

# Year 5 - Rounders

## Lesson Plan

### Lesson Objective

To reinforce the underarm throwing and catching techniques

Lesson 1/6

### Equipment Needed

Cones, tennis balls, rounders ball, sponge balls, bean bags.

### Success Criteria

Children can:

- Accurately throw the ball over a short distance using the correct technique
- Consistently catch the ball with two hands
- Judge the flight of the ball and be ready to catch the ball using the appropriate technique

### EDSTART KNOW

- I can explain when to use the underarm throw
- I can describe how to judge the flight of the ball
- I can understand how to use two hands to catch securely

### EDSTART GO

- I can throw underarm with accuracy over a short distance
- I can catch consistently using correct technique
- I can apply throwing and catching in group games

### EDSTART SHOW

- I can encourage my partner during practice
- I can respect teammates when they attempt to catch
- I can celebrate success fairly during challenges

### Key Questions

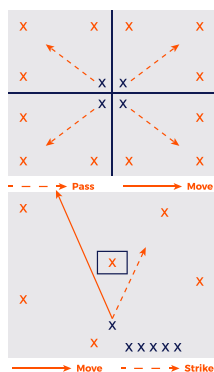
How can we use correct throwing, catching, and striking techniques to work as a team and be more successful in games? By watching the ball carefully, using soft hands to catch, stepping into throws with balanced body position, and striking with controlled power and accuracy, players can keep possession, support teammates, and score more effectively while working together under pressure.

### Warm Up

**MISSION CATCH:** Split the class into groups of six, forming circles around one staff member or leader. The leader gently throws the ball to each pupil one at a time. Pupils focus on using soft hands, watching the ball closely, and returning accurate throws. If the ball is dropped, the group restarts and aims to complete a perfect round. Once all players have caught successfully, the circle expands to increase throwing distance and difficulty. This activity builds concentration, coordination, and teamwork while introducing control and consistency in throwing and catching. **PROGRESSION:** Add a second ball or introduce time limits, challenging groups to complete successful throws under pressure while maintaining accuracy.

### Main Activity

**POWER PITCH CHALLENGE:** In pairs, children practise their throwing and catching technique. Each pair faces each other, standing side-on with their throwing arm furthest back. On release, they follow through with their arm toward the target. Encourage pupils to focus on transferring body weight, maintaining balance, and releasing smoothly. Once confident, pairs place a hoop at varying distances to act as a target. Pupils take turns throwing beanbags or small balls into the hoop, adjusting force to match the distance. This activity develops precision, coordination, and understanding of throwing mechanics. Encourage self-assessment and peer feedback on technique. **PROGRESSION:** Challenge pupils to use different types of throws (underarm, overarm, sidearm) and vary target sizes or distances to refine accuracy.



**SKY STRIKE SHOWDOWN:** Split the area into four quarters. In the centre, four 'strikers' each face outward toward their team's fielding zone. Using a hitting tee or a soft underarm feed, each striker aims to hit the ball into their quarter. The fielding team must catch or stop the ball as quickly as possible, 10 points for a clean catch, 5 for a one-bounce stop, and 1 for stopping after two or more bounces. After three strikes, players rotate roles so everyone has a turn at batting and fielding. Encourage anticipation, teamwork, and communication between fielders, while strikers focus on placement and controlled power rather than distance. **PROGRESSION:** Add a rule that fielders must make a successful return throw to a base or bucket to earn full points, developing reaction time and decision-making under pressure.

**RUN THE BASES:** Split the class into two teams of six. The batting team's player stands ready to throw a ball underarm into the field after receiving a bowl from the bowler. Once thrown, the batter runs to the opposite side of the area, scoring a point for each successful crossing. The fielding team retrieves the ball and returns it to the bowler as quickly as possible to stop runners from scoring. Reinforce understanding of teamwork, spatial awareness, and the importance of communication between bowlers and fielders. Batters learn to judge distance and aim for open spaces when striking. **PROGRESSION:** Add zones worth different points based on distance or accuracy, rewarding strategic placement over pure power. Introduce time limits for batters to encourage faster decision-making.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Shorter distances for beginners, extend for advanced.

#### TASK

Start with paired throwing, progress to Incoming and Danish Long Ball.

