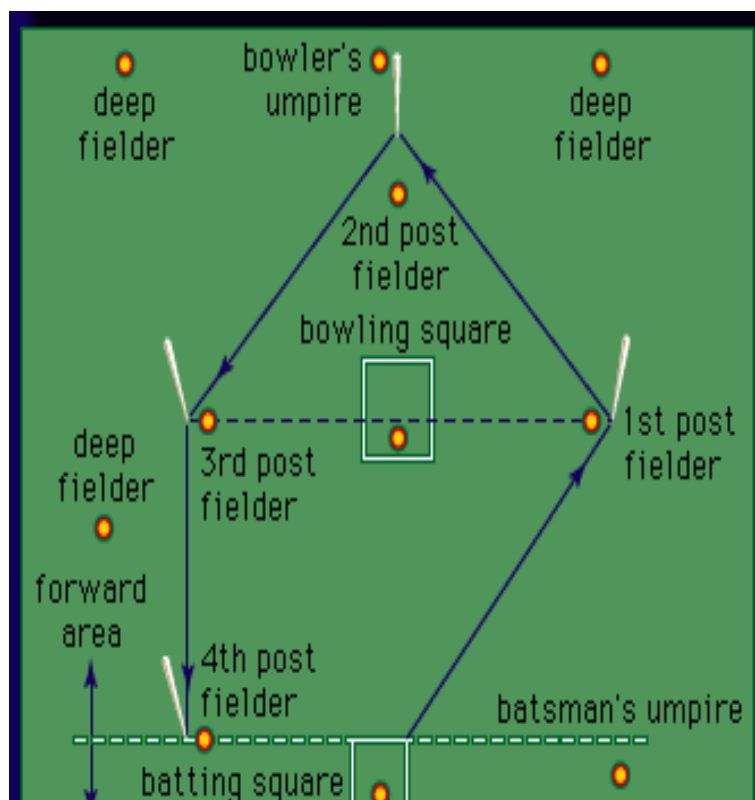




Physical Education - YR7 Rounders Knowledge Organiser



To know the teaching points:

Catching	• Watch the ball carefully at all times. • Hold your hands out in front of your body with your fingers pointing upwards, your palms facing outwards and your thumbs touching. • As the ball makes contact, close your fingers over the ball. • Pull your hands in towards your body and use your fingers to catch and guide the ball.
Throwing	• Use front arm as a pointer, pointing at the target. • Hold ball between fingers and thumb on top for control, with your palm facing upwards. • Let go of the ball over the fingers of the pointed arm. Look for the elbow to come through first.
Batting	• Stand sideways on • Hold the bat back behind your body, ready to strike through the ball. • Keep your eyes on the ball. • Swing your bat forwards. • Follow through with your arm and shoulders so that your shoulder faces the way you want the ball to go.

To know the rules of how to:

Score a full rounder	• You hit the ball and get all the way to 4th base	No balls	- Above head height - Below the knee - Wide of the body - Ball hits the body
Score half a rounder	- 2 no balls in a row - Obstruction by a fielder - Hit the ball and get to second base	Obstruction	• A fielder is stood in the line of travel of a running bats person • A fielder is stood on the outside of a post a batsperson is running to.

KEY VOCABULARY

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