

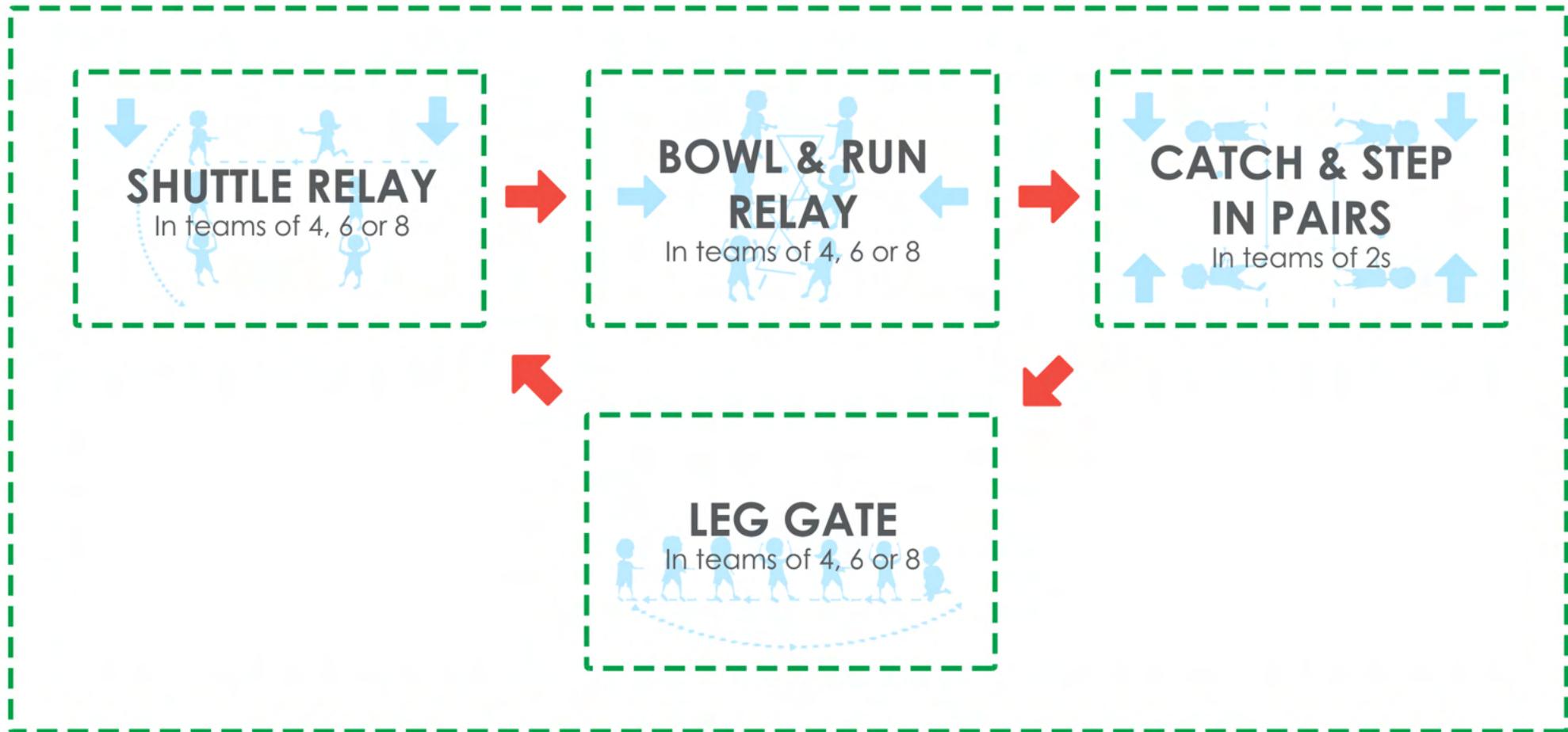


Y3 / Y4 Rounders Fest

INTRA



Layout



Once every group has had a go at each of the above, all to do the Team Batting at the same time for a final group activity