#### EQUIPMENT

Use beanbags/sponge balls first, rounders balls for challenge.

#### PEOPLE

Pairs for technique, teams for striking/fielding games.

### Cooldown

**CATCH THE COMPLIMENT:** Form a large circle with one ball. Pupils gently pass the ball around while jogging on the spot, then slow to walking pace. Each time a pupil receives the ball, they must give a quick compliment or positive comment to the person they're passing to, focusing on teamwork, effort, or skills shown during the lesson. Continue until everyone has spoken. Encourage calm breathing, reflection, and positive reinforcement to end the session on a supportive note. **PROGRESSION:** Add a challenge, pupils must remember who gave them a compliment and return one before the activity finishes.

### Key Technical Points

Underarm Throw:

- Stand with one foot in front of the other
- Keep the swinging arm straight throughout the action toward target
- Release point is at a point midway between the waist and shoulder

**Lesson Objective** To reinforce the overarm throwing and catching techniques **Lesson 2/6**

**Equipment Needed** Cones, markers, rounders balls, tennis balls, sponge balls.

**Success Criteria** Children can:

- Accurately throw the ball over a longer distance using the correct technique
- Consistently catch the ball with two hands
- Judge the flight of the ball and be ready to catch the ball using the appropriate technique

### EDSTART KNOW

- I can explain when to use the overarm throw
- I can describe how to transfer weight when throwing
- I can understand how to prepare for catching from a distance

### EDSTART GO

- I can throw overarm with power and accuracy
- I can consistently catch balls thrown at longer distances
- I can apply overarm throwing in fielding games

### EDSTART SHOW

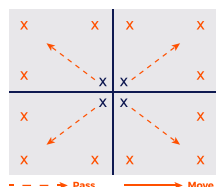
- I can respect teammates when working in pairs
- I can encourage others when they practise catching
- I can show fairness in team challenges

**Key Questions** How can using the correct throwing, catching, and striking techniques help our team score points and work together more effectively? By stepping into throws, using controlled power, watching the ball carefully when catching or striking, and communicating clearly, players improve accuracy, react faster, and help their team keep possession and score successfully.

### Warm Up

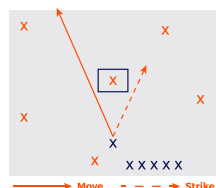
**THROW & GO RELAY:** Split the class into small teams of four or five and line them up behind a start cone. Place a target cone 10–15 metres away for each team. The first player throws the ball (underarm or overarm) toward the target, then runs to collect it and passes it back to the next teammate before returning to the back of the line. Continue until all players have had several turns. This activity builds coordination, throwing accuracy, and quick reactions while introducing movement after release — a key skill for fielding and throwing games. **PROGRESSION:** Increase the target distance, introduce a bounce before catching, or make it a timed challenge to see which team completes the most accurate throws in one minute.

### Main Activity



**TARGET THROW CHALLENGE:** In pairs, children practise throwing and catching to refine accuracy and power. They stand side-on to their partner, step forward with their opposite foot, and follow through toward the target after releasing the ball. Once confident, pupils place a hoop a set distance away and take turns throwing beanbags or balls into it. The aim is to improve precision by adjusting throwing force and judging distance. Encourage discussion on how arm movement, grip, and stance affect control. As children progress, they vary throw types (underarm, overarm, chest) to test accuracy and adaptability. **PROGRESSION:** Move the hoop further away, make it smaller, or introduce partner challenges where pupils score points for consecutive successful throws.

**THE STRIKER'S ARENA:** Divide the playing area into four equal quarters, with four strikers standing back-to-back in the centre, facing outwards. Each striker hits a ball from a stand or an underarm feed into their team's quarter. The fielding team must react quickly, catching on the full scores 10 points, one bounce scores 5, and stopping the ball after two or more bounces scores 1. Each striker takes three turns before rotating roles. This fast-paced game encourages reaction speed, anticipation, and teamwork while developing both striking accuracy and fielding awareness. **PROGRESSION:** Fielders must now return the ball to a base or bowler before scoring is confirmed, reinforcing quick recovery and communication.



