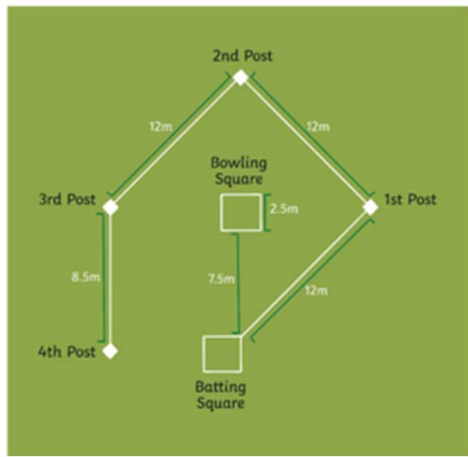


Year 7 PE- Rounders



RULES OF PLAY



1. You must start in the batting box and not step out of it.
2. You only get 1 ball bowled at you, after which you must run whether you hit it or not.
3. You must keep in contact with a post once you have decided to stop.
4. A no ball is: above the batters head, below the knee, the wrong side of the body, too wide and too close into the body.
5. You must run around the outside of the posts.

Throws:

Underarm- used when bowling
 Over arm short-used to throw in between the posts to get the opponent out
 Overarm long- used to throw from the deep field to the posts to get the opponent out.

Exit Routes: Find a team near you:

<https://www.roundersengland.co.uk/team-locations>

Skill/tactic	Teaching points
Batting 	<ul style="list-style-type: none"> • Stand sideways on to the bowler with the bat up and behind you. The arm will be in a 90 degree angle. • Step in with the opposite leg. • Swing through with the hips and follow through with the bat to contact the ball. • Move body and arm position to hit ball in a different direction but always in front of you. • DO NOT DROP THE BAT and unless the umpire shouts no ball you must run.
Underarm throw	Hold ball in dominant hand, step forward with opposite leg, swing arm and release ball before shoulder height. The ball must reach the batter between their knee and head. Aim for the backstop's hands. Types: Bowling- straight bowl, donkey drop, spin bowl
Long barrier	<p>STEP ONE Approach the ball at speed and as you get into line with the ball, twist your upper body, leading with the shoulder furthest from the ball.</p> <p>STEP TWO Bend both knees, so that the knee of the leg nearest to the ball touches the ground, but it is also next to the back of the heel of the other leg.</p> <p>STEP THREE With fingers down and head forward, pick up the ball and then stand back up ready to deliver an overarm throw. Also used in cricket.</p>
Catching 	<ul style="list-style-type: none"> • You can get someone out by catching their hit or by stumping them at a post after catching the ball. • Get in position under the ball, hands in a cup shape (little fingers together if ball is below the head, and thumbs together if ball is above the head). Bring the ball close into the body to ensure it is not dropped

Wider reading/ videos: <https://www.youtube.com/watch?v=RfXWXh5wpv4>
<https://www.roundersengland.co.uk/play/rounders-rules/>



Overview topic: Rounders

Self Quiz Questions	Self Quiz Questions	Challenge Self Quiz Questions
1. When do you use an underarm throw?	1. List 3 fielding positions.	1. What two things must you keep hold of when you have batted?
2. When do you use an overarm long throw?	2. How many hands do you use to hold the bat when batting?	2. When throwing explain why you step in with the opposite leg?
3. When do you use an overarm short throw?	3. In a long barrier the heel of one foot join what part of the leg on the opposite leg?	3. Explain why you bring the ball in towards the body when you catch it.
4. When batting where do you run?	4. Even if you do not hit the ball do you have to run? YES or NO	4. Why do you join the knee and heel to perform a long barrier?
5. You must bowl the ball between which two body parts of the batter?	5. How many umpires are there?	5. What happens if you let go of the post?
6. How many posts are there on the field?	6. Where does the backstop stand?.	6. What does 2 no balls give the other team?
7. List 2 ways that you can get a person out in rounders.	7. Which direction must you hit the ball in?	7. How do you score a rounder?
8. List the main 3 types of bowl that can be used.	8. What shape should you make with the hand when catching?	8. Why must the fielders stay in front of the posts?
9. What other sport uses a long barrier?	9. When bowling who's hands do you aim for?	9. Why is it best to throw the ball than run with it when fielding?
10. List two ways that a bowl can be a no ball.	10. What is the scoring counted in?	10. Explain 2 reasons you stump a post when fielding?
Total score:	Total score:	Total score:

