

Curriculum area	Topic	Year	Session Number	Skill
Strike & Field Games	Rounders	3/4	#4	Batting Session

Equipment

- Small balls/tennis balls
- Cones for set up
- Spots
- Bibs
- Rounders bats/tennis rackets

Learning Objective	Success Criteria
<ul style="list-style-type: none"> • To develop correct grip and stance when batting. • To be able to strike the ball effectively using the correct technique 	<ul style="list-style-type: none"> • I can hold the bat correctly and stand side-on. • I can make contact with the ball consistently. • I can make good decisions in the session

Key words

- Striking
- Technique
- Decision making

Preparation Ideas/Warm Up

Lily Pad Tag

Place spots all around the area. As many as there are pupils in the class. Pick 3-4 people to be taggers. They cannot stand on a spot (lily pad). Everyone starts off the spots. The game is a simple tag game. Every time someone reaches and stands on a spot for at least 3 seconds, they receive one point. When standing on a spot, you cannot be tagged but to gain another point, you need to move to another spot. When you are running in between spots, you can be tagged. If you are tagged, your score returns to 0.

Progression:

>Add more taggers or remove spots to make the game more difficult.

Skill Development

Striking technique

Get the children into groups of 3 with a ball between them (make this a tennis or sponge ball). To start with, the children will stand 1m apart from each other and look to 'pat' the ball to one another using the palms of their hands. We are looking for good accuracy in patting the ball towards their partners

hands. Bowler aiming for their partner's hands and catching the 'pat' back to them.

Progression:

>Add in a hoop for 1 player to hold outstretched in between the batter and catcher. This is to encourage the children to follow through on their strike to ensure the ball goes through the hoop to their partner.

>Increase the distance between the batter and the hoop to encourage greater power and accuracy

Striking with a bat

This activity will be very similar to the one previous, however this time we are going to add in a rounders bat. Start the activity again by getting the children split into roles (one bowler, one batter, one catcher). Bowler bowls the ball, batter strikes using the bat and fielder catches it. Swap roles after 5 turns.

Game

Continuous Rounders

Split the children into groups of 5. They will compete in a small game of rounders. The roles will be a batter, bowler, back stop and 2 out fielders. Set up a spot for the batter, bowler and backstop to stand. Distance from bowler to batter should be around 5-7m, with the backstop 3-4m behind the batter. The two fielders can position themselves wherever they want. Place a spot to the left and right of the batter (around 5m away from them).

The bowler bowls the ball to the batter. If the batter strikes the ball, they must run to the left or right, touch the spot with their foot and return to their starting position. Completing this action equals 1 point to the batter. If they feel they can run again, allow them to, this will add another point. Fielders retrieve the ball and return it to the bowler. As soon as the bowler has the ball they can throw, even if the batter has not returned. If the backstop receives the ball, that is a strike. After 3 strikes, everyone swaps roles. Continue until everyone has had a go at each role.

>If the ball is thrown above head height or if the ball bounces before reaching the batter, this is a foul ball and does not count towards strikes.

Teaching points

- Batting technique: Standing side on, looking at the bowler and ball. Have the bat horizontally outstretched from you at a 90 degree angle. Lean on the back foot and as you swing through, step forward on the front foot. Strike the ball ideally around waist height or between the waist and shoulder height and follow through your strike. Point your foot in the direction you want the ball to travel
- Bunt technique – Starting position same as above. However, this time you are going to then change to face straight rather than side on, with your strongest hand at the top of the bat and weaker hand at the bottom. We are looking to block and push the ball. This technique is used to just make contact with the ball. The ball will usually land right in front of the batter.
- Technique and timing are key to striking the ball correctly. We do not need to swing the ball with a lot of power to begin with. Focus on timing the strike correctly and making contact with the ball. If the children can't make contact with the ball consistently, get them to focus on the bunt technique just to make contact with the ball.
- Reinforce to the children need to understand how to make good decisions. Should we look to strike the ball? Can we reach the ball by striking or is it too high or low? Should we just bunt the ball? All of these decisions are key.

Key Questions

- Can anyone show us the correct technique when batting?
- What is hand eye co-ordination?
- When striking the ball, what do we need to focus on?
- What decisions do we have to make in the last game?

National curriculum links:

- Use running, throwing and catching in isolation and combination
- Play competitive games against others, applying basic principles for attacking and defending
- Develop technique and control through playing rounders

Social and environmental skills:

- Developing team work and collaboration skills
- Developing good communication skills
- Making good decisions throughout the session