

Things I should be able to talk about

- Consolidate and improve the **quality, range and consistency** of your physical techniques.
- Choose and use simple tactics and strategies in different situations.
- To know the long-term effects of exercise on the body
- To measure the long-term effects of exercise on the body
- Describe how the body reacts to different types of activity
- Describe and evaluate the effectiveness of performances

Year 5 & 6 Rounders

Vocab

- **Batting**— the action of hitting with a bat.
- **Fielding**— attempting to stop or catch a ball to prevent runs or scoring.
- **Technique**— an efficient way of completing a



Stafanie Taylor
West Indies Captain
Player of the tournament
in the 2016 World T20 win.

New knowledge and skills

To develop batting skills	To develop a range of fielding techniques	To develop a throwing technique.	To develop understanding of the rules.
Grip should be thumb and finger in a V shape. Hold bat just above waist.	Throw accurately rather than quickly.	Throw underarm and keep your arm straight. Throw accurately rather than quickly.	If an batter doesn't get to the post then they

