

## Scheme of Work

### Subject: PE

**Year Group: Year 7**

**Specification: Rounders**

**Express/Mainstream**

Lesson No	Topic and Objectives	Key Activities and Specialist Terminology	Big Think Qs and Stretch	Assessment <i>(Include relevant GCSE Q stem)</i>	Homework	Lit/Num SMSC Codes
1	<b>Introduction to Rounders Basic catching and throwing skills</b>	<ul style="list-style-type: none"> <li>students watch 5mins of a professional Rounders match - visual stimulus</li> <li><b>underarm throwing</b> - throw the ball quickly and accurately over a short distance</li> <li><b>catching</b> – practicing below/above waist technique based on the height of the ball</li> <li>develop an understanding of when/where an underarm throw could be used and to which players</li> </ul>	<p><i>Why do we warm up?</i></p> <p><i>When should you use an underarm throw?</i></p>	<ul style="list-style-type: none"> <li>on-going teacher assessment with feedback</li> <li>pupil self-check, including the use of reciprocal sheets</li> <li>teacher-pupil question and answer</li> </ul>		<p>Students will be given the opportunity to develop their <b>social skills</b> in activities involving:</p> <ul style="list-style-type: none"> <li>co-operation</li> <li>collaboration</li> <li>responsibility</li> <li>teamwork</li> </ul>
2	<b>Fielding positions</b>	<ul style="list-style-type: none"> <li>understand and state the importance of warming up</li> <li><b>fielding positions</b> – name of positions and where the players should stand when the ball is bowled</li> <li>knowledge and understanding of fielding team knowing where to throw the ball in relation to batters hit</li> </ul>	<p><b>Methods of training:</b></p> <ul style="list-style-type: none"> <li><i>interval training</i></li> <li><i>how this can be linked to the fielding team</i></li> </ul>	<ul style="list-style-type: none"> <li>on-going teacher assessment with feedback</li> <li>pupil self-check, including the use of reciprocal sheets</li> <li>teacher-pupil question and answer</li> </ul>	Create a poster indicating the dimensions of a rounder pitch	<p>Students will be given the opportunity to develop their <b>social skills</b> in activities involving:</p> <ul style="list-style-type: none"> <li>co-operation</li> <li>collaboration</li> <li>responsibility</li> <li>teamwork</li> </ul>
3	<b>Bowling and backstop technique</b>	<ul style="list-style-type: none"> <li>demonstrate the ‘perfect mode’ of the <b>bowling technique</b></li> <li>explain the correct bowling technique:                             <ul style="list-style-type: none"> <li>→ <i>between shoulders and knee</i></li> <li>→ <i>stepping into bowl</i></li> </ul> </li> </ul>	<p><b>Components of fitness:</b></p> <ul style="list-style-type: none"> <li><i>importance of muscular endurance</i></li> <li><i>how this can be</i></li> </ul>	<ul style="list-style-type: none"> <li>on-going teacher assessment with feedback</li> <li>pupil self-check, including the use of reciprocal sheets</li> </ul>		<p>Students will be given the opportunity to develop a sense of <b>fair play</b> based on the rules of the game:</p> <ul style="list-style-type: none"> <li>positive sporting</li> </ul>

