

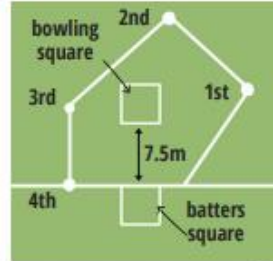
About this Unit

Rounders is a striking and fielding game. The game has one fielding team and one batting team. Both teams will play one round, called an 'innings', as fielders and once as batters. Batters hit a small ball with a bat that has a rounded end. They score by running around the four bases on the field.

Rounders has been played in England for centuries, with records of the game dating back to the 16th century.

Striking and Fielding Games Key Principles

attacking	defending
score points	limit points
placement of an object	deny space
avoid getting out	get opponents out



Can you think of any other striking and fielding games that share these principles?

Key Vocabulary

- abide:** act in accordance with the rules
- appropriate:** suitable approach
- assess:** make a judgement of the situation
- backing up:** to move position to support
- close catch:** having both hands relatively close to the body to catch, little fingers together
- collaborate:** work jointly with others
- consecutive:** in a row
- consistently:** every time
- deep catch:** catch a ball from height, thumbs together in front of head
- long barrier:** a fielding action used to stop a ball coming at speed
- momentum:** the direction created by weight and power
- short barrier:** creating a barrier with hands in front of feet to stop a ball travelling at slow speed
- situation:** circumstances that create the environment
- stance:** the body position taken
- tactic:** a plan or strategy
- tournament:** a competition of more than two teams
- track:** to move your body to get in line with a ball that is coming towards you
- umpire:** a person who makes sure the rules are followed



Ladder Knowledge



Striking:

Momentum and power for striking a ball comes from legs as well as arms.

Fielding:

Assess the situation before selecting the fielding action.

Throwing and catching:

Make good decisions on who to throw to and when to throw in order to get batters out. Accuracy, speed and consistency of throwing and catching will help to limit a batter's score.

Movement Skills

- throw
- catch
- bowl
- bat
- field

This unit will also help you to develop other important skills.

Social

communication, collaboration, respect, co-operation

Emotional

honesty, self regulation, sportsmanship

Thinking

select and apply skills, reflection, assess, tactics

Rules

OUTS

A player will be called out if they are:

- Caught out: fielder catches a batted ball
- Run out: their teammate runs to the same post as them
- Stumped out: fielder stumps the post that the batter is running to
- They run inside the bases

Tactics

Using tactics will help your team to score points, called 'rounders', deny space, limit the oppositions score. There are batting and fielding tactics and these will change depending on the situation, the opposition and the desired outcome.

HOW TO SCORE

- One rounder = ball is hit and live batter runs to 4th
- A half rounder = ball is hit and live batter gets to 2nd
- A half rounder = ball is not hit and live batter gets to 4th
- A half rounder = two consecutive no-balls

Healthy Participation



- Backstops must stand 2m behind the batter.
- Batters must take their bat with them when they run.
- Always keep a safe distance between yourself and a batter.

If you enjoy this unit why not see if there is a rounders club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed.

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Spell it Out

What you need: post it notes, a pen, a ball or pair of socks.

How to play:

- Write a letter of the alphabet on each post it note and stick them to a wall.
- Begin 3m away and throw your ball to hit the letters to spell the following words...BOWL, CATCH, ROUNDERS, STANCE
- Then have a go at making your own word.
- Have someone else with you? Can they guess your word.
- Playing against someone else? Who can spell the words in the quickest time?

Top tip: Point your fingertips in the direction of your target after you have thrown.



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.

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