

For additional challenges and ideas on how to keep physically active visit the School Sport Partnership [website](#) or your School Games Organiser page on www.yourschoolgames.com



PRIMARY

ROUNDERS

SCHOOL
GAMES

#stayinworkout
#stayhomestayactive

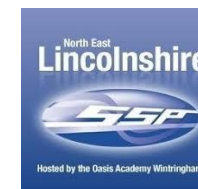
RESOURCE PRODUCED
IN PARTNERSHIP WITH



EAST RIDING SSP (WEST)
hosted by Cottingham High School

THE SCHOOL
SPORT
PARTNERSHIP

GET AHEAD
PARTNERSHIP
EDUCATION. SPORT. WELLBEING



The SSP and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

SPORT THEME

ROUNDERS

PRIMARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayhomestayactive
#stayinworkout

MONDAY MOVERS

! Physical literacy/skills

Activity overview
Sink the stink

Equipment needed
10 pairs of rolled up socks or other tennis ball size alternatives

Waste paper basket, cardboard box, any other container

School Games value



TUESDAY CHALLENGE

! Personal challenge

Activity overview
Keepie Uppies

Equipment needed
Rolled up socks, screwed up paper, soft tennis ball.

Pringle tube, small bat, plastic fizzy drinks bottle

School Games value



WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview
Word Play workout

Equipment needed
8 pieces of paper

9 markers/cones (alternatives can be used)

School Games value



THURSDAY THINKING

! Personal challenge

Activity overview
Bowling Brilliance

Equipment needed
Target (pillow case on the washing line or chalk marking on a wall

A ball or suitable alternative

School Games value



FRIDAY FUN

! Virtual competition

Virtual Competition 1
• Hole in one

Set up a target and use any sort of throw to get your ball or ball alternative into in. Trickshots are encouraged!

Virtual Competition 2
1st to 1st

• How fast can you sprint 12m?

MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

Sink the stink

- Pick a safe area to play
- Place your target in the middle of that area.
- Spread the socks/balls around the area you wish to play.
- See how fast you can get the objects into your target
- You can throw the socks/balls in or you can run and place them into it.

EQUIPMENT NEEDED

- Rolled up socks or tennis ball (any alternative)
- Target area (waste paper basket, cardboard box, 4 cushions)



Technical / Tactical

- Bend with your knees
- Keep eye on target
- If throwing into the target follow through with a smooth arm action

ROUNDERS



30mins

For a video demonstration, click the following link:

<https://youtu.be/Z-RhXFocbWw>

Credit @OAWSport



How can you demonstrate determination throughout this challenge?



MAKE IT EASIER...

Place the sock or ball alternatives closer to the target
Use a bigger target and less socks

MORE OF A CHALLENGE

Use a smaller target in a bigger space, use more socks. Place socks into the target to challenge cardiovascular fitness or throw them in to challenge your throwing accuracy

MAKE IT INCLUSIVE

Sit on a chair with the socks next to you, throw the socks into a target, move the target to create more of a challenge with seated version

LEAD OTHERS

Time the challenge, offer suggestions for alternative targets, make two targets with two places to see who can collect the most

TUESDAY CHALLENGE

ROUNDERS



30mins

! Personal Challenge

ACTIVITY

Keepie Uppies

- Stand in a safe place outside or inside.
- Use a pair of rolled up socks, screwed up paper, tennis ball or small softball
- Keep up the ball as many times as you can in a row
- Add a challenge e.g. how many can be done in a minute?
- Add flair and style by incorporating turns, back of the hand, weaker hand etc

For a video demonstration, click the following link:

https://youtu.be/nSVmH_nVhw8

Credit @OAWSport

EQUIPMENT NEEDED

- Rolled up socks or tennis ball (any alternative)



How can you demonstrate self belief throughout this challenge?



Technical / Tactical

- Keep eye on the ball
- Slight bend in the knee and on the balls of your feet
- Tap the ball up but not too high or too low



MAKE IT EASIER...

