

#stayhomestayactive

@PEatHome1



EXPLORE

Having good agility and being able to run with good balance is important in rounders as you run around the bases.



Bright ideas:

Find a big enough space to run in and try out these running activities:

- Can you run in different directions? Try running forwards, backwards, and side to side. Now try running in a zig zag, changing directions. Can you stay balanced as you do this?
- Can you run in different ways again but this time, stop quickly like a statue so that you don't wobble or fall over when you stop.
- Play musical statues. Find some music that you enjoy listening to and ask someone in your family to play it for you. Run about in different ways when the music is playing and then stop 'as still as a statue' when the music stops!



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Where can I find out more about rounders?
<http://www.birminghamrounders.co.uk/>
<https://www.roundersengland.co.uk/>
<https://www.thisgirlcan.co.uk/activities/rounders/>

PRACTICE



You will need three small pieces of paper about the size of a post it note, and three of your favourite toys.

Put the pieces of paper onto the floor in front of you like this:



Stand a few paces away and have the three toys next to you.

Pick up one toy and run and put it on top of one of the pieces of paper, then do the same for the other two toys. How fast can you do this?

Now can you run and collect each toy one at a time? How fast can you do it?

Ask someone in your family to time you.

What could you do to beat your score next time?



Personal, Social and Emotional Development

Draw a picture of yourself playing your favourite outdoor games and activities.

Talk to somebody in your family about your drawing and tell them what is happening in the picture.

Talk to them about why you like playing these games and activities and how they make you feel when you play them.

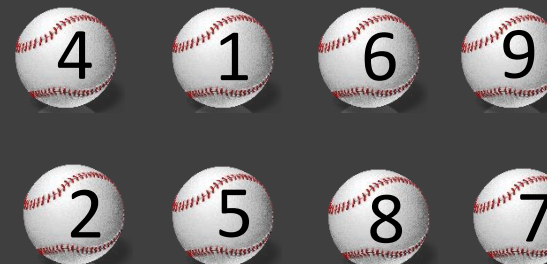
Mathematic – Number Challenge!

In rounders you score 1 rounder if you can run all the way around the bases without stopping, and without getting 'out'!

Look at the numbers on these rounders balls. Can you work out what is 1 more than each number?

Can you work out what is 1 less than each number?

Write your answers down.



DEVELOP



You will need four objects – these can be small soft toys or household objects such as empty cartons or boxes.

Find a big enough space to run in and put the objects onto the floor in a square with enough space to run between each one.

Practise running round the 'bases' quickly, staying in balance and stopping quickly without falling over at the end.

You are now going to put these skills into a game.

You will need a ball or something that you can throw – you could use rolled up socks or a small soft toy. You will need someone from your family to help with this activity too.

Start by standing near to your 4 bases with the ball in one hand. Throw the ball into a space away from the bases, and then run around all 4 bases.

Can you get all of the way round before the other person can run and get the ball and throw and catch it to themselves 10 times?



Parent's Tip!

Encourage your child to be creative with their running activities in the explore section.

Talk to them about running with their head up, looking forwards and running lightly on the balls of their feet. Talk to them about bending their knees to change direction when running and to help them to stop and stay in balance.



Make sure you have enough room to safely complete the tasks.



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EXPLORE

Having good agility and being able to run with good balance is important in rounders as you run around the bases.



Bright ideas:

Find a big enough space to set up four bases as shown in the PE Challenge. You can use cones, toys or jumpers!

- Practise running around the bases as quickly and efficiently as possible.
- Once you have got used to running around the bases, practise running to each base and touch it with your foot as you get to it. Work your way around the pitch.
- Get a family member to call out the number of a base. Start in the batting box in the middle and when they shout a number, run to that base as quickly as possible.
- Once you have learnt where everything is, can you run from the bowling box to the batting box then to the 1st, 2nd, 3rd and 4th bases?



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PRACTICE

You will need a ball or you can use rolled up socks or screwed up paper for this next a activity.

