

## Rounders — Catching (below waist height)

SECONDARY KEY STAGE 3 PE /// STRIKE/FIELD

### Content outline

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

- Correct body position
- Positioning of hands



This resource and supporting video have been created by:

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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 below 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?
- Why is catching such an important skill in Rounders?