

Learning intentions	Success criteria
To know the basic throwing technique and apply in a modified game	To apply correct technique when throwing and achieve high levels of consistency in a modified game
To understand defensive and attacking techniques in fielding	To be able to attack the ball and apply long barrier technique when appropriate in a modified game
To apply correct bowling technique within modified conditions	To apply teaching points when bowling in modified games

Skills

Throwing (Overarm & Underarm)	<ul style="list-style-type: none"> o Overarm – Non throwing arm pointing towards target, arm above shoulders o Underarm – Throwing arm finishes towards target, collect the ball one handed with same foot next to the ball (Right hand Right foot)
Fielding	<ul style="list-style-type: none"> o Long barrier – Knee touches the ground o No gap between knee and foot o Hands in front for knee to collect ball o Attacking the ball – Two hands to collect ball o Fingers pointing to the ground, attacking ball with pace
Bowling	<ul style="list-style-type: none"> o Correct Grip o Know where to bowl the ball in relation to the body o Arm comes through straight

RULES:

Do not drop the bat when batting
 Run around outside of posts
 Ball must not touch the ground first for a catch
 Ball must be bowled between the batters head and knee
 1/2 a rounder is scored if the batter hit the ball and stops at second base, a full rounder is scored if the batter hits the ball and runs the whole way around to 4th base.
 1/2 a round is scored if the batter doesn't hit the ball and runs all the way round to 4th base.

Kit

St Ivo Jersey
 Black Shorts
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 Sports Trainers

STRETCH AND CHALLENGE

Use resource cards to further understanding
 Compete in School Rounders Team
 Peer Assessment

LINKS TO WIDER CURRICULUM

Anatomy and physiology: name the bones and muscles within the arms for Throwing.
 Ulna, Radius, Humerus, Bicep and Triceps

KEY WORDS

Co-ordination – The ability to move two or more body parts at the same time

No Ball – Foul ball which does not meet the rules and will need to be bowled again

Backstop – Fielding position behind the batter

Bowler – Person who bowls the batters



Learning intentions	Success criteria
To apply correct batting technique within modified games	To be able to consistently use correct batting technique during modified game
To develop advanced bowling skills and apply within set conditions	To be able to gain advantage and use different bowling skills to deceive batter in a game scenario
To understand different officiating rules and signals	To be able to officiate within a game

Skills

<p>Batting</p> <ul style="list-style-type: none"> o Correct grip o Feet shoulder width apart o Non hitting arm to help make contact with the ball
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<p>Advanced Bowling</p> <ul style="list-style-type: none"> o Use a range of different deliveries o Perform a "donkey drop" o Use spin and change of pace to deceive batter

<p>Officiating</p> <ul style="list-style-type: none"> o Correct signals o Know where to stand on the field
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LINKS TO WIDER CURRICULUM

Anatomy and physiology: name the bones and muscles within the legs that.
Femur, tibia, fibula, patella, gastrocnemius, hamstring and quadriceps.

KEY WORDS

Donkey Drop – Bowler bowls the ball which goes above the batters eye line and drops between the shoulder and knee of batter

Out – Can be stumped, caught, drop bat

Weight Transfer – Moving body weight from back for front



Learning intentions	Success criteria
To understand how to adapt body position to achieve maximum success in batting	To be able to change batting stance to hit the ball into desired area
To know a range of different tactics and know its benefits	To apply tactics in a game situation to help team achieve success
To have a knowledge of own performance and opponents weakness	To show own personal strengths and implement them within a game

Skills

Advanced Batting	<ul style="list-style-type: none"> Twist body to manoeuvre the ball into gaps Backhand shot Transfer body weight gain maximum power in shots
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Tactics	<ul style="list-style-type: none"> Decide batting order depending on teams strength Analysis weakness of opponent and use appropriate bowling delivery
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Match Awareness	<ul style="list-style-type: none"> Decided fielders best positions based on strengths Understand where and how to hit the ball when batting Hit the ball into gaps in increase chances of getting full rounder
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LINKS TO WIDER CURRICULUM

Anatomy and physiology: Learn different movements at joints – Circumduction movement in shoulder when bowling

Greater link to GCSE PE

KEY WORDS

Backhand Shot – Batting shot where the back of batter hand is proceeding the palm

Circumduction Movement – Joint moves in a circular motion

Abduction – Movement of body limbs away from the midline of the body

