

Rounders — Different types of bowl

SECONDARY KEY STAGE 4 PE /// STRIKE/FIELD

Content outline

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

- Under arm
- 'Donkey drop'
- Fast
- Slow
- Spin



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



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



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?

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?



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