

Curriculum Progression- Rounders SkillsConcepts

Concept: To develop a lifelong love of physical activity

Concept: To build, develop and demonstrate resilience

Concept: To experience being part of a team and understand their role within it.

Concept: To develop a sporting attitude being fair, kind and respectful

Concept: To understand how to set realistic goals and work towards achieving them

Concept: To develop essential skills in coaching, leadership and teamwork

Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being

	Skill	Y3	Y4	Y5	Y6
T o p i c K n o w l e d g e	Link to school values	Together we are safe To prepare the body with a warm up, to use the equipment safely showing an awareness of the other players, running in the correct direction and avoiding collision with the other players and bases.	Together we are safe To prepare the body with a warm up, to use the equipment safely showing an awareness of the other players, running in the correct direction and avoiding collision with the other players and bases.	Together we are safe To prepare the body with a warm up, to use the equipment safely showing an awareness of the other players, running in the correct direction and avoiding collision with the other players and bases.	Together we are safe To prepare the body with a warm up, to use the equipment safely showing an awareness of the other players, running in the correct direction and avoiding collision with the other players and bases.
	New Key Vocabulary	- Underarm - Overarm - Accuracy - Control - Technique	- Target - Movement - Body position - Bases - Positioning - Directional batting skills - Transfer of body weight	- Accuracy - Force - Target - Adjustment of body position - Directional strategies - Deep fielder - High Catch - Strategic Positioning	- Shoulder-width distance, - transfer of weight - Concept of space - Drills - Strategic positioning - Innings - umpire - no-ball
	End points	To participate in a 'mini' game of rounders demonstrating an ability to throw a ball - using underarm and overarm techniques, catch a tennis ball and strike a ball using a rounders bat	To use accurate throwing and catching techniques, begin to understand and use directional hitting and understand the purpose and roles of the bowler, backstop and bases.	To demonstrate a good understanding of the game and show confidence and increased accuracy in throwing, directional hitting, catching and fielding skills - working as a team to support fielders.	To play a competitive game of rounders: demonstrating accurate throwing & striking techniques, the ability to field strategically and opportunities for umpiring a match and coaching peers.

