

YEAR 7 PE - ROUNDERS

1. Match: A match usually consists of two innings. Both teams bat and field twice, the winning team is the one with the most rounders at the end of the game. An innings can consist of a set number of good bowls or until the fielding team have fielded all the batting team out.

2. Pitch layout:



The rounders pitch is rectangular in shape with areas marked out for the batter and bowler to stand. There are four posts which batters must run around to score a rounder.

3. Scoring: A rounder is scored by the batting team when a player hits the ball and runs around all 4 posts. A half rounder is scored if the batter hits the ball and runs to the second post. A half rounder can also be scored if the batter does not hit the ball but runs around all four posts.

4. Rules: Rounders games are played between two teams. Each team has a maximum of 15 players and a minimum of 6 players. No more than 9 players may be on the field at any one time. One team bats while the other team fields and bowls. The bowler bowls the ball to the batter who hits the ball forward on the Rounders Pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for. If the batter reaches the 2nd or 3rd post in one hit, the batting team scores $\frac{1}{2}$ a Rounder. If the batter reaches 4th post in one hit, the batting team scores a Rounder. Games are usually played over 2 innings with the aim of the game to score the most Rounders.

5. A batter is out when:

- The post a batter is running to is stumped.
- The batter is caught out.
- A batter overtakes another batter on the track.
- A batter deliberately drops or throws their bat.
- The batter misses or hits the ball and their foot is over the front or back line of the batting square.
- A batter runs inside the posts (unless obstructed).



6. Skills/ techniques:

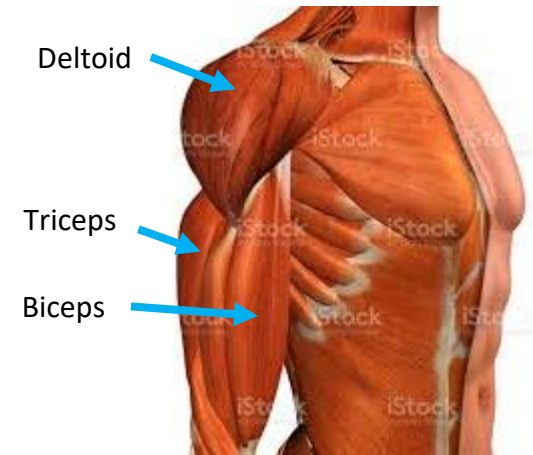
BATTING – A skill which allows the bat to contact the ball.

THROWING – A technique to field the ball to the correct position at the correct pace and direction.

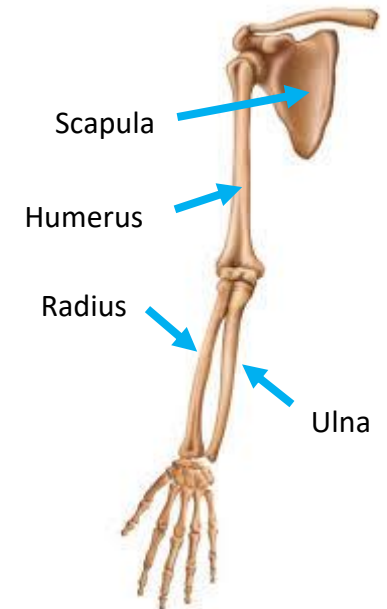
CATCHING – The ability to get in the correct position for the fielder to catch the ball.

BOWLING – A technique to deliver the ball in the correct position for the batter to hit.

7. Muscles:



8. Bones:



9. Components of fitness:

POWER – The product of strength and speed (strength x speed)

SPEED – The maximum rate at which an individual is able to cover a distance in a period of time (distance ÷ time)