

# Rounders

## Key Vocabulary for Rounders

Obstruction – a fielding in the path of a batter, who is seeking to score points.

Drive hit – hitting the ball on the upwards trajectory.

Defensive hit – hitting the ball in a direction that will prevent the opponents from advancing.

Tracking – anticipating the path a ball will roll.

Outwitting – using tactics to gain an advantage.

First base – the first point of the fielder that a batter can remain at without being called out.

Batting square – a designated area for the batter to receive the ball.

Umpire - an official who watches the game and enforces the rules.

## Key Knowledge for Rounders

**Striking:** understand that the momentum and power for striking a ball comes from legs as well as arms.

**Fielding:** know which fielding action to apply for the situation.

**Throwing and catching:** consistently make good decisions on who to throw to and when to throw in order to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.

**Tactics:** understand and apply some tactics in the game as a batter, bowler and fielder.

**Rules:** understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.

## Key Skills for Rounders

**Striking:** strike a bowled ball with increasing accuracy and consistency.

**Fielding:** use a wider range of fielding skills with increasing control under pressure.

**Throwing:** consistently demonstrate good technique in throwing skills under pressure.

**Catching:** consistently demonstrate good technique in catching skills under pressure.

## 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.

# PE Year 6: Summer 2

## Key Questions

### Rounders

How do we throw for distance?

Why should we respect an umpire?

What is an effective bowling technique?

How do we know what to do with the ball?

What makes a successful fielder?

When should we take more risks?

Which tactics are the most effective?

### Volleyball

What is the ready position?

How can we beat the opposition?

What is the purpose of a set shot?

What is the most effective technique for a volley?

How can we use the dig effectively?

How can we make it difficult for the opposing team to return the ball from our serve?

How can teams score points?

Which are the most effective tactics?

# Volleyball

## Key Vocabulary for Volleyball

Dig – striking the ball into the air, preventing the ball from touching the ground.

Set – position the ball for a team mate to hit the ball over the net.

Deep – a position taken towards the back of the court.

Defensive – striking the ball to a position the opponent cannot attack and score.

Volley – striking the ball without it touching the ground.

Gastrocnemius - the largest muscle in the rear of the lower part of the leg also known as the calf

Lateral passing - passing sideways to retain possession.

## Key Knowledge for Volleyball

**Shots:** understand the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court.

**Serving:** begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.

**Rallying:** understand how to play different shots depending on if a rally is cooperative or competitive.

**Footwork:** know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.

**Tactics:** understand when to apply some tactics for attacking and/or defending.

**Rules:** understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.

## Key Skills for Volleyball

**Shots:** demonstrate increased success and technique in a variety of shots.

**Serving:** serve accurately and consistently.

**Rallying:** successfully apply a variety of shots to keep a continuous rally.

**Footwork:** demonstrate a variety of footwork patterns relevant to the game I am playing.