Bowl & Run Relay

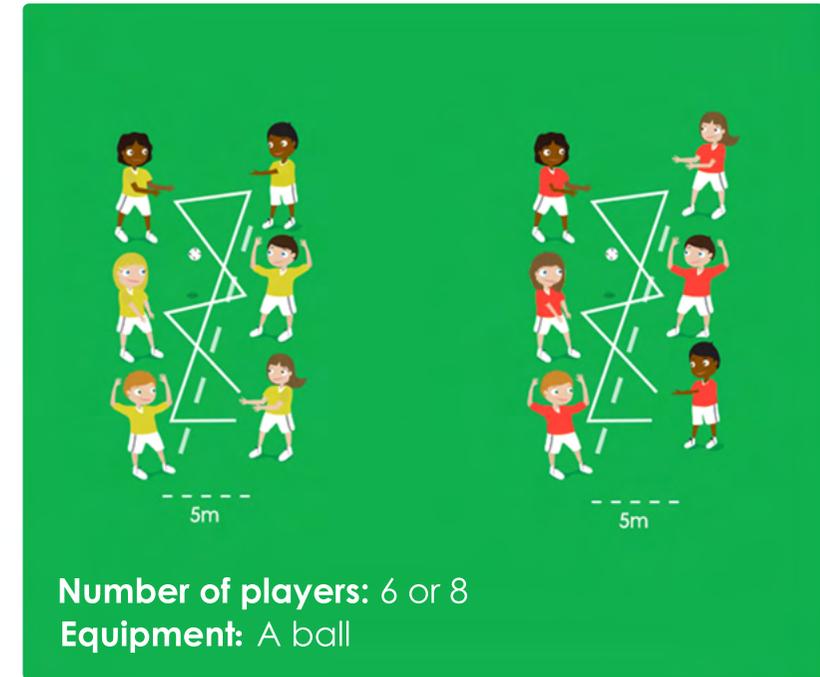
Introduces players to consistent bowling and backstop skills

HOW TO PLAY

- Players form two lines opposite each other about 5m apart
- The player at the front of one line starts with the ball
- The player with the ball bowls it underarm to the player at the front of the opposite line
- Having thrown the ball the player follows it and joins the end of the opposite line
- The receiver then does the same, and so on
- The game continues until all players are back where they started
- The emphasis should be on careful throws and catching cleanly

SCORING

- The team who completes the exercise in the quickest time wins
- Teams can try to beat their personal best times



VARIATIONS

Use an alternative ball to suit age/ability of group

If players initially find the task difficult to understand, stress 'bowl and follow, bowl and follow'

Catch and Step

Helps to improve players catching and throwing skills

HOW TO PLAY

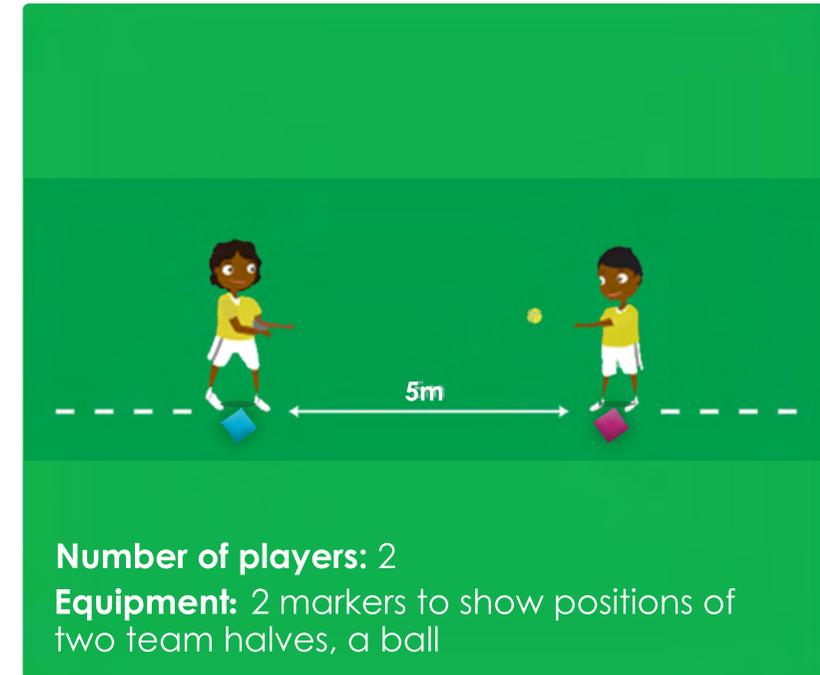
- The two players stand about 5m apart facing each other
- Throw ball underarm for partner to catch
- Repeat until each has made 5 consecutive catches
- Each player takes one step backwards
- Continue until time is up
- If a catch is dropped each takes a step forward and starts the count again

SCORING

- The team who completes the exercise in the quickest time wins
- Teams can try to beat their personal best times

FOCUS QUESTIONS

- What is the best technique for catching and throwing?
- How can the throws become more accurate?



