

## Rounders — Intercepting and returning the ball

SECONDARY KEY STAGE 4 PE /// STRIKE/FIELD

### Content outline

This activity aims to focus on refining the different ways to field a ball travelling on the ground, and further develop throwing accuracy

- Short barrier
- Long barrier
- Accuracy
- Decision making
- Communication



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

- Start by rolling the ball slowly towards the wall to decrease the speed it will travel back towards you
- Increase speed as you get more confident
- When returning the ball with a throw, change the size and location of the targets to make the task easier / more difficult



### Equipment

- Change size of ball
- Change the size of the targets you are aiming your bowl (Eg. Larger paper targets will make the task easier)
- Using post-it notes as targets, and changing the position of these to vary the task



### People

- If you have another person in your house, you can work together by rolling the ball to each other, or act as a target to throw to
- Try to teach this skill to someone else – can you create a different activity to teach this skill?
- Can you create a competition / challenge to compete against someone else?

### Learning intention

#### Physical:

- To refine basic fielding techniques, and develop throwing accuracy

#### Personal:

- Communication
- Decision making

#### Learning questions:

- Name the different types fielding techniques when the ball is travelling low
- Describe the correct technique for a long barrier
- When would you use a long and short barrier in a game?
- What type of throw is most likely to perform after you have used a short barrier? And why?
- When were you most successful? And why?
- What would you do next time to improve your technique?