Put the ball on the floor. Practise picking it up quickly so that you have a secure grasp on the ball.



Put the ball on the floor again. Practise running in and picking it up quickly, so that you have it under control ready to throw.

Ask a family member to help you or roll the ball yourself if you need to. Practise running towards the rolling ball, pick it up swiftly and keep good control ready to throw in to the bases or the bowler.



Physical Education Challenge!



The picture above shows a rounders pitch. Can you copy the shape on to a large piece of paper using coloured pens and a ruler?

Now can you label each part of the pitch with; - Batter - Bowler - 1st Base - 2nd Base - 3rd Base - 4th Base?

You may need a bit of help from an adult.



Make sure you have enough room to safely complete the tasks

DEVELOP



Fielding in rounders and being able to throw accurately at the bases is a very important part of the game.

You are going to develop a 'turn and throw' game to improve your accuracy. Use the bases you set up in the explore phase.

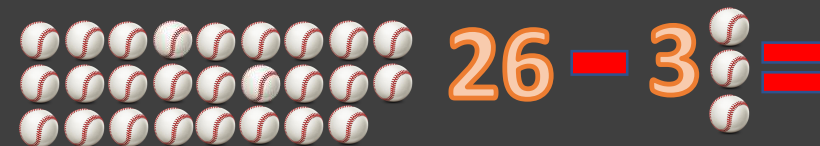
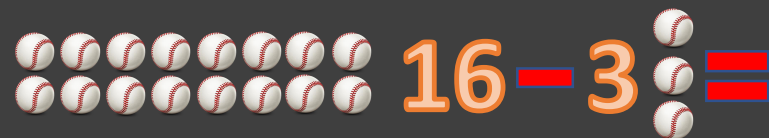
Start with the ball on the floor. Get a family member to stand at a base and roll the ball in to space. Practise picking the ball up quickly, turning and throwing the ball back to them at the base.'

Get them to move to different bases and roll the ball in to different spaces for you to throw back as accurately as possible..

Devise a simple scoring system.

What could you do to improve the accuracy of your throw?

Mathematics Challenge! Subtraction patterns



Parent's Tip!

Encourage your child to be as accurate as possible when picking up the ball and throwing it to you. It is better for them to take a little longer and be accurate than to rush.

If they are not yet confident, an underarm throw is fine, for further throws you might start to develop an overarm throw.

KS1

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EXPLORE

For these activities you will need a bat and a small ball. You can use any type of bat, racket or a hard backed book. You can use rolled up socks or screwed up paper for a ball.



Bright Ideas

You are going to practise your hand/eye coordination and develop your skills of using a bat to strike a ball. Try these activities below:

Bounce your ball on your bat. Find a safe space and stand still.

- Start off by bouncing the ball on the bat using little hits up to keep control of the ball.
- Now try hitting the ball up higher. How high can you bounce the ball off the bat whilst keeping it under control?

Now try the same activities but can you move around whilst doing them?

Use two hands, use your right hand and then your left hand. Which is easier? Why do you think this?

What do you need to do to make sure that you make contact with the ball with each hit? Think about where you need to look and the position of your body.



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PRACTICE

Hitting from a 'Self Feed'.

Throw the ball up gently to yourself using your non-batting hand and then strike the ball with your bat.

Can you make contact with the ball?

Can you hit the ball into a space?

Practise this until you can consistently hit the ball into a space.

Now put a target down – this could be a piece of paper, a household object or a jumper! Stand a few paces away from your target and practise hitting the ball from a 'self feed' towards your target.

Try moving further away or standing to one side. Can you still hit the ball at the target?



English Challenge!

One of the earliest references to rounders in literature was found in Jane Austen's book *Northanger Abbey* written between 1798 and 1799. Jane Austin is a famous British author.



Who is your favourite author?
What is your favourite book by this author?

Could you re-read one of your favourite books by this author?

Write a review of your chosen book for one of your friends. Give reasons why you would recommend this book to them in your review.

Art and Design Challenge!

One of the earliest references to the game of rounders is seen in an engraving kept in the Bodleian Library dated from 1344.



You are going to create your own print of a sporting action shot!

Draw out your design on paper first. You will need a polystyrene tray – a clean base from a pizza is ideal for this. You can use play-doh or plasticine too if you don't have polystyrene. 'Draw' your design onto the polystyrene tray using a blunt pencil making sure to press down quite hard so that the lines are indented. Now cover your design with a layer of paint, and put a clean piece of paper over the top of that. Press down hard – use something with a hard surface to get even coverage. Lift off your print and try again! Clean your polystyrene tray and use different colours.



Make sure you have enough room to complete the tasks.

DEVELOP

Hitting a Bowled Ball



Ask someone in your family to help you with these activities.

Ask your family member to gently bowl the ball underarm towards you.

Can you hit the ball back to them so that they can catch it?

Can you hit the ball to a space on either side of them?

Can you hit the ball into a space where they have to move to collect it?

Devise a 'hitting' game with your family whereby points can be scored by the batter.



How many can play?

What will the rules be?

How do you score points?

How creative can you be?



Parent's Tip!

Encourage your child to explore and practise striking the ball with the bat in lots of different ways to build up their competence with this skill.

Talk to them about looking at the ball, standing sideways to a target, swinging their batting arm back and striking through the ball once they develop the skill of hitting towards a target.

KS2

EXPLORE

The bowler is an essential part of any rounders team.

Find a ball – this can be anything from a rounders ball to a soft ball or a scrunched up piece of paper. You will also need a piece of paper or a hoop.

Stand opposite a wall. Pick one spot on the wall and try to bowl the ball at the wall, hitting the same spot each time. How many different ways can you bowl the ball?

Bright ideas:

First start with the right hand and then switch to your left hand.

- Can you bowl the ball underarm?
- Can you bowl the ball to the side of the target spot?
- Can you bowl slightly above or slightly below the target spot?



In rounders, you must always bowl the ball underarm.

- Start in a balanced position.
- Step through with the opposite foot to your bowling hand when releasing the ball.
- Aim the bowling hand at your target.

Can you use the underarm bowling technique to hit different points on the wall?

Swing your arm through like a pendulum when releasing the ball to gain more power.

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PRACTICE

For this challenge, you will need a family member to help you.

Stand a safe distance away. Bowl the ball underarm to your partner. The ball must be caught in between their head and knee to count. If you bowl a ball outside of this range it is called a 'no ball'.

How many accurate balls can you bowl in 30 seconds between you and your partner? Remember, no balls don't count!

For more of a challenge, take a few steps away from each other. Can you match or better your score?

Try adding more power behind your bowling as you move further away from your partner.

Physics Challenge!



In 1744, the first reference to the game of Rounders was written down in the book, *A Little Pretty Pocket Book*. In the same year, Anders Celsius died.

Celsius was famous for inventing the Celsius temperature scale.

- What is the boiling point of water on the Celsius scale?
- All objects have internal energy within the particles which make up the object.
- What happens to these particles when they are heated?
 - Can you explain the term 'thermal equilibrium'?
- What do the terms *conduction*, *convection* and *radiation* mean in relation to how heat can be transferred?



Make sure you have enough room to complete the tasks.

DEVELOP

Effective bowlers use different forms of bowling to make it difficult for the batters to hit the ball.

There are two other ways of bowling in rounders; donkey drop and spin bowling.

Donkey Drop Technique

Place a hoop or a piece of paper where the batter would stand. Can you release the ball high so that the ball lands vertically onto the paper or in the hoop? Why might this bowling technique be difficult for the batter to hit?

Spin Bowling

Find a spot in front of a wall again. This time, try to spin the ball towards the target by twisting the wrist clockwise when you release the ball.

Why might this bowling technique be difficult for the batter to hit?

Tammie Anderson plays for the England Rounders team. Can you find out the names of the other squad members?



