

Rounders — Catching (Waist height)

SECONDARY KEY STAGE 3 PE /// STRIKE/FIELD

Content outline

This activity aims to focus on the correct technique to catch a ball at waist height.

- Correct body position
- Positioning of hands



This resource and supporting video have been created by:

Louise Edwards, William De Ferrers School

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Increase the distance from the wall (to make the task more difficult)
- Decrease the distance from the wall (to make the task easier)



Task

- Time how long you can perform 10 successful catches from a consistent distance to the wall
- How many catches can you complete within a 30 second time limit?



Equipment

- Change size of ball
- To increase difficulty, use a smaller ball (Eg table tennis ball)
- To decrease difficulty use a bigger ball (Eg.a football or netball)



People

- If you have another person in your house, ask them to feed the ball for the activity
- Ball feeder can increase difficulty by changing the speed and direction of the ball feed
- Challenge a friend with an online competition or as a pair

Learning intention

Physical:

- To develop the technique of catching a ball at waist height

Personal:

- Improving confidence

Learning questions:

- On a scale from 1-10 (1 being low), how would you rate your completion of the activity?
- Explain why you have given yourself this score?
- Identify 3 coaching points for catching a ball at waist height
- When would you choose to use this type of catch during a game of Rounders?