

Key Knowledge

- I know that **communication** is important when batting and fielding and can help a team gain points or stop points being scored.
- I know that **attacking** and **defending** skills are an important part of playing rounders.
- I know that games are usually played over 2 **innings**.

My Body

I know and understand the reasons for warming up and cooling down (preparing my body by increasing my heart rate, blood flow to muscles and the delivery of oxygen, followed by stretches that increase the range of movement at joints).

I know and can explain some safety principles when preparing for, and during, exercise.

Batting and Fielding

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



batting

stand side on
shoulder facing
bowler, swing bat
smoothly to hit ball in
front of body

long barrier

drop one knee to the
ground, place hands in
front to safely gather the
ball

stumping out

quick thinking and being ready
to react will help stump out
the batter before they arrive
at the base

Technique and Evaluate

observe



Watch others' technique.
Can you give them some key
learning points to improve?

demonstrate



Can you show others
the correct technique
when performing a
skill?

feedback



Give and accept
feedback to make
improvements.

I know that by improving my **technique** my **performance** will improve.

