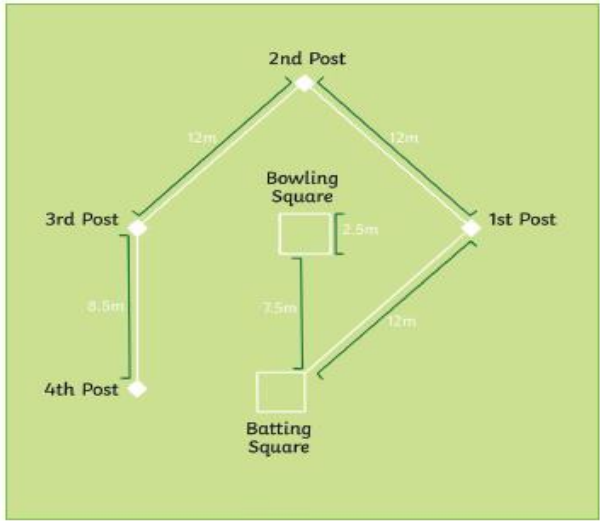


KS3 PE KNOWLEDGE ORGANISER – ROUNDEERS

Batting	Bowling	Fielding
- Correct Batting stance - Forehand hitting - Backhand hitting - Hitting to different parts of the field Rounders Batting Technique • Hold the bat high (in one or two hands). • Have a strong grip on the handle. • Make sure your wrist is strong. • Keep your eye on the ball. • Stand side-on to the bowler. • Swing through the ball. • Stamp forwards into the move to gain power (transfer your weight from the back foot to the front foot as you move). 	- Basic action - Grip - Stepping action - Variation of speed and height - Variation of angle and spin Rounders Underarm Throw and Basic Bowling Technique • Hold the ball in your dominant hand, gripped in the fingers and held by the thumb. • Step forwards into the move to gain power (transfer your weight from the back foot to the front foot as you move). • Hold your bowling or throwing arm straight, like a swinging pendulum (swinging from behind the body to the front of the body). • Release the ball at waist height. • Aim for the batsman's hands. • Try to vary your speed with each bowl. • Flick your wrist to create spin. 	- Stopping the ball with hands - Pick up and throw - Underarm (short) - Catching - basket catch (low) - Butterfly catch (high) - Chasing and returning the ball - Backing up on post play - Pick up and throw on the run - Long barrier - Overarm throw from the outfield 
Decision making and tactical awareness, to include:		
- Selection of appropriate shot - Where to bowl the ball - When to, and when not to run - Be aware of the different positions on the field and be able to play in a number of them successfully - Awareness of the rules and regulations of the sport and their application		