



Berkshire Virtual School Games Week Nine – Rounders

There are 3 Challenges for you to practise.

SEND IN YOUR BEST SCORES to your teacher.

Challenge One: Catching - Rebound

https://www.youtube.com/watch?v=1MkU_hgXhwE

What will you need?

- Stopwatch - If not, a phone or iPad/tablet or clock/watch.
- Markers x 2 - If not, cans or plastic cups or socks.
- 1 x Tennis Ball/Large Ball – If not, newspaper ball, tin foil ball, ball from another sport or socks
- Target Area – Using a wall and chalk/tape or blue-tac to mark the scoring zone- if you have no wall use a partner to throw to you.

Level 2 (KS2 Scoring)

- Set out a throwing / catching position 2 paces from a wall using 2 markers.
- On “GO” throw the small ball underarm against the wall and catch it with two hands as it rebounds. Do not let it bounce.
- You get a point for each successful throw and catch.
- You have 60 seconds to score as many as possible.
- KS2 - do not forget to record your best score

LAYOUT		
IF I NEED SUPPORT...	IF I NEED A CHALLENGE...	
<ul style="list-style-type: none">• Allow the ball to bounce before catching.• Move your throwing point closer to help catch.• Use a larger ball in Level 2 & 3.	<ul style="list-style-type: none">• Increase the distance between the wall and throwing point.• Add a target on the wall for accuracy when throwing.• Level 1- catch with one hand.	

Challenge Two: Striking – Scatterball

<https://www.youtube.com/watch?v=nGu39yb1Tk>

What will you need?

- Stopwatch - If not, a phone or iPad/tablet or clock/watch.
- Markers x 6 - If not, cans or plastic cups or socks.
- 1 x Tennis Ball/Large Ball – If not, newspaper ball, tin foil ball, ball from another sport or socks
- Rounders bat – If not, rolling pin, cricket bat or stumps, tennis racquet

Level 2 (KS2 Scoring)

- Use the same striking zone as level 1
- Set up two scoring zones each side of you 4 paces away from the striking zone that are 3 paces wide.
- Practice striking a small ball, with both a forehand and a backhand hit, aiming the ball to the two target areas.
- Using the palm of your dominant hand swing your arm (like swinging a bat) to strike the ball off your other hand.
- As you swing, point your striking hand towards the target to finish.
- You score 1 point for hitting the target through your forehand area and two points to your backhand target area.
- You have one minute (60 seconds) to score as many points as possible.
- 100% of the class to be involved in the activity.

LAYOUT		
		
IF I NEED SUPPORT...	IF I NEED A CHALLENGE...	
<ul style="list-style-type: none">• Increase the width of the target zone.• Use a larger ball.	<ul style="list-style-type: none">• Make the target zones smaller.• Throw the ball in to the air before striking the ball.	

Challenge Three: Bowling – Pitch Perfect




<https://www.youtube.com/watch?v=ratS5-4u8j8>

What will you need?

- Stopwatch - If not, a phone or iPad/tablet or clock/watch.
- Markers x 2 - If not, cans or plastic cups or socks.
- 1 x Tennis Ball/Large Ball – If not, newspaper ball, tin foil ball, ball from another sport or socks
- Target Area – Using a wall and chalk/tape or blue-tac to mark the scoring zone - if you have no wall, use a partner to throw to you.

Level 2 (KS2 Scoring)

- Use a small ball to practice your underarm bowling.
- Use chalk/tape to draw two lines on the wall (at your knee and head height).
- Set up a bowling area 5 paces from the wall.
- Bowl the ball with one hand underarm to hit between the 2 lines.
- Repeat as many times as possible to achieve a consecutive score.
- 1 point scored for every successful bowl between the 2 lines.
- If an attempt is unsuccessful, restart the scoring from zero.
- You have one minute (60 seconds) to score as many repetitions as possible
- KS2 - do not forget to record your best score!

LAYOUT		
		
IF I NEED SUPPORT...	IF I NEED A CHALLENGE...	
<ul style="list-style-type: none">• Increase the size of the bowling target.• Move bowling line closer to the wall.	<ul style="list-style-type: none">• Make target size smaller.• Try to bowl using your non dominant hand.	

Scoring Sheet

Name:	
Challenge	Best Score (in 60 seconds)
1: Catching	
2: Striking	
3: Bowling	