

Content outline

This activity aims to focus on developing the batting technique for Rounders.

- Correct body position
- Accuracy
- Perseverance



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



Task

- Adapt the distance away from the target, increase the distance to make the task more difficult
- How many times can you hit your target in 10 attempts?
- Change the size of your target to adapt the difficulty
- Can you create a task to challenge your skills further?



Equipment

- Change size of ball / item being thrown
- Change the size of the target
- What household items can you use as a bat (Eg Tennis racket, or a book)



People

- If you have another person in your house, work together to bowl the ball to one another – making sure this is from 7.5m away if possible
- 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 basic batting technique in Rounders

Personal:

- Perseverance

Learning questions:

- Describe how to hold a bat
- What do you do with your body weight during the skill?
- What are the key teaching points for the batting technique?
- What do you need to do if you want to hit the ball in different directions?
- Where is the best place to aim when batting in a game?
- When were you most successful during the task? And why?