

Year 3 Term 5
PHYSICAL EDUCATION
Rounders



National Curriculum Links:

Use running, jumping, throwing and catching in isolation and in combination
 Play competitive games... including rounders... and apply basic principles suitable for attacking and defending
 Develop flexibility, strength, technique, control and balance.
 Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Essential Prior Learning:

Hit a still ball with a bat using hand-eye coordination.
 Bowl underarm so the ball reaches a partner safely.
 Catch a ball safely using a cupped-hands technique.
 Know the basic rule about when batters must run.
 Manage setbacks and celebrate successes with others.
 Work with others, understand your personal best, and choose equipment that helps you succeed.

Progression in Skill:

Hit a static ball with a rounders bat standing side on; explore holding the bat with one or two hands.
 Bowl a ball underarm into a partner's hands, aiming for between shoulder and knee height.
 Catch a ball directly bowled to hands, keeping the body in line with the ball.

To catch the ball without injury, create a cup with the hands, keeping little fingers together; pull the ball into the chest when receiving.

Batters can use a one or two-hand grip for rounders. Batters must run with their bat once they've hit the ball but must run after the third ball, whether they have hit it or not.

Nicola Hedge: So passionate about Rounders she now inspires others by being a coach, umpire a Rounders tutor and a coordinator of a league!

Be able to manage failure.
 Celebrate personal successes and those of others.
 Work with a small group to play games and solve challenges.

Begin to recognise what my own personal best looks like.
 Make choices based on opportunities for success. (eg choosing a larger tennis racket knowing you are more likely to be successful in hitting the ball).

Long-term Memory Knowledge:

Hit a still ball using a rounders bat and try holding the bat in different ways.
 Bowl a ball underarm to a partner so they can catch it safely.
 Catch a ball by making a cup with your hands and bringing it into your chest.
 Run after you hit the ball, and always run after the third ball.
 Learn about someone who loves rounders and helps others enjoy it too.
 Cope when things don't go well and celebrate successes.
 Work with a small group to play games and solve problems.
 Notice what your own personal best looks like.
 Make choices that help you be more successful (like choosing a bigger racket to help you hit the ball).

Key Vocabulary

Batter	The player who hits the ball.
Bowl/bowling	Rolling or throwing the ball underarm towards someone.

Catch	Taking hold of the ball safely with your hands.
Grip	How you hold the bat in your hands.
Working together	Working together with others to play, solve problems, or succeed.
Personal best	The best <i>you</i> have ever done at something.

Progression in Resources:

Rounders bat, rounders ball, tennis balls, sponge balls, tennis rackets

Relevance

Now	Children can use simple rounders skills such as hitting, bowling and catching with growing control. They can work with others, try their best, and recognise when they are improving.
Future	Children may choose to build their skills further by joining a school or local sports club. They will grow in confidence, try new challenges, and enjoy being more active with others.
Aspiration	Children may aim to play regularly, compete in matches or events, or take on roles like team member or leader. They will strive to reach personal goals and feel proud of their achievements in sport.