

Key Stage PE

Enquiry Question: Learn to play an effective game of Rounders?



Mrs Timothy

Year 9

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)	
1	Throwing	Short: under arm. Long throw: Shoulders, over head Warm up – 3's. Feed ball to batter who catches the ball and throws it within a marked area. Fielder to retrieve and return to feeder. Throw the ball as quick as possible using the correct technique and weight of throw. 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.	To accurately replicate, execute and analyse a good throwing technique. To demonstrate effective throwing, bowling, batting, fielding technique into a full game of rounders. To understand rules involving bowling and batting. To develop the ability to recognise opposition strengths and weaknesses	Cooperation Integrity Independence Communication	Hand eye-coordination Decision making
2	Catching/receiving	Cupped hand, bringing into chest, high & lower hands Warm up – 3's. Feed ball to batter who catches the ball and throws it within a marked area. Fielder to retrieve and return to feeder. Receiver catch the ball as quick as possible using the correct technique and control. 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.	To accurately replicate, execute and analyse a catching technique. To demonstrate the importance of receiving bowling, batting, fielding technique into a full game of rounders. To understand rules involving bowling and batting. To develop the ability to recognise opposition strengths and weaknesses	Cooperation Integrity Independence Communication	Hand eye-coordination Decision making
3	Batting	One hand, tip of the bat, handshake grip Warm up – 3's. Feed ball to batter who catches the ball and throws it within a marked area. Fielder to retrieve and return to feeder. Batter to run as many shuttles as possible. What types of activities will raise heart rate? Q & A on batting technique (grip, stance, and action) T.P's; Bat to side of body & sideways on. 4's – bowler, batter, backstop and retriever. Batter aims to hit ball to fielder's position. Bowling – aim for hands of backstop. Rules; batter must step outside of batting box only + Bowler must not step out of box while bowling. Rounders game. 2 teams.	To accurately replicate, execute and analyse a legal bowling technique. To demonstrate bowling, batting, fielding technique into a full game of rounders. To understand rules involving bowling and batting. To develop the ability to recognise opposition strengths and weaknesses.	Cooperation Integrity Independence Communication	Hand eye-coordination Decision making
4	Bowling	Under arm, waist height, power, speed Warm up – SAQ ladders, 1 foot in each, side step, incorporate ball relay Discuss bowling technique. T.P's; under arm, pass between shoulder and knee, use of spin, height to outwit batter. 4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules-bowling box. Full rounders game. 2 teams. Recap rules. How do you score ½ a rounder + full rounder? 2 innings. After 1 st innings discuss tactics and improvements.	To accurately replicate, execute and analyse a legal bowling technique. To demonstrate bowling, batting, fielding technique into a full game of rounders. To understand rules involving bowling and batting. To develop the ability to recognise opposition strengths and weaknesses.	Cooperation Integrity Independence Communication	Decision making Hand eye-coordination

Lesson	Title	Examples	Independent Learning	SMSC Links (Personal Development)	
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 st to 4 th 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.	To demonstrate knowledge of the roles for different fielding positions. To use field positioning to outwit batting team. To refine tactics and game strategies to improve team performances.	Cooperation Integrity Independence Communication	Decision making Spatial awareness
6	Fielding	Under arm, long barrier Warm up - interval training (work then rest) + flexibility tests. Recap knowledge on barrier position + fielding. Long barrier – getting body behind ball. Retrieving ball which has passed you. Progress to 4's. 1 batter, 3 fielders focusing on retrieving (use long barrier) and passing ball effectively and quickly. Full rounders game. Recap & scoring, post running, contact with posts, obstruction & no balls.	To accurately replicate fielding skills and use effectively in a game. To develop communication skills, teamwork through rounders game play. To develop creative thinking & outwitting opponents with the placement of the ball.	Cooperation Integrity Independence Communication	Decision making Spatial awareness
7	Tactical ideas & concepts	Warm up – 2 teams. One team to run past each base and back before fielding team pass to each member while stumping bases. Full Rounders game. 2 teams. 2 innings. 'Captain' designates positions. Team to plan batting order. 1 pupil to umpire. Pupils choose a partner from opposite team who they will observe when batting and fielding. 5 minute innings. After 1 st innings discuss good points and improvements to be made about performance of person evaluated.	To develop and replicate skills within the game situation with the intention of outwitting opponents. To develop the ability to become a reflective learner & provide evaluations of strength and weaknesses in pupil performances.	Cooperation Integrity Independence Communication	Decision making Spatial awareness Hand eye-coordination
8	AFL Competitive matches	Backwards hits, use of bowler, 2 nd and 4 th 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 st innings discuss good points and improvements to be made about performance of person evaluated. Non-participants to umpire.	To accurately replicate a full range of rounders techniques in a competitive match. To develop knowledge of fielding positions and the correct terminology used. To correctly umpire and score a game of rounders.	Cooperation Integrity Independence Communication	Hand eye-coordination Teamwork Decision making