VARIATIONS

Vary length of line to suit age/ability of group

Use alternative ball to suit age/ability of group

Leg Gate

Introduces players to specific fielding skills

HOW TO PLAY

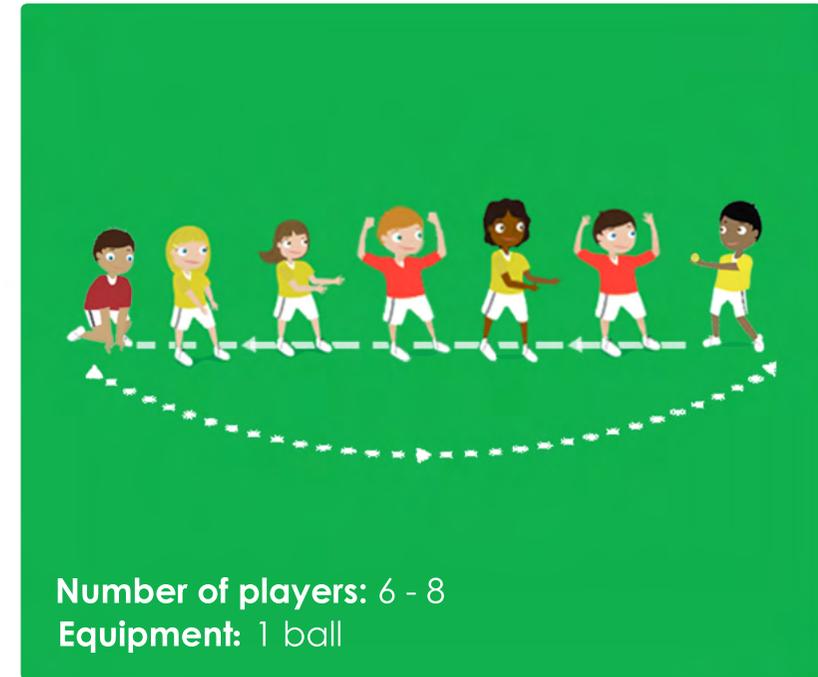
- Players stand in line along a distance of about 15m
- Player at front of line rolls ball back through the legs of the team
- Player at back forms long barrier/gate position to stop ball
- Having stopped ball player runs to front of line
- All players move back to maintain 15m line
- Activity continues until all players have stopped the ball or until they are all back where they started

SCORING

- The team who completes the exercise in the quickest time wins
- Teams can try to beat their personal best times

FOCUS QUESTIONS

- Why is this skill good to prevent the ball from passing a fielder?
- If the ball was coming to the fielder's right, what knee would be positioned along the ground?



