



St John Fisher RC Primary School

KS2 PE Knowledge Organiser Summer One : Rounders

This rounders unit will teach the Year 5 children the skills and techniques needed in order to take part in a competitive game.

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

Rounders has been played since the Tudor times. It is a striking and fielding game which involves two teams taking turns to bat and field. There can be a minimum of six and a maximum of 15 players on each team. Up to nine players can be on the field during a game with up to six substitutes. The game is played on a pitch which is marked out with a batting square, a bowling square and four posts. The aim of the game is to hit the ball and then run around the posts to score a rounder.

Week 1 – Batting & Bowling

This session focuses on using the correct technique for batting and bowling. Learning the correct batting technique will help the batter hit the ball further.

Batting

- Hold the bat with one hand using the 'handshake' grip.
- Stand side-on to the bowler, holding the bat behind.
- Lean back, then lean forward to your front leg when swinging at the ball.

Bowling

- Hold the ball in the dominant hand and swing the arm back.
- Swing the arm forward whilst transferring weight to the front leg.
- Release the ball about waist height, aiming for the backstop's hands.

Week 2 – Throwing & Catching

During a game of rounders a number of different types of throws and catches will be required during this session.

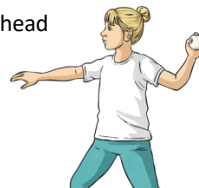
Catches

- High ball
- Low ball
- One handed
- From a fast throw
- Running in for a catch



Throws

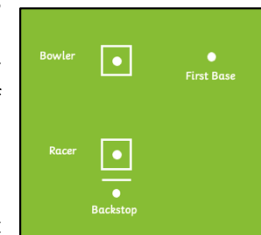
- Underarm
- Bowling
- Long throw – overarm
- Overhead
- Fast
- Low



Week 3 – Backstop & Bases

The Triangle - In rounders, the triangle is made up of three key fielders: **bowler**, **backstop** and **first base** who have the following key responsibilities:

- **Bowler** – Bowls to the backstop's hands.
- **Backstop** – Stands behind the batter to pass the ball back to the bowler (if the batter fails to hit the ball).
- **First Base** – A fielder who stands on the first base ready to catch the ball thrown by the backstop to stump out the batter.



Week 4 – Deep Fielding



The deep fielders are the ones far out on the pitch who are responsible for retrieving the ball if the batter makes a long distance hit. They may throw the ball to a fielder at a base or to the bowler. This session focuses on the importance of deep fielding. Deep fielders may be positioned as appropriate according to each game and they may move their position as they 'read' the game and anticipate where each batter is likely to hit the ball.

Week 5 – Tactics & Strategy

In this session we will focus on playing the game. How will we work together as a team to win the game? What are tactics and strategies?

Tactics

Tactics are the actions you perform to achieve a goal, e.g. backstop throwing the ball straight back to the bowler to reduce the risk of overthrowing to first base.

Strategies

Long term plan or approach to achieve a goal, e.g. to stop batters scoring from a non-hit.



Week 6 – Playing a game

In this session we will Talk to the other members of our teams. What tactics and strategies are you going to use to help you in the game? Remember to keep thinking strategically and adapt your positions and tactics to reflect the game.

Play the full match according to the official rules. Which team will win? As we play, it is important to think about all the different skills learnt in this unit to make sure we play our best and help our teammates.





