

Year 6 Ravens

PE

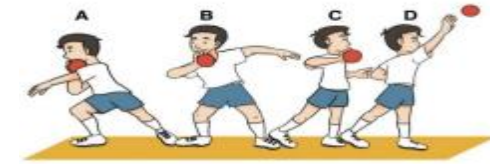
Summer 1

Athletics and

Rounders

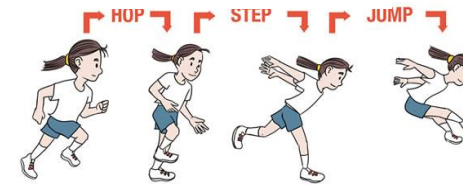
Athletics: Triple Jump and Shot Put

The **triple jump** has three distinct parts to the sequence. These are a hop – jumping from one foot and landing on the same foot – a skip or step which requires jumping from one foot to the other and finally, a jump which is launching from one foot and landing with both. The measurement is taken from the body part which landed closest to the starting position.



Stand sideways on to the direction of the throw. Place the **shot put** into your neck with your elbow high. Turn your back toe away and bend your back leg.

- 1: Check that your chin, knee and toe are all in line.
- 2: Transfer your weight from your back leg to your front leg.
- 3: Quickly turn your hips and chest to face the direction of your throw.
- 4: Push the shot put high and follow through with your hand.



	Key Vocabulary	Definition
Athletics	accuracy	the quality of being precise and finishing close to where you were aiming
	officiating	to act as an official in charge of an event
	pace	a consistent or steady speed – longer distances will require a slower pace than shorter distances
	sequence	a particular order in which events or movements follow each other
	stride	a longer step
	technique	a way of carrying out a particular task, especially in a performance to achieve well
	trajectory	the path followed by a projectile flying
	transfer	(of weight) to move the weight from one foot or position to another.
	triple-jump	A three sequenced jump involving a hop, a step (or skip) and a final jump.
Rounders	accuracy	To be able to throw the ball in the direction that you want it to go.
	bowler	The player who bowls the ball.
	donkey drop	A type of bowl that goes high and drops suddenly.
	fielder	Team member who retrieves the ball and tries to prevent the other team scoring.
	obstruction	When a fielder gets in the way of the batter as they are running around the rounders pitch.
	rounder	Point scored during the game.
	spin	To make the ball twist as you bowl it.

Rounders: Batting Technique



Feet shoulder width apart

Bring your arm forwards to contact the ball transfer your body weight onto the front leg

Hold the bat high in one or both hands. Make sure your wrist and grip are strong. Keep your eye on the ball. Stand side-on to the bowler. Swing through the ball. Stamp forwards into the move to gain power; transfer weight from back to front foot as you move.

Rounders: Scoring

A rounder is scored if the ball is hit, even if a no ball was thrown, and the batter touches the 4th post before the post is stumped or the ball is back with the bowler in the bowler's square. A 1/2 rounder can be scored if a player reaches the 2nd or 3rd post in one hit.