

LESSON PLAN: Rounders Week 1

LESSON OBJECTIVES: Develop throwing and catching skills over a range of distances.

WARM UP (15 MINS)

Pupils will jog around in a marked out area which listening for instructions. When a number is called out they will perform an action.

1 = Touch the floor with the ball

2 = Throw the ball in to air and catch it

3 = Put ball on floor and pick up another one

After completing this for 4/5 minutes add a 4th task in eg swap balls with the nearest person to you. (pupils will throw ball a small distance)

Do this for a 2 more minutes before changing method of travelling the pupils can do this can be skipping, hopping, bounding, going backward(ensure you tell pupils to look over shoulders to see where they are going and not to move too fast)

TASK ONE (15 MINS)

In pairs, one ball between two, pupils will stand 3 metres apart from each other, pupils throw the ball to each other. Discuss with pupils the need to control the speed of their throw and to release the ball pointing at their partner. Pupils practice this for ¾ minutes after which introduce the spider web(orthodox cup) catching technique-Hands together, fingers pointing down and spread, hands move together not apart and throw to each other again.



TASK TWO incl Competition Task(s) (20 MINS) (ensure that there is a water break beforehand)

1-Pupils now pass to each other against the clock 1 minute to see the total number of successful catches. After round one mini plenary on throwing and catching technique. Do the one minute challenge twice more.

2-Tell pupils to change partners increase the distance to 4 metres. Place 3 more cones behind one of the partners 5,6 & 7 metres. Pupils now have to make 10 catches at each cone before they can move to he next level first pair to do 10 on each and sits down wins.

3-Catch and run- ball starts on the side without the extra cones pupil 1 throws to their partner who if they catch the ball runs around the 7 metre cone and throws back to pupil 1 scoring one point, after one minute the pupil 1 and catcher swap roles the winning team is the one with the highest combined score.

COOLDOWN (10 MINS)

Pupils run-jog-walk around a mark area after completion of this instructed pupils to find a cone and choose different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

- Cones
- Tennis balls

For more competition related lesson plans please visit <http://valeroyschoolsport.org/pesupport> or for challenge activities please visit <http://valeroyschoolsport.org/activity-challenges>

KEYWORDS/PHRASES

Control

Accuracy

Power

Speed

Hands ready

Fingers Spread

Adaption/Challenge/Homework

Harder	Easier
One handed catches	Larger ball
Increase distance between pairs	Reduce distance between pairs
Clap before you catch	



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LESSON PLAN: Rounders Week 2

LESSON OBJECTIVES: Develop and identify the different fielding techniques when the ball is hit high or low

WARM UP (15 MINS)

Divide the group up into teams of around 6-8 give each team a colour in a marked area place 8 cones for each team that matches their colour, leave 10-15 tennis balls in the marked area. Teams have to place tennis balls on their colour cones. The team with the most balls on the cones in a given time wins, pupils can steal of each others cones. Teacher will adapt rules for a given class eg no blocking of balls on cones, each team has an area and only 2 players are allowed out of it at one time.

TASK ONE (15 MINS)

Highs and lows –first introduce the reverse catching method, fingers to sky, thumbs together
In pairs 10 metres apart pupils practice this catch and the orthodox cup.

After they have practice this introduce the long barrier with key teaching points-knee to heel, fingers down and together and head over the ball. Pupils now practice this technique rolling the ball to each other.



TASK TWO incl Competition Task(s) (20 MINS) (ensure that there is a water break beforehand)

Set up a pitch 20 metres in length with a half way line and about 10 metres wide with a goal at either end about 8 metres (size of pitch can be altered to suit the group) wide, pupils in teams of about 5. The aim is to roll the ball along the floor and score a goal while the defending team try and stop it using the long barrier. Teams are not allowed to cross the half way line and can only move 3 steps with the ball they can pass it to team mates to get closer to the half way line. Scoring Goal= 5 points, Long barrier =3 points

COOLDOWN (10 MINS)

Pupils run-jog-walk around a mark area after completion of this instructed pupils to find a cone and choose different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

Tennis ball
Cones

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KEYWORDS/PHRASES

Control
Accuracy
Power
Speed
Hands ready
Fingers Spread
Long barrier

Adaption/Challenge/Homework

Harder	Easier
One handed catches	Larger ball
Increase distance between pairs	Reduce distance between pairs
Clap before you catch	



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LESSON PLAN: Rounders Week 3

LESSON OBJECTIVES: Develop fielding skills in competitive situations.

WARM UP (15 MINS)

Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second 'move on the spot' interval periods between each task. The tasks are:

Jog slowly on the spot .

Make and hold a straight shape while standing on your tip toes

Make a star shape balancing on one foot

Make a star shape balancing on the other foot

Jog around your cone as many times as you can (in both directions)

Pupils have a 1-minute rest period before completing all the above challenges again.

