

Rounders Curriculum map

Year 7	Year 8	Year 9	KS4
<p>Ball familiarization and perform the correct catching technique. Perform an underarm and overarm throw (fielding) in an isolated practice. (1)</p> <p>Identifying when to select an overarm and underarm throw (2)</p> <p>Health Training principles (3) Power in throwing also health themes linked in.(3)</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>Perform the basic fielding techniques (underarm / overarm throw) in a game situation with some degree of accuracy.</p> <p>Develop communication skills through game play. (2)</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>Outwitting opponents with the placement of the ball during a game e.g., which post is the best option to throw to. (1,2,3)</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Know the FITT principle and how it can be applied</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>Develop creative thinking and leadership skills during game play, to aid the fielding quality of the team. (1,2,3)</p> <p>Health and character focus interlinked. (3) Know the thresholds of training using the Karvonen formula and link to training types</p> <p>Know the FITT principle and how it can be applied</p> <p>Know individual needs when planning training</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>
<p>Perform the correct bowling technique in an isolated practice. (1)</p>	<p>Refine bowl and apply speed through run up (1)</p> <p>Incorporate the correct bowling</p>	<p>Perform the correct bowling technique incorporating power and disguise into the</p>	<p>Refine all different types of bowling techniques. (1)</p> <p>Analyse and identify a legal</p>

<p>Understand a no ball and be able to call for one (2)</p> <p>Health (3) Training principles</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>technique in a pressurized situation. Recognize the rules associated with bowling e.g. no balls, not stepping out of the box and what classifies a legal bowl. (1,2) B</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>action. (1,2) B Explore donkey drop and spin (1)</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Know the FITT principle and how it can be applied</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>bowling technique whilst umpiring e.g. is it above the knee and below the shoulder. (1,2)</p> <p>Health (3) Know the FITT principle and how it can be applied</p> <p>Know individual needs when planning training</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>
<p>Perform the correct batting technique in an isolated practice. (1) C</p> <p>Health (3) Training principles</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>Refine batting technique (1)</p> <p>Placing the ball into a space in relation to the fielders. (1,2) C</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>Develop power and strategic concepts when batting e.g., the ability to recognise the best shot to play depending on how many points are needed. (1,2)</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Know the FITT principle and how it can be applied</p>	<p>Confidence in understanding umpires' calls/rules regarding batting e.g., backward hit. (1,2) or penalties being awarded for taking her foot off the tape</p> <p>Health (3) Know the FITT principle and how it can be applied</p> <p>Know individual needs when planning training</p>

		<p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>
<p>Perform the correct technique for a short and long barrier in an isolated practice.</p> <p>Health and character focus interlinked. (3&4)</p> <p>Health Training principles (3)</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>Perform a short and long barrier effectively based on the situation e.g. which is the best barrier to use based on the speed of the ball. (1,2) D</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>Perform a short and long barrier in a pressurized, game situation with accuracy. (1,2,3) D</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Know the FITT principle and how it can be applied</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>	<p>Able to position your body in the most effective way to ensure the next action is performed accurately and with precision e.g. running onto the ball, performing a short barrier and an overarm throw to a base in one, smooth action. (1,2,3)</p> <p>Health (3) Know the FITT principle and how it can be applied</p> <p>Know individual needs when planning training</p> <p>Character (4) Determination, Curiosity, Kindness and positivity, Inclusion</p>

<p>Experiment with hitting the player between the bases.</p> <p>Understand the different rounders positions and the relevant roles at each point. (2) E</p> <p>Ability to outwit an opponent in a game situation using a range of batting, bowling and fielding techniques. (1,2,3)</p> <p>Health Training principles (3)</p> <p>Determination, Curiosity, Kindness and positivity, Inclusion (4)</p>	<p>Ability to change fielding positions depending on batters set up and how to get a player out between the bases e.g. left hander. (2,3) E</p> <p>Use a variety of tactics based on the opposition to outwit an opponent. (1,2,3)</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Determination, Curiosity, Kindness and positivity, Inclusion (4)</p>	<p>Refine hitting a player out between the bases. Develop understanding of where you can outwit an opponent e.g. make decisions about fielding positioning in response to batter analysis (big hitter). (2,3) E</p> <p>Ability to correctly umpire and score a game of rounders. (2) F</p> <p>Health (3) Know the thresholds of training using the Karvonen formula</p> <p>Know the FITT principle and how it can be applied (4)</p>	<p>Demonstrate leadership skills to be able to vocalize where you want your teammates to stand in relation to the batters Capabilities and how to get players out between the bases and also be able to hit the runner. (2,3)</p> <p>Appreciate the benefits gained for exercise in the form of a rounders match. (3)</p> <p>Health (3) Know the FITT principle and how it can be applied</p> <p>Know individual needs when planning training (4)</p>
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Key concepts: (referenced by a number above for lessons)

These will be taught through netball and have been referenced in the curriculum map. The knowledge in these 3 areas will develop over time.

1. PE Motor competence- students will develop coordination (hand-eye) in order to throw, catch, field and bat.

2. Sport-Rules, strategies & tactics- students will develop an understanding of the rules in rounders, apply strategies to outwit an opponent and use tactics to perform better as a team.

3. Healthy participation- students will develop their aerobic endurance, speed and agility through participating in rounders. Lessons will increase HR in the ST, and this will have a positive impact on health in the LT. For some student's participation in lessons will encourage students to attend extracurricular clubs at school and even play rounders outside of school.

The following themes will be threaded through the summer terms block of work: Anaerobic and aerobic exercise, Nutrition, Energy Balance, Overcoming barriers to participation

4: Character – Determination, Curiosity, Kindness and positivity, Inclusion