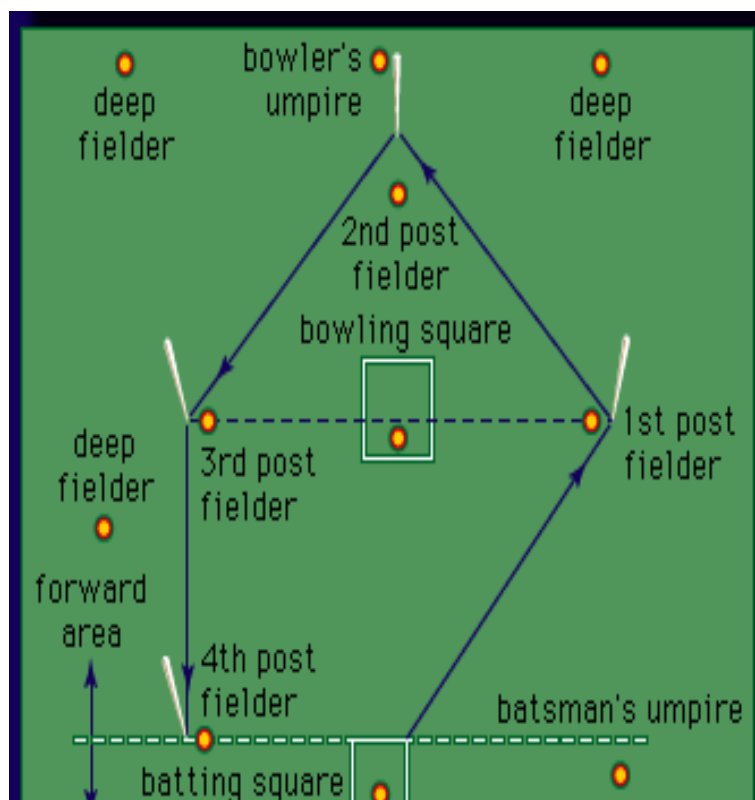




# Physical Education - YR7 Rounders Knowledge Organiser



To know the teaching points:

<b>Catching</b>	<ul style="list-style-type: none"> <li>• Watch the ball carefully at all times.</li> <li>• Hold your hands out in front of your body with your fingers pointing upwards, your palms facing outwards and your thumbs touching.</li> <li>• As the ball makes contact, close your fingers over the ball.</li> <li>• Pull your hands in towards your body and use your fingers to catch and guide the ball.</li> </ul>
<b>Throwing</b>	<ul style="list-style-type: none"> <li>• Use front arm as a pointer, pointing at the target.</li> <li>• Hold ball between fingers and thumb on top for control, with your palm facing upwards.</li> <li>• Let go of the ball over the fingers of the pointed arm. Look for the elbow to come through first.</li> </ul>
<b>Batting</b>	<ul style="list-style-type: none"> <li>• Stand sideways on</li> <li>• Hold the bat back behind your body, ready to strike through the ball.</li> <li>• Keep your eyes on the ball.</li> <li>• Swing your bat forwards.</li> <li>• Follow through with your arm and shoulders so that your shoulder faces the way you want the ball to go.</li> </ul>

To know the rules of how to:

<b>Score a full rounder</b>	<ul style="list-style-type: none"> <li>• You hit the ball and get all the way to 4<sup>th</sup> base</li> </ul>	<b>No balls</b>	<ul style="list-style-type: none"> <li>- Above head height</li> <li>- Below the knee</li> <li>- Wide of the body</li> <li>- Ball hits the body</li> </ul>
<b>Score half a rounder</b>	<ul style="list-style-type: none"> <li>- 2 no balls in a row</li> <li>- Obstruction by a fielder</li> <li>- Hit the ball and get to second base</li> </ul>	<b>Obstruction</b>	<ul style="list-style-type: none"> <li>• A fielder is stood in the line of travel of a running bats person</li> <li>• A fielder is stood on the outside of a post a batsperson is running to.</li> </ul>

## KEY VOCABULARY

Bowler, Fielder, Batter, Backstop, Long barrier stop, Throwing, Catching, 1<sup>st</sup> base, 2<sup>nd</sup> base, 3<sup>rd</sup> base, 4<sup>th</sup> base, Bowling square, Batting square, Obstruction, ½ rounder, Full rounder