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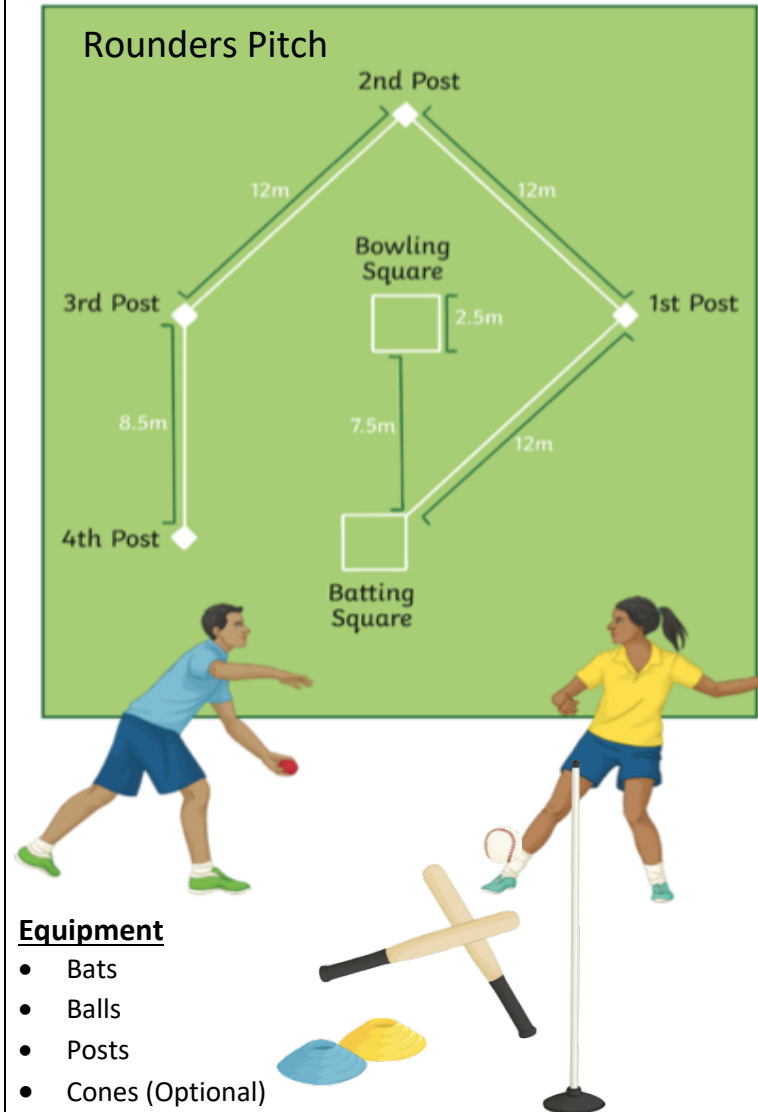
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Rounders – Key Vocabulary

- **Backstop** – Part of the fielding team who returns the ball to the bowler after each delivery.
- **Batting** – To hit or strike a ball with a rounders bat.
- **Batsman** – The person who is attempting to hit or strike a ball.
- **Bowler** – The person delivering the ball toward the batsman.
- **Catch** – To use your hands to stop the ball from hitting the floor.
- **Delivery** – Bowling the ball toward the batter.
- **Fielding** – A team that stops the ball from travelling too far, tries to catch the ball in order to stop rounders being scored by the other team.
- **Innings** – The amount of time a team takes to bat and score rounders.
- **Outfield** – The furthest part of the rounders pitch.
- **Pitch** – The playing area used to play the game.
- **Rounder** - The process of the batter running around the complete pitch (all 4 posts) without being caught out.
- **Run** – A point scored for every run between the two wicket points.
- **Stance** – Standing in a certain way ready to bat, bowl or catch.
- **Teamwork** – Working together to score rounders or to stop the other team from getting around the pitch.
- **Trajectory** – The arc or path that a moving ball takes.
- **Underarm Throw** - A low throw of a ball with the arm going 'under' the top of the body.

Rounders – How to Play



Equipment

- Bats
- Balls
- Posts
- Cones (Optional)

- Set up the pitch as per the diagram.
- Place a cone at each post, bowling square and batting square.
- Split into two even teams.
- One team bats while the other fields and bowls.
- The bowler bowls the ball underarm to the batter who hits the ball and runs to as many posts as they can reach before the fielders touch the base they are heading to with the ball.
- A batter has 3 goes at hitting the ball.
- A batter can still run if they do not hit the ball. The can however only run to the first post. This is also the case if they hit the ball behind them.
- The batter is out if their ball is caught before hitting the ground or if the post they are running to is touched by the ball before they get there.
- If a batter does not get all the way round the pitch on their turn they must run on when the next batter hits the ball.
- A batter must not run on when the bowler has the ball.
- A batter cannot overtake a previous batter at a post. If this happens, the person overtaken is out.
- Two batters cannot stay at one post.
- The batter scores 1 point for each post reached or a rounder (5 points) if they get all the way round in 1 go.
- The team with the most points wins.