



Westacre Middle School PE Knowledge Web: Rounders

Skill Acquisition



Fundamental Movement Skills

BATTING/HITTING – Stand sideways on to the bowler with the bat up and behind you. Swing through with the hips and follow through with the swing.



UNDERARM BOWLING – Hold ball in dominant hand, step forward with opposite leg, swing arm and release ball before shoulder height. Aim for the backstops hands.

OVERARM THROW – a high elbow, the correct grip of the ball and power through the arm, achieves an effective overarm throw.

CATCHING – you can get someone out by catching them or by stumping them at a post after catching the ball. Get in position under the ball, hands in a cup shape. Bring the ball close into the body to ensure it is not dropped.

FIELDING – using different techniques in order to get the ball back to the bowler or to a post. E.G. long barrier fielding for stopping a low or rolling ball.

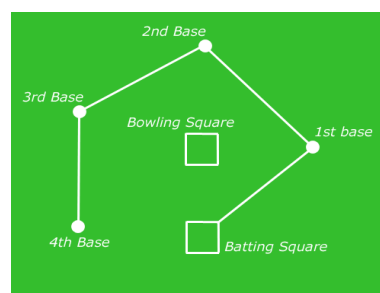


Teamwork and Leadership



Cooperation

Rounders is a bat-and-ball game played between two teams. Rounders is a striking and fielding team game that involves hitting a small, hard, leather-cased ball with a rounded end wooden, plastic or metal bat. The players score by running around the four bases on the field.



How to Score:

Full Rounder – Hit the ball and run around all of the bases without stopping and before the next batter.

Half rounder – Hit the ball and run to second base without stopping.

Half rounder – Miss the ball and run around all of the bases without stopping and before the next batter.

Half rounder – If the bowler mis-fields twice.

Performance Analysis



Technical Vocabulary

Rules of Rounders:

Batter

- * Run to the side of the bating box, not out of the front.
- * Run around the outside of the playing field/posts.
- * When waiting at a base hold onto the post.

- * If you hit the ball behind, wait at first base.
- * Touch 4th base to indicate you are home and not in play.

Bowler

- * Bowl between head and knee height.
- * Bowl within the batting box area (not wide).
- * When the bowler has the ball in the box no one can run.
- * Get a player out by catching (without a bounce) or stumping the base.

Fielder

- * To get a player out you can stump your post before they reach it.
- * If you drop the ball, the posts become un-stumped.
- * If you block a player from running, this is known as obstruction and may result in a penalty point of 1/2 a rounder to be given.



Feedback

Umpires There are two umpires in a Rounders game; the batting umpire and the bowling umpire. They are in charge of keeping score and identifying no-balls.

Healthy Active Lifestyle



Inspirational people

<https://www.roundersengland.co.uk/>

There are three female England squads that represent Rounders England at fixtures and festivals. They play annually, in home and away games, against Wales and the Isle of Man and have travelled to play against Greece and Dubai. The squads are elite players and are ambassadors for England and for the sport of Rounders. If a team is mixed, there are to be more than 5 males in the team.



Exercise

Components of Fitness

Agility – Being able to change directly quickly and move around the posts without falling.

Balance – Being able to stay balanced when hitting, bowling and throwing.

Power – To hit and throw the ball far when batting and fielding.

Coordination – When batting hand-eye co-ordination is used.

Muscular Strength – To generate enough power when batting and/ or fielding

Endurance – Being able to continually field effectively throughout the game.

Year 5

You will learn the basics of Rounders such as batting, throwing and catching. You will play Rounders using a range of equipment to get you used to the rules.

Year 6

You will focus more on the techniques needed to bat, bowl and field to enable you to play all positions in a game.

Year 7

You will discuss and analyse how you can work better as a team to win against your opponents. Through umpiring, you will understand the rules.