		<ul style="list-style-type: none"> <li>demonstrate and explain correct body position for <b>backstop</b>: <ul style="list-style-type: none"> <li>→ <i>staying low</i></li> <li>→ <i>hand position</i></li> <li>→ <i>quick reactions</i></li> </ul> </li> </ul>	<i>linked to bowling and the backstop crouched position</i>	<ul style="list-style-type: none"> <li>teacher-pupil question and answer</li> </ul>		<ul style="list-style-type: none"> <li>behaviour</li> <li>how to conduct themselves in competitions</li> <li>accept authority</li> </ul>
4	<b>Batting technique</b>	<ul style="list-style-type: none"> <li>demonstrate the correct hand and body position when batting</li> <li>demonstrate and explain the <b>batting technique</b>: <ul style="list-style-type: none"> <li>→ <i>strike the ball firmly</i></li> <li>→ <i>transferring weight onto the front foot</i></li> <li>→ <i>leaning into the ball</i></li> </ul> </li> <li>in groups of 3 practice and develop batting: <ul style="list-style-type: none"> <li>→ <i>1 bowler – 1 batter – 1 fielder</i></li> </ul> </li> </ul>	<b>Components of fitness:</b> <ul style="list-style-type: none"> <li><i>importance of muscular strength</i></li> <li><i>how this can be linked to batting and the distance the ball can be hit</i></li> </ul>	<ul style="list-style-type: none"> <li>on-going teacher assessment with feedback</li> <li>pupil self-check, including the use of reciprocal sheets</li> <li>teacher-pupil question and answer</li> </ul>	On the poster they created write down the fielding positions	Through the activities in this unit pupils will be given the opportunities to develop: <ul style="list-style-type: none"> <li><b>counting skills</b> for organising themselves into groups</li> <li>understanding the basic <b>scoring</b> in Rounders</li> </ul>
5	<b>Running and fielding</b>	<ul style="list-style-type: none"> <li>develop the concepts of pitch dimensions, positional play and post fielding</li> <li><b>long barrier technique</b>: <ul style="list-style-type: none"> <li>→ <i>hands should be in position where the heel and the knee join</i></li> <li>→ <i>little fingers together with other fingers with palm facing upwards</i></li> <li>→ <i>fingers touching the ground</i></li> </ul> </li> <li>discuss the different areas of fitness involved in Rounders</li> </ul>	<b>Components of fitness:</b> <ul style="list-style-type: none"> <li><i>importance of cardiovascular fitness</i></li> <li><i>how this can be linked to fielding and running around the posts</i></li> </ul>	<ul style="list-style-type: none"> <li>on-going teacher assessment with feedback</li> <li>pupil self-check, including the use of reciprocal sheets</li> <li>teacher-pupil question and answer</li> <li>peer analysis, evaluation and feedback</li> </ul>	What is your current grade?  What is your target grade?  What can you do to improve?	Through the activities in this unit pupils will be given the opportunities to develop: <ul style="list-style-type: none"> <li><b>counting skills</b> for organising themselves into groups</li> <li>understanding the basic <b>scoring</b> in Rounders</li> </ul>
6	<b>Developing of tactics and skills</b>	<ul style="list-style-type: none"> <li>development of reaction times</li> <li><b>catching and throwing</b> activities – leading to reaction time drills</li> <li>understand the concepts of fielding games and make sound evaluations of strengths and areas for development, using peer assessment</li> <li>relate as much as possible to Rounders situations</li> </ul>	<i>What are the PoF?</i>	<ul style="list-style-type: none"> <li>on-going teacher assessment with feedback</li> <li>pupil self-check, including the use of reciprocal sheets</li> <li>teacher-pupil question and answer</li> </ul>		Through activities in this unit pupils will be able to understand, use and <b>spell correctly words</b> relating to Rounders: <ul style="list-style-type: none"> <li>warm-up and cool-down</li> <li>catching and throwing</li> <li>batting and running</li> <li>fielding and fielding positions</li> </ul>

				<ul style="list-style-type: none"> <li>peer analysis, evaluation and feedback</li> </ul>		<ul style="list-style-type: none"> <li>teamwork and fair play</li> </ul>
7	<p><b>Match-play and leadership:</b></p> <ul style="list-style-type: none"> <li>divided into small groups pupil-led warm up and peer feedback</li> <li>students working together as part of a team (teamwork/cooperation)</li> <li>match play – students begin to apply skills in a game situation focusing on positioning and rounders rules</li> </ul>	<ul style="list-style-type: none"> <li>develop the attributes which make a good leader</li> <li>apply rounder's skills to a game situation</li> </ul>	<p><i>Explain the qualities needed to become a good sports leader</i></p>		<p>What is your current grade?</p> <p>What is your target grade?</p> <p>What can you do to improve?</p>	
8	<p><b>Tournament/Assessment:</b></p> <ul style="list-style-type: none"> <li>teacher assessment</li> <li>peer evaluation</li> <li>Q&amp;A</li> <li>rounders self evaluation for homework</li> </ul>	<ul style="list-style-type: none"> <li>students to apply skills in a game situation</li> <li>analysis their Rounder's game</li> </ul>	<p><i>Demonstrate the qualities that make a good sports leader</i></p>		<p>What is your current grade?</p> <p>What is your target grade?</p> <p>What can you do to improve?</p>	