

ROUNDERS LESSON 1:

YR 3& 4

Learning Intention: How can you throw a ball using underarm and overarm?

Resources:

Year 3

I can throw under/over arm and catch a ball with control

I can throw under/over arm and catch a ball with control and some accuracy

I can throw under/over arm and catch a ball with control and accuracy

30 x tennis balls

cones x 40

Year 4

I can throw under/over arm and catch a ball with control and some accuracy

I can throw under/over arm and catch a ball with control and accuracy

I can throw under/over arm over varying distances and catch a ball with control and accuracy

WARM UP:

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: Throwing and catching in pairs

With a partner:

a. Can they throw the ball using underarm?

b. Can they throw the ball using overarm?

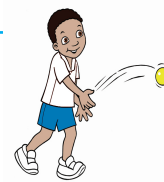
c. Teacher to go through teaching points for underarm- then see if they can improve their throw.

d. Teacher to go through teaching points for overarm, then see if they can improve their throw.

e. Can you make it a competition how many can you do in 1 minute?

Teaching Points: Underarm Throw

1. Step forward into the throw (opposite arm – opposite leg)
2. Non-throwing arm is straight up pointing at the target as a guide
3. Fingers finish pointing at target



Teaching Points: Overarm Throw

1. Side-on "Usain Bolt" stance
2. Non-throwing arm is straight up pointing at the target as a guide.
3. Bend throwing arm
4. Release the ball as it comes up near your ear
5. Rotate body forwards as you throw
6. Fingers finish pointing at target



Make it easier: move closer together

More able: Move further away. Catch with one hand

ACTIVITY 2: Scatterball Game (throwing):

Note: The batter may run around more than once

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

Children to get into teams of 5-6 (5v5, 6v6)

One team is throwing and the other teams field

Bowler bowls four balls, in turn, to the same Batter

Batter catches ball and throws into field (encourage to throw into different area each time)

After 4th ball, Batter runs around pitch

Fielders: can field but not return the balls until 4th ball is bowled.

All balls must be returned to the square (bowler's position)

Rotate teams after Batters have had one go each

Scoring: 1 point for each post reached before all balls are in the square

Bowler to shout 'STOP' when all four balls have reached the square



2nd post



3rd Post



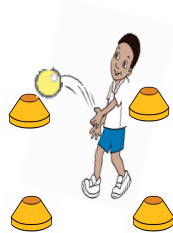
Bowler



1st post



4th Post



Batter

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

Make bowling and batting square with cones.

Safety area
Line up behind
Cone.

COOL DOWN

Children skip around an 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 playing the game of scatterball?