

Knowledge Organiser: PE Year 8 Rounders

Skills

Key Words	Description	Tactics /Coaching points
Fielding and positioning	Backing up and covering bases	To optimise chances of getting batters out, it is a good idea to back up the bases with other fielders to ensure if the person playing at the base misses the catch then another fielder is covering slightly behind/near them and in an optimum position to react quickly and get the ball to the base as quickly as possible to try to get the batter out. 2nd base is very a important base to cover, as this is the first base where a batter can score (half rounder). 4th base is also important as this is where a full rounder can be scored.
Bowling	Adding speed/spin	There are different types of bowling in rounders, including, fast , slow, spin and donkey. A fast bowl or spin bowl can make the batter hit the ball upwards so making it easier for the fielding team to catch the ball and get the batter out.
Batting	Placing Ball	There are different types of batting technique where you spin your body so you bat to certain areas of the field. A batter can select gaps and areas where there is no fielder or can bat towards weaker fielders so they have more chance of scoring the rounder.



Effects of exercise

Short term	Long term
<p>Increased blood flow to muscles</p> <p>Blood is diverted to muscles from digestive and other systems</p> <p>Increased tidal volume (amount of air breathed in or out 1 one breath)</p>	<p>Muscles, tendons and ligaments get stronger</p> <p>Lower resting heart rate and quicker recovery rate</p> <p>Increased vital capacity (amount of air that can be forcibly expelled as soon as possible after breathing in)</p>

Components of fitness

Component of fitness	Definition	Example of use in the game
Muscular strength	The amount of force a muscle can produce with a single maximal effort. (1 rep max)	Lifting up the bat the play a shot
Speed	Ability to move quickly	Run between the posts at speed
Reaction time	Ability to respond quickly to a stimulus	Batter reacting to a bowler

Some Rules	Description
Running around the track	<p>Batters must always keep contact with the post, either with their hand or bat. If you don't, the fielders can stump you out at the following post.</p> <p>You don't have to move to the next post every time a ball is bowled.</p> <p>A batter may not remain at the same post as another batter. The umpire shall order the player who batted first to run on and may be put out in the usual ways. If they are both between posts and the batter coming up the rear runs past, then they would be out as the overtaker.</p>
No Balls	<p>It is a no ball when:</p> <ul style="list-style-type: none"> the ball is above the head/below the knee the ball bounces on its way to you the ball is wide or straight at body the bowler's foot is outside of the square when they release the ball the bowler does not use a smooth underarm action
Scoring	<p>If the runner reaches the 4th post on a no ball, the batting team scores 1 rounder. The batter cannot be caught out.. 1/2 rounder scored if the 4th post is reached without the batter hitting the ball. If the ball goes into the backward area the batter must stay at the 1st post until it reaches the outward area. If the 4th post is reached, 1 rounder is scored. If 2nd post is reached before the next ball is bowled, the batting team get 1/2 rounder, but if the batter continues to run and is put out before the 4th post then it is taken off.</p>