



St John Fisher RC Primary School

KS1 PE Knowledge Organiser Summer Term One: Rounders (Bat and Ball)

This rounders unit will teach the children the skills and techniques needed in order to take part in rounders games in KS2.

Why do we do PE?

We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.

Rounders Overview

The rounders (bat and ball) unit will teach the children the skills and techniques needed in order to take part in rounders games. The children will learn the fundamental skills of both batting and bowling, developing their ability to hit and strike a ball towards different areas of a rounders pitch, as well as learning the technique for bowling from a standing position. Children will develop their fielding skills by learning how to catch balls travelling along different trajectories or pathways and will be introduced to the different ways of stopping a ball travelling along the ground. Throughout the unit, language and terminology used in rounders will be introduced and explained.

Week 1 – Racket Recap

In this PE unit we are going to practise using two different types of bat. We will be using a tennis racket and a rounders bat. During this lesson we are going to recap how to hold a racket correctly to hit a ball and we will be using our hand-eye coordination. We are going to hold our racket and try to hit the ball forwards. We will hold the ball above our racket with our other hand, drop the ball and hit it forwards.



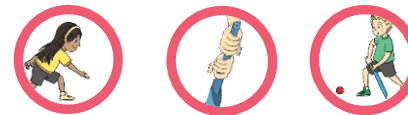
Week 2 – Hit It Back

During this session we are going to be hitting a ball that has been thrown by our partner and then progress to use a simple tactic to play a competitive game. The skills which we will work on today are practising an underarm throw and hitting a moving ball. We are going to use all of the skills that we have practised to play a game with our partner. The tactic is to look for spaces on the court so that our partner can't touch the ball before it bounced.



Week 3 – Control

The skills which we are going to work on during this session are: rolling a ball accurately, holding a rounders bat and hitting a ball with a rounder bat. We will bend our knees when rolling the ball and make sure the ball is travelling along the ground. We will hold our rounders bat with two hands, with our writing hand at the bottom of the handle and we will swing our bat backwards before we hit the ball. We will work with our partner and help each other to remember each skill.



Week 4 – Getting Game Ready

During this lesson we are going to practise a range of rounders skills. We will hit a ball that has been rolled, hit a ball to a target and throw a ball overarm. We will learn about the different rounders jobs of the bowler, the batter and the fielders. We will use the tactic that hitting the ball into a space between the fielders makes it more difficult for them to stop it quickly.



Week 5 – Let's Play

During this session we are going to combine the skills we have learned to play a competitive game. We are going to learn how to cooperate effectively with our team. We will use the skills of rolling to hit, hitting a moving ball and overarm throwing. We will continue to use the tactic that the batter needs to try and hit the ball into a space to make it more difficult for the fielders. We will also evaluate the performance of our partner.



Rounders Resources



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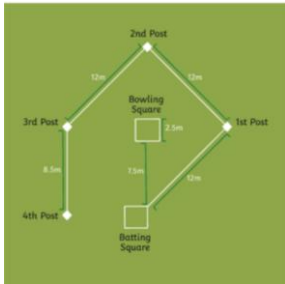
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Rounders – Key Vocabulary	Rounders – How to Play and Resources	Talent Squad – Rounders England
<ul style="list-style-type: none"> • Backstop – The fielding player positioned behind the batter. • Bases – A station marked out by a post on the pitch where batters can wait between bats or the fielding players stationed in these positions. • Batter – The batter is the person whose turn it is to bat the ball. • Batting Stance – The position a player adopts when preparing to bat the ball. • Bowler – The player who throws the ball underarm towards the batter. • Deep Fielder – A player who is positioned far out on the pitch. Their job is to retrieve and return the ball after it has been hit by a batter. • Field – To attempt to stop or catch and return the ball after it has been hit by the batter. • Fielders- The players in position out on the pitch or field whose aim it is to stop the opposing team from scoring. • Game Plan – Agreed strategies and tactics used to positively impact gameplay. • Judgement – Good judgement is about making a decision and reacting accordingly. • Match – In rounders, a match is a game played with two opposing teams who each get two innings at batting and two innings at bowling. • No-Ball – A no-ball is called when the bowler does not deliver the ball correctly to the batter. • Outwit – To act cleverly in order to get the better of an opponent. • Over- arm throw- The action of throwing a ball after first taking the ball back behind the body and powerfully pushing the arm forwards over the head, releasing the ball as it passes the head. • Pitch – A marked out playing area on which a rounders match is played. • Sportsmanship – Playing fairly according to the rules. • Strategy – A long term plan to achieve a goal. • Tactics – The actions performed by individual players to work towards an agreed strategy. • Technique – A way of performing specific actions correctly and effectively. • Umpire- An official who watches the match and ensures that the rules are upheld and players conduct themselves professionally. • Underarm Throw – The action of throwing the ball after first swinging the arm low and backwards behind the body and then forwards to release the ball at about waist height. 	<p>What is rounders? Rounders is a sport that has been played in England since Tudor times. It is a bat-and-ball game that is played between two teams. The very earliest rules of rounders as a sport were devised by the Gaelic Athletic Association in Ireland, in 1884.</p> <p>What are the rules of rounders?</p> <ul style="list-style-type: none"> - Rounders games are played between two teams. - Each team has a minimum of 6 players and a maximum of 15 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 the 4th post in one hit, the batting team scores a full rounder. - Games are usually played over 2 innings with the aim of the game to score the most rounders. <p>Resources</p> <ul style="list-style-type: none"> Rounders bats Rounder balls 4 posts to mark the four bases 	<p>The Rounders England Talent Squad is open to women and girls only. The Talent pathway offers aspiring players a unique and exciting journey into the world of competitive rounders.</p> <p>To play in the England Squads individuals must demonstrate exceptional potential at regional Talent Hub training sessions. The journey extends beyond the regional level. Players are then propelled into the realm of inter-hub competitions and external contests, where they proudly represent their regional hub on a competitive stage. This exposure not only hones their skills but also instils a sense of teamwork and sportsmanship.</p> <p>The culmination of this journey sees a selection of standout individuals from the regional hubs proudly represent England in fixtures throughout the season. This not only provides a platform for players to exhibit their prowess on a national stage but also fosters a sense of pride and accomplishment as they wear the England kit.</p> <p>The Rounders England Talent Squad pathway is more than a series of steps; it is a transformative experience that nurtures talent, instils discipline, and fuels the passion for the dynamic sport of rounders.</p>