PSHE and Citizenship Challenge



Michelle Obama became First Lady when Barack Obama became president in 2009.

Michelle Obama is a champion for girls education.

- Why is it important that all young people receive a proper education?
- What other rights do you think young people should have?
- Can you find out about Malala Yousafzai, another advocate for girls' education?
- What impact has Malala had on education in Pakistan?



Parent's Tip!

Start close to the target when bowling until you become consistent.

To improve, try the two different types of bowling – can you vary your delivery?

Follow through pointing your delivery hand at the target to improve accuracy.

KS3

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EXPLORE

Batting is an essential skill in rounders.



For these practices, you will need a bat – this can be a rounders bat, a flat bat or a hardback book.

Find a family member to help you out with these practices. They will need to bowl a ball at you. This can be a rounders ball, a soft ball or a scrunched up piece of paper.

Can you hit the ball straight back to your partner? Make sure they are standing a safe distance away!

Bright ideas:

- Can you hit the ball straight back to your partner?
- Can you hit the ball high in the air for your partner to catch?
- Can you hit underneath the ball?
- Can you hit the ball down to the floor so it rolls back to your partner?



Batting Stance

- Stand sideways on to the bowler
- Keep your bat high and to the side of you
- Swing your bat through the ball
- Finish with your bat facing where you want the ball to go.

Get your partner to move away from you. Can you hit with more power so that they can catch the ball directly from your hit?



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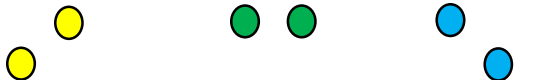
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PRACTICE

For this challenge, you will need a family member to bowl for you.

Place 6 markers down behind the bowler – these can be cones, jumpers or anything you have to hand.



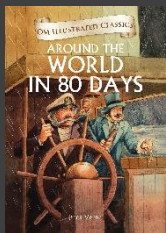
Get your partner to bowl three balls. Can you hit each one in between the markers?

Try adding a scoring system; 5 points for hitting the ball in between yellow or blue and 2 points for green. How many points can you score in 30 seconds?

Tip – try moving your feet towards the target when batting at an angle!



History Challenge



In 1828, the first rounders rules were written down. In the same year, Jules Verne wrote the book 'Around the World in 80 Days', about an explorer trying to circumnavigate the globe.

Can you find out five facts about the following explorers:

FRANCIS DRAKE, WALTER RALEIGH, JOHN HAWKINS

- What expeditions were they involved in?
- What was the impact of these expeditions?

Can you find out about two other pioneering explorers?

PSHE and Citizenship Challenge



The Duchess of Cambridge often played Rounders at school.

She advocates many charities including Place2Be, a mental health charity for young people in school.

- What are the aims and values of Place2Be?
- Why is it important for young people to be able to talk about their feelings?
- Where can you go / who can you go to in your school if you want to talk?
- What improvements could you make in your school to improve students' mental health?
- Can you do two different things this week to help someone else who may be struggling?

<https://www.place2be.org.uk/>

DEVELOP



Effective batting can help win a game of rounders.

Being able to bat at different angles means that you can place the ball away from the fielders.

A backhand hit in rounders can be used when hitting the ball between first and second base if you are right handed. If you are left handed, a backhand hit would send the ball between third and fourth base.

Get your family member to bowl the ball for you again. This time, can you use a backhand hit when making contact with the ball?

Tip – bring your batting hand across your body when attempting a backhand hit!

Batters have to follow certain rules to score rounders. Can you explain the following rules that apply to batting and what the umpire would do:

- Backward hit
- Stepping outside of the batting box
- Running inside a post
- Dropping the bat
- Hitting the ball and reaching 2nd base
- Hitting the ball and reaching 4th base all in one go



Parent's Tip!

Place markers at a large distance from each other when batting for accuracy. Close the distance once a batter is consistently batting accurately.

Allow your child time to practice the backhand swing without the ball being bowled.



Make sure you have enough room to complete the tasks.

KS4