

ROUNDERS

KEY INFORMATION

AGE GROUP: Yr 3 and 4 **GENDER SPECIFICATIONS:** Mixed **NUMBER IN A TEAM:** 10
(max 5 Boys)



DESCRIPTION

There will be 5 tasks / skills to complete as part of this challenge. Please record the score for each activity on the score sheet, and the top 10 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



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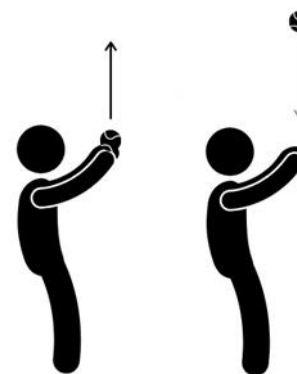


TASK #1: CATCHING

HOW TO PLAY Throwing the ball above you head and catching it as many times as you can in 1 minute. The participant must retrieve the ball themselves if they don't catch it.

Follow the link to view the activity

<https://youtu.be/LBSqIRo9PeA>



SCORING Every time you catch the ball you score a point—how many points can you get in a minute

EQUIPMENT A Rounders / tennis ball, marker, tape measure and a wall



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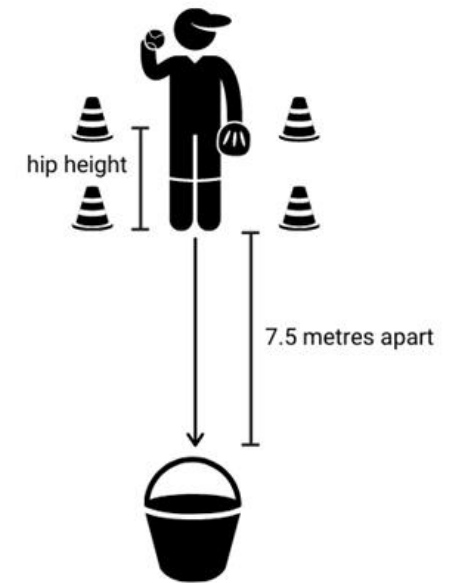


TASK #2: BOWLING

HOW TO PLAY Participant bowls the ball from the square at a container at hip height off the ground which is 5.5 metres away from the square. Bowler has 5 attempts.

Follow the link to view the activity

<https://youtu.be/3vu35FV4GvU>



SCORING Every time you bowl the ball into the bucket / container you score a point

EQUIPMENT 4 cones, tape measure, buckets or containers and 5 Rounders / tennis

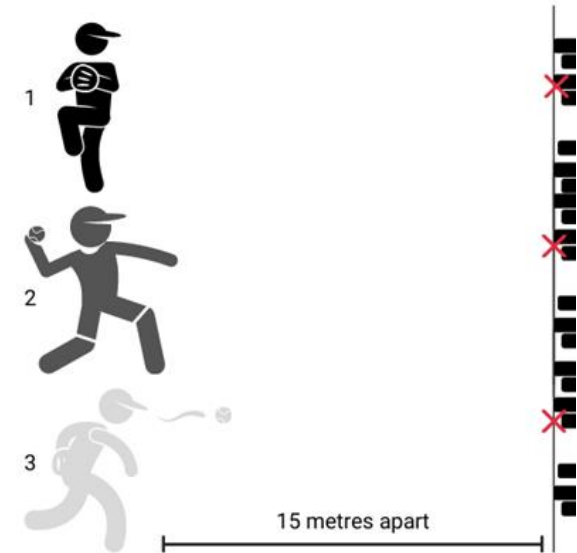


TASK #8: THROWING

HOW TO PLAY Participant is on a spot 5m away from the target line and must throw overarm over the target line for a point. Participant has 5 attempts.

Follow the link to view the activity

<https://youtu.be/keKoTGMSmQA>



SCORING EVERY TIME YOU THROW THE BALL OVER THE LINE YOU SCORE A

EQUIPMENT A marker, tape measure, 5 tennis or Rounders balls and a line



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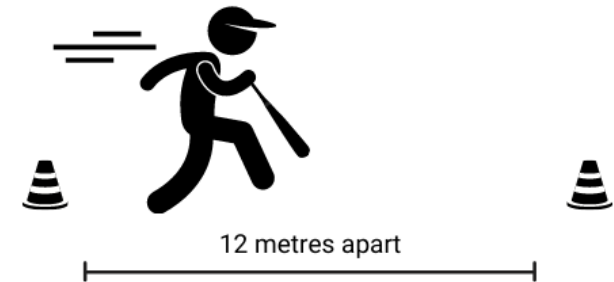
TASK #4: RUNNING BETWEEN THE BASES

HOW TO PLAY 2 cones are placed 12m apart and the participant runs from one cone and round the next carrying the bat and keeps this going to and fro for 1 minute

Follow the link to view the activity

<https://youtu.be/b4rS1qZSY5A>

SCORING: Every time you round a cone you score a point



EQUIPMENT 2 cones, tape measure and Rounders bat



TASK #5: KEEPY UPPY

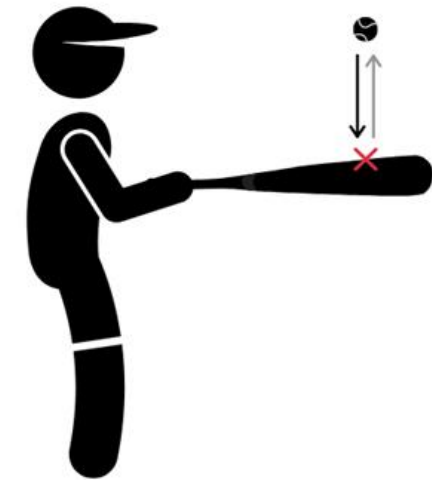
HOW TO PLAY Using the bat how many times can you keep the ball going up and down on your bat without losing the ball. If you lose the ball start from 1 again and remember your best attempt within the 1 minute allowed

Follow the link to view the activity

<https://youtu.be/e8fbaYOL-Ys>

SCORING: How many can you do consecutively without losing the ball. Each consecutive up is point. Highest score in the 1 minute time slot counts

EQUIPMENT A Rounders bat and ball



INCLUSIVE

Ball– you can use a ball to suit the pupil– e.g. colour/ size / weight

Bat - could be a flat bat / small cricket or padder tennis bat

Distance from the wall/container.—move forwards to appropriate ability level

RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

SPIRIT OF THE GAMES VALUES

SELF BELIEF

You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best. Really believe you can hit the wall with the ball.

HONESTY

When working with classmates and teachers, you must submit your score with honesty



