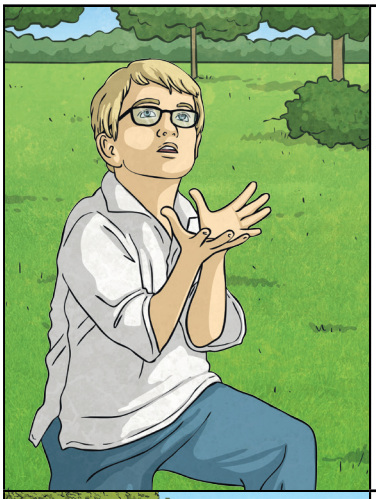
Y5 Striking and Fielding: Rounders

Home Learning Activities



1. Clap and Catch

Practise receiving those high hit balls by playing this activity.

Throw a ball up into the air above your head and catch it.

Next time you throw, clap your hands before you catch. Increase the number of claps by one each time you throw so you have to throw the ball higher and higher in order to fit in the claps.

What is the maximum number of claps you can perform between throwing and catching the ball?



2. Bat and Wall

Play this activity to improve your batting and reaction time.

Use a soft ball, a rounders bat if you have one or, if not, a tennis racquet or other bat.

Hit the ball with the bat against the wall so that it bounces back to you. Hit it back against the wall again as many times as you can.



3. Speed It Up

Complete this activity to improve your speed and stamina.

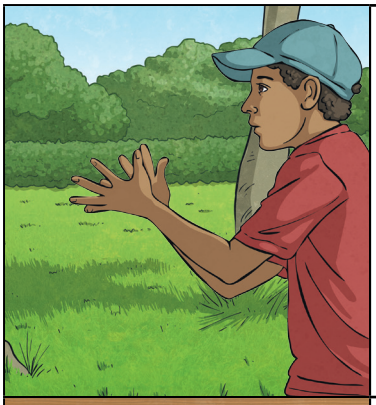
Decide on a course or distance to run, e.g. around your garden three times or up and down your street, across the park, etc. Time yourself doing the course each day for a week and record your times. Can you improve your time over the week?



4. Target Bowl

This activity will help you throw accurately towards a target.

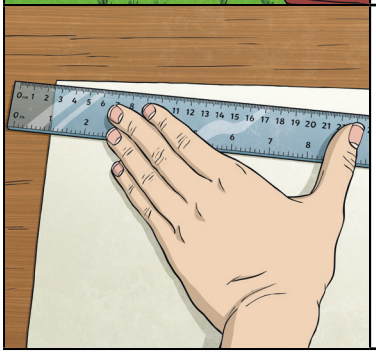
Play with a partner. Draw three targets on the wall in chalk: high, medium and low. Practise bowling the ball to hit each target in turn quickly, one after the other, and catch the ball as it bounces back. Score one point if you hit the target and one point if you catch the ball on the rebound, to enable a maximum score of six points per round. Play three rounds each and see who can score the most points.



5. Bounce and Grab

This activity will help you practise your catching skills and reaction times.

Work with a friend. Take turns to bounce a tennis ball for each other to grab before it hits the floor again. Make it challenging by varying the bounces so your partner has to run, dive or catch the ball one-handed.



6. My Own Game

Can you create a game or activity of your own which practises some of the skills required to be good at rounders? You could include throwing, catching, batting, bowling or fielding.

Draw and write about your activity and ask a friend to try it with you to check that it works.