**RUN THE BASES:** Split the class into two teams of six. The batting team's player stands ready to hit or throw the ball underarm into the field after receiving a bowl between knee and shoulder height. Once struck, the batter runs to the opposite side of the area while the fielding team retrieves and returns the ball to the bowler's box as fast as possible. If the ball is caught before it bounces, no run is scored. Fielders must communicate to ensure quick, accurate returns. This game reinforces teamwork, hand-eye coordination, and spatial awareness, helping children learn when to take risks or play safely. **PROGRESSION:** Introduce scoring zones, the further the ball travels within bounds, the more points earned. Alternatively, make batters throw overarm for greater challenge.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Shorter throws for beginners, full pitch distances for advanced.

#### TASK

Start with hoop targets, progress to Danish Long Ball.

#### EQUIPMENT

Softer balls for beginners, rounders balls for challenge.

#### PEOPLE

Pairs for practice, teams for fielding drills.

### Cooldown

**Fielders' Relay Reflection:** Children jog lightly around the area while passing a soft ball or beanbag to the next person in line. When the coach calls "Stop!", the pupil holding the ball must share one success from the lesson, for example, "I improved my catching!" or "Our team communicated really well!". Continue until everyone has had a turn. This calm, reflective cooldown reinforces positivity, teamwork, and self-assessment. **PROGRESSION:** Add a rule that pupils must name a teammate who supported them well before passing the ball on, promoting gratitude and team appreciation.

### Key Technical Points

#### Overarm Throw:

- Stand side-ways on
- Opposite leg forward to throwing arm with weight on the back leg
- The arm extends back and bends through to release above the head
- The body twists around with the throw, transferring the weight from the back to the front leg
- Follow through with the arm pointing in the same direction of the path of the ball

# Year 5 - Rounders

## Lesson Plan

**Lesson Objective** To develop the underarm bowling technique **Lesson 3/6**

**Equipment Needed** Cones, markers, rounders balls, tennis balls, sponge balls.

**Success Criteria** Children can:

- Accurately bowl the ball to a partner using the correct technique
- Understand that they need to bowl the ball between the knee and shoulders of the batter
- Understand the 'no ball' rule when bowling

### EDSTART KNOW

- I can explain how to bowl underarm in rounders
- I can describe the 'no ball' rule
- I can understand why the ball must be bowled between knee and shoulder height

### EDSTART GO

- I can bowl the ball underarm to a batter with accuracy
- I can practise bowling with correct footwork and release
- I can apply bowling in small games

### EDSTART SHOW

- I can respect batters when bowling
- I can encourage teammates during bowling challenges
- I can celebrate effort in bowling fairly

**Key Questions** How can accurate throwing and effective teamwork help both batters and fielders be successful in games? Accurate throwing allows players to control the ball, hit targets, and return it quickly under pressure, while good teamwork and communication help players support each other, recover the ball faster, and make better decisions during game play.

### Warm Up

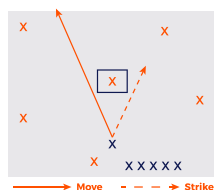
**THE DISTANCE DUEL:** Children work in pairs and practise throwing and catching. They begin one metre apart and each time both partners make a successful catch without dropping the ball, they each take one step back. The challenge continues as they see how far apart they can throw and still maintain accuracy and control. If the ball is dropped at any point, they must start again from the beginning. Encourage underarm throws first before progressing to overarm. This warm-up builds coordination, communication, and consistency in technique. **PROGRESSION:** Introduce a time limit or challenge pairs to complete a set number of catches at each distance. Add variety by throwing different objects such as beanbags, tennis balls, or foam balls to test reactions and adaptability.

### Main Activity



**STRIKE ZONE SHOWDOWN:** Demonstrate the correct bowling technique: underarm throw, step forward with the opposite foot, and release the ball smoothly. Discuss what constitutes a "no-ball": too high, too wide, too short, or delivered on the wrong side of the batter. Pupils practise bowling to a partner from an agreed distance, focusing on accuracy and consistency. After bowling, their partner catches the ball and rolls it along the floor slowly. The bowler then turns, collects the ball using the side pick-up technique, and throws it back to their partner. This activity improves bowling control, reaction speed, and fielding recovery. **PROGRESSION:** Set up small lanes and see how many accurate deliveries each pair can make in one minute. Introduce points for each ball that hits a target area or lands cleanly within a marked zone.

