



Rounders is a sport that has been played in England since the Tudor times. It is a bat and ball game which is played between two teams. The very earliest rules for rounders were decided in Ireland in 1884. Nowadays, there are many modern variations of this game such as kickball rounders, indoor rounders and wheelchair rounders.

Overview and aims of this unit:

This term, children will be focussing on developing a range of skills within the game of rounders, including batting, bowling and fielding in different positions. They will learn about the tricky art of footwork, marking and positioning. Rounders is a great way to develop the following school games values: respect, determination and self-belief. Children will also have the opportunity to develop their teamwork skills in group games.

ROUNDERS

The Match:

A match usually consists of two innings and the aim is to score the most amount of points whilst also getting the batting team 'out' as quickly as possible.

Bowling:



Low catch:

High catch:



Key vocabulary:

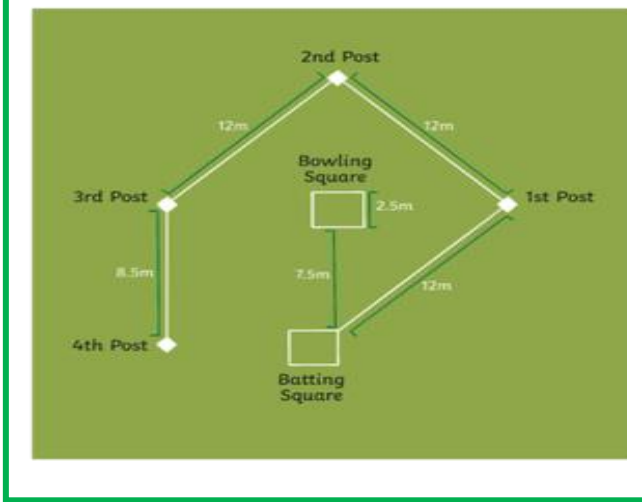
Batting- a skill which allows the bat to contact the ball. We will learn about batting parallel to the floor and swinging the bat in line with the wickets.

Bowling- a technique to deliver the ball in the correct position for the batter to hit.

Throwing and catching- being able to field the ball to the correct position at the correct pace and direction.

Match play- a skill used to understand the basics of the game, the scoring, the rules and the player's positions.

Fielding – the action of collecting the ball after it has been struck by the batter. In rounders, the fielding team are the team who are not batting.



Rules:

- Rounders games are played between two teams. Each team has a maximum of 15 players and a minimum of 6 players. No more than 9 players may be on the field at any one time.
- One team bats while the other team fields and bowls.
- The bowler bowls the ball to the batter who hits the ball forward on the Rounders Pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for.
- If the batter reaches the 2nd or 3rd post in one hit, the batting team scores ½ a Rounder. If the batter reaches 4th post in one hit, the batting team scores a Rounder.

Mental Health and Wellbeing:

Engaging in physical activity can help us take care of our mental wellbeing. Here are some questions for you to think about?

How does rounders make you feel physically?

How does rounders make you feel mentally?

Does playing in a team support your well-being? Why?