#ThisIsPE
Rounders — Bowling
SECONDARY KEY STAGE 3 PE // STRIKE/FIELD

Content outline
This activity aims to focus on developing the underarm bowl for Rounders.
• Correct body position
• Accuracy
• Resilience
• Personal Challenge

This resource and supporting video have been created by:
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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

Learning intention
Physical:
• To develop the technique of bowling in Rounders

Personal:
• Personal Challenge
• Resilience

Learning questions:
• What are the key technical points for the bowl in Rounders?
• Did your personal score improve throughout this activity?
• Explain how and why your score change
• At what height should the ball travel through the air during the ball?
• At what height should the ball be when it reaches the batter?

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