Content outline
This activity aims to focus on refining the different ways to bowl in Rounders

- Under arm
- ‘Donkey drop’
- Fast
- Slow
- Spin

Learning intention
Physical:
- To refine the technique of bowling, and adding variety to the bowl

Personal:
- Leadership
- Communication

Learning questions:
- Name the different types of bowling?
- Why is it important to have be able to bowl in different ways?
- What counts as a ‘good ball’ during a game?
- What will an umpire shout if the ball is too high or low?
- When were you most successful? And why?
- What would you do next time to improve your technique?
- Why is it important to be effective at this technique in a game of rounders?

Equipment
- Change size of ball
- Change the size of the targets you are aiming your bowl (Eg. Large laundry basket, or paper targets)
- Use a hoop to refine the ball height during its flight

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
- Start with your target close, and progress until the target is 7.5 metres away (to replicate the bowling distance in a game)
- Practice the different types of bowl, starting with the underarm, then adding different variations

People
- If you have another person in your house, you can try bowling the ball to each other
- Try to teach this skill to someone else – can you create a different activity to teach this skill?
- Can you create a competition / challenge to compete against someone else?

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

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