

Key Knowledge

- I know that a **rounders pitch** is called a **diamond**. It has 4 **bases**, a batting and bowling square.
- I know that in rounders the batter **scores** by running around the outside of the **bases**.
- I know that fielders try to get the batters **out**.

My Body

I know that intense exercise like sprinting will make me feel tired more quickly; gentle exercise like yoga will not make me feel out of breath so easily.

I know why a cool down is important (it helps my body to recover from exercise and gets oxygen to the muscles more quickly).

Fielding

I know that there are key **fielding positions** in rounders.



backstop
stands behind the batter with hands ready to catch the ball

base one
stands inside the base ready to catch the ball and dab a batter out

bowler
bowls the ball underarm towards the batter
the ball must be bowled between the batters shoulder and knee

Playing rounders

getting out



you can be caught out, stumped out or run out

scoring



half a point if you reach base 2 or 3
1 point for base 4

tactics



know how you can win points and stop others from scoring

I know that I can use an **underarm throw** for short distances and an **overarm throw** for longer distance.