	Crucial knowledge Knowledge & Skills	• To perform a dynamic warm up • To perform a controlled underarm throw for a short pass to another player or a batsman. • To catch a tennis ball showing well timed body and hand positioning for a clean , controlled catch. • To strike a tennis ball using a rounders bat demonstrating: correct body positioning, firm hand grip on the rounders bat, a smooth and controlled swing, watching the ball and making contact with the ball to strike the ball forwards.	• To perform a dynamic warm up • To perform controlled and accurate underarm throws - using the correct technique - throwing the ball to the batsman or another player. • To perform a controlled, longer distance throw using the overarm technique, throwing the ball to another player. • To catch a ball, above the waist, using the correct technique in both stationary and moving positions. • To strike a ball accurately and begin to develop the skills of directional hitting. • To understand the positioning and purpose of the batsman, the backstop and the bases.	• To perform a dynamic warm up • To be able to change the amount of force used when throwing overarm and underarm. • To strike a ball with an ability to control the direction of the ball aiming for specific areas of the field. • To understand the positioning and purpose of the deep fielders in a rounders game. • To take an active role in a game of rounders as a batsman and a fielder.	• To perform a dynamic warm up • To develop fielding strategies throwing a ball overarm and underarm with precision and accuracy. • To strike a rounders or tennis ball with directional accuracy purposefully and confidently in a specific direction. • To develop the skills of umpiring a game of rounders - showing an understanding of the rules and correct terminology • To take an active role as a batsman and a fielder in a competitive game of rounders.
	Procedural Knowledge – How well do pupils demonstrate accurate, safe and efficient movement patterns. Skill Based Procedural Knowledge ‘in’ movement e.g. demonstrating a warm up, showing what different jumps in gymnastics looks like.	Concept: To develop a lifelong love of physical activity Concept: To experience being part of a team and understand their role within it. Concept: To develop a sporting attitude being fair, kind and respectful. Throwing Techniques Underarm Throw An underarm throw in rounders is a controlled, accurate throw where the ball is swung from below the waist in an upwards motion.	Concept: To develop a lifelong love of physical activity Concept: To experience being part of a team and understand their role within it. Concept: To develop a sporting attitude being fair, kind and respectful. Throwing Techniques Underarm Throw An underarm throw in rounders is a controlled, accurate throw where the ball is swung from below the waist in an upwards motion. It is often used for short, accurate passes to teammates, such as throwing to a bowler, backstop, or a fielder close by. Overarm Throw An overarm throw in rounders is a powerful and long-distance throw where the ball is thrown over the shoulder using a high arm	Concept: To develop a lifelong love of physical activity Concept: To experience being part of a team and understand their role within it. Concept: To develop a sporting attitude being fair, kind and respectful. Concept: To develop essential skills in coaching, leadership and teamwork Throwing Techniques Underarm Throw An underarm throw in rounders is a controlled, accurate throw where the ball is swung from below the waist in an upwards motion. It is often used for short, accurate passes to teammates, such as throwing to a bowler, backstop, or a fielder close by. Overarm Throw An overarm throw in rounders is a powerful and long-distance throw where the ball is thrown over the shoulder using a high arm	Concept: To develop a lifelong love of physical activity Concept: To experience being part of a team and understand their role within it. Concept: To develop a sporting attitude being fair, kind and respectful. Concept: To develop essential skills in coaching, leadership and teamwork To develop fielding strategies throwing a ball accurately Underarm Throw An underarm throw should be used in the following situations: • When a quick, low throw is needed, especially for short distances e.g. from back stop to 1st base.

		action. It is used to cover greater distances with speed and accuracy. An overarm throw is used to throw the ball longer distances, to attempt to get a runner out - throwing to a base at speed, to deliver a strong and accurate pass.	action. It is used to cover greater distances with speed and accuracy. An overarm throw is used to throw the ball longer distances, to attempt to get a runner out - throwing to a base at speed, to deliver a strong and accurate pass. Changing the amount of force when throwing a rounders ball depends on several factors, including how far you need to throw and how much control you want. A throw can be adjusted using the following techniques: 1. Adjust Your Arm Speed • A faster arm movement generates more force, making the ball travel further. • A slower arm movement produces a gentler, shorter throw. 2. Grip the Ball Differently • A firmer grip allows for a stronger, more controlled throw. • A looser grip can help with softer throws. 3. Change Your Stance and Body Movement • For a powerful throw, step forward with your opposite foot, twist your torso, and push off with your back leg. • For a gentle throw, use less lower-body movement and rely more on your wrist and arm. 4. Alter the Release Point • Releasing the ball earlier (higher angle) increases height and distance. • Releasing it later (lower angle) keeps it lower and shorter. 5. Use Different Throwing Techniques • Overarm throw for power and long distances. • Underarm throw for short, controlled passes.	• When you are under pressure and need to get the ball in quickly, without worrying too much about power. Overarm Throw An underarm throw should be used in the following situations: • Long distances • When there's time to aim and you need a powerful throw. • When you're trying to throw over a fielder to prevent the ball from being intercepted.
Catching Techniques A good catch in rounders is one that is clean, controlled, and helps the team by preventing the opposition from scoring or getting a batter out.		Catching Techniques A good catch in rounders is one that is clean, controlled, and helps the team by preventing the opposition from scoring or getting a batter out. A skillful catch is one that is: well-timed and controlled, hands are used to secure the ball, the player takes a good position to catch the ball and their hands are ready for the catch.		
Batting Techniques				

