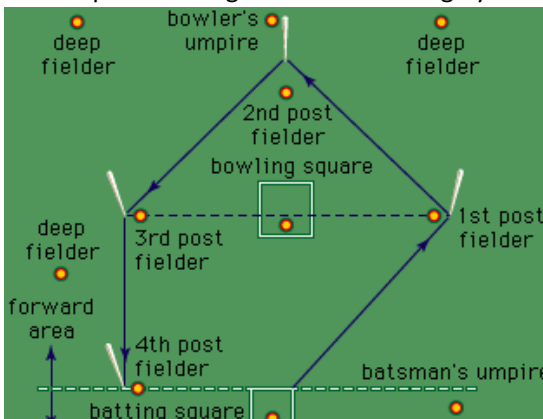


PE – Rounders

Rules

Aim of the Game: score the most amount of rounders. This is achieved by hitting the ball and running around the bases. The fielding team's job is to stop the batting team from scoring by catching them out or stumping them out.

- **Team size:** 9 players.
- **Game:** 2 innings of 30 balls each. Batting team aims to score the most rounders, fielding team aims to get the side out quickly.
- **Bowling:** Bowl from within the bowling square. No balls result in penalties.
- **Scoring:**
 - Hitting the ball behind: Only run to first post.
 - Hitting the ball forward: Run around the bases.
 - Half rounder: Reach 2nd or 3rd base.
 - Full rounder: Run around all posts and touch 4th post.
- **No ball:** Can still run but not caught out.
- **Being out:**
 - Stumped: Batter's post is hit with the ball before touching it.
 - Caught out: Ball caught before hitting the ground.
 - Overtaken: Overtaken by a teammate.
 - Other reasons: Deliberately throwing/dropping bat, stepping out of batting box.
- **Stumping:** Hit the post with the ball before the batter touches it.
- **Running:** Cut in tight to the posts and stop efficiently.



Positions

1. Bowler
2. Backstop
3. 1st Post
4. 2nd Post
5. 3rd Post
6. 4th Post
7. Deep 1
8. Deep 2
9. Deep 3

No balls

- Low- Below knee
- High - above head
- Wide
- Body ball
- Wrong side of batter

Skills and Techniques

Hitting:

- **Power and speed:** Hitting the ball effectively and far is crucial for scoring rounders.
- **Technique:** Stand sideward on to the bowler with arm back and bat in an upright position. Swing through with your hip when you strike the ball.



Batting position

Fielding:

- **Strong catching, throwing, quick reactions, and awareness** is required to get the ball back to the bowler or a player on the post.
- **Knowledge** of where to throw the ball to get a player out or stop them from scoring is essential.
- **Long barrier technique:** Using your legs to create a barrier to stop a rolled ball from going past you.



Long barrier technique

Key words and Vocabulary

Batting, Bowling, Deep, Fielding, Obstruction, Power, Accuracy, Throwing, Catching, Umpire, Stumping, No ball, Hitting, Running, Out, Rounder, Barrier



PE – Rounders

Skills and Technique cont..

Throwing:

•**Effective technique:** A side-on position, high elbow, and correct grip of the ball are necessary for a powerful throw. Ensure you follow through with your arm to generate power

Catching:

•**Correct positioning and technique:** Arrange yourself under the ball with your hands in a cup shape and bring the ball close to your body to avoid dropping it.

•**Quick decision-making:** Decide where to throw the ball next after catching it.

Bowling:

•**Underarm technique:** Bowl underarm, with your arm back and stepping into the bowl with the opposite foot.

•**Accuracy:** Aim the ball below the head and above the knee, and avoid bowling towards the body or too wide.



Throwing technique



Catching technique



Bowling Action

Tactics

•**Batting:** Identify spaces with minimal fielders and aim to hit the ball there. Try to reach at least 2nd post after hitting the ball.

•**Fielding:** React quickly to get the ball to 1st post to stump the batter out if they don't hit the ball. Position fielders strategically based on the batter's strengths and weaknesses e.g. left-handers, far hitters, sideways hitters.

Key words and Vocabulary

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