

## Year 4 Rounders

### National Curriculum objectives

Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.  
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Key Learning

- Throw at others and a target under pressure
- Catch consistently under pressure
- Strike a stationary ball demonstrating correct grip
- Develop fielding techniques

### Equipment

- Cones
- Tennis balls
- Rounders balls
- Tennis rackets
- Cricket stumps
- Cricket T's
- Hoops
- Bucket/box
- Rounders bats
- Bins/boxes
- Rounders posts

### Key Vocabulary

**Backstop:** The person who stands behind the batter. Their role is to receive the ball if that batter hits it backwards. The backstop should then throw the ball to the appropriate post to help the team get the batter out of play.

**Bat:** The wooden, metal, or plastic implement which the batsperson uses to hit the ball.

**Batting:** Hitting the ball that the bowler throws to you.

**Bowl/Bowling:** Throwing the ball underarm at waist height towards the batter.

**Game:** Playing a full round of rounders with two teams, one batting and the other fielding. Members of both teams get a chance to bat once in a game.

**Hands:** When catching, hands should be cupped together with fingers pointing down towards the ground.

**Hit:** To strike the ball with the bat.

**Overarm:** A throw with the hand or arm passing above the level of the shoulder.

**Rounders:** Rounders is a bat-and-ball game played between two teams that involves hitting a small ball with a bat. The players score by running around the four bases on the field.

**Strike:** Hitting the ball with the bat.

**Target:** A mark that is aimed at when hitting or throwing the ball accurately.

**Throw/Throwing:** Pass the ball to another player either underarm or overarm.

**Underarm:** A throw with the arm or hand below shoulder level.

**Waist height:** A ball should be thrown to a teammate and the bowler should bowl to the batter at waist height so that it reaches the area between the batter's shoulders and knees.

### Key Questions

What area of the body should you be aiming at when throwing a ball to a partner?

What are two things you need to do to catch a ball well?

What do you need to do when batting in rounders?

What do you need to do when fielding a moving ball?

### Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down