Berkshire Virtual School Games
Week Eight – Rounders – KS1, 2 & 3

There are 3 Challenges for you to practice and **SEND IN YOUR BEST SCORES** to your teacher.

**KS1 - Years 1 & 2**

**Level 1**

- Set out a throwing/catching position 1 pace from a wall using 2 markers.
- Use a large ball to throw against the wall at approximately head height.
- On “GO” throw the ball underarm against the wall and **catch** it with 2 hands as it rebounds. Do not let it bounce.
- You get a point for each successful throw and catch.
- You have 60 seconds to score as many as possible.
- KS1 do not forget to record your best score.

**KS2 - Years 3,4,5 & 6**

**Level 2**

- Set out a throwing/catching position 2 paces from a wall using 2 markers.
- On “GO” throw the small ball underarm against the wall and **catch** it with two hands as it rebounds. Do not let it bounce.
- You get a point for each successful throw and catch.
- You have 60 seconds to score as many as possible.
- KS2 do not forget to record your best score.

**KS3 - Years 7,8 & 9**

**Level 3**

- Set out a throwing/catching position 2 paces from the wall using 2 markers.
- On “GO” throw the small ball underarm against the wall and **catch** it with your other hand as it rebounds. Do not let it bounce.
- You get a point for each successful throw and catch.
- You have 60 seconds to score as many as possible.
- KS3 do not forget to record your best score.

**Challenge 1: Catching – Rebound**

**What you will need?**

- **Stopwatch** - If not, a phone or iPad/tablet or clock/watch.
- **Markers x 2** - If not, cans or plastic cups or socks.
- **1 x Tennis Ball/Large Ball** – If not, newspaper ball, tin foil ball, ball from another sport or socks
- **Target Area** – Using a wall and chalk/tape or blue-tac to mark the scoring zone- if you have no wall use a partner to throw to you.

**Layout**

**If I need Support...**

- Allow the ball to bounce before catching.
- Move your throwing point closer to help catch.
- Use a larger ball in Level 2 & 3.

**If I need a Challenge...**

- Increase the distance between the wall and throwing point.
- Add a target on the wall for accuracy when throwing.
- Level 1 - catch with one hand.
# Challenge Two: Striking - Scatterball

**What you will need?**

- **Stopwatch** – If not, a phone or iPad/tablet or clock/watch.
- **Marker x 6** – If not, cans or plastic cups or socks
- **Tennis Ball x 1** – If not, socks, or small balls from different sports
- **Rounders bat** – If not, rolling pin, cricket bat or stumps, tennis racket

## Level 1 (KS1 Scoring)
- Mark a *striking* zone two paces wide.
- Set out a scoring zone on the ground 3 paces away from the striking zone (3 paces in width)
- Stand side on so the shoulder of your non dominant hand aims towards the target area.
- Using a small ball hold in your non dominant hand in front of you.
- Using the palm of your dominant hand swing your arm (like swinging a bat) to *strike* the ball off your other hand.
- As you swing, point your striking hand towards the target to finish.
- You have one minute (60 seconds) to score as many points as possible.
- KS1 do not forget to **record your best score!**

## Level 2 (KS2 Scoring)
- Use the same *striking* zone as level 1
- Set up two scoring zones each side of you 4 paces away from the striking zone that are 3 paces wide.
- Practice *striking* a small ball, with both a forehand and a backhand hit, aiming the ball to the two target areas.
- Using the palm of your dominant hand swing your arm (like swinging a bat) to strike the ball off your other hand.
- As you swing, point your striking hand towards the target to finish.
- You score 1 point for hitting the target through your forehand area and **two points** to your backhand target area.
- You have one minute (60 seconds) to score as many points as possible.
- KS2 do not forget to **record your best score!**

## Level 3 (KS3 Scoring)
- Use the same *striking* zone as level 1
- Set up three scoring zones 4 paces away from the striking zone that are 3 paces wide.
- The scoring zones are the areas between first & second posts (1); second & third posts (2) and third & fourth posts (3).
- Practice *striking* a small ball, with your bat with both a forehand and a backhand hit, aiming the ball to the three target areas.
- **Strike** the ball at waist height to ensure a horizontal strike.
- As you swing, point your striking hand towards the target to finish.
- You need to hit the ball to each target area in turn 1, 2 then 3, then repeat.
- A point is scored for every successful hit in each target area.
- You have one minute (60 seconds) to score as many points as possible.
- KS3 do not forget to **record your best score!**

