

ROUNDERS LESSON 1:

YR 5& 6

Learning Intention: How can you throw and catch in a game situation?

Year 5

I can throw and catch the ball with some control and accuracy in a game situation

I can throw and catch the ball sometimes making the correct decisions in a game situation

I can throw the ball sympathetically to others and make good decisions in a game situation (attempting to catch others out)

Year 6

I can and catch and throw the ball, sometimes making the correct decisions in a game situation

I can throw the ball sympathetically to others and make good decisions in a game situation (attempting to catch others out)

I can throw and catch making correct tactical decisions having an impact in a game situation (catching others out)

Resources:

rounders balls x 15
tennis balls x 30
cones,
bats
rounders posts

WARM UP: Stuck in the Mud

All children to have a tennis ball.

Two children start as taggers with a ball. They are to run around the playing area trying to tag other children (with the ball held in their hand- not thrown).

If a child is tagged- they are to stand still and place their ball on the floor (like stuck in the mud).

The only way they can be released is by another player passing them the ball and passing it back again.

Teaching Point: Ball in 1 hand at all times, throw underarm

ACTIVITY 1: Throw and run

Children to choose a rounders or tennis ball

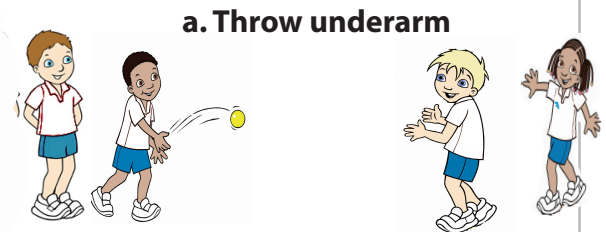
Children into groups of 4's Pass and follow (pass the ball and run to the back of the opposite queue)

a. Throw underarm

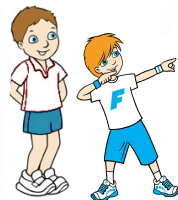
b. Throw over arm

c. Roll – remember to stop the ball with barrier method bend down make a barrier

d. Add competition between the teams



a. Throw underarm



b. Throw over arm



c. Roll – remember to stop the ball with barrier method bend down make a barrier



Teaching Point: Stopping long barrier

1. Watch – keep your eyes on the ball at all times
2. Move – your feet so your body is in line with the ball
3. Bend – bend into long barrier position
4. Block – little fingers touching – fingers pointing down to the ground
5. Scoop – close fingers around ball, bring to chest height

ACTIVITY 2: Beat the ball

Note: The batter may run around more than once

Two groups of 4 to join together:

You can also swap teams around and create a mini tournament.

1) How many passes can be made in the time that each member of the other group run around the cone?

Group 1 – To all stand behind a cone pass the ball around the square and count the number of passes until Group 2 has stopped.

Group 2- Sprints around the cones (one at a time until everyone has completed the task)

TP- **Throwers** -accurate and sympathetic passing is important

- **Catchers**- cushion the ball when catching

- **Runners** – Stay close to the cones when running around them

- Winning team is the one that completes the most passes.

Note: Children to think about their throwing technique and being **sympathetic** when throwing to another player.

Swap over

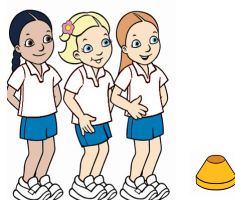
Yr 6 extension: Can the passing team set up the area to simulate a rounders pitch?



Group 1



Group 2



ACTIVITY 3: Aerobic rounders

Batting team 6-8 players on each team

2 bats each player

Batter runs whether they hit or do not hit the ball

Score on points- 1 point for every post that they reach

If caught out the team loses 3 points

You can never be out

2 members on each team to add up scores

Fielding team

They bowl the ball to the batter (a good ball between knees and head of batter)

2 no balls gives the batting team 1 point

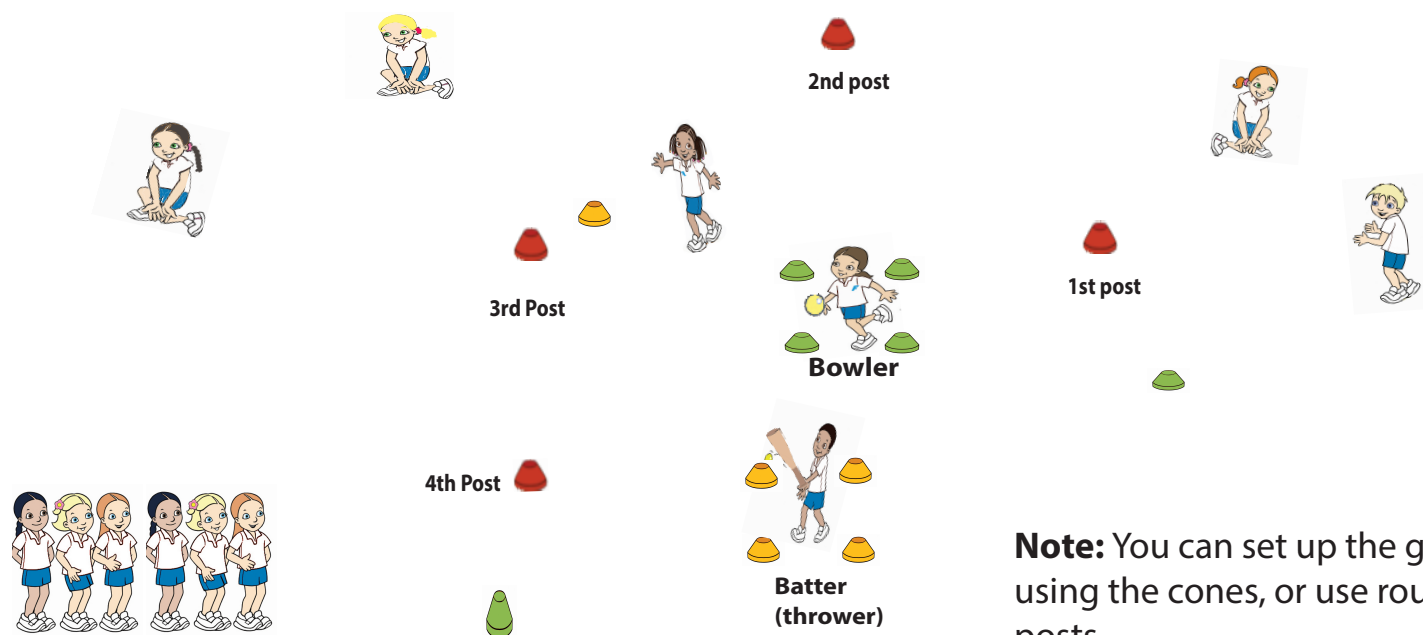
Bowlers to have 6 bowls each - then quickly swap with another player on the fielding team

Team has to get the ball back to the bowlers square and all run into this area line up and roll the ball through everyone's legs

Once it has gone through everyone's legs the last person shouts "stop"

Important – when returning the ball back to the bowling square, encourage team to throw, not run with it

Yr 6 Extension: could play a rounders game



Safety area
Line up behind
Cone.

Note: You can set up the game using the cones, or use rounders posts.

Make bowling and batting square with cones.

COOL DOWN

Children skip around the area changing the speed of travel from a fast to a slow walk.

PLENARY

How can you throw the ball in rounders?

What was important when throwing in a game situation?