Rounders — Chasing and retrieval
SECONDARY KEY STAGE 4 PE /// STRIKE/FIELD

Content outline
This activity aims to focus on refining the different ways to retrieve a ball, whilst linking this to movement and returning the ball
- Correct body / hand positioning
- Linking of skills
- Problem solving

S T T E P

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

Task
- If the task is too easy, try to complete the activity with your non-dominant hand
- Throw the ball harder to increase the speed / distance to retrieve it
- Use targets to aim for to throw the ball after retrieval

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)
- Change the size of the targets you are aiming your throw

People
- If you have another person in your house, ask them to roll / throw the ball for you to retrieve
- Can you create a competition / challenge to compete against someone else?

Learning intention

Physical:
- To refine the technique of chasing and retrieving a ball, and linking retrieval to a return throw

Personal:
- Problem solving

Learning questions:
- Describe how you collected the ball
- Where did you plant your foot?
- What type of throw did you use to return the ball?
- When were you most successful? And why?
- What would you do next time to improve your technique?
- Why is it important to be effective at this technique in a game of rounders?
- Which position(s) is this skill most important? And why?

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary