

Curriculum area	Topic	Year	Session Number	Skill
Strike & Field Games	Rounders	3/4	#5	Making Improvements Session

#### Equipment

- Rounders Bats/Tennis Rackets
- Small balls/tennis balls
- Cones for set up
- Spots
- Hoops
- Bean bags
- Rounders posts if available (for bases)
- Bibs

Learning Objective	Success Criteria
<ul style="list-style-type: none"> <li>• To make improvements to our batting, bowling and fielding skills throughout the session</li> <li>• To be able to follow instructions</li> </ul>	<ul style="list-style-type: none"> <li>• I can use throwing, catching, bowling and batting skills in a game.</li> <li>• I can make improvements to my rounders skills</li> <li>• I know the basic rules of rounders.</li> </ul>

#### Key words

- Improving
- Rules

#### Preparation Ideas/Warm Up

##### Tunnel Tag

Select 3-4 children to be taggers. Their job is to tag as many people as possible. If you are tagged, stand with legs apart to create a tunnel. Select 4-5 children to be given a ball. To get back into the game, those who have been tagged stand with their legs apart.

The person with the ball will roll the ball through their legs and collect the ball from the other side. Ask the children how they should roll the ball. How much power should we put into the roll?

#### Skill Development

We are going to set out 5 stations for the children to improve their batting, bowling and fielding skills:

**Station 1 – Cone strike** – Set out cones with a medium/large size ball placed on top. Using a tennis ball, children need to use an overarm throw to strike the ball off the cone

Progression:

- >Standing further apart from the ball.
- >Use a smaller ball as a target on the cone

**Station 2 – Hoopla** – Set out hoops at various distances. Children need to throw a bean bag into each hoop. The bean bag needs to stay in the hula hoop for the throw to count.

Progression:

- >Increase the distance to the hoop.
- >Use smaller hoops to make the target smaller.
- >Replace the bean bag with a tennis ball. They will need to think about power to ensure the ball stays in the hoop.
- >Set out lanes of hoops and make the game a race between the children in the group. First person to get a bean bag into all hoops win

**Station 3 – Batting – In pairs.** One person throws and one person strikes using the rounder bat. Set out target gates either side of the bowler (may have 2 on either side of the bowler. Use 2 cones to create the target zone that the batter needs to aim at). To succeed, the ball needs to go through the target gate.

Progression:

- >Increase the distance to the target gates or decrease the size of the target zones.
- >Make the activity a game between the pairs. 10 throws each, how many times can you get the ball through the zones.

**Station 4 - Fielding on the base** – One bowler, one backstop, one base fielder. Bowler bowls the ball underarm to the backstop, who then throws to the fielder on first base, who needs to be standing on the base as they catch the ball.

Progression:

- >Increase the distance of the throw from the backstop to the base fielder

**Station 5 – Fielding** – One striker, one fielder. The striker has a tennis racquet and ball. They strike the ball (make sure not too far). The fielder has to retrieve the ball and throw the ball back to the striker.

Progression:

- >Fielder stands at a distance in the field and tries to catch the strike, rather than having to just try to retrieve the strike.

### Game

Split the children into two even teams.

Bowling/fielding team positions – Bowler, backstop, 1<sup>st</sup> base fielder, 2<sup>nd</sup> base fielder, 3<sup>rd</sup> base fielder, 4 base fielder & outfielders

Batting team – Take in turns to strike the ball and run bases. If the batting team struggle using the rounders bat, allow them to use a tennis racquet.

Rules:

- Batter has 3 attempts at striking the ball. Allow them to use either the rounders bat or tennis racquet (try to get high ability children to use the rounders bat, lower ability using the tennis

racquet. If the batter misses a good bowl 3 times, they have to run to first base. The backstop has to throw the ball to the 1<sup>st</sup> base fielder to get the batter out.

- If the bowler throws the ball and it bounces or goes above the batter's head or below their knees, that is a ball. After 4 balls the batter is allowed to run to 1<sup>st</sup> base for free.
- Batter's can stop on any base; however, you cannot have 2 people on a base or have batter's overtaking each other. If two on one base, the person who got there second is out. If you overtake, the person who overtakes is out.
- Batter's must run on the outside on the bases, if they run on the inside of any base they must return and stop on the previous base.
- If the batter stops on any base and after another go makes it all the way through 4<sup>th</sup> base and home, they get ½ point. If they strike and make it all the way around the bases and home, they get 1 point.
- If a base fielder has the ball in their hand and is standing on the base before the batter gets to the base, the batter is out
- If an outfielder catches the ball, the batter is out. Any batting team on bases must return the base they started on

This will be a simple game. We aren't really looking for any particular tactics, we are trying to get the children used to the format of the game and the rules

Allow each team to have the same number of innings. This will be dependent on how much time you have & how long it takes between each innings

#### Teaching points

- We are looking for the children to show good technique when they are at all stations. Ensure the children are using the correct technique at all stations
- With the bowling, we are looking for that accuracy of the throw thinking about the power and aim of our throw
- With batting, we are looking to make good contact with the ball. We aren't necessarily too bothered about the power and distance, it is about making good contact and then building more power
- With the fielding, we are looking to be ready in position, use good communication (especially if two people are going towards the same ball) and an accurate throw to either one of the bases or to the bowler.

#### Key Questions

- What do we mean by the term improving?
- How did we improve each area of our rounders game in today's lesson. Ask for demonstrations and examples?
- Can anyone give me a rule for rounders?

#### National curriculum links:

- Use running and throwing in isolation and combination
- Develop technique, balance and control through playing rounders
- Play competitive games against others
- Comparing their performance against a previous attempt and looking for improvements to their technique

#### Social and environmental skills:

- Develop team work and collaboration skills
- Develop good team communication skills
- Showing resilience in their work by trying to improve
- Developing leadership skills
- Showing creativity in their work (coming up with tactics)