VARIATIONS

Vary length of line to suit age/ability of group

Use an alternative ball to suit age/ability of group

Shuttle Relay

Challenges players speed and relay skills

HOW TO PLAY

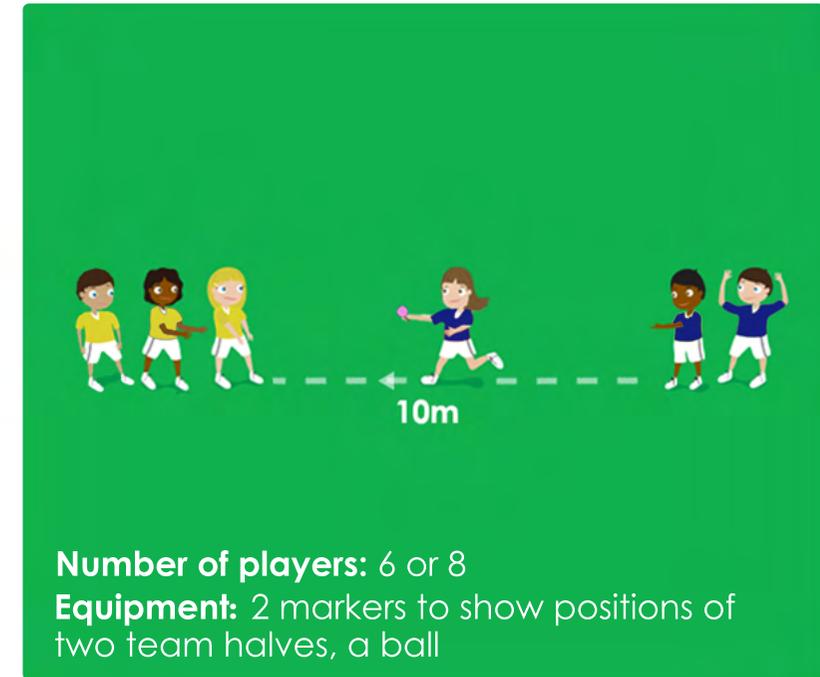
- Two or four teams of three to stand facing each other 10 m apart. Team members to be either in a line one in front of the other, or side by side
- Player at front of one line sprints, with the ball in hand, to the opposite half and hands ball to player at the front of that line, before joining the back of that line
- Next player takes ball and runs to opposite side and does the same
- The relay continues until all players are back in their starting positions

SCORING

- The team who completes the exercise in the quickest time wins
- Teams can try to beat their personal best times

FOCUS QUESTIONS

- Is speed the most important skill in this game?
- What's the best way to successfully complete the challenge?



VARIATIONS

Vary length of line to suit age/ability of group

Use an alternative ball to suit age/ability of group

Team Batting

Challenging batting game where Batters must work as a team to score.

HOW TO PLAY

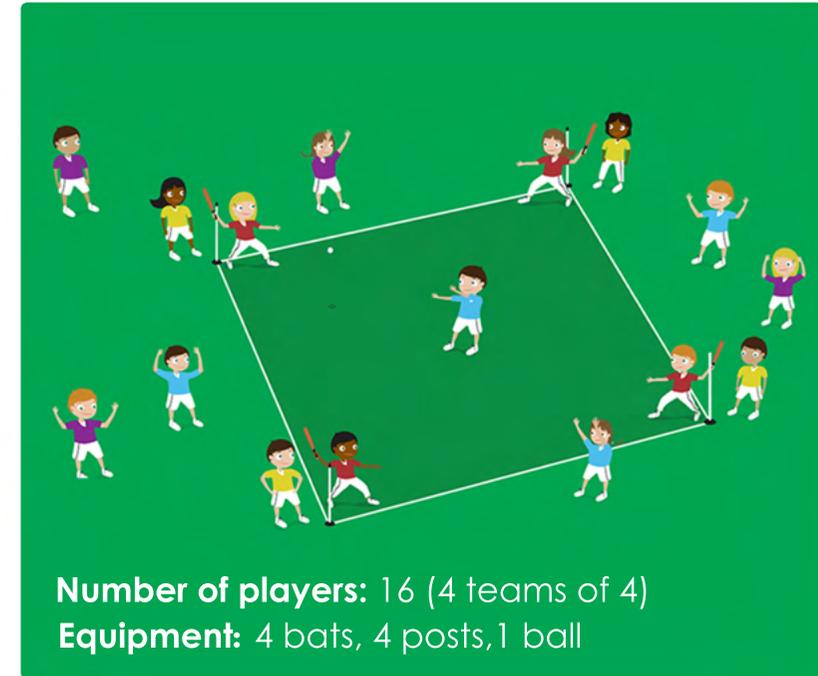
- A Batter stands at each post
- Each post has a Backstop
- Bowler bowls from centre to any Batter
- All Batters run anti-clockwise when ball is hit
- Fielders return the ball to the Bowler
- Batters are out when caught by a Fielder or Backstop

SCORING

- 1 point is scored when all Batters reach the next post
- Teams can try to beat their personal best times

FOCUS QUESTIONS

- Which Batter makes the decision to advance to the next post?
- Where should the Fielders stand?



VARIATIONS

Play for a set time or number of balls

Bowler, Fielders and Backstops rotate

Batters choose to run further than one base to score more points