



# Physical Literacy Through Rounders

**PHYSICAL LITERACY**

## Tactics

## Rules

<b>Players</b>	9
<b>Start &amp; Re-Start</b>	<ul style="list-style-type: none"> <li>The game starts with the ball 1 that is bowled by the bowler.</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>If the ball is hit and the batter gets to 2<sup>nd</sup> base in that go half a rounder is scored.</li> <li>If the ball is hit and the batter gets to 4<sup>th</sup> base in that go a rounder is scored. The batter must contact the base and remain in contact.</li> <li>2 no balls in a row to the same batter result in half a rounder.</li> <li>Half a rounder is awarded if a fielder obstructs a batter and runs in front of their path.</li> <li>4<sup>th</sup> and 2<sup>nd</sup> bases must be stumped to confirm the points..</li> </ul>
<b>In &amp; Out of Play</b>	<ul style="list-style-type: none"> <li>The ball is deemed as a 'backwards' hit if it touches the bat from a good ball and travels backwards. The batter cannot run past first base if 'backwards hit' is called. The ball is back in play when it comes back over the line level to the front of the batting box. The batter can then run on past 1<sup>st</sup> base to score half since they touched the ball.</li> </ul>
<b>Time</b>	<ul style="list-style-type: none"> <li>18 Good balls are allowed per team, there is no specific time, innings depend how long this takes.</li> <li>There are usually two innings or batting turns per team.</li> </ul>
<b>Sport Specific Rules</b>	<p>A player is out if:</p> <ul style="list-style-type: none"> <li>The ball is caught directly from a hit.</li> <li>The base that they are running towards is stumped before arrival.</li> <li>They are over taken by a teammate when running around, this is known as being run out.</li> <li>If they run inside the base.</li> <li>If they run out of the front of the box.</li> <li>When the bowler has the ball in the box the running batters must stop at the base they are on the way to.</li> <li>Players must take their bat with them or they are out.</li> <li>Batters must remain in contact with the base they are at.</li> <li>A no ball is a ball that is wide, at the body, or not bowled between the head and the knee of the batter.</li> </ul>

### Controlled Play

- Using the bowler for safety
- Covering bases
- Positioning fielders
- Playing safe
- Using the bowler
- Bowling safe
- Fielding miss hits
- Using the bowler to stop play
- Decision making

### Attacking

- Disguising bats
- Bowling variation
- Directing bats
- Disguising bats
- Exploiting fielder weaknesses
- Exploiting the backward hit rule
- Using the wicket keeper

### Defending

- Backing up bases
- Double and triple plays
- Pressuring batters
- Pressuring runners
- Fielding to prevent backward hit exploitation
- Moving to respond to batters

## Behaviours

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov.recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities

## Fitness



### Controlled Play

- Bowling
- Catching
- Throwing underarm
- Throwing overarm
- Base running

### Attacking

- Batting consistency
- Batting with power
- Direction batting

## Skills



### Defending

- Catching
- Stumping
- Backing up bases
- Chasing a rolling ball
- Chasing an overhead ball