

## National Curriculum – Physical Education

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic
- Principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Key Skills

### What are some skills highlighted within the game Rounders?

#### Technical and Physical Skills:

- Batting Skills- hand eye coordination, timing, correct batting stance, striking technique.
- Bowling Skills- accurate underarm bowling, consistent release of the ball, ball placement
- Catching- secure hand positioning, soft hands, anticipation.
- Throwing- accuracy, speed, appropriate technique (short/long throws).
- Fielding – quick reactions, clean pickups, efficient movement to the ball.
- Running between posts – sprinting speed, agility, judging when to run or hold.

#### Tactical Skills:

- Decision-making – when to run, throw, or hold the ball.
- Spatial awareness – knowing field positions, ball trajectory, and batter’s intentions.
- Anticipation – predicting where the ball will go.
- Communication – calling for catches, coordinating fielding strategies.

#### Equipment used:



Cones



Rounder's Bat and Ball



Rounders Posts

## Vocabulary

- Grip** – how you hold the bat.
- Stance** – how you stand ready to hit.
- Swing** – moving the bat to hit the ball.
- Contact** – when the bat hits the ball.
- Follow-through** – finishing the swing after hitting.
- Catch** – using two hands safely to stop the ball.
- Soft hands** – cushioning the ball so it doesn't bounce out.
- Throw** – sending the ball to a teammate.
- Accuracy** – throwing the ball straight to your target.
- Secure** – making sure the ball stays in your hands.
- Base** – the posts you run to.
- Rounder** – running all the way around the posts.
- Half-rounder** – reaching the 2nd post safely.
- Out** – when you're caught or tagged.
- No ball** – a ball that isn't bowled correctly.
- Teamwork** – working together with your team.
- Awareness** – knowing where the ball and players are.
- Decision-making** – choosing whether to run or stay.

# Striking, Fielding and Net Games | Rounders | PE | Years 5 & 6 | Autumn Term 1 2025-26

**Key Learning: To be able to Bat and bowl understand, backstop & bases, throwing & catching, deep fielding, tactics & strategy, and game play**

1	<b>Fielding</b> Pupils will be able to throw over short distances with power and accuracy to get batters out, and catch the ball with precision and control, including one-handed and non-dominant hand catches.
2	<b>Catching and Throwing effectively</b> Pupils will develop their ability to track and field the ball consistently, explore the role of the backstop, and improve throwing accuracy over short distances to stump batters out. They will also learn how to position themselves effectively on bases to catch and stump with control.
3	<b>Batting</b> Pupils will learn the backwards hit rule and how to apply it both as a batter and tactically as a backstop. They will develop their batting techniques to play attacking shots, recognise gaps in the field, and aim to hit the ball into those areas to maximise scoring opportunities. Pupils will also practice decision-making, timing, and spatial awareness to improve their overall game performance..
4	<b>Game Understanding</b> Pupils will learn to field with awareness of a batter's strengths, recognise fielder positions for left- and right-handed players, and understand the differences between deep and close fielding in order to set an effective field that limits scoring.
5	<b>Bowling</b> Pupils will learn to bowl with speed to challenge batters, develop batting skills to score against fast deliveries, and demonstrate urgency when running between posts to maximise scoring. They will also practise tracking and catching high balls, aiming to get players out and apply these skills in competitive situations.
6	<b>Attack and Defence</b> Pupils will learn the difference between attacking and defensive batting, practising how to play each shot and use them strategically in a game. They will also develop the ability to track and retrieve the ball over distance, work effectively in pairs while fielding, and understand how strong fielding can limit the number of rounders scored.
7	<b>Tactics</b> Pupils will learn to recognise when a fellow batter is at risk of being overtaken, apply simple tactics to ensure all batters complete the circuit safely, and follow the rule that once they leave a base they must continue running. This helps them use strategies when running around bases to avoid being overtaken.
8	<b>Competitive Games</b> Pupils will learn the difference between attacking and defensive fielding, work as a team to set the field in response to a batter, and apply a range of tactics and rounders rules effectively in a competitive game situation.