

## Key Stage 3 PE

Enquiry question:  
To be able to play effectively  
in a game of rounders

Mrs Timothy  
Year 8



## Background

Students will have a basic understanding of the game and an experience of the skills required

## Why we teach it

Sport that is played competitively in local, County and National competitions.

## Values

Learn transferable skills  
BEST: Teamwork, Bravery:  
Understanding their strengths and weaknesses and show resilience

Lesson	Title	Examples of Activities	Independent Learning	SMSC Links (Personal Development)	Transferable skills
1	Throwing	Throw under arm + catch return. Number of consecutive catches. Demo catching styles; cup-low catch/reverse cup-high ball. T.P's; Bring hands to chest as you catch, eyes on ball, cushion catch. Pairs to experiment with low and high catches. Rounders game. 2 teams-highlight basic rules. 3 balls catch and throw (no one move until all 3 balls have been thrown), direction of play, 1 per base, no overtaking. Out through-caught, bowled, run out.	Students to officiate their own game. Give feedback to other students	Cooperation Integrity Independence Communication	Hand eye-coordination Decision making
2	Catching/receiving	Throw under arm + catch return. Number of consecutive catches. Demo catching styles; cup-low catch/reverse cup-high ball. T.P's; Bring hands to chest as you catch, eyes on ball, cushion catch. Pairs to experiment with low and high catches. Rounders game. 2 teams-highlight basic rules. 3 balls catch and throw (no one move until all 3 balls have been thrown), No balls, direction of play, 1 per base, no overtaking. Out through-caught, bowled, run out.	Students to officiate their own game. Give feedback to other students	Cooperation Integrity Independence Communication	Hand eye-coordination Decision making
3	Batting	One hand, tip of the bat, handshake grip Warm up – Student led pulse raiser + stretches. 3 vs 3 keep ball. Throwing & catching in small grid. Highlight batting technique. Teaching points: Stance & Grip, bat back in preparation, follow through. In 4's –Hit the ball off batting tee. 1 batter, bowler, backstop and fielder. 3 balls, no one move until all balls have been batted, 5 bats each, rotate roles. Focus on good contact. Progress to bowling to batter. Rounders game. 2 teams. Pupils recap rules	Students to officiate their own game. Give feedback to other students	Cooperation Integrity Independence Communication	Hand eye-coordination Decision making
4	Bowling	Under arm, waist height, power, speed Warm up – Student led pulse raiser + stretches. Discuss bowling technique. Teaching points; grip, step into bowl, must pass between shoulder and knee. 3's; 1 pupil to hold hoop out to the side. Must bowl through hoop to be a legal ball. Pupils to explore delivery. Points for successful balls. Rounders game. 2 teams. Recap rules. 3 ball to bowl, no one moves until all 3 balls have been bowled, How do you score ½ a rounder + full rounder. Non- participants to shadow umpire.	Students to officiate their own game. Give feedback to other students	Cooperation Integrity Independence Communication	Decision making Hand eye- coordination

Lesson	Title	Examples	Independent Learning	SMSC Links (Personal Development)	Transferable skills
5	Positioning	Post 2 and 4 – Back stop Warm up – 2's – roll ball and pick up using long barrier only. Pairs to move around in marked area. Discuss roles and responsibilities of bowler, backstop, 1 <sup>st</sup> to 4 <sup>th</sup> post fielder & deep fielders. Full Rounders game. 2 teams. 2 innings. Opportunity to play in each position – rotate after 6 bowls. Plan batting order. 1 pupil from each team to umpire. Discuss importance of communication & teamwork. Non-participants to umpire.	Students to officiate their own game. Give feedback to other students	Cooperation Integrity Independence Communication	Decision making Spatial awareness
6	Fielding	Warm up – Student led pulse raiser + stretches. Pairs-roll ball out for partner to retrieve, and accurately throwback to feeder who stumps base. Swap roles. Progress to 4's – batter to hit ball and run to base and back before ball is stumped at starting base. Highlight hitting into space, timing + accuracy when bowling. Rounders game. 2 teams – 5-minute innings. Pupils recap rules. Anticipate batter's movement between base, rotate students a position, add points for fielding skills, important to stop scoring at 2 <sup>nd</sup> /4 <sup>th</sup> base	Students to officiate their own game. Give feedback to other students	Cooperation Integrity Independence Communication	Decision making Spatial awareness
7	Tactical ideas & concepts	To understand the fielder's roles and base responsibilities. To perform and replicate a combination of skills to outwit opponents in a game situation. To understand basic tactics to outwit batters & fielders respectively. To make effective evaluations of strength and weaknesses, of self and others' performance	Students to officiate their own game. Give feedback to other students	Cooperation Integrity Independence Communication	Decision making Spatial awareness Hand eye-coordination
8	AFL Competitive matches	Backwards hits, use of bowler, 2 <sup>nd</sup> and 4 <sup>th</sup> post Warm up – 4's – one to lead pulse raiser + dynamic stretches. Full Rounders game. 2 teams. 2 innings. 'Captain' designates positions. Team to plan batting order. Pupils choose a partner from opposite team who they will observe when batting and fielding. 5-minute innings. After 1 <sup>st</sup> innings discuss good points and improvements to be made about performance of person evaluated. Non-participants to umpire.	Students to officiate their own game. Give feedback to other students	Cooperation Integrity Independence Communication	Hand eye-coordination Teamwork Decision making