## Layout

![Challenge Two: Striking - Scatterball Layout](image)

## If I need support...
- Increase the width of the target zone.
- Use a larger ball.

## If I need a challenge...
- Make the target zones smaller.
- Throw the ball in to the air before striking the ball.
# Challenge Three: Bowling – Pitch Perfect

**What you will need?**

- **Stopwatch** – If not, a phone or iPad/tablet or clock/watch.
- **Tennis Ball x 1** – if not, a sock ball or small balls from different sports.
- **2x markers** – If not, cones/tins/cans/socks can be used
- **Target Area** – A wall and chalk/tape/blue-tac to mark the scoring zone- if you have no wall use a partner to catch your bowls.

<table>
<thead>
<tr>
<th>Level 1 (KS1 Scoring)</th>
<th>Level 2 (KS2 Scoring)</th>
<th>Level 3 (KS3 Scoring)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Use a small ball to practice your underarm bowling.</td>
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<tr>
<td>• Use chalk/tape to draw two lines on the wall (at your knee and head height).</td>
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</tr>
<tr>
<td>• Set up a bowling area 3 paces from the target</td>
<td>• Set up a bowling area 5 paces from the wall.</td>
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</tr>
<tr>
<td>• Bowl the ball with one hand underarm to hit between the lines.</td>
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</tr>
<tr>
<td>• Repeat 10 times.</td>
<td>• Repeat as many times as possible to achieve a consecutive score.</td>
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</tr>
<tr>
<td>• You score 1 point for every successful bowl between the 2 lines.</td>
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</tr>
<tr>
<td>• KS1 do not forget to record your best score!</td>
<td>• If an attempt is unsuccessful restart the scoring from zero.</td>
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</tr>
<tr>
<td></td>
<td>• You have one minute (60 seconds) to score as many repetitions as possible</td>
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<tr>
<td></td>
<td>KS2 do not forget to record your best score!</td>
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</tr>
</tbody>
</table>

**Level 1** (KS1 Scoring)

**Level 2** (KS2 Scoring)

**Level 3** (KS3 Scoring)

1. Use a small ball to practice your underarm bowling.
2. Use chalk/tape to draw two lines on the wall (at your knee and head height).
3. Set up a bowling area 3 paces from the target.
4. Bowl the ball with one hand underarm to hit between the 2 lines.
5. Repeat 10 times.
6. You score 1 point for every successful bowl between the 2 lines.
7. KS1 do not forget to record your best score!

1. Use a small ball to practice your underarm bowling.
2. Use chalk/tape to draw two lines on the wall (at your knee and head height).
3. Set up a bowling area 5 paces from the wall.
4. Bowl the ball with one hand underarm to hit between the 2 lines.
5. Repeat as many times as possible to achieve a consecutive score.
6. 1 point scored for every successful bowl between the 2 lines.
7. If an attempt is unsuccessful restart the scoring from zero.
8. You have one minute (60 seconds) to score as many repetitions as possible.
9. KS2 do not forget to record your best score!

1. Use a small ball to practice your underarm bowling.
2. Use chalk/tape to draw two lines on the wall (at your knee and head height).
3. Set up a bowling area 5 paces from the wall.
4. Divide the target area in half (LH/RH batter).
5. Bowl the ball with one hand alternating sides (LH/RH) with points scored for each successful bowl.
6. Repeat as many times as possible to achieve a consecutive score.
7. If an attempt is unsuccessful restart the scoring from zero.
8. You have one minute (60 seconds) to score as many points as possible.
9. KS3 do not forget to record your best score!

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**Layout**

**If I need support...**

- Increase the size of the bowling target.
- Move bowling line closer to the wall.

**If I need a challenge...**

- Make target size smaller.
- Try to bowl using your non dominant hand.

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**Enjoy your challenges and do your best. Don’t forget to send your best scores to your teacher**

@BerkshireSGO #stayinworkout #stayhomestayactive

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*With thanks to MNR Coaching for the production of this format and video.*