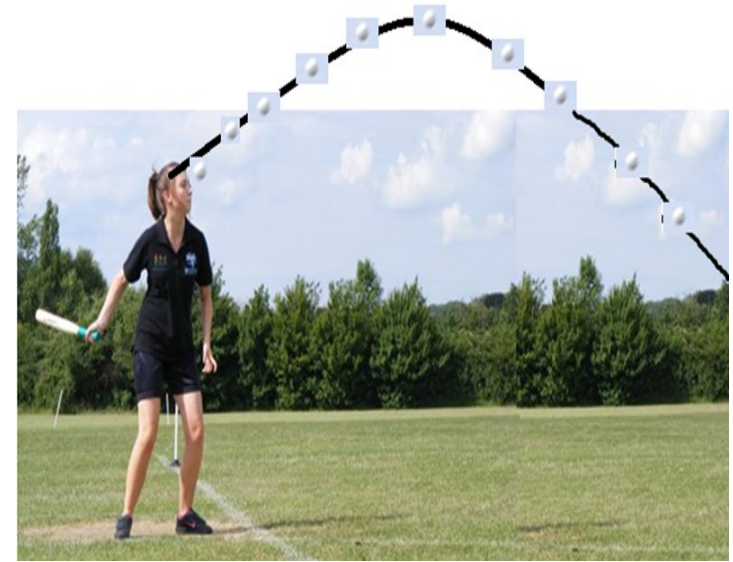


Knowledge Organiser: PE Year 9 Rounders

Skills

Key Words	Description	Tactics /Coaching points
Fielding and positioning	Throwing on the turn	This is an advanced technique, used to prevent rounder's. Technique: Run inside line of ball. Pick up ball alongside right foot. Step onto left foot.. Jump, turning in the air.. Aim at target with left arm. Throw while still in the air
Bowling	Donkey drop	The ball is bowled above the target area, and then drops into it when reaching the batter's box just below head height, making it a legal ball. It forces the batter to hit the ball upwards and therefor making it easier for the fielders to catch the ball.
Batting	Back hand / disguising	The backhand technique is used for tactical reasons to trick the opposition. You start out in a normal batting stance facing bowler and once the bowler releases the ball, you bring the bat across your body and strike the ball using a backhand hit. If executed with accuracy, the ball should be placed between first an the back line where many teams wont have a fielder in position.

Donkey Drop Bowl



Effects of exercise

Short term	Long term
Rise in muscle temperature Blood temperature rises The blood vessels near the skin open to allow heat to be lost	Muscles get bigger (Hypertrophy) Increased number of capillaries in muscles Increased oxygen delivered to and carbon dioxide removed from the body

Components of fitness

Component of fitness	Definition	Example of use in the game
Body composition	The percentage of body weight which is fat, muscle and bone	Players must be well conditioned in order to perform athletic moves such as jumping
Balance	The ability to maintain the body's centre of mass above the base of support.	To maintain control when batting
Flexibility	Range of movement (ROM) at a joint	To allow greater range of movement when bowling

Throwing on the Turn

