

Curriculum area	Topic	Year	Session Number	Skill
Strike & Field Games	Rounders	5/6	#2	Improving Accuracy of fielding

Equipment

- Small balls/tennis balls
- Hula Hoops
- Cones for set up
- Bibs

Learning Objective

- To field the ball cleanly using correct technique.
- To improve speed and accuracy when returning the ball.
- To make good decisions throughout the session

Success Criteria

- I can use the long barrier and one-handed pick-up effectively.
- I can return the ball accurately to a teammate or post.
- I can make good decisions throughout the session

Key words

- Decision making
- Accuracy

Preparation Ideas/Warm Up

Whacky Rounders

Split the class into 4 even team and set up 2 separate areas. In those areas, create 2 circled areas (1 inside the other). The runner team will be on the outside circle, whilst the fielding team will be on the inside (use spots for each team member of the fielding team to stand on)

On the word go, the fielding team will throw the ball around the circle anti clockwise, whilst the running team player will run around their circle clockwise. The aim of the game is to beat the other team (either the fielding team return the ball to the start or the runner returns to the start first).

1 point awarded for whoever completes first. Once all runner team members have been, swap the teams to see who is victorious.

Skill Development

Scatterball

Split the class into teams of 4. Divide the teams of 4 to make a 2v2 game.

Mark out a small rounders area, with the 4 bases around 4-5m apart from one another. Have a hoop in the centre marked as the fielder's circle. The two teams are marked as the runner team and fielding team

The runner team will take it in turns to throw 3 balls, scattered, inside the based areas (you cannot throw the balls past the bases) but make sure they are spread wide apart. The two fielders begin inside the hoop. As soon as the runner begins to run to 1st base, the fielders have to gather all 3 ball and place them inside the hoop (you can only collect one at a time) before the runner makes their way around the bases. It's a race to see who finishes 1st. A point is awarded to the winning team each time. The runners have a turn each before the teams swap roles.

Game

Race Against The Clock

Split the class into teams of 6. Set up a rounders pitch with a bowling area, backstop and base fielder's areas. Have 1 player stand on each area and the bowler start with the ball. They will throw the ball to the back stop, who will then throw to 1st base, then to 2nd base etc. until the ball reaches 4th base in a race against the clock. They will then stump 4th base and the time stops. Have each team play and see who can complete the race in the quickest time.

The bowler must throw underarm, however base fielders can use underarm or overarm throws.

Progression:

>Increase the distances between the bases to encourage children to be more accurate with their throws.

Teaching points

- When fielding, we need to ensure that our throws are accurate. The way we can improve the accuracy of our throws is to put our non throwing arm out for aim, and ensure we are aiming towards our partner's hands.
- We want to ensure that we use the correct amount of power when throwing the ball, ensuring that we give our partner a good chance of catching the ball.
- We want speed and more importantly, efficiency when fielding. We want to ensure our throws are accurate to our partner, and that we also catch the ball. Any mis fields, either through a dropped catch or a misplaced throw, can waste time and ensure the runners will always beat us. We are better off taking a split second longer ensuring we have our throwing technique correct and that our partner is in the ready position, than to rush our technique and mis field.

Key Questions

- How can we ensure our partner is ready to catch the ball?
- Why do we want our throws to be accurate? And how can we ensure they are accurate?
- How can we work well as a team in these games?

National curriculum links:

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

Social and environmental skills:

- Developing team work and collaboration skills
- Developing good communication skills
- Developing resilience in their work