		A good batting technique in rounders shows accuracy, power, and control to hit the ball effectively into space.	Batting Techniques A good batting technique in rounders combines accuracy, power, and control to hit the ball effectively into space. The player shows the correct body position, the rounders bat is held with one hand, the player is watching the ball, the swing is smooth and controlled and a powerful and well-directed hit is struck. Fielding Strategies Players can explain the different fielding positions in rounders showing an understanding of their roles: • Bowler: The person who throws the ball to the batter. • Backstop: Stands behind the batter to catch any missed balls. • Fielders: Positioned around the bases (1st, 2nd, 3rd, etc.) to catch balls or make throws to get batters out.	Directional hitting refers to a batter's ability to control where they hit the ball, aiming for specific areas of the field to avoid fielders and maximise opportunities to score a rounder. Fielding Strategies The purpose of the deep fielder in a rounders game is to cover the outer areas of the field and to stop long hits from reaching the boundary. They play an important role in preventing batters from scoring full rounders by quickly retrieving the ball and returning it to the bases or the bowler. Responsibilities include: stopping long hits, catching high balls, blocking and retrieving ground balls and accurate throwing back to the bowler or a base.	Batting Techniques Directional hitting refers to a batter's ability to control where they hit the ball, aiming for specific areas of the field to avoid fielders and maximise opportunities to score a rounder. Umpiring Skills Umpiring skills are the abilities and knowledge required to fairly officiate the game - making the correct decisions to ensuring that the game runs smoothly. An umpire needs to have a knowledge and understanding of the rules, make accurate and fair calls and communicate effectively with players. An umpire can use a number of hand signals to indicate decisions.
R u l e s , S t r a t e g i e s a n d t a c t i c s - k n o	Declarative knowledge – How well do pupils recall and describe the tactic, rule and strategy and know what it looks like in practice and when it is used.	Rounders is a game where you strike a ball with a rounders bat and run around a number of bases to score points. There are two teams, one team bats and the other team fields. The throwing techniques of underarm and overarm throws are used during a game of rounders. A rounders bat is held with one hand and is used to strike a ball.	Rounders is a game where there are two teams. One team bats whilst the other team fields. The two teams swap after everyone has had a turn at batting, or after a set time (this is called an innings) One batter at a time stands in the batting square. The bowler throws the ball underarm towards the batter. The batter attempts to hot the ball and run around the 4 bases. The batter must run to at least the first base - even if they miss the ball. You score1 full rounder if you hit the ball and run all the way around the 4 posts without stopping. Your score half a rounder if you run to the 2nd post or 3rd post, or if you reach the 4th post after missing the ball but still ran.	There are two teams: one team bats, and the other team are the fielders. The goal is to hit the ball and run around four bases to score points (called rounders). Batting rules: 1. Each player takes turns to hit the ball after the bowler throws it underarm. 2. After hitting, you must run to the first base (even if you don't hit the ball). 3. You can keep running to 2nd, 3rd, and 4th base (home) if it's safe. 4. If you reach 4th base in one go, you score 1 rounder. 5. If you reach 2nd base without being out, you score half a rounder. 6. If the bowler throws a bad ball (too high, too low, or too wide), you can leave it, and it doesn't count as a miss. Fielding Rules	1. Objective of the Game • The game is played between two teams. Each team takes turns batting and fielding. • The aim is for the batter to hit the ball and then run around the bases (posts) to score rounders. • A rounder is scored when the batter successfully completes a circuit around the four bases without getting out. 2. The Field • The field consists of a diamond shape, with four posts (bases) arranged in a square: ○ 1st post, 2nd post, 3rd post, and home base (4th post). ○ The bowler's post (where the bowler stands) is placed near 1st post.

