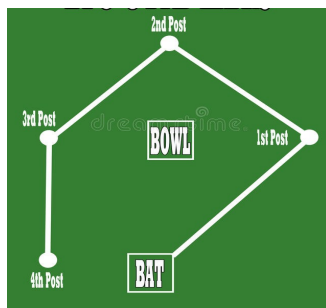




PE: Rounders

Rules

- Each innings can be timed or a number of set balls.
- Batters need to wait in the backward area well away from 4th Post. They will have one good ball bowled to them.
- A No Ball is given if: not smooth underarm action or spun out of back of the hand, ball is above head or below knee, ball bounces on way to you, is wide or straight at body. You can take a normal run on a No Ball, but once you reach 1st Post, you cannot return.
- Methods of being out: caught, running inside post (unless obstructed), the post you are running to is stumped, (you must physically stump the base with the ball in your hand), you overtake, you obstruct (you have right of way on track only). IF OUT, JOIN the END of the BATTING QUEUE and BAT AGAIN.
- Running Around The Track : please carry the bat. If ball is hit behind, you must wait at first base . If you stop at a post you must keep contact with the post, hand or bat. If you do not, the fielding side can stump the following post to put you out. When the bowler has the ball in his square, you cannot move on, but if you are between posts, you can carry on to the next. You cannot have two batters at a post. The umpire will ask the first to run on when second one makes contact. At a post, you do not have to move on for every ball bowled. You can move on as soon as the ball leaves the bowler's hand, this includes no balls. You must touch 4th Post on getting home.
- Scoring: 1 Rounder if ball is hit and 4th post is reached and touched before next ball is bowled. ½ Rounder if 4th post reached without hitting the ball. ¼ Rounder if ball is hit and 2nd or 3rd post reached. Penalty ½ Rounder for an obstruction by a fielder • Penalty ¼ rounder for 2 consecutive no balls to same batter.



Vocabulary and Key Skills

Batting



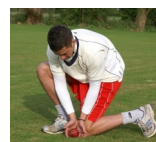
Establish a firm grip round the handle of the bat. Bat held in dominant hand (one hand only), body in a side on position with batting arm furthest away from the bowler. Batting arm is bent with bat pointing upwards, feet shoulder width apart. Player's weight should be on their back foot, ready to transfer onto their front foot when they swing at the ball. As players step they should remember to follow through.

Bowling (underarm)



Hold the ball in their preferred hand, have opposite leg forward, swing arm backwards and release ball as arm is brought forwards. Arm should point to target when ball is released. Aim for the ball to go between the shoulder and the knee.

Fielding (Long barrier)



Body should be behind the ball, bend down into a sideways kneeling position, keep eyes on the ball at all times. Player's hands should be in a position where the heel and the knee join. Hands together, palms open facing down ready to scoop up the ball. Create a barrier with the body.

Throwing



Opposite foot forward to throwing arm. Big stride forwards towards your target. Powerful follow through with the arm coming right across the body.

Tactics

Ask the bowler to change bowling technique (Donkey Drop, fast bowl, slow bowl, spin).

Ask the batters to hit the ball into space and disguise their hits.

Ask the batters standing on bases to set off running to the next-base as soon as the ball leaves the bowler's hands.

Play defensively and throw the ball to the bowler after every bowl.

Ask batters to chance a run to 2nd or 4th Post even if they think they might get run out.

Fielders need to protect 2nd and 4th Posts.