

# Rounders/Cricket – Throwing

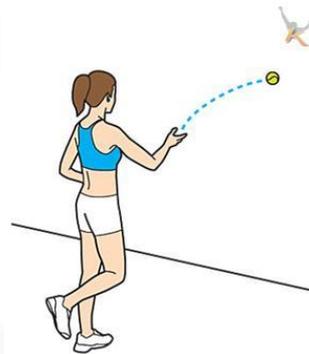
## Keywords

Teamwork	Respect
Balance	Coordination
Control	Balance
Bowl	Strike
Fielder	Bases/Stumps
Throw	Cushion

Can you think of anymore?



## Underarm



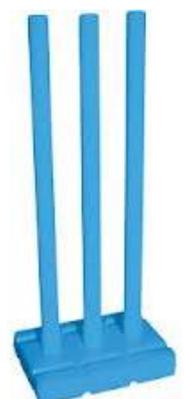
## Overarm

### Throwing Coaching Points

- Stand sideways to the target. The throwing arm is taken back behind the body.
- Throwing arm swings forward keeping the speed the same.
- Let go out the ball at the right time in front of the body.

**Can you hit the target?**

Performance	Can attempt to throw ball
	Can throw the ball with control
	Know when to throw a ball
	Throw accurately, with 1 bounce
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can catch certain objects
	Understands catching technique
	Why and when to perform a skill
	Tries to use the skill in a game
Health Related Fitness	Offers a basic explanation of what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up & can start to do so independently



# Cricket – Batting

## Keywords

<b>Teamwork</b>	<b>Respect</b>
Bowler	Wickets
Control	Balance
Stumps	Stance
Fielder	Wicket Keeper
Stand	No Ball

Can you think of anymore?



- 1) Stand sideway on.
- 2) Hand nearest to bowler is at the top of the bat.
- 3) Bat flat and facing the bowler.
- 4) Step into shot.
- 5) Follow through on contact.

Performance	Can hold bat correctly
	Can bat with control
	Knows how to hold equipment
	Attempts to hit ball forward
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can bat at target
	Understands batting technique
	Why and when to perform a skill
	Tries to use the skill in a game
Health Related Fitness	Offers a basic explanation of what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up & can start to do so independently



Can you direct the ball into different area of the field?

# Rounders/Cricket – Fielding

## Keywords

Teamwork	Respect
Balance	Coordination
Control	Balance
Throw	Positioning
Catch	Fielder
Scoop	Movement

Can you think of anymore?



### Stopping the ball

- Judge the ball speed and direction.
- Keep eye on ball.
- Move body into a position to stop it.



### Catch

- Cup Hands.
- Watch the ball closely.
- Bring ball into body.



### Long Barrier

- Body behind the ball.
- Hands low to the ground to 'safely' pick up the ball.

Performance	Can attempt to catch ball
	Can catch the ball
	Knows why to stop ball + attempts it
	Attempts long barrier
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can catch certain objects
	Understands catching technique
	Why and when to perform a skill
	Tries to use the skill in a game
Health Related Fitness	Offers a basic explanation of what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up & can start to do so independently

# Rounders – Batting

## Keywords

Teamwork	Respect
Balance	Obstruction
Control	Posts
Bases	Strike
Fielder	Bowl
Run	No Ball

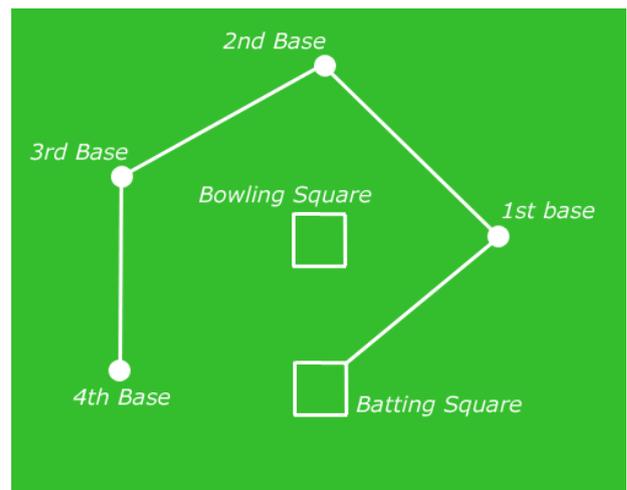
Can you think of anymore?



Performance	Can hold bat correctly
	Can bat with control
	Knows how to hold equipment
	Attempts to hit ball forward
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
Select and Apply	Pick out strengths and weaknesses
	Can bat at target
	Understands batting technique
	Why and when to perform a skill
Health Related Fitness	Tries to use the skill in a game
	Offers a basic explanation of what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up & can start to do so independently

- 1) Stand sideway on
- 2) Non standing foot forward
- 3) Bat up
- 4) Follow through on contact

**How far can you hit the ball?**



**Can you set up a Rounders pitch?**

In groups of 5 can you replicate the pitch above and practice batting, bowling and fielding? Bowl each player 5 balls each.