****Year 7**

**Softball/Rounders Scheme of Work**

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| **Aim:** In this unit pupils will demonstrate timing and fluency in the replication of techniques for batting, bowling and fielding. Pupils will work on improving the skill of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupils should be able to accurately score & officiate games.  |

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| **Motor Competence**Pupils will learn to apply consistency & timing in the use of techniques for batting, bowling and fielding. Pupils will develop ability to become a reflective learner. A continual development, adaptation and refinement of the learnt skills will contribute to producing a good performance. | **Rules, Strategies & Tactics**Pupils should be able to recognise the importance of responding to changing situations within the game. Pupils will be constantly faced with strategic and tactical decisions based on hitting/movement of the ball into space and choice of skill execution. Opportunities to umpire/coach pupils or small groups will develop communication and decision-making skills. | **Healthy Participation**Develop a deeper understanding of stretches for all major muscle group and those specific to rounders/softball. Suggest any Rounders/Softball clubs within the school timetable and promote community links. Discuss the benefits of being healthy and living an active lifestyle. |

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| **Cross-Curricular Links**English (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  | **Recommended Reading**Softball: Steps to Success - Diane L. Potter, Lynn JohