

Year 4 Red Kites

PE

Summer 1

Athletics and Rounders

	Key Vocabulary	Definition
Athletics	flight	The movement of the body through the air with feet off the ground.
	jumping	Technique to propel the body into the air to either cover distance, height or both.
	launch	The point where an object is let go.
	propel	To push or drive something move forwards or in a particular direction.
	running	An action to move quickly with the correct technique, using arms and legs effectively.
	throwing	To propel an object through the air as far as possible.
	transfer of weight	Create power by moving body weight from back leg to front leg.
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 Pitch:

Rectangular in shape with areas marked out for the batter and bowler to stand. There are four posts which batters must run around score a rounder.



Batting Technique:

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.



Athletics Knowledge Ladder:



Running: Pace yourself when running further or for a long period of time. A high knee drive, pumping your arms and running on the balls of your feet will give you power to run faster.

Jumping: Transferring weight will help you to jump further. Swing your arms forwards and push your hips forward to help you to transfer weight.

Throwing: Transferring weight will help you to throw further. Move the weight from your back leg to your front leg to help you to throw further.

Rounders Knowledge Ladder:



Striking: Using the centre of the bat will provide the most control and accuracy.

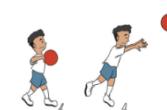
Fielding: It easier to field a ball that is coming towards you than away, so set up accordingly.

Throwing: Being balanced before throwing will help to improve the accuracy of the throw.

Catching: Track the ball as it is thrown to catch more consistently.

Throwing Techniques:

Chest Push



Pitch



Overhead Throw



Overhead Heave



Shoulder Fling



Jumping technique:

Start with one foot forward, rock back and then forward, transferring your weight onto the front foot at take-off (1 foot to 2 feet jump). Bend your knees for a safe and controlled landing. Bent knees on take-off and landing. Drive your arms forward as you jump. Use a long and thin body shape in flight and soft landings.