**THROUGH THE EYE OF THE NEEDLE:** Children stand around 8 metres apart, roughly the distance between bowler and batter in Rounders. One child takes the role of the bowler while their partner holds up a target for them to aim through or at. Less experienced pupils start by bowling through a large hoop. Once they show consistent accuracy, they move on to smaller hoops. More advanced pupils can challenge themselves to knock over a cone placed at the target distance. This game develops fine motor control, precision, and timing. Pupils focus on alignment of shoulders, follow-through, and consistency of release. **PROGRESSION:** Turn it into a mini competition between pairs or lanes, award points for each successful throw through the hoop or hit on the target.



**RUN THE BASES:** Divide the class into two teams of six. One team bats while the other fields. The bowler delivers the ball underarm between knee and shoulder height, and the batter catches it before throwing it into the playing area. Once released, the batter runs to the opposite side and tries to make it back before the fielders return the ball to the bowler's box. No runs are scored if the ball is caught or goes out of bounds. Fielders must work together to retrieve and return the ball as fast as possible, communicating clearly to prevent confusion. **PROGRESSION:** Add scoring zones for batters — longer or more accurate throws earn more points. Fielders can also earn points for direct throws back to the bowler's box, rewarding precision and teamwork.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Use closer batting boxes for beginners, regulation distance for advanced.

#### TASK

Start with target bowling, progress to Through the Eye of a Needle.

#### EQUIPMENT

Use sponge/tennis balls for beginners, rounders balls for challenge.

#### PEOPLE

Pairs for bowling/catching, groups for Danish Long Ball.

### Cooldown

**THE PASSING PYRAMID:** Children form small groups and stand in a triangular or diamond shape. They pass the ball around calmly, reducing speed and intensity after each round. After several passes, pause and ask one pupil to share what they learned or enjoyed about the lesson before restarting. This keeps the class reflective while gradually lowering heart rate and maintaining engagement. **PROGRESSION:** Add an accuracy challenge where teams must complete a set number of perfect passes without dropping the ball, encouraging focus and calm control at the end of the session.

### Key Technical Points

**Underarm Bowling Technique:**

- Grip ball with index/middle finger and thumb
- 2 steps in to bowl (opposite arm to leg)
- Hand pointing where you want the ball to go
- Bent knees

