

Rounders Break



Cardio Booster



20 minutes+



**Large space required,
bat, ball and cones**



Instructions

This activity requires space such as grass area or playground. Split the class into two teams, with each team taking it in turns to play two innings allowing all pupils to have a turn at batting. An inning is over when all the batting players are either out or at base. Batters line up to take their turn. The bowler throws the ball towards the batter. The batter has 2 attempts to hit the ball before being put out. On a successful hit the batter must run around the bases in a clockwise direction. If the batter hits the ball and it is caught by a fielder, they are out. If a fielder touches the next base the batter is running to, they are out.

Scoring: a run is scored when a player hits the ball and runs around all four bases before returning home without stopping. Half a run is scored for making it to 2nd post without stopping.

Health & Safety

- Ensure ground is clear before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions



Teacher Tips

Refer to the Activity Sheet for set up and positions

Foundation: Instead of batting, use a bean bag for the pupils to catch.

Option to run as pairs in order to simplify the rules.

KS1 & KS2: rules as normal



Rounders Break

Split class into two teams. Play two innings, one team playing one inning as fielder and the other as batter.

Equipment

- Bat
- Ball/beanbag
- Cones

Positions

- Bowler
- Batter
- Backstop
- First base
(responsible for covering 1st post)
- Second base
- Third base
- Fourth base
- All other fielders spread out

