

SUBJECT: PE

UNIT: Year 7 – Rounders



Key Skills:

UNDERARM BOWLING – Hold ball in dominant hand, step forward with opposite leg, swing arm and release ball before shoulder height. Aim for the backstops hands.

BATTING/HITTING – Stand sideways on to the bowler with the bat up and behind you. Swing through with the hips and follow through with the swing.

CATCHING – you can get someone out by catching them or by stumping them at a post after catching the ball. Get in position under the ball, hands in a cup shape. Bring the ball close into the body to ensure it is not dropped.

THROWING – a high elbow, the correct grip of the ball and power through the arm, achieves an effective overarm throw.

FIELDING - using different techniques in order to get the ball back to the bowler or to a post. E.G. long barrier fielding for stopping a low or rolling ball.

A Match

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.

A match usually consists of two innings.

Both teams bat and field twice, the winning team is the one with the most rounders at the end of the game.

An innings can consist of a set number of good bowls or until the fielding team have fielded all the batting team out

Rules

1. You must start in the batting box and not step out of it.
2. You only get 1 ball bowled at you, after which you must run whether you hit it or not.
3. You must keep in contact with a post once you have decided to stop.
4. A no ball is – above the batters head, below the knee, the wrong side of the body, too wide and too close into the body.
5. If you hit a ball behind, then you must wait at first post until the ball comes forward of the batting box. You may then run on.
6. If you hit the ball and get all the way round you score 1 rounder, if you get to 2nd post, you score $\frac{1}{2}$ a rounder. If you do not hit the ball but get all the way round you score $\frac{1}{2}$ a rounder.

Keywords

Base
Post
Batter
Bowler
Rounder
Decision making