# Year 5 - Rounders

## Lesson Plan

Lesson Objective	To develop a range of fielding techniques				Lesson 4/6
Equipment Needed	Cones, markers, rounders balls, tennis balls, sponge balls.				
Success Criteria	Children can: <ul style="list-style-type: none"><li>• Use the long barrier technique when the ball is travelling on the ground</li><li>• Get to ball back to specific areas of the field depending on where the runners are</li><li>• Judge whether they need to catch the ball overarm or underarm by watching the flight of the ball</li></ul>				
EDSTART KNOW	EDSTART GO		EDSTART SHOW		
<ul style="list-style-type: none"><li>• I can explain the long barrier technique</li><li>• I can describe when to use overarm or underarm throws</li><li>• I can understand how to judge the flight of the ball</li></ul>	<ul style="list-style-type: none"><li>• I can perform the long barrier to stop a ball</li><li>• I can return the ball quickly to the bowler or base</li><li>• I can apply fielding skills in games</li></ul>		<ul style="list-style-type: none"><li>• I can respect teammates when fielding together</li><li>• I can encourage others when they practise stopping the ball</li><li>• I can celebrate successful team fielding</li></ul>		
Key Questions	How can controlled throwing, accurate rolling, and effective fielding help your team succeed in attacking and defending games? Accurate throws, controlled rolls, and quick fielding help teams score points and stop the opposition.				
Warm Up	TRIPLE BOUNCE CHALLENGE: Set up paired grids using cones so two teams face each other. Each team must throw the ball underarm into the opposing grid, aiming to make it bounce three times before the other team can catch it. Players cannot move with the ball and must pass quickly to keep the game flowing. This encourages teamwork, anticipation, and controlled catching. Discuss tactics, can they disguise their throws or bounce the ball into space? PROGRESSION: Reduce the number of allowed bounces to two for a greater challenge, or introduce a rule where players must make at least three passes before throwing into the opponent's grid.				
Main Activity	<p>STONE SKIMMERS: Children work in pairs, standing 5–6 metres apart with a hoop placed midway as the target. Each player rolls the ball, aiming for it to bounce once in the hoop before being caught by their partner. Emphasise bending knees, keeping eyes on the target, and using smooth underarm movements. This activity builds control and judgement of distance while linking to real fielding actions. Once confident, pupils can increase the distance or remove the hoop and aim for a single, accurate bounce to their partner. PROGRESSION: Award points for accurate bounces inside the hoop or for consecutive successful rolls without a drop.</p> <p>BARRIER BUSTERS: Demonstrate the long barrier technique: one knee on the ground, hands forming a gate, and eyes following the ball. In pairs, children practise fielding rolling balls, stopping them cleanly before returning with an underarm throw. Focus on body positioning, soft hands, and quick recovery to throw. Turn this into a timed challenge: "How many clean long barriers can your pair complete in one minute?" This helps embed correct form under light pressure. PROGRESSION: Increase the rolling distance or introduce moving rolls to simulate game scenarios where the ball travels at different speeds or angles.</p> <p>RUN THE BASES: Divide pupils into two teams of six. One team bats while the other fields. The bowler delivers an underarm ball between knee and shoulder height, and the batter catches it before throwing it into the open field. After release, the batter runs to the opposite side and back before the fielders can return the ball to the bowler's box. Runs only count if the ball stays in play and isn't caught. This fast-paced activity develops teamwork, throwing accuracy, and tactical decision-making about when to run or stay safe. PROGRESSION: Add scoring zones for longer throws or award double points for direct hits to specific target cones in the fielding zone.</p>				
Adapted Learning (Differentiation) (Challenge)	SPACE	TASK	EQUIPMENT	PEOPLE	
	Wider field areas for beginners, tighter zones for challenge.	Start with Skimming Stones and Long Barrier drills, progress to Danish Long Ball.	Use cones, hoops, tennis balls for support, rounders balls for challenge.	Pairs for long barrier, teams for fielding games.	
Cooldown	TARGET TOSS WIND DOWN: Create small circles or hoops around the area. Pupils take turns gently tossing the ball into different targets, aiming to land the ball softly. Between throws, they walk slowly around the space, taking deep breaths and reflecting on what went well in the lesson. To end, each child shares one thing they improved ("I got better at rolling straight!") or one skill they want to practise next time. PROGRESSION: Make it cooperative, pupils pair up and try to land the ball in the same target simultaneously, testing timing and coordination while staying calm.				
Key Technical Points	Stopping / Catching: <ul style="list-style-type: none"><li>• When stopping/catching it is Important that the children place their hands close together</li><li>• Fingers apart and outstretched, soft hands</li></ul>		Long Barrier: <ul style="list-style-type: none"><li>• Track ball as it moves towards you</li><li>• Lower left leg parallel and close to floor</li><li>• Right foot touching left knee so there is no gap</li><li>• Hands out in front to stop ball</li></ul>		

# Year 5 - Rounders

## Lesson Plan

**Lesson Objective** To develop batting skills

**Lesson 5/6**

**Equipment Needed** Cones, markers, rounders balls, tennis balls, sponge balls.

**Success Criteria** Children can:

- Know to stand sideways on, with the bat back ready to swing at the ball
- Know to have their weight on their back foot, ready to transfer forward once ball is bowled
- Show control of the ball and direct the ball away from fielders

### EDSTART KNOW

- I can explain how to hold the bat correctly
- I can describe the correct stance for batting
- I can understand how to direct the ball into space

### EDSTART GO

- I can strike the ball with control using correct technique
- I can practise batting in pairs and small groups
- I can hit the ball into different areas of the field

### EDSTART SHOW

- I can respect fielders when batting
- I can encourage teammates when they bat
- I can celebrate everyone's effort fairly

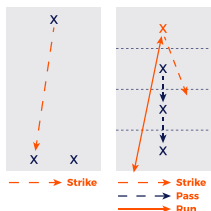
### Key Questions

How do accurate catching, controlled striking, and quick teamwork help you succeed in striking and fielding games? Accurate catching keeps play moving, controlled striking places the ball into space, and quick teamwork helps teams score runs and stop the opposition.