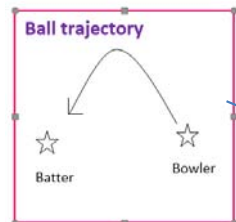
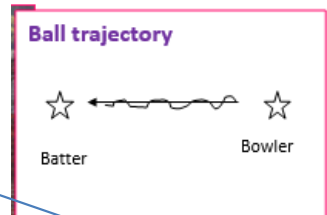
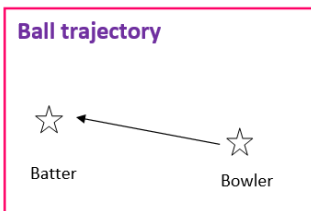
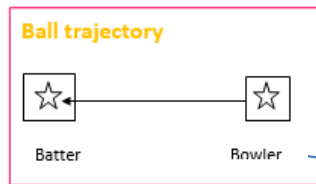
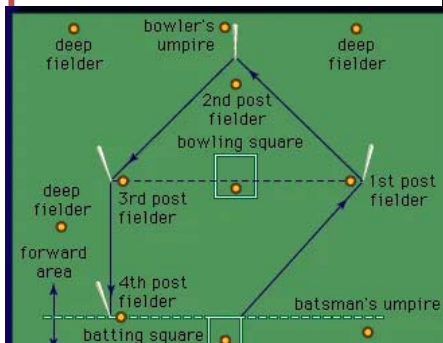
Year 8 PE- Rounders

Key words in rounders: Deception: to trick your opponent by using a tactic/ technique they aren't expecting. Outwit: to get the better of your opponent to win/ score. Trajectory: The angle the ball should travel



RULES OF PLAY

- 1.. You must keep in contact with a post once you have decided to stop.
4. A no ball is: above the batters head, below the knee, the wrong side of the body, too wide and too close into the body.
5. You must run around the outside of the posts
6. . If you hit a ball behind, then you must wait at first post until the ball comes forward of the batting box. You may then run on.
7. If you hit the ball and get all the way round you score 1 rounder, if you get to 2nd post, you score ½ a rounder. If you do not hit the ball but get all the way round you score ½ a rounder. You also score ½ a rounder if you get 2 no balls bowled at you.
8. You get ½ a rounder for obstruction if the fielders get in the way of your run to a post.



Skill/tactic	Teaching points
Batting	<ul style="list-style-type: none"> • Stand sideways on to the bowler with the bat up and behind you. The arm will be in a 90 degree angle. • Step in with the opposite leg. • Swing through with the hips and follow through with the bat to contact the ball. • Move body and arm position to hit ball in a different direction but always in front of you. • DO NOT DROP THE BAT and unless the umpire shouts no ball you must run.
Bowling	<ul style="list-style-type: none"> • Straight bowl- swing your ball holding arm back, as you swing the arm forwards step in with the opposite foot. Release the ball around hip height and follow through straight and pointing at the batter. • Spin bowl- swing your ball holding arm back, as you swing the arm forwards step in with the opposite foot. As you release the ball around hip height twist your hand Clockwise (closing a door) Follow through straight at towards the batter. • Riser- Keep your body low by bending the knees, as you swing your arms forward, step forward with the opposite foot. Release the ball around knee height. Follow through higher than release. • Donkey drop- swing you ball holding arm back, as you swing the arm forwards step in with the opposite foot. Release the ball around rib height and follow through above the batter. • What could you change these further to outwit your opponent?

Exit Routes: Find a team near you:
Find a team near you
<https://www.roundersengland.co.uk/team-locations>

Wider reading/ video: batting
<https://www.youtube.com/watch?v=smTBrE52Fag>



Overview topic: Rounders

Self Quiz Questions	Self Quiz Questions	Challenge Self Quiz Questions
1. When do you use an underarm throw?	1. List 3 fielding positions.	1. How can stepping in help to outwit your opponent when batting?
2. When do you use an overarm long throw?	2. How many hands do you use to hold the bat when batting?	2. Why is it important to be able to use different types of bowling?
3. When do you use an overarm short throw?	3. Name the two different umpires.	3. Explain why you bring the ball in towards the body when you catch it.
4. List the 4 main types of bowl.	4. Draw the trajectory of a donkey drop.	4. How can you change a bowl to make it harder to hit?
5. You must bowl the ball between which two body parts of the batter?	5. How many umpires are there?	5. Explain why you need to try to hit the ball away from the fielders.
6. Define trajectory in terms of bowling in rounders.	6. Draw the trajectory of a riser bowl.	6. What does 2 no balls give the other team?
7. Draw the trajectory of a straight bowl.	7. Describe the role of a deep fielder.	7. Why do you join the knee and heel to perform a long barrier?
8. Describe the role of 2 nd post.	8. Describe the role of the backstop.	8. Why must the fielders stay in front of the posts?
9. What other sport uses a long barrier?	9. When bowling who's hands do you aim for?	9. Explain what a batter must do if they hit the ball backwards.
10. List three ways that a bowl can be a no ball.	10. List 2 ways that you can score half a rounder.	10. Explain 2 reasons you stump a post when fielding?
Total score:	Total score:	Total score:

Year 9 PE- Rounders

Key words in rounders: Deception: to trick your opponent by using a tactic/ technique they aren't expecting. Outwit: to get the better of your opponent to win/ score.



