



Year 7 Rounders Learning Journey



Equipment needed

- Rounders Bats
- Rounders Balls
- Rounders post and bases

Reminders

- We will be outside, and it may be sunny – bring suncream and a cap.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Throwing and Catching Low and high catch. Underarm and overarm throw.
<u>Lesson 2</u>	Bowling Look at the different types of Bowl.
<u>Lesson 3</u>	Batting Look at how to grip the rounders bat.
<u>Lesson 4</u>	Rounders rules Learn the rules to play a game effectively.
<u>Lesson 5</u>	Umpiring and Game Play Learn how to umpire a game to help with learning the rules.
<u>Lesson 6</u>	Rounders Game Full rounders game to apply skills learnt.

Keywords

Accuracy

Technique

Umpiring