

Content outline

This activity aims to focus on developing the long barrier fielding technique for Rounders.

- Correct body position
- Movement towards the ball
- Resilience
- Motivation



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

- Adapt the distance away from the wall, increase the distance to make the task more difficult
- Increase the speed the ball is traveling to also make the task more difficult
- How many successful long barriers can you perform in 10 attempts?
- Can you create a task to challenge your skills further?



Equipment

- Change size of ball / item being thrown
- Using a small ball (such as a tennis ball) will make the task more difficult
- Using a larger ball (such as a football) will make the task easier



People

- If you have another person in your house, work together to roll the ball to one another
- If you have created a challenge using this skill - Challenge other people to a competition, and create a point scoring system

Learning intention

Physical:

- To develop the long barrier fielding technique in Rounders

Personal:

- Personal Challenge
- Motivation

Learning questions:

- What are the key technical points for the long barrier in Rounders?
- When would you use this skill during a game?
- Explain how you could teach this skill to someone else?
- Why would you choose this skill instead of a short barrier?
- What are the key differences between the long and short barrier?
- When were you most successful during the task? And why?



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