

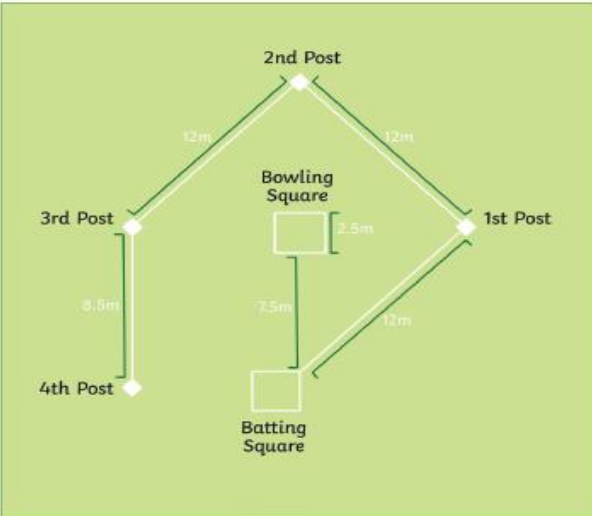


KS3 PE KNOWLEDGE ORGANISER – ROUNDERS

Batting	Bowling	Fielding
<p>i. Correct Batting stance ii. Forehand hitting iii. Backhand hitting iv. Hitting to different parts of the field</p> <div data-bbox="147 459 719 1193" style="border: 1px solid green; padding: 10px;"> <p style="text-align: center;">Rounders Batting Technique</p> <ul style="list-style-type: none"> • Hold the bat high (in one or two hands). • Have a strong grip on the handle. • Make sure your wrist is strong. • Keep your eye on the ball. • Stand side-on to the bowler. • Swing through the ball. • Stamp forwards into the move to gain power (transfer your weight from the back foot to the front foot as you move).  </div>	<p>i. Basic action ii. Grip iii. Stepping action iv. Variation of speed and height v. Variation of angle and spin</p> <div data-bbox="860 507 1420 1150" style="border: 1px solid green; padding: 10px;"> <p style="text-align: center;">Rounders Underarm Throw and Basic Bowling Technique</p> <ul style="list-style-type: none"> • Hold the ball in your dominant hand, gripped in the fingers and held by the thumb. • Step forwards into the move to gain power (transfer your weight from the back foot to the front foot as you move). • Hold your bowling or throwing arm straight, like a swinging pendulum (swing from behind the body to the front of the body). • Release the ball at waist height. • Aim for the batsman's hands. • Try to vary your speed with each bowl. • Flick your wrist to create spin.  </div>	<ol style="list-style-type: none"> Stopping the ball with hands Pick up and throw - Underarm (short) Catching - basket catch (low) Butterfly catch (high) Chasing and returning the ball Backing up on post play Pick up and throw on the run Long barrier Overarm throw from the outfield <div data-bbox="1543 660 2136 1179" style="border: 1px solid green; padding: 10px;">  </div>
<p>Decision making and tactical awareness, to include:</p>		
<ol style="list-style-type: none"> Selection of appropriate shot Where to bowl the ball When to, and when not to run Be aware of the different positions on the field and be able to play in a number of them successfully Awareness of the rules and regulations of the sport and their application 		