### Warm Up

**STEP BACK CHALLENGE:** Children work in pairs, each with one ball between them. They start one metre apart and practise throwing and catching with two hands. Each time both partners make a clean catch, they take one step backwards. If the ball is dropped, they must return to the starting distance. Encourage pupils to use soft hands, keep their eyes on the ball, and communicate with each other. This warm-up improves accuracy, reaction time, and teamwork while preparing pupils for striking and fielding activities. **PROGRESSION:** Challenge pupils to use one hand for catching, vary the type of throw (underarm, bounce, lob), or introduce a time limit to see how many successful catches they can complete before the whistle.

### Main Activity



**HIT ZONE HEROES:** Demonstrate correct striking technique: side-on stance, eyes on the ball, balanced grip, and smooth swing parallel to the floor. Pupils work in pairs: one acts as the server, gently feeding the ball, while the other strikes it into a safe open area. After four hits, players swap roles. Encourage children to aim for control and placement rather than power, focusing on consistent contact with the ball. This develops coordination, timing, and striking accuracy. **PROGRESSION:** Move the feeder further away, use different sized balls or bats, or challenge pupils to strike towards specific targets for points.

**FIELD FRENZY:** Children work in groups of three: one hitter and two fielders. The hitter strikes five consecutive shots off a tee or underarm feed while the fielders collect and return the balls quickly to a target area or bucket. Once all balls are collected, pupils rotate roles. This ensures everyone practises striking, collecting, and returning efficiently. Emphasise safe fielding positions and communication between fielders. **PROGRESSION:** Add a scoring system — one point for each clean strike that lands within a marked zone. Fielders can earn bonus points for quick, accurate returns to the target.

**RACE THE RELAY:** Split pupils into teams of six. Each team selects a batter while the others field across three zones. After hitting the ball, the batter runs through the three zones and back to base before the fielders can pass the ball successfully through all zones. Fielders must communicate clearly, passing swiftly and accurately to beat the runner. Once complete, the next batter steps up. This activity builds teamwork, awareness, and reaction speed while reinforcing the principles of striking and fielding. **PROGRESSION:** Add more zones, reduce their size to increase difficulty, or time each team's attempt to encourage faster play.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Larger striking zones for beginners, tighter gaps for advanced.

#### TASK

Start with paired batting, progress to Beat the Ball challenges.

#### EQUIPMENT

Use larger bats or rackets for beginners, rounders bats for advanced.

#### PEOPLE

Pairs for batting practice, teams for hitting/fielding games.

### Cooldown

**Walking Rounders:** Set up a few hoops or cones as targets. Pupils gently underarm throw balls into the targets, gradually increasing the distance after each attempt. Between turns, pupils walk calmly around the area, slowing their breathing and heart rate. End the session by gathering pupils in a circle and asking reflective questions such as, "What helped you strike the ball better today?" or "How did your team work together when fielding?" This promotes cool down through light activity and active reflection. **PROGRESSION:** Turn it into a cooperative challenge — pairs aim to get a set number of successful throws in a row before finishing.

### Key Technical Points

Batting:

- Stand side-on
- Swing bat/racquet in a motion that is parallel to the floor
- Keep eyes on the ball

