

Year 9 Physical Education Knowledge Booklet

Rounders

Name:

Class:



What PE kit do I need?

Black school PE shorts/leggings, blue school PE t-shirt, trainers and white sports socks/school blue PE football socks.

School tracksuit/rugby top and school tracksuit bottoms dependent on weather conditions.

Assessment Criteria

2	Side on batting stance and can hit the ball, but inconsistent. Some knowledge of where to field.	
3	Can demonstrate basic bowling technique. Is active in the field, using over and underarm throw.	
4	Good batting stance. Steady bowling with few 'no balls'. Good knowledge of fielding positions.	
5	Consistently when batting. Catches confidently and can return the ball quickly and accurately.	
6	Evidence of batting placement. Varies bowling to outwit batsman. Influential in the field.	
7	Good ready position and makes good contact when batting. Shows very consistent bowling.	
8	Tactical shot selection and good execution. Variation in height, speed and spin when bowling.	
S5	Social	Demonstrate qualities of a positive role model and I am able to lead simple activities.
S6	Social	Give and receive sensitive feedback to improve performance of myself and others. I am able to negotiate and collaborate effectively and take responsibility within a group.

Big Questions

1. What are the long and short barriers and why are they important fielding skills?
2. How do we bowl with spin and why vary the height of the bowl?
3. Why is it important to be able to place the ball when batting?
4. Why do the fielders need to change their positions according to the batter?
5. What advanced rules can you apply within a game?
6. What tactics and strategies work well for you?

Web Links:

England rounders match:

<https://www.youtube.com/watch?v=EGcimxQM0v0>

England Rounders Website:

<https://www.roundersengland.co.uk/>

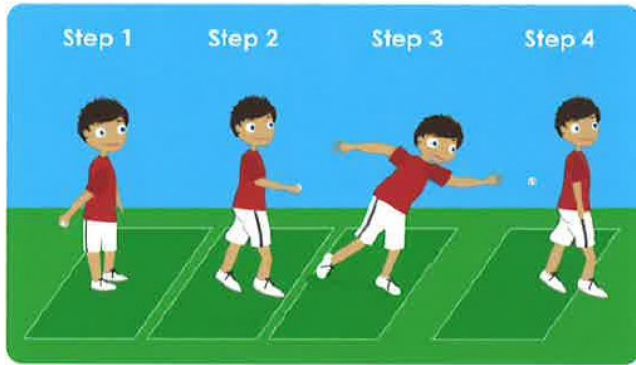


Advanced Bowling

Progressions of the basic action

Speed (Step Technique):

- ⌚ Stand at the back of the bowling square, facing forward
- ⌚ Take two steps forward, starting with same foot as bowling hand
- ⌚ Release ball using the basic bowling action (see Level 1 Skills Card)



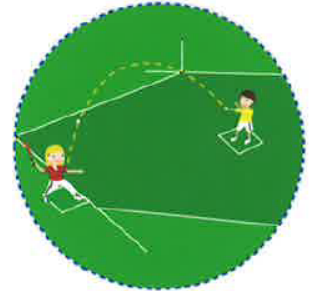
Speed (Drag Technique):

- ⌚ Stand at the back of the bowling square, side on
- ⌚ Step forward with front foot, drag back leg behind
- ⌚ Take second step, turn hips, then shoulder, to face target. At the same time, release ball using the basic bowling action
- ⌚ Bowlers can travel out of the bowling square after they have released the ball

The ball must be released before the Bowler steps out of the front of the bowling square.

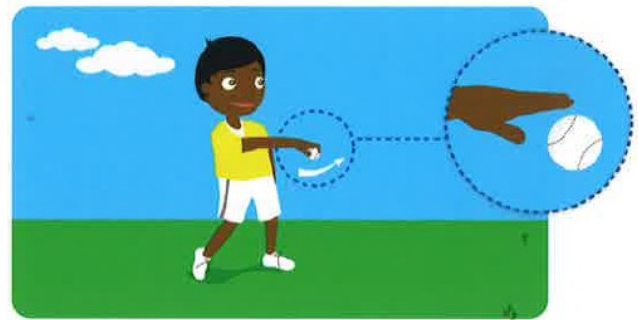
A rising ball is harder to hit than a straight ball. Bowlers need to bend their knees so their hand is close to the ground, enabling them to deliver a ball rising towards the Batter rather than travelling flat.

- ⌚ A Lob is used to mislead the Batter. The ball is released late and travels high and slower, dropping between the Batter's head and knees
- ⌚ Because the ball is bowled with a normal action, Batters can misjudge the speed and swing too soon

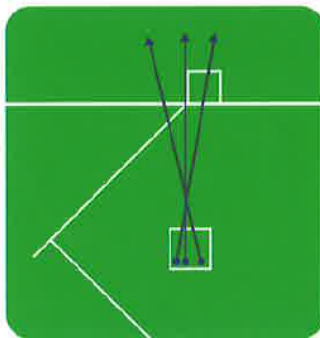


Spin (Side Spin)

- ⌚ Hold ball in fingers
- ⌚ Turn wrist so ball rests against little finger with thumb on top for control
- ⌚ Use normal bowling action
- ⌚ At point of release, turn wrist inwards towards body.



Side Spin creates a bowl curving away from the Batter.



Use of Bowling Square for direction

- ⌚ Starting from different points in the bowling square will create angled bowls. This can be used tactically to exploit Batters' weaknesses.

Spin (Backspin)

Spin is created by holding the ball in different ways.

- ⌚ Hold ball in fingers, not palm, ball facing ground
- ⌚ Palm facing backwards
- ⌚ Use normal bowling action, but flick wrist at point of release to create backspin.

Backspin can cause the Batter to hit the ball in the air, creating an easy catch.

Rounders Rules Quiz

1. How many players are there on a **team** for a game of rounders? (1)

2. Give **three** rules governing how the bowler should deliver the ball? (3)

3. What will the umpire give if any of the above rules are broken? (1)

4. Give four ways in which the batter may be given out. (4)

5. How may one rounder be scored? (1)

6. How may half rounders be scored? (2)

7. What happens if a batter hits the ball, runs to second post but is given out before getting to fourth post? (1)

8. Explain a situation where the fielding team may be awarded half a rounder. (1)

9. What is the ruling if a batter hits the ball **directly** into the backward area? (1)

10. How long does a game last? (1)

11. Where should a post player/fielder stand? (1)

12. How many umpires are there for a game of rounders and name their role? (2)

