.

Pupils will know the importance of hitting into space and what area of field do you aim at.

Accurate Replication

Pupils will have the basic co-ordination skills on how to bowl without bowling no balls and to Bat correctly standing sideways and only holding the bat with one hand.



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Pupils will know the rules of the game and have confidence to be able to umpire their own game during this unit.

Vocabulary

Batting square	' batting square ' is a term used to describe the box shaped zone in which all bats must get taken.
Half rounder	One of the most common terms used in the game of rounders is the half-rounder. Half-rounder's get scored when the batter successfully circumnavigates the track but without having hit the ball.
Bases	These are the safe zones batters can run to, to remain in the game. As well as these are the zones the fielding team will try and get the ball to before a batter reaches them to get the batter out.
No Ball	No Ball is called when the ball passes the batter below the knees or above the head.
Strike	When the batter makes contact with the ball.
Obstruction	Obstruction is called when a fielder is standing in the way of the batters running line. Half a rounder is normally awarded for this offence.
Bowlers square	The bowlers square is slightly off centre to the batter's square. This allows the bowler to bowl the ball at the side of the batter to avoid a foul body ball being called.
Co-ordination	This is needed to be able to judge the speed and direction of the ball before the batter can successfully make contact with the ball.
Rounder	Successfully making it around all four bases in one go without getting out.

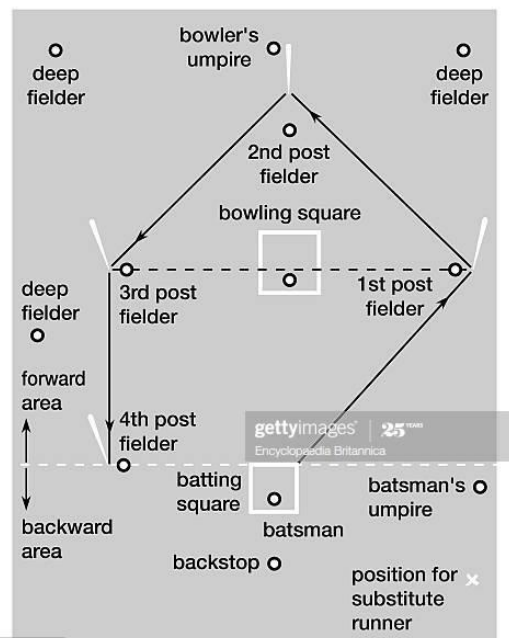
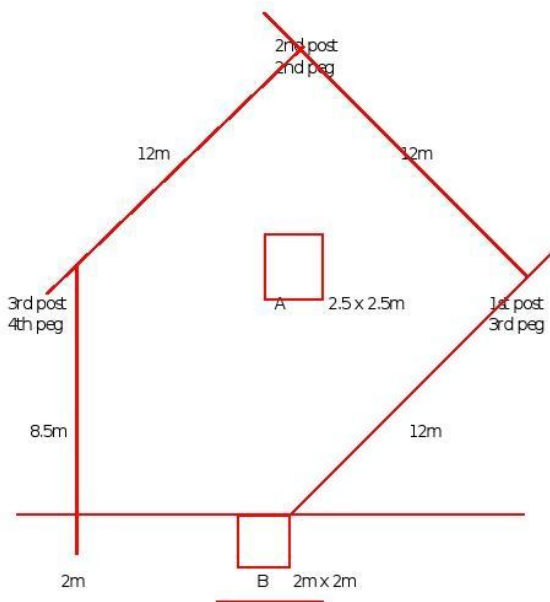


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Dimensions of a rounders pitch and positions



Teacher Led drills



Fielding – Long barrier this skill can be transferred to other fielding sports such as cricket, softball and baseball. Pupils roll the ball out to their partner and their partner practices long barrier to reduce the risk of the ball rolling through the legs or past them in the field. This technique is very effective in reducing batters runs.



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Batting drills

our players working with 1 ball and 1 bat.
 One of the 3 players throws the ball at the batter who has to tap the ball back to any of the 3 players so they can catch the ball and throw the ball back again.

The batter should concentrate on making contact with the ball consistently whereas the other players should focus on the quality of their bowls and their catching.

Other information



Rounders Batting Stance



- Sideways on
- Feet shoulder width apart
- Knees bent

- Batting arm back straight
- Bat up at 90 degrees to arm

- Keep head still
- Watch the ball at all times

- Transfer weight from back to front foot

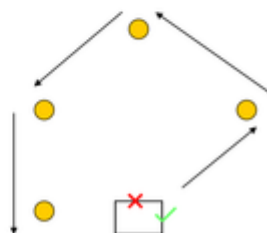
- Follow through in direction you want the ball to go

Rule:

You are not allowed to step outside the front of the batting box!

Where do you think is the best place to stand in the batting box and why, following this rule?

What would happen if you were left handed? How could you make sure they don't break this rule?





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