				- The fielder can throw the ball to a base or to the bowler's end to attempt to run the batter out. 8. The Game Format - A typical rounders game consists of two innings per team, with each team having a turn to bat and a turn to field. - In each inning, the batting team tries to score as many rounders as possible, while the fielding team tries to stop them. - After a set number of overs(a set number of balls bowled) or a timed period, the teams switch roles.
Procedural knowledge – How well do pupils perform the tactic or strategy and through their actions they are able to showcase their knowledge.	Throwing Techniques: Children to perform an underarm throw using the correct technique. - Grip the ball using a firm but relaxed grip. - Body position - stand with your feet shoulder-width apart for stability. - Position your non-throwing side (left side if you're right-handed, right side if you're left-handed) slightly forward. - Keep your knees slightly bent to allow flexibility and balance. - Hold the ball at waist height or just below. - As you start the throw, rotate your throwing arm backward, keeping your elbow low and close to your body. This helps build the momentum for the throw. - Your non-throwing hand should be out in front to guide and balance your motion. <u>Throwing action</u> - Step forward with your lead foot (opposite to your throwing arm) as you bring your throwing arm forward. - Your arm should remain straight with the elbow slightly bent as you swing it forward. - Release the ball when your hand is around waist height, flicking your wrist slightly to give the ball a smooth trajectory.	Throwing Techniques: Children perform underarm throws - using the correct technique - using a number of teacher-led drills to develop the skills of accurate and fast passes underarm. - Grip the ball using a firm but relaxed grip. - Body position - stand with your feet shoulder-width apart for stability. - Position your non-throwing side (left side if you're right-handed, right side if you're left-handed) slightly forward. - Keep your knees slightly bent to allow flexibility and balance. - Hold the ball at waist height or just below. - As you start the throw, rotate your throwing arm backward, keeping your elbow low and close to your body. This helps build the momentum for the throw. - Your non-throwing hand should be out in front to guide and balance your motion. <u>Throwing action</u> - Step forward with your lead foot (opposite to your throwing arm) as you bring your throwing arm forward. - Your arm should remain straight with the elbow slightly bent as you swing it forward. - Release the ball when your hand is around waist height, flicking your wrist slightly to give the ball a smooth trajectory.	Throwing Techniques: To demonstrate the skills in throwing a rounders ball accurately and with the right amount of force to reach the intended target. Children to perform over and underarm throws using the correct technique using a number of teacher led drills to practise and refine throwing skills. Activity 3 ball round the clock https://www.sportplan.net/drills/Rounders/Throwing-Catching/3-ball-round-the-clock-rounders52.jsp Catching the high ball relay https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-the-high-ball-relay-rounders27.jsp Chase Ball https://www.sportplan.net/drills/Rounders/Throwing-Catching/Chase-Ball-roundersc12.jsp	Throwing Techniques: Players to develop strategies in fielding, working as part of a team to prevent the batting team from scoring rounders by throwing a ball with increased accuracy and pace. Children to perform over and underarm throws using the correct technique using a number of teacher led drills to practise and refine throwing skills. Catch the Runner Groups of 4/5. One player is the runner. The other players are fielders. Fielders pass the ball accurately between themselves within a designated area (no running with the ball) attempting to 'catch - tig' the runner. Repeat giving every player the opportunity to be the runner. More able children to play within a larger space. Support: To play within a smaller space. Recall from Y5 - The role of the bowler, backstop, bases and deep fielders. Teacher model with one group: Teams of 8 with rounders pitch set up. Pair teams together. Batting team line up behind batting circle. Fielders stand on each post with bowler in position. Batting team strike ball and fielders perform fielding duties - reinforcing roles of positions.

