



YEAR 5/6

## Rounders

Lesson 5

### Learning Objective

To develop a variety of fielding techniques and to use them in a game.

### Success Criteria

#### Year 5

- I can help my team to field and stop the batter from scoring.

#### Year 6

- I can select the appropriate fielding technique for the situation.
- I can track a ball and successfully field it back to a bowler.

## Handy Hints

Move your feet to track and retrieve the ball.

## Equipment

- Cones x 36
- Rounders bats x 15
- Tennis Balls x 15
- Rounders Fielding Techniques Document

### Optional:

- Tennis rackets

**10 Mins**

## Warm Up and Introduction

### Cluster fitness:

Pupils run around the teaching area, on the teacher's command a number is called e.g. four.

Pupils have to get into groups of that number and complete press ups to equal that number e.g. four people, four press ups.

Change the travelling action e.g. skipping, jumping, hopping and also the exercise e.g. tuck jumps, squats, sit ups.

45 Mins

## Skill Development

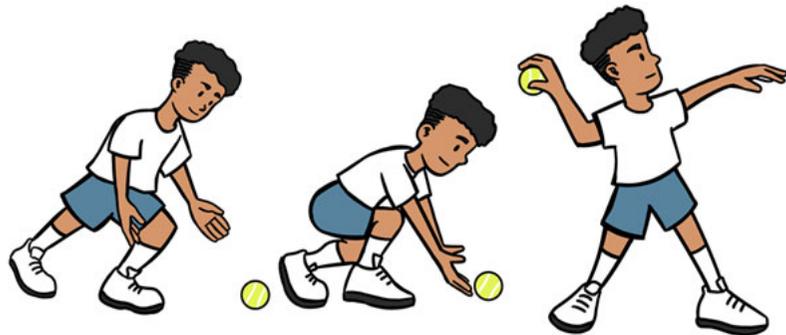
### Two-handed pick up and throw:

In pairs with one ball. Pupils stand 7m apart.

One pupil rolls the ball to the other. The receiver runs towards the ball and in one continuous movement, scoops up the ball in two hands and throws it back to their partner using an overarm throw. Six turns each and then rotate.

Cup your hands together with your little fingers touching.

Teacher note: this technique is used when the ball is coming towards you.



### Retrieve a ball:

In pairs, pupils begin next to each other, side by side. One pupil rolls the ball out and their partner chases it, and uses a turn and throw to return the ball with an overarm throw to their partner.

Chase the ball so that your body is in line with it, place the same foot as your throwing hand in line with the ball as you bend.

Collect the ball with your throwing hand.

Turn on the balls of your feet towards your partner.

Balance before starting your throw.

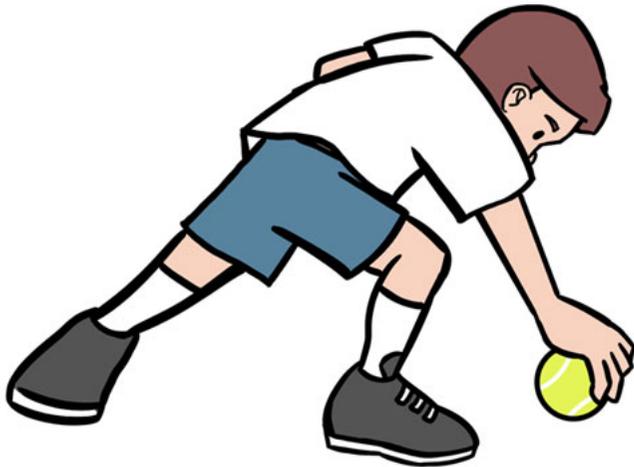
Teacher note: a common error- pupils will throw unbalanced or pupils will turn the 'long' way around, instead of turning on the balls of their feet.

Question the pupils 'when would you use this technique?'

Teacher note: when the ball has already gone past you.

Make this harder by asking the pupils to roll the ball at greater speed.

Challenge: how many can they retrieve in 1 minute?



### Deep catching:

In pairs, pupils stand 4m apart. They take it in turns to underarm throw a ball high into the air for their partner to catch.

Encourage the catcher to have thumbs together and watch the ball through the triangle that their thumbs and fingers make.

Pupils track the ball and get their feet underneath the ball.

Cup shape your hands before wrapping your fingers around the ball and bringing it in towards your shoulder.

This is used when the ball is high in the air.



### Mini rounders:

In groups of ten with five bats, one tennis ball, and twelve cones. Set out a rounders pitch. Pupils play five fielders against five batters. The fielding team consists of one bowler, one backstop and three fielders.

- The bowler begins with the ball in the bowling square.
- They bowl the ball to the batter who hits the ball out into the field.
- The batter must run even if they do not hit the ball.
- Batters have two turns each before changing batting/fielding teams over.
- Batters must stop running at the next base they come to when the bowler has the ball and is standing in the bowling square.
- If the ball is hit backwards by the batter, the batter can only run to the first base until the backstop has thrown the ball past the batting square. At which time, the batter can choose to run on to the second base, should he/she wish to.

### Scoring

One rounder for:

- Hitting the ball and getting to the fourth base without stopping.

Half a rounder for:

- Hitting the ball and running to the second base without stopping.
- Not hitting the ball and running to the fourth base without stopping.
- Two consecutive 'no balls' from the bowler.

### Outs

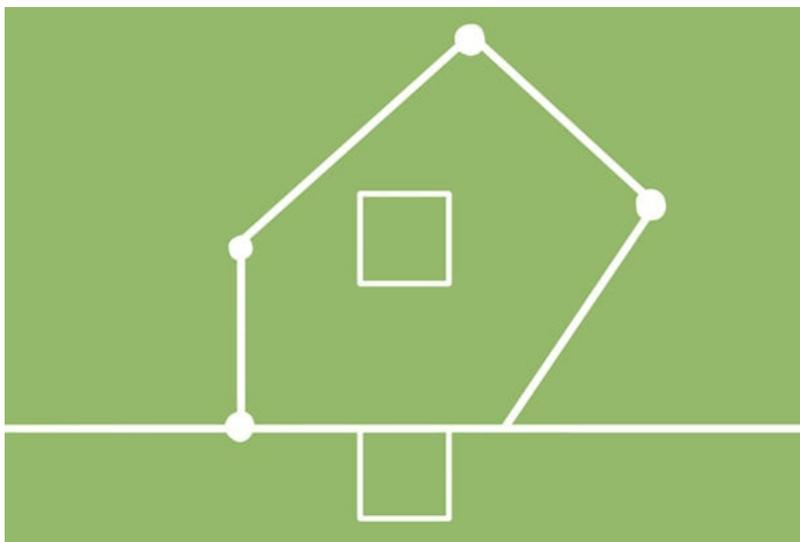
Batters are out if:

- They are caught out.
- They are stumped out.
- They run inside the cones.
- Run out – meaning they have run to a base where another batter is standing.

Encourage the fielders to move their feet to track and retrieve the ball.

The fielder nearest to the ball should move to collect it.

Make this easier for the batter by batting with a tennis racket.



**5 Mins**

## **Plenary**

Question the pupils about the different fielding techniques used.

When did you use each of them and why?

Was it easier to field a ball coming towards you or away from you?

How would this affect your fielding position?

Teacher note: fielders should start further away and move to the ball, rather than start close and run after the ball as this is easier.