KS3 Core PE | Unit Title: Rounders

Unit Overview

The rounders unit is studied in Years 7, 8 & 9. Over the key stage the content becomes more challenging as students develop and build on their skills, techniques and tactical awareness.

What your child needs to <u>know</u> and be able to <u>do</u> by the end of this unit of work:

Year 7	Year 8	Year 9
• how to catch a ball using the correct technique of cushioning the ball • how to throw the ball both under and over arm • how to perform a basic bowling action • how to perform a basic hit within batting • how to stand in basic field positions • how to perform the long barrier technique	• how to catch a moving to catch a ball • how to Select the correct throw • how to perform a fast bowl • how to find the correct batting stance and consistency when batting • how to perform different field positions including long barrier attack and scoop	• how to catch the ball with one hand • how to throw the ball from different distances and to the correct base or fielder • how to bowl a donkey drop • how to hit the ball with power and accuracy • how to chase and return the ball when fielding

The <u>key vocabulary</u> your child needs to <u>understand</u> in order to access this unit of work

- Accuracy, fielding, follow through, cushioning, long barrier, umpires, placement, backhanded, tactics, chase and turn, power, agility