



YEAR 3/4

Rounders

Lesson 3

Learning Objective

To develop bowling.

Success Criteria

Year 3

- I am able to bowl a ball towards a target
- I am learning the rules of the game and I am beginning to use them

Year 4

- I understand the rules of the game and I can use them often
- I am able to bowl a ball with some accuracy, and consistency

Handy Hints

Step forward with your opposite foot to your throwing arm.

Point your hand at your target after you have thrown the ball.

Equipment

- Cones x 30
- Hoops x 5
- Tennis Balls x 10

10 Mins

Warm Up and Introduction

Catch stuck in the mud:

Select three pupils to be the taggers and five pupils to be the 'free-ers'.

'Free-ers' have a tennis ball each. Once tagged pupils must stand with their hands out in front of them. To re join the game a 'free-er' must pass them the ball. Repeat changing the taggers.

Make sure the person you are throwing to is looking at you before you throw.

Make this harder by having more taggers.

45 Mins

Skill Development

Underarm bowl:

In groups of three with one tennis ball. Teach the pupils how to underarm bowl.

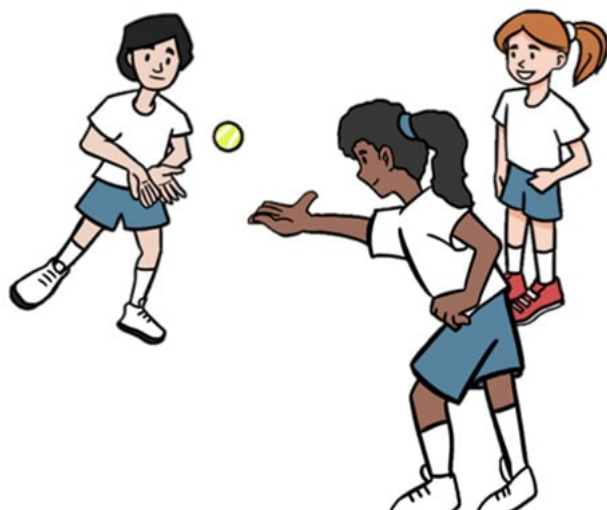
Step forward with your opposite foot to your throwing arm to help you to stay balanced.

Point your fingers at your target as you release the ball.

Pupils stand in a triangle approx. 4m apart and practise bowling the ball underarm to each other.

Challenge: How many can you bowl without dropping it?

Make this harder by increasing the distance that the pupils bowl over. The official distance in rounders is 7.5m.



Bowling rules:

A Explain the rules of bowling in rounders:

-Must be an underarm action.

-The ball must be below the head and above the knee of the batter- called 'NO BALL HIGH' or 'NO BALL LOW.'

-The ball cannot bounce before reaching the batter.

-The ball must be bowled within the batting square and not straight at the body of the batter - called 'NO BALL WIDE' or 'NO BALL BODY.'

Teacher note: The batting square is a 2m x 2m area from which the batter bats from.

Tell pupils that 'NO BALL' is called by an umpire if a ball is not bowled correctly. If a bowler bowls two no balls in a row the batting team scores $\frac{1}{2}$ a rounder.

B In their threes, one pupil begins as the bowler, one as the batter (who catches the ball) and one as the umpire who calls 'NO BALL' if the bowl does not comply with the bowling rules.

Each pupil bowls five balls before changing over.

Mini games:

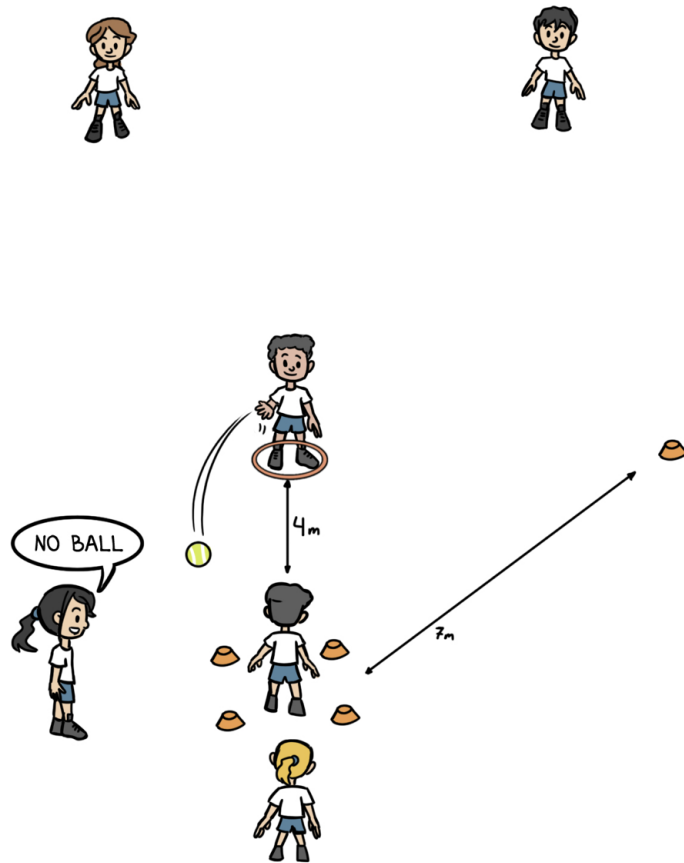
In groups of six. Each group has five cones, one hoop and one ball. Pupils set out a pitch as shown below.

Pupils take on the roles of bowler, backstop, batter, umpire and two fielders.

The bowler bowls the ball to the batter. The umpire calls if the bowler bowls a 'NO BALL.' The batter catches the ball and throws it out into the field of play. The batter score points by running to and from a cone 7m away. The batter stops running once the bowler has the ball and is standing in the hoop. The batter is bowled three good balls, before everyone changes roles.

Make this easier for the bowler by standing them closer to the batter.

Make this harder for the umpire by asking them to specify why it was a 'NO BALL.' E.g. 'NO BALL HIGH.'



5 Mins

Plenary

What are the rules for bowling?

What are the key teaching points for bowling?