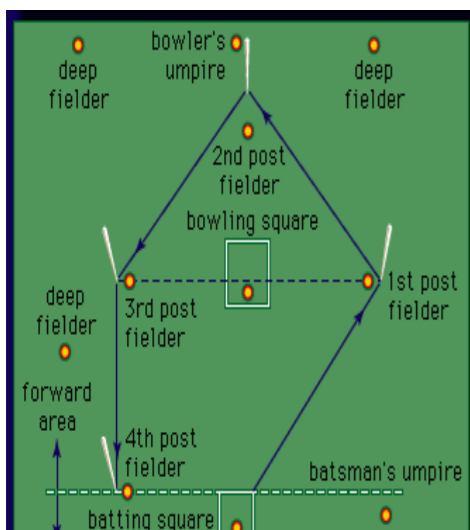




# Physical Education - YR8 Rounders Knowledge Organiser



## To know the teaching points:

<b>Bowling</b>	<ul style="list-style-type: none"> <li>• Straight bowl-swing your ball holding arm back, as you swing the arm forwards step in with the opposite foot. Release the ball around hip height and follow through straight and pointing at the batter.</li> <li>• Spin bowl-swing your ball holding arm back, as you swing the arm forwards step in with the opposite foot. As you release the ball around hip height twist your hand clockwise (closing a door) Follow through straight at towards the batter.</li> </ul>
<b>Long Barrier Stop</b>	<ul style="list-style-type: none"> <li>• Approach the ball at speed and as you get into line with the ball, twist your upper body, leading with the shoulder furthest from the ball.</li> <li>• Bend both knees, so that the knee of the leg nearest to the ball touches the ground, but it is also next to the back of the heel of the other leg.</li> <li>• With fingers down and head forward, pick up the ball and then stand back up ready to deliver an overarm throw. Also used in cricket.</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>
<b>Backwards hit</b>	<ul style="list-style-type: none"> <li>- If you hit a ball behind, then you must wait at first post until the ball comes forward of the batting box. You may then run on.</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, Innings, Backwards hit