

WESTHOUGHTON HIGH SCHOOL KS3 PE KNOWLEDGE ORGANISER – ACTIVITY: BOLTON ROUNDERS (FLATBAT)

Fielding: Catching

- Eyes focused on the ball.
- Feet move to place body in line with ball.
- Hands move to meet the object.
- Hands and fingers relaxed and slightly cupped to catch the ball.
- Catches and controls the ball with hands only (well-timed closure)
- Elbows bend to absorb the force of the ball.



Fielding: Throwing

Underarm throw used in a short distance.

- Stands face on to direction of throw.
- Eyes focused on target area..
- Steps forward with opposite foot to throwing arm.
- Well timed release.
- Follows through with straight arm.

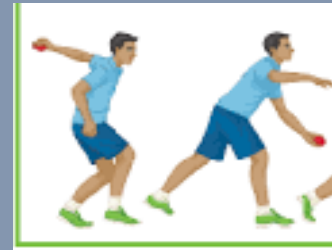


Overarm throw used in a long distance.



Bowling

- Grip the ball between three fingers
- Step into the bowling action
- Release the ball at weight height
- Variation in speed and height will enable you to outwit the opponent
- To add spin, twist your wrist as you release the ball



Batting

Batting: One hand on the bat, have the fat side facing the bowler and with a slight tilt. Bend your knee and transfer your weight from the front to the back



Barriers

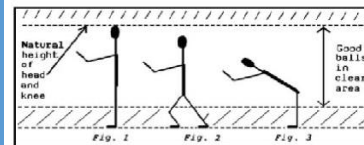
Long barrier: On a bumpy outfield, or if the ball is travelling at speed



Short barrier: Used to pick the ball up at pace

Key Words:

Batting
Bowling
Deep Fielding
Obstruction Power
Accuracy Throwing
Catching Umpire
Stumping
No ball
Hit out
Running Out
Rounder
Barrier
Variation
Reaction time
Spatial awareness
Momentum



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Tactics:

- Batters run round the **inside of the posts**
- fielders have a field in 'the slips' to the right of the batter
- Adapt fielding positions according to strengths and weakness of the batters
- Move your fielding position once you have established how each batter hits the ball is a sign of good fielding
- Always focus on the batter that has just hit the ball as they are scoring.
- Batters should think about how they hit ball according to the positioning of the fielders and also an understanding of how many points they need to win a point.

Rules:

- Each team can have a minimum of 6 players on the pitch at any one time. 11 players are on a team.
- Bowler must bowl the ball in the bowlers pitch
- Lawn tennis balls must be used
- The ball must be bowled above the knee of the batter, below the top of their head. Batter can only hold the bat with one hand
- The batters foot must be on the edge of the batters square and stay planted when hitting the ball.
- The ball can be hit forwards or backwards
- A batter will be out if, after making a scoring shot from a good ball, the ball is caught by a fielder without it touching the ground.
- The batter, while running to a base, is out if she is touched by the fielder ball from one of the fielding side.
- A batter is out if first base is stumped before she reaches it.

Positions:

- **First base** this is the only base you can stump and player out.
- **Baller** must bowl the ball in the bowlers pitch
- **Fielders** spread out around the pitch
- **Backstop** must stand on the line behind the batting square

Scoring System:

- The batter will receive **1** point for every base they reach.
- If the touch all four base without being caught out they receive **6** points.
- If the batter is out they keep the points reward until that point. E.g. if the batter is touched by the all between 3rd and 4th base they would achieve **3** points and out.
- If the bowler bowls a 'bad ball' the batting team receive 1 point.

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