#ThisIsPE

Rounders — Catching (Waist height)
SECONDARY KEY STAGE 3 PE /// STRIKE/FIELD

Content outline
This activity aims to focus on the correct technique to catch a ball at waist height.
- Correct body position
- Positioning of hands

Learning intention
Physical:
- To develop the technique of catching a ball at waist height

Personal:
- Improving confidence

Learning questions:
- On a scale from 1-10 (1 being low), how would you rate your completion of the activity?
- Explain why you have given yourself this score?
- Identify 3 coaching points for catching a ball at waist height
- When would you choose to use this type of catch during a game of Rounders?

STEP

Space
- Increase the distance from the wall (to make the task more difficult)
- Decrease the distance from the wall (to make the task easier)

Equipment
- Change size of ball
- To increase difficulty, use a smaller ball (Eg table tennis ball)
- To decrease difficulty use a bigger ball (Eg a football or netball)

Task
- Time how long you can perform 10 successful catches from a consistent distance to the wall
- How many catches can you complete within a 30 second time limit?

People
- If you have another person in your house, ask them to feed the ball for the activity
- Ball feeder can increase difficulty by changing the speed and direction of the ball feed
- Challenge a friend with an online competition or as a pair

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary