

BERKSHIRE VIRTUAL SCHOOL GAMES

Week Eight – Rounders – KS1, 2 & 3

There are 3 Challenges for you to practice and **SEND IN YOUR BEST SCORES** to your teacher.

KS1- Years 1 & 2- Level 1

KS2- Years 3,4,5 & 6-Level 2

KS3- Years 7,8 & 9- Level 3

CHALLENGE ONE: CATCHING – REBOUND

What you will need?

Stopwatch - If not, a phone or iPad/tablet or clock/watch.

Markers x 2 - If not, cans or plastic cups or socks.

1 x Tennis Ball/Large Ball – If not, newspaper ball, tin foil ball, ball from another sport or socks

Target Area – Using a wall and chalk/tape or blue-tac to mark the scoring zone- if you have no wall use a partner to throw to you.

Level 1 (KS1 Scoring)

- Set out a throwing/**catching** position 1 pace from a wall using 2 markers.
- Use a large ball to throw against the wall at approximately head height.
- On "GO" throw the ball underarm against the wall and **catch** it with 2 hands as it rebounds. Do not let it bounce.
- You get a point for each successful throw and **catch**.
- You have 60 seconds to score as many points as possible.
- KS1 do not forget to **record your best score**.

Level 2 (KS2 Scoring)

- Set out a throwing/**catching** position 2 paces from a wall using 2 markers.
- On "GO" throw the small ball underarm against the wall and **catch** it with two hands as it rebounds. Do not let it bounce.
- You get a point for each successful throw and **catch**.
- You have 60 seconds to score as many as possible.
- KS2 do not forget to **record your best score**.

Level 3 (KS3 Scoring)

- Set out a throwing/**catching** position 2 paces from the wall using 2 markers.
- On "GO" throw the small ball underarm against the wall and **catch** it with your other hand as it rebounds. Do not let it bounce.
- You get a point for each successful throw and **catch**.
- You have 60 seconds to score as many as possible
- KS3 do not forget to **record your best score**.

LAYOUT



IF I NEED SUPPORT...

- Allow the ball to bounce before catching.
- Move your throwing point closer to help catch.
- Use a larger ball in Level 2 & 3.

IF I NEED A CHALLENGE...

- Increase the distance between the wall and throwing point.
- Add a target on the wall for accuracy when throwing.
- Level 1- catch with one hand.

CHALLENGE TWO: STRIKING – SCATTERBALL

What you will need?

Stopwatch – If not, a phone or iPad/tablet or clock/watch.

Marker x 6 – If not, cans or plastic cups or socks

Tennis Ball x 1 – If not, socks, or small balls from different sports

Rounders bat - if not, rolling pin, cricket bat or stumps, tennis racket

Level 1 (KS1 Scoring)

- Mark a **striking** zone two paces wide.
- Set out a scoring zone on the ground 3 paces away from the striking zone (3 paces in width)
- Stand side on so the shoulder of your non dominant hand aims towards the target area.
- Using a small ball hold in your non dominant hand in front of you.
- Using the palm of your dominant hand swing your arm (like swinging a bat) to **strike** the ball off your other hand.
- As you swing, point your **striking** hand towards the target to finish.
- A point is scored for every successful hit between the two markers.
- You have one minute (60 seconds) to score as many points as possible.
- KS1 do not forget to **record your best score!**

Level 2 (KS2 Scoring)

- Use the same **striking** zone as level 1
- Set up two scoring zones each side of you 4 paces away from the striking zone that are 3 paces wide.
- Practice **striking** a small ball, with both a forehand and a backhand hit, aiming the ball to the two target areas.
- Using the palm of your dominant hand swing your arm (like swinging a bat) to **strike** the ball off your other hand.
- As you swing, point your **striking** hand towards the target to finish.
- You score 1 point for hitting the target through your forehand area and two points to your backhand target area.
- You have one minute (60 seconds) to score as many points as possible.
- KS2 do not forget to **record your best score!**

Level 3 (KS3 Scoring)

- Use the same **striking** zone as level 1
- Set up three scoring zones 4 paces away from the striking zone that are 3 paces wide.
- The scoring zones are the areas between first & second posts (1); second & third posts (2) and third & fourth posts (3),
- Practice **striking** a small ball, with your bat with both a forehand and a backhand hit, aiming the ball to the three target areas.
- **Strike** the ball at waist height to ensure a horizontal strike.
- As you swing, point your **striking** hand towards the target to finish.
- You need to hit the ball to each target area in turn 1,2 then 3, then repeat.
- A point is scored for every successful hit in each target area.
- You have one minute (60 seconds) to score as many points as possible.
- KS3 do not forget to **record your best score!**

LAYOUT



IF I NEED SUPPORT...

- Increase the width of the target zone.
- Use a larger ball.

IF I NEED A CHALLENGE...

- Make the target zones smaller.
- Throw the ball in to the air before striking the ball.

CHALLENGE THREE: BOWLING – PITCH PERFECT

What you will need?

Stopwatch – If not, a phone or iPad/tablet or clock/watch.

Tennis Ball x 1 – if not, a sock ball or small balls from different sports.

2x markers – If not, cones/tins/cans/socks can be used

Target Area – A wall and chalk/tape/blue-tac to mark the scoring zone- if you have no wall use a partner to catch your bowls.

Level 1 (KS1 Scoring)

- Use a small ball to practice your underarm **bowling**.
 - Use chalk/tape to draw two lines on the wall (at your knee and head height).
 - Set up a bowling area 3 paces from the target
 - **Bowl** the ball with one hand underarm to hit between the 2 lines.
 - Repeat 10 times.
 - You score 1 point for every successful **bowl** between the 2 lines.
- KS1 do not forget to **record your best score!**

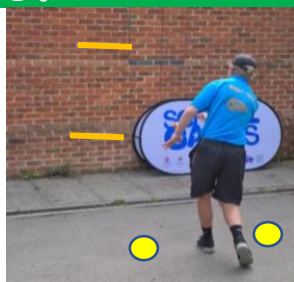
Level 2 (KS2 Scoring)

- Use a small ball to practice your underarm **bowling**.
 - Use chalk/tape to draw two lines on the wall (at your knee and head height).
 - Set up a bowling area 5 paces from the wall.
 - **Bowl** the ball with one hand underarm to hit between the 2 lines.
 - Repeat as many times as possible to achieve a consecutive score.
 - 1 point scored for every successful **bowl** between the 2 lines.
 - If an attempt is unsuccessful restart the scoring from zero.
 - You have one minute (60 seconds) to score as many repetitions as possible
- KS2 do not forget to **record your best score!**

Level 3 (KS3 Scoring)

- Use a small ball to practice your underarm **bowling**.
 - Use chalk/tape to draw two lines on the wall (at your knee and head height).
 - Set up a bowling area 5 paces from the wall.
 - Divide the target area in half (LH/RH batter)
 - **Bowl** the ball with one hand alternating sides (LH/RH) with points scored for each successful **bowl**.
 - Repeat as many times as possible to achieve a consecutive score.
 - If an attempt is unsuccessful restart the scoring from zero.
 - You have one minute (60 seconds) to score as many points as possible
- KS3 do not forget to **record your best score!**

LAYOUT



IF I NEED SUPPORT...

- Increase the size of the bowling target.
- Move bowling line closer to the wall.

IF I NEED A CHALLENGE...

- Make target size smaller.
- Try to bowl using your non dominant hand.

ENJOY YOUR CHALLENGES AND DO YOUR BEST
DON'T FORGET TO SEND YOUR BEST SCORES TO YOUR TEACHER

@BerkshireSGO

#stayinworkout

#stayhomestayactive

With thanks to
MNR Coaching
for the
production of
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video.