		After releasing the ball, allow your throwing arm to naturally follow through across your body.	- After releasing the ball, allow your throwing arm to naturally follow through across your body. Children perform overarm throws - using the correct technique - using a number of teacher-led drills to develop the skills of accurate and longer distance throws of a tennis ball. Stand Sideways - Face your target sideways with your non-throwing shoulder pointing towards it. - Feet should be shoulder-width apart for balance. Grip the Ball - Hold the ball with your fingers spread across it for better control. - Keep a relaxed but firm grip. Prepare the Throw (Backswing) - Bring your throwing arm back and up behind your head. - Your elbow should be bent at a 90-degree angle. - Your non-throwing hand can be pointing towards the target for aim. Step Forward - Step forward with your opposite foot (e.g., if throwing with the right hand, step forward with the left foot). - This helps generate power and accuracy. Throw the Ball - Swing your arm forwards in a smooth motion. - Release the ball above shoulder height, aiming at your target. - Follow through by extending your arm towards the target. Follow Through - Your throwing hand should continue moving forward after releasing the ball. - Your body should naturally rotate slightly towards the target. Key Coaching Points:		
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	Catching Techniques To catch a ball using the correct technique. Watch the Ball • Keep your eyes on the ball at all times. • Track its movement as it comes towards you. Get into Position • Stand with your feet shoulder-width apart for balance. • Knees slightly bent, ready to move. Hands Ready • Hold your hands out in front of you, ready to catch. • Fingers together, thumbs pointing inwards for high catches. • Fingers pointing down, little fingers together for low catches. Soft Hands & Give • As the ball reaches your hands, soften your grip to absorb the impact. • Bring your hands slightly towards your body to cushion the catch. Secure the Ball • Hold the ball firmly once caught. • If necessary, bring it close to your chest to keep control. Be Ready to Throw • After catching, be prepared to pass or throw the ball quickly. Key Coaching Points: ✓ Keep eyes on the ball. ✓ Use soft hands to absorb impact. ✓ Move your body to get under the ball. ✓ Cup hands together for a secure grip. Batting Techniques To strike a ball using the correct technique Hold the Bat Correctly	✓ Keep eyes on the target. ✓ Use a smooth and controlled motion. ✓ Step forward to add power. ✓ Follow through with your arm and body. Catching Techniques To catch a ball, above the waist, using the correct technique in both stationary and moving positions. Recall catching technique – from Year 3 Hold your hands out in front of your body with your fingers pointing upwards, your palms facing outwards and your thumbs touching. As the ball makes contact, close your fingers over the ball. Pull your hands in towards your body and use your fingers to catch and guide the ball. Players to perform a number of drills to progress catching skills from a stationary to a moving position. Activity <u>Catching drill</u> https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-drill-roundersc28.jsp <u>Catching Relay</u> https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-relay-roundersc29.jsp <u>Catching a high ball</u> https://www.sportplan.net/drills/Rounders/Throwing-Catching/Catching-a-High-Ball-RR0015.jsp	Batting Techniques To purposefully strike a ball into a specific direction Recall: Directional hitting strategies from Y4 https://www.youtube.com/watch?v=smTBrE52Fag&t=20s Recall from Y3 1) Stand sideways on, feet shoulder width apart 2) Hold the bat behind the body 3) Watch the ball 4) Swing bat through ball and transfer weight onto front foot	Batting Techniques To strike a rounders ball with directional accuracy purposefully and confidently in a specific direction. Recall – Directional hitting strategies from Y4 https://www.youtube.com/watch?v=smTBrE52Fag&t=20s Recall: Support *Stand sideways – feet shoulder width apart. *Hold the bat behind the body. *Watch the ball. *Swing bat through ball & transfer weight onto front foot.
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		- Use one hand (usually your dominant hand). - Grip the handle firmly but comfortably. - Keep the bat upright and ready. Stand in the Right Position - Stand sideways to the bowler, with your non-dominant shoulder facing them. - Feet shoulder-width apart for balance. Watch the Ball - Keep your eyes on the bowler and track the ball as it is bowled. Swing the Bat - As the ball reaches you, swing the bat in a smooth motion. - Aim to hit the middle of the bat against the ball. - Keep your arm extended but controlled. Make Contact with the Ball - Try to hit the ball forwards and into space. - Follow through with your swing after hitting.	Batting Techniques To strike a ball accurately and begin to develop the skills of directional hitting. Recall - Correct batting technique from Year 3 - Stand sideways on, feet shoulder width apart - Hold the bat behind the body - Watch the ball - Swing bat through ball and transfer weight onto front foot Players to practise and refine skills of striking a rounders (tennis) ball using a number of drills to progress and develop directional hitting. Activity Batting & Bowling activity - in pairs, 1 child bowls the ball and the other child strikes the ball to return to the bowler. Opportunities to peer coaching using correct batting technique. <u>Batting Drills</u> https://www.sportplan.net/sp/app/search/batting%20skills <u>Directional Batting Skills</u> https://www.youtube.com/watch?v=smTBrE52Fag&t=20s Introduce directional batting skills considering positioning of feet using coloured cones. Fielding Strategies Fielders to position themselves as a bowler, backstop and on the bases. Players to complete a number of activities to develop their understanding of the different roles in a rounders game: Activity Roles of the Bowler / Backstop & first base: Discuss the positioning & purpose of the bowler in a game of rounders Resource: Twinkl https://www.twinkl.co.uk/resource/t2-mov-449-twinkl-move-pe-y5-striking-and-fielding-rounders-lesson-3-backstop-and-bases	Children to practise and refine skills of directional hitting using the following drill: Activity - in groups of 8 Directional Hitting Set up coloured cones to designate zones for batting in different directions. A right-handed zone will be more challenging for a right-handed player & opposite set up for a left-handed player. Teach technique of turning body position to direct ball in a different direction. Encourage fielders to adjust fielding positions to reduce batter's scores. Points awarded when ball is hit into different coloured zones. Fielding Strategies Players to practise and apply deep fielding techniques Recall from Year 4 - the roles of the bowler, backstop and players on the bases. Resource: https://www.twinkl.co.uk/resource/t2-mov-450-twinkl-move-pe-y5-striking-and-fielding-rounders-lesson-4-deep-fielding <u>The role of the deep fielder:</u> Children to practise the skills of positioning themselves as deep fielders - the ones far out on the pitch who are responsible for retrieving the ball if the batter makes a long distance hit.	Children to practise and refine skills of directional hitting - turning the body to direct the ball in a different direction. Set up 2 rounders pitches with different coloured zones e.g. blue zone straight in front, green zone to the right, yellow zone to the far right. Group the children into four teams. On each pitch one team will be batting and one fielding. Batters to strike the ball and gain points for zone ball is hit into. Blue - 1 point Green - 2 points Yellow - 3 points This will be an opposite set up for a left-handed player. Encourage the fielders to adjust fielding positions to reduce batter's score. Umpiring Skills To develop the skills of umpiring a game of rounders - showing an understanding of the rules. Review the rules of playing a rounders game. Discuss new vocabulary including the concept of a no-ball - where the bowler bowls a ball above shoulder, below knee, too far away from batter or too close to body. Children to practise: ☐ Watching the game carefully. ☐ Make fair decisions ☐ Keep the game safe and fun for everyone. ☐ Be confident and clear when making calls.
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			Skill: Triangle training - children to work in groups of 4 to practice the different skills needed in different triangle positions. Roles of the bases: Discuss the responsibilities of the fielders at the bases and when it is and isn't appropriate to throw to a fielder on a base. Skill: Race around the bases Resource: Twinkle (as above)	Players to practise throwing the ball to a fielder at a base or to the bowler. Deep fielders may be positioned as appropriate according to each game and they may move their position as they 'read' the game and anticipate where each batter is likely to hit the ball. Activity Stopping the ball as a deep fielder - practise stopping techniques • Ground Balls: ◦ Get low by bending your knees. ◦ Use both hands to scoop the ball up. ◦ Keep your body behind the ball in case you miss with your hands. • High Balls: ◦ Watch the ball's flight. ◦ Get under it and cup your hands together to catch securely. • If you can't catch it with your hands, block it with your body to stop it rolling past you. • Return the Ball Quickly • Once you have the ball, throw it accurately and fast to the nearest base or back to the bowler. Players to practise and refine skills (twinkl resource) Participating in a game of rounders Players to take an active role in playing a game of rounders using & applying throwing, catching, batting and fielding skills.	Children to take the role of umpire and keep scoresheets using the correct terminology to umpire a game of rounders. Children to use hand signals to support their role as umpire: Out - arm raised No ball - one arm out to the side with call of 'No-ball' Rounder - Thumbs up with call 'Rounder' Stop the game - Blow the whistle or call 'Time' Participating in a game of rounders Players to play a competitive full game of rounders demonstrating skills in umpiring, fielding, directional batting and throwing.
Health y P a r t i c i	Declarative knowledge – How well do pupils recall the rules, tactics and strategies for success they have learned?	Warming up before a rounders lesson is essential to prepare the body for physical activity, prevent injuries, and improve performance. A warm up contributes towards: preparing muscles for activity, increases the heart rate and blood flow, helps to prevent injuries, improves coordination and reaction time and helps children get into the mindset of the game and builds confidence before moving onto the skills part of the lesson.	Warming up before a rounders lesson is essential to prepare the body for physical activity, prevent injuries, and improve performance. A warm up contributes towards: preparing muscles for activity, increases the heart rate and blood flow, helps to prevent injuries, improves coordination and reaction time and helps children get into the mindset of the game and builds confidence before moving onto the skills part of the lesson.	Warming up before a rounders lesson is essential to prepare the body for physical activity, prevent injuries, and improve performance. A warm up contributes towards: preparing muscles for activity, increases the heart rate and blood flow, helps to prevent injuries, improves coordination and reaction time and helps children get into the mindset of the game and builds confidence before moving onto the skills part of the lesson.	Warming up before a rounders lesson is essential to prepare the body for physical activity, prevent injuries, and improve performance. A warm up contributes towards: preparing muscles for activity, increases the heart rate and blood flow, helps to prevent injuries, improves coordination and reaction time and helps children get into the mindset of the game and builds confidence before moving onto the skills part of the lesson.