Use a lighter, bigger ball or Give yourself 3 drops before starting the count again. The bigger the surface area of the bat the easier the challenge

MORE OF A CHALLENGE

Use weaker hand, keep arm straight, keep feet still, Add tricks, work with others to keep the ball up to each other

MAKE IT INCLUSIVE

Use a larger lighter ball or a balloon, start with the ball on the floor and bat from one hand to the other

LEAD OTHERS

Can you time how many people can do in 1 minute? Give points for tricks and style? Suggest improvements in technique to help others

WEDNESDAY WORKOUT

! Links to numeracy/literacy

ROUNDERS



30mins

ACTIVITY

Word play work out

Set one marker in the middle of an area add 8 comes 5m from the middle of the cone to make a circle (approximately 10m in diameter)

Place a key word under each cone

Ask someone to call out the key words in a random order. Touch the marker the key word is on and return to the middle each time

Work up to all 8 in the order they are called

For a video demonstration, click the following link:

<https://youtu.be/tWG1Tbjg-II>

Credit @OAWSport

EQUIPMENT NEEDED

- Use a bat, tennis racket or frying pan!
- Use markers or household items to create the zones.



Technical / Tactical

Research key words to understand how they apply to the game
www.roundersengland.co.uk/play/rounders-rules/



How can you demonstrate determination throughout this challenge?

MAKE IT EASIER...

Decrease the number of key words, bring cones closer to the middle, call out one word at a time.

MORE OF A CHALLENGE

Increase the distance between cones, add new keywords, call out more words in a row (they must be touched the order they are called. Instead of running to the cones used an exercise like bear crawls or squats jumps.

MAKE IT INCLUSIVE

Give reminders of words through-out the drill, give a clue of where each keyword is places, link each key word to an upper body exercise instead of running when the key word is called do that relative exercise

LEAD OTHERS

Teach someone what the key words mean in a games, research an add more

Rounders

No ball

Backward Hit

Batting Square

Bowling Square

Half rounder

Rounder

Innings

Out

THURSDAY THINKING

ROUNDERS



30mins

! Personal challenge

ACTIVITY

Bowling Brilliance

Set up your target by putting a pillow case on a close line, sticking some paper of the wall, chalking a large circle on the wall or any other alternative.

Stand back 3 meters and bowl the ball underarm. If you hit the target 3 times move back if you don't try again.

Try these distances 3m, 5m, **7.5m** 10m and 13m. **7.5m is the distance between the bowler and the batter in Rounders.**

Could you play against someone or hit different parts of the target ?

EQUIPMENT NEEDED

- Target area (chance to show your creativity, imagine the area you would bowl at in a game)
- Markers and Tape measure (1 large step +approx. 1m)



Technical / Tactical

In a game a bowl must pass between the batters knee and shoulder, always remember this when practicing.

For a video demonstration, click the following link:

<https://youtu.be/fvr-pM4Tj2U>

Credit @OAWSport



How can you demonstrate passion throughout this challenge?



MAKE IT EASIER...

Start with shorter distances away from the target or a bigger target .

MORE OF A CHALLENGE

Hit a smaller target, vary the speed of delivery and increase the distance you stand away . Add spin or make the ball move differently through the air

MAKE IT INCLUSIVE

This activity can be achieved by bowling to each other or in a seated position .

LEAD OTHERS

Research the bowling technique for Rounders and help teach someone how to improve their technique.

FRIDAY FUN

ROUNDERS



30mins

! Virtual competition

ACTIVITY

Virtual Competition 1 – Hole in one

- Set up a target and use any sort of throw to get your ball or ball alternative into in.
- Film yourself doing it to share with your friends. Who can do sink a hole in one with style, flair & creativity.



For video demonstrations,
click the following link:

<https://youtu.be/WyYORGikleM>

Credit @OAWSport



Virtual Competition 2 – 1st to 1st

- Set out to markers with your back to the direction you are travelling. When someone says 'go' and starts the stop watch, turn and sprint to the other marker as fast as you can.
- How fast can you sprint 12m (distance between the posts in Rounders).
- Can you go the cone and back
- Email your PE teachers to let know your times.

EQUIPMENT NEEDED

- Ball or alternative.
- Targets – use cloths, socks etc.
- Stop watch and tape measure.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.



Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.



Respect for the referee, for the opposition, for your team mates for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be.