

#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:

Louise Edwards, William De Ferrers School

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



Space

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



Task

- Move the target distance to 7.5 metres away from your throw line – this is to replicate the distance in a game
- How many successful bowls can you make in 10 attempts?
- Create a scoring system with different size targets and distances



Equipment

- Change size of ball / item being thrown
- Increase or decrease the size of the targets to alter difficulty (eg. Large laundry basket or a paper target)



People

- If you have another person in your house, work together to see how many times you can ball the ball to each other – and slowly increase the distance to make the task harder (to 7.5 metres)
- If you own a hoop – one person can use this as a target to encourage the correct ball flight
- Challenge other people to a competition, and create a point scoring system

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?