KS3 – Rounders written task

Rounders is a striking and fielding game involving two equal teams: a fielding and a batting team.

* Part 1 = Complete research task based on **rounders** you must include: techniques, rules and tactics to produce a **coaching aid** for an individual who has never participated in a rounders game before.
  Part 2 = Create a drill based on a specific skill in rounders.

Tips for research task:

- State the overall aim of the game and how it is scored.
- State any clubs / teams in your local area or county.
- Identify the main rules of the game and the sanctions if these rules are broken.
- What tactics could be used within a game? Why?
- Describe the techniques used for the different positions in rounders (batter, back stop, bowler and fielder). Analyse why the techniques are different depending upon the position.
- **https://www.roundersengland.co.uk**

Tips for drill task:
Create a drill based on a skill in rounders; choosing either bowling, batting, fielding, reaction time or catching. Below there is a list of equipment available to you, however you do not have to use it all. You may want to think of drills you have been done in other sports and adapt them for rounders. Or you may wish to research some ideas to inspire your own.
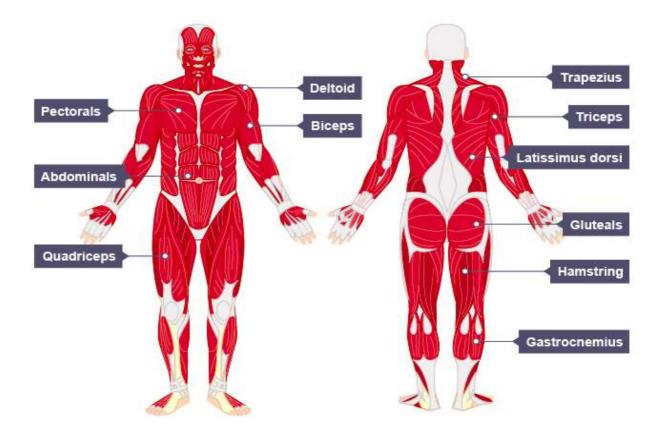*Challenge task:* How could you make the drill easier and harder?

Equipment:

8 x Rounders balls	20 x Cones	10 x Hoops
4 x Rounders bats	10 x Bibs	10 x Participants

KS3 PE – Theory & Practical Task

- Depending on your chosen drill many different muscles will be used throughout.

TASK - Make a list of the main muscles being used (see picture below for guidance). More information about the human muscles can be found on the OCR GCSE PE THEORY website.

- Is there an acronym you can think of to remember the main muscles in the body?

PE Staff Video **Challenge:** If you are off school your PE teacher will send you a video challenge to complete through MS Teams. Remember to share how you do with your teacher so praise/achievement points can be given out.