# Year 5 - Rounders

## Lesson Plan

<b>Lesson Objective</b>	<b>To play small games and adhere to the rules of the game</b>				<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Cones, markers, rounders balls, tennis balls, sponge balls.				
<b>Success Criteria</b>	Children can: <ul style="list-style-type: none"> <li>Understand the rules of the game and can play small games</li> <li>Judge how far they can run to score points</li> <li>Know how to get players 'out' when fielding. By throwing to bases and touching the posts</li> </ul>				
<b>EDSTART KNOW</b>	<ul style="list-style-type: none"> <li>I can explain the basic rules of rounders</li> <li>I can describe how to score runs and get players out</li> <li>I can understand how to apply my skills in matches</li> </ul>				
<b>EDSTART GO</b>	<ul style="list-style-type: none"> <li>I can play in small-sided rounders matches</li> <li>I can combine batting, bowling, and fielding skills</li> <li>I can follow the rules during competitive play</li> </ul>				
<b>EDSTART SHOW</b>	<ul style="list-style-type: none"> <li>I can respect referees and opponents</li> <li>I can encourage my team during games</li> <li>I can show fairness whether I win or lose</li> </ul>				
<b>Key Questions</b>	How do accurate throwing, smart fielding positions, and teamwork help a team be successful in Rounders? Accurate throwing and catching help return the ball quickly, good fielding positions stop runs being scored, and teamwork allows players to make fast, effective decisions during the game.				
<b>Warm Up</b>	<b>HEXAGON HUSTLE:</b> Children working in groups of six, standing in a hexagon formation marked by cones. Using an underarm throw, they pass the ball clockwise around the group, counting aloud how many consecutive catches they can complete without dropping it. The coach calls out the top scores to beat, creating a competitive yet collaborative atmosphere. This develops accuracy, timing, and teamwork while warming up key muscles used in throwing and catching. <b>PROGRESSION:</b> Add a second ball to increase focus and communication, or challenge pupils to reverse direction on the coach's command. For advanced groups, introduce high or bounce passes to vary difficulty.				
<b>Main Activity</b>	<p><b>BASE BLITZ:</b> Introduce or revisit the core rules of Rounders. Demonstrate the correct stance, grip, and swing when using a rounders bat or tennis racket. The batter aims to strike the bowled ball and run between bases while the fielding team works together to return the ball quickly to the bowler or stump a base. Discuss why good fielding positions matter — prompting pupils to think about angles, reaction times, and teamwork. This helps embed tactical awareness and ensures all pupils understand their roles before gameplay begins. <b>PROGRESSION:</b> Ask each team to create their own fielding plan and explain why they placed players in certain positions. Swap strategies and test them in practice play.</p> <p><b>MINI MATCH MADNESS:</b> Split the class into two games of eight players per pitch to keep all pupils active. One team bats while the other fields. Each batter gets three turns regardless of being caught out, ensuring inclusion and repetition. After each full batting rotation, teams swap roles. Encourage fast rotation and clear communication between batters and fielders. Emphasise underarm bowling at waist height, running at speed between bases, and accurate returns from fielders. This format ensures high engagement, frequent skill practice, and understanding of tactical teamwork. <b>PROGRESSION:</b> Add scoring variations: ½ rounder for reaching second base, 1 full rounder for completing all bases, and bonus points for direct catches or clean throws to the bowler.</p> <p><b>ROUNDERS ROYALE:</b> Once pupils understand the structure, move into an extended, competitive version. Teams field strategically, with designated roles (bowler, backstop, bases, and deep fielders). Encourage communication, anticipation, and quick decision-making. Reinforce the rule that batters must run once they attempt a hit, and the fielding team should aim to stump the base the runner is approaching. This builds on prior lessons, combining striking, catching, fielding, and tactical thinking in realistic gameplay. <b>PROGRESSION:</b> Introduce specific scenarios, such as “two bases occupied” or “one ball left,” to promote quick, strategic responses.</p>				
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Smaller pitches for beginners, regulation pitches for advanced.	<b>TASK</b> Start with simplified rules, progress to full games.	<b>EQUIPMENT</b> Use cones for bases, rounders bats and balls for games.	<b>PEOPLE</b> Teams of 6–8, rotating positions for fairness.	
<b>Cooldown</b>	<b>Circle Catch Reflection:</b> Children stand in a large circle and gently pass the ball around using underarm throws. After each successful pass, they share one key skill they improved during the session, such as striking, teamwork, or catching under pressure. Encourage soft throws and calm movements to gradually reduce activity levels. <b>PROGRESSION:</b> Challenge pupils to maintain a rally of ten perfect passes without dropping the ball before finishing, reinforcing focus and control even during cooldown.				
<b>Key Technical Points</b>	<ul style="list-style-type: none"> <li>The bowler bowls the ball to the batter who hits the ball forward on the rounders pitch</li> <li>If the ball is hit backwards behind the batters box, the batter must stop at first base until the ball is returned into play</li> <li>The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for</li> <li>If the ball reached the 'backstop' direct from the bowler, they throw the ball to 2nd base to stop the batting team scoring</li> </ul>				