TASK ONE (15 MINS)

Catch and pass-Divide the class in to teams of about 5, mark out an area 10x10, 2 teams in the grid one team has the ball they are required to make 5 passes to score a point, if the ball is dropped or the opposition intercept it the count stops and the other team now and score 5 passes.

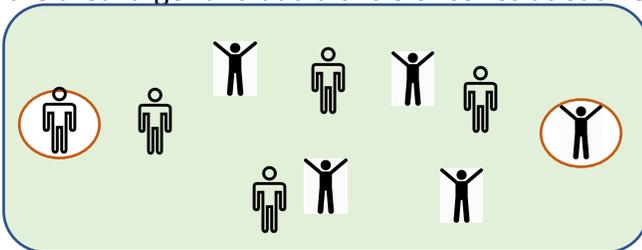
TASK TWO incl Competition Task(s) (20 MINS) (ensure that there is a water break beforehand)

Field ball- In the same teams of 5 make the area larger and add a circle of cones at each end a player from each team stands in the circle.

The aim of the team is to pass the ball to the player in the circle. To score a point the player in the circle must

Catch the ball. When a point is scored the ball goes to the none scoring team.

If possible rotate the teams so that the groups play against different people.



COOLDOWN (10 MINS)

Jog-run-walk around playing area followed by stretches led by the teacher

EQUIPMENT/RESOURCES

Cones

Tennis balls/Hand balls

For more competition related lesson plans please visit

<http://valeroyalschoolsport.org/p>

[esupport](http://valeroyalschoolsport.org/p) or for challenge activities please visit

<http://valeroyalschoolsport.org/activity-challenges>

KEYWORDS/PHRASES

Control

Accuracy

Power

Speed

Hands ready

Fingers Spread

Long barrier

Adaption/Challenge/Homework

Harder	Easier
One handed catches	Larger ball
Reduce the playing area	Increase the playing area

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LESSON PLAN: Rounders Week 4

LESSON OBJECTIVES: Develop the correct Rounders bowling technique with accuracy.

WARM UP (15 MINS)

Students are told that the playing area has now changed into the city/town. They are allowed to drive their cars around in any directions, but they must look out for the traffic lights! Red = Stop/freeze Orange = Hopping/Jumping/Get ready Green = Go/move As soon as they see a traffic light being held up by the teacher they must follow that action.

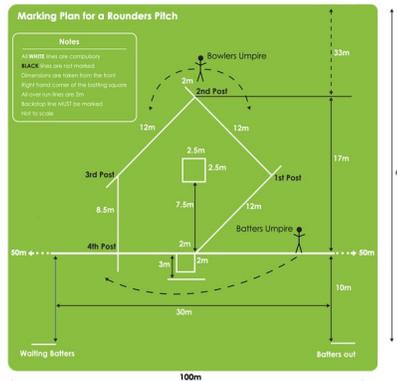
Variations: - Change the instructions (For example Orange = Star Jumps and Green = Jumping moves) - Add further instructions: Handbrake = Sit down, pointy toes & feet Reverse = Move backwards Bridge = Crawl - Add Police to catch cars.

TASK ONE (15 MINS)

In groups of 4 -2 bowls 1 hoop holder and a backstop. The 2 bowlers have a ball each and are 7 metres away from the hoop holder(standing side on holding the hoop so the ball can go through without hitting the holder) with the back stop the other side of the hoop. The bowls have to bowl the ball through the hoop and the ball is return by the backstop. After all 4 pupils have practice they divide into 2 teams of 2 players. A bowler and a back stop, the other 2 are holding the hoop on either side. Each team has 2 minutes to score as many scoring bowls through the hoop, 1 minute per team member bowling. Basic bowling technique- Throwing hand starts behind the body and swings below the waist, the opposite foot to throwing hand step forward, release the ball as the hand points towards target.

TASK TWO incl Competition Task(s) (20 MINS) (ensure that there is :

Set up a rounders pitch as shown in the picture, in groups of 7 1 bowler, 1 backstop ,1 on each base and a runner. The bowler bowls and the runner lets the ball pass them and go to the back stop, once he catches it the runner can set off. The aim is to beat the ball round the diamond, the back stop has to throw to first base who has to throw to second and so on. The runner has 4 attempts to get round then the player rotate positions. A point is give for each bases they get to.



COOLDOWN (10 MINS)

Log around rounders pitch and at each bases perform a stretch.

EQUIPMENT/RESOURCES

- Cone
- Tennis Ball
- Hoops
- Rounders post and bases

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KEYWORDS/PHRASES

- Speed
- Release
- Watch the ball
- Angle
- Aim

Adaption/Challenge/Homework

Harder	Easier
Smaller hoops	Bigger hoops
	Reduce distance from hoops
	Reduce pitch size

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