

Rounders

Key Vocabulary for Rounders

Fielders - an opponent of the striker, who gathers the ball for their team.

Stance – the position you take before striking the ball.

Retrieve – when the ball comes in your direction.

Two-handed pick up – collecting the ball with two hands, the safest method of receiving the ball.

Short barrier – fielders who are positioned close to the batter ready to receive the ball.

Tracking – following the path of the ball.

Bowling – throwing the ball to the batter.

Outwitting – using tactics to score points or runs.

Bicep – a large muscle in the front of the upper arm.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

Fundamentals

Key Vocabulary for Fundamentals

Distance – the length of the space between two points.

Technique – a skill or ability.

Control – the ability to manage a moving object.

Tension – the state of being stretched tight.

Coordination - the ability to use different parts of the body together smoothly and efficiently

Rhythm - a strong, regular repeated pattern of movement or sound.

Heart rate - the amount of time the heart beats per minute.

Pulse - the feeling of the heart pumping blood around the body.

PE Year 4: Summer 2

Key Knowledge for Rounders

Striking: know that using the centre of the bat will provide the most control and accuracy. **Fielding:** know that it is easier to field a ball that is coming towards me rather than away so set up accordingly.

Throwing: understand that being balanced before throwing will help to improve the accuracy of the throw.

Catching: know to track the ball as it is thrown to help to improve the consistency of catching.

Tactics: know that applying attacking tactics will help to score points and avoid getting out. Know that applying defending tactics will help to deny space, get opponents out and limit points.

Rules: know and understand the rules to be able to manage our own game.

Key Questions

Rounders

How do batters make it harder for fielders to field the ball?

How can we score the most points possible?

What makes a good umpire?

How do batters decide whether to run or stop?

What makes a good fielder?

What does good sportsmanship look like?

Why should we play to the rules?

Fundamentals

Tension of which part of your body will help increase your balance?

Why are your arms so important when you are sprinting?

How can you identify when someone is aiming to achieve a fast pace when they are running?

Why does jumping allow you to travel further than hopping?

How can you show good sportsmanship whilst competing?

Key Knowledge for Fundamentals

Running: understand that leaning slightly forwards helps to increase speed (acceleration). Leaning my body in the opposite direction to travel helps to slow down (deceleration).

Balancing: understand how balance helps us with everyday tasks.

Jumping and hopping: know that if I jump and land in quick succession, momentum will help me to jump further.

Skipping: understand that I should turn the rope from my wrists with wide hands to create a gap to step through.

Key Skills for Rounders

Striking: develop batting technique with a range of equipment.

Fielding: develop bowling with some consistency, abiding by the rules of the game.

Throwing: use overarm and underarm throwing with increased consistency in game situations.

Catching: begin to catch with one and two hands with some consistency in game situations.

Key Skills for Fundamentals

Running: change direction. Show an increase and decrease in speed.

Balancing: demonstrate balance when performing other fundamental skills.

Jumping and hopping: link jumping and hopping actions.

Skipping: jump and turn a skipping rope.