Umpire rules:

The officials in rounders:

1. There are two umpires in a rounders game
2. The batting umpire and the bowling umpire
3. The batting umpire is positioned in line with the batting square.
4. The batting umpire calls no balls that are too high and too low.
5. The batting umpire makes decisions about 1st and 4th post.
6. The bowling umpire stands in the field out behind 2nd post.
7. The bowling umpire calls no balls that are wide, wrong side or a body ball.
8. The bowling umpire makes decision regarding 2nd and 3rd posts.
9. The umpires must make loud clear calls so everyone on the pitch can hear the decisions.

Batting:

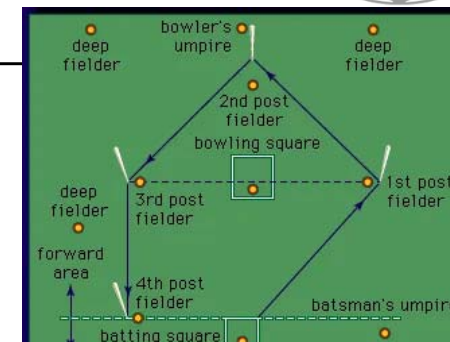
Forehand
Backhand

Where to place the ball?

Away from fielders
Infront of the batting box
Low so its difficult to catch
Right handed players will hit to the right
Left handed players will hit to the left

Deception when batting:

Hit away from the fielders to increase the chance of scoring
Change the direction of your bat to confuse the fielders (if you are right handed change the body position and hit to the left)
Change the speed that you hit with at the last minute to outwit the fielders so that they are not prepared for your bat



Throwing on the turn:

This is an advanced technique, used to prevent rounder's.

Technique: Run inside line of ball. Pick up ball alongside right foot. Step onto left foot.. Jump, turning in the air.. Aim at target with left arm. Throw while still in the air .

Back hand hit:

The backhand technique is used for tactical reasons to trick the opposition.

- Start out in a normal batting stance- side ways stance
- once the bowler releases the ball bring the bat across your body and swing to strike the ball using a backhand hit.
- Swing the arm away from the body and extend the arm at the elbow
- If executed with accuracy, the ball should be placed between first and the back line where many teams wont have a fielder in position.

- **What other sports use a backhand technique?**

RULES OF PLAY

1. You must keep in contact with a post once you have decided to stop.
2. A no ball is: above the batters head, below the knee, the wrong side of the body, too wide and too close into the body. 2 no balls give the other team half a rounder.
3. You must run around the outside of the posts
4. If you hit a ball behind, then you must wait at first post until the ball comes forward of the batting box. You may then run on.
5. If you hit the ball and get all the way round you score 1 rounder, if you get to 2nd post, you score $\frac{1}{2}$ a rounder. If you do not hit the ball but get all the way round you score $\frac{1}{2}$ a rounder. You also score $\frac{1}{2}$ a rounder if you get 2 no balls bowled at you.
6. You get $\frac{1}{2}$ a rounder for obstruction if the fielders get in the way of your run to a post.

Wider reading/ videos: <https://www.youtube.com/watch?v=RfXWXh5wpv4>
<https://www.roundersengland.co.uk/play/rounders-rules/>

Exit Routes: Find a team near you

<https://www.roundersengland.co.uk/team-locations>

How to become an umpire:

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



Overview topic: Rounders

Self Quiz Questions	Self Quiz Questions	Challenge Self Quiz Questions
1. How many umpires are there?	1. List two ways a ball can be classified as a no ball.	1. Explain the backwards hit rule.
2. What are the names of the umpires?	2. Describe the role of a deep fielder.	2. When performing a back hand hit why do you start in a regular sideways stance?
3. If you don't hit the ball what is the maximum runs you can score?	3. Describe the role of the backstop.	3. Explain what a batter must do if they hit the ball backwards.
4. How do you score the above?	4. Describe the role of 2 nd post.	4. Explain how a fielder can cause obstruction.
5. List two ways that the fielders can give away rounder?	5. Define what is meant by .outwitting in rounders	5. What happens if obstruction occurs?
6. Name the two techniques for batting the ball.	6. Generally where will a right handed player hit the ball?	6. What is the difference in jobs between first and last post?
7. Define deception.	7. What would deep fielders do when a left handed player is batting?	7. What qualities do umpires need? List 2.
8. List two other sports that use a back hand technique.	8. Give one example of how a fielder can back up another fielder.	8. Explain what happens if there is a no ball?
9. List two ways you can use deception when batting.	9. Which side of the post must you run on?	9. Explain two teaching points for a backhand hit?
10. What does throwing on the turn aim to do?	10. Where should a bowl be placed?	10. What is the benefit of a backhand hit?
Total score:	Total score:	Total score: