



Physical Education Planning Exemplar – KS1 Rounders

<p>PE</p> <p>Can I master basic movements that include throwing, catching and hitting a ball?</p>	<p>Rounders - Throwing, Catching & Hitting</p> <p>Dynamic Warm Up - 3 x laps of school playground, instructions given on number basis for explosive exercise (e.g. 1 = jump, 2 = hands to floor, 3 = sprint, 4 = freeze)</p> <p>Begin the session by asking for volunteers to demonstrate the techniques taught in the previous session (throwing, catching and smart choices - distance and open eyes!).</p> <p>Split children into pairs/fours and give them time to demonstrate what was learnt in the previous session. AFL and consider regrouping so that additional support can be given/children can be stretched.</p> <p>Bring the children back together and challenge them to complete one full pass around the class, in a giant circle, without dropping the ball.</p> <p>Now reintroduce the bat and advise that in the lesson children will be learning how to use it. Ask for a volunteer who believe they can demonstrate and choose a child who has show HA for throwing to deliver the ball. Review as a class, identify strengths and weaknesses.</p> <p>Model the correct technique for striking the ball (keeping eyes on the ball, position of bat in hand, side on position of body, gentle-well timed swing) and set children of into pairs to practice. AFL. Highlight any HA children and support those who show lower attainment.</p> <p>Finally, split the children into multiple teams (no more than 5 per team) with an identified thrower (HA child chosen by the teacher) and challenge them to complete as many throws and hits back to the thrower as possible in 5 minutes.</p> <p>Plenary - draw out good examples and have the children demonstrate to one another, highlight what it is they do so well.</p>	<p>Key Vocabulary</p> <p>Rounders Bat Ball Throw Catch Handle Hit</p> <p>Resources</p> <p>Rounders bat Tennis balls</p>
<p>PE</p> <p>Can I master basic movements that include throwing, catching and hitting a ball?</p>	<p>Rounders - Throwing, Catching & (Refining) Hitting</p> <p>Dynamic Warm Up - SPONSORED SKIPPING, 30-50 per child.</p> <p>Begin the session by asking for volunteers to demonstrate the techniques taught in the previous sessions (throwing, catching and hitting a ball)</p>	<p>Key Vocabulary</p> <p>Rounders Bat Ball Throw Catch</p>



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	<p>Split children into groups and give them time to demonstrate what was learnt in the previous session. AFL and consider regrouping so that additional support can be given/children can be stretched.</p> <p>Bring the children back together and challenge them have every child make contact with the ball in their group – if children make contact then ask them to sit down. First team to have all children sat down wins.</p> <p>At this stage children will likely require more practice at hitting the ball, encourage children to focus on making contact and not gaining distance by rewarding contact with the bat over distance struck.</p> <p>Split children down into smaller groups (size dependent on available equipment). Provide the groups with one ball and one bat. Have the children cycle the ball around their group until it arrives at the child before the child with the bat, at this point the child with the bat should try to strike the ball. The batter then takes on the ball while the bat moves to the child who just threw the ball. The ball continues round in the opposite direction. Repeat until all children have had a go with the bat.</p> <p>Plenary – draw out good examples and have the children demonstrate to one another, highlight what it is they do so well.</p>	<p>Handle Hit</p> <p>Resources Rounders bat Tennis balls</p>
<p>PE</p> <p>Can I participate in team games that feature simple tactics (attacking)?</p>	<p>Rounders – Bases (Running)</p> <p>Dynamic Warm Up – 3 x laps of school playground, instructions given on number basis for explosive exercise (e.g. 1 = jump, 2 = hands to floor, 3 = sprint, 4 = freeze)</p> <p>Begin the session by asking for volunteers to demonstrate the techniques taught in the previous sessions (throwing and hitting a ball)</p> <p>Split children into groups and give them time to demonstrate what was learnt in the previous session. AFL and consider regrouping so that additional support can be given/children can be stretched.</p> <p>Bring the children back together and introduce them to rounders bases (attacking tactic). Ask the children what they think they are and what purpose they serve.</p>	<p>Key Vocabulary Rounders Bat Ball Throw Catch Handle Hit Run Base</p> <p>Resources Rounders bat Tennis balls Rounders bases Cones</p>



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	<p>Advise the children that the bases are the method of point scoring (run all 4 bases in one to score a point, complete all 4 in two goes to score half a point) and that today we will be practicing scoring points. Make it clear to the children that they must run around the outside of the bases to gain a point.</p> <p>Lay out multiple sets of bases (using cones in a trapezium shape) and split the children into groups. Have the children stand behind the starting cones and on the blow of a whistle each child takes it in terms to run around the outside of the cones once. Check to make sure that children are running around the outside of the cones.</p> <p>Now set the children a challenge - in 5 minutes, how many times can there team run the outside of the cones? The winning team is the team with most runs but teams lose points if they step inside the cones.</p> <p>Plenary - draw out good examples and have the children demonstrate to one another, highlight what it is they do so well.</p> <p>Finally, set out one full size rounders pitch. The teacher acts as the bowler and all children line up to take it in turns attempting to hit the ball and complete one full circuit of the field (no fielders at this point). All children have one go.</p>	
<p>PE</p> <p>Can I participate in team games that feature simple tactics (defending)?</p>	<p>Rounders - Fielding (Running, Throwing)</p> <p>Dynamic Warm Up - 3 x laps of school playground, instructions given on number basis for explosive exercise (e.g. 1 = jump, 2 = hands to floor, 3 = sprint, 4 = freeze)</p> <p>Begin the session by asking for volunteers to demonstrate the techniques taught in the previous sessions (running bases)</p> <p>Split children into groups and give them time to demonstrate what was learnt in the previous session. AFL and consider regrouping so that additional support can be given/children can be stretched.</p> <p>Bring the children back together and introduce them to the concept of fielding (defending tactic). Advise that to stop a team scoring points the other team must work together to either catch or dob the batter out - note that the base that the runner is running to must be dobbed.</p>	<p>Key Vocabulary</p> <p>Rounders</p> <p>Bat</p> <p>Ball</p> <p>Throw</p> <p>Catch</p> <p>Handle</p> <p>Hit</p> <p>Run</p> <p>Base</p> <p>Pass</p> <p>Dob</p> <p>Out</p> <p>Resources</p> <p>Rounders bat</p> <p>Tennis balls</p>



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	<p>Set out a rounders field and nominate 4 children to stand on bases, all other children should stand in the field. Explain that once the ball is caught in the field the children must work together to throw the ball back to the most appropriate base.</p> <p>Model this by throwing the ball out into the field and running to a base (2/3) – instruct the children to throw the ball toward the person on the base in an attempt to get you out. At this stage children may attempt to run all the way to the base with the ball or throw short/past the base. Take this as an opportunity to encourage children to collect the ball from the field, find a pass (throw) that they can make and work the ball toward the 2/3 base. Repeat this process a number of times.</p> <p>Now set up 2-3 smaller rounders fields and break the class down into a group per field. Have the children complete the same process but this time with a child throwing the ball out (rotate this child every tern). Review each group and provide support where needed.</p> <p>Plenary – draw out good examples and have the children demonstrate to one another, highlight what it is they do so well.</p> <p>Finally, challenge the children to getting you out!</p>	<p>Rounders bases Cones</p>
<p>PE</p> <p>Can I participate in team games, developing simple tactics for attacking and defending?</p>	<p>Rounders – Full Game</p> <p>Dynamic Warm Up – 3 x laps of school playground, instructions given on number basis for explosive exercise (e.g. 1 = jump, 2 = hands to floor, 3 = sprint, 4 = freeze)</p> <p>Begin the session by asking for volunteers to demonstrate the techniques taught in the previous sessions (catching and passing balls to bases).</p> <p>Advise the children that in todays lesson they will get to play their first full game but that we will not be scoring points and that they must work encourage and support each other to deploy the techniques taught over the term.</p> <p>Lay out a full size rounders field, split the class into two groups (batters and fielders). Work with the fielding team to place children around the field and ensure the batting team have a place to sit and watch until it is there turn.</p>	<p>Key Vocabulary</p> <p>Rounders Bat Ball Throw Catch Handle Hit Run Base Pass Dob Out</p> <p>Resources</p> <p>Rounders bat Tennis balls</p>



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	<p>Model one complete phase of the game (bowling, batting, fielding, getting out). Discuss and demonstrate the taught techniques reminding the children that they must run around the outside of the field and that they should drop the bat on the first swing. Demonstrate that when bowling the bowler should aim to deliver the ball into the hands of the fielder behind the batter – this will give the batter the best chance of hitting the ball.</p> <p>Now allow the children play the game. Use a whistle to stop the game at any point where a teaching point is identified (not throwing under arm, coming inside the cones, running with the ball, not dobbing the correct base, etc.).</p> <p>Ensure all children get at least one strike (stronger bowlers should be chosen to deliver most balls). AFL and identify LA/HA children in preparation for the previous lesson.</p>	<p>Rounders bases Cones</p>
<p>PE</p> <p>Can I participate in team games, developing simple tactics for attacking and defending?</p>	<p>Rounders - Fielding (Running, Throwing)</p> <p>Dynamic Warm Up - 3 x laps of school playground, instructions given on number basis for explosive exercise (e.g. 1 = jump, 2 = hands to floor, 3 = sprint, 4 = freeze)</p> <p>Advise the children that in today's lesson they will get to play competitive game of rounders (at this point you may wish to separate the class into smaller groups based on previous attainment, HA children can play independently or with support of TA, while LA children receive further support from teacher during game play).</p> <p>Lay out as many fields as required, recap techniques and rules (including points scoring). Advise the children that supervising adults will keep score.</p> <p>All the children time to play a full game. Stop where necessary to support LA children and highlight good examples of HA.</p>	<p>Key Vocabulary</p> <p>Rounders Bat Ball Throw Catch Handle Hit Run Base Pass Dob Out</p> <p>Resources</p> <p>Rounders bat Tennis balls Rounders bases Cones</p>