p a t i o n		Exercise is important as it boosts our self-esteem, strengthens our bodies, helps us to sleep well and builds a foundation for a healthy lifestyle. Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being	Exercise is important as it boosts our self-esteem, strengthens our bodies, helps us to sleep well and builds a foundation for a healthy lifestyle. Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being	Exercise is important as it boosts our self-esteem, strengthens our bodies, helps us to sleep well and builds a foundation for a healthy lifestyle. Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being	Exercise is important as it boosts our self-esteem, strengthens our bodies, helps us to sleep well and builds a foundation for a healthy lifestyle. Concept: To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being
	Procedural knowledge – How well do pupils demonstrate safe practice of how to participate?	Together we are safe. Players can warm up safely, handle and use equipment safely showing spatial awareness and an awareness of the other players. Players can move in the correct direction around a rounders pitch without colliding with other players and the equipment. Pupils can recognise when they need to hydrate and need a rest from exercise.	Together we are safe. Players can warm up safely, handle and use equipment safely showing spatial awareness and an awareness of the other players. Players can move in the correct direction around a rounders pitch without colliding with other players and the equipment. Pupils can recognise when they need to hydrate and need a rest from exercise.	Together we are safe. Players can warm up safely, handle and use equipment safely showing spatial awareness and an awareness of the other players. Players can move in the correct direction around a rounders pitch without colliding with other players and the equipment. Pupils can recognise when they need to hydrate and need a rest from exercise.	Together we are safe. Players can warm up safely, handle and use equipment safely showing spatial awareness and an awareness of the other players. Players can move in the correct direction around a rounders pitch without colliding with other players and the equipment. Pupils can recognise when they need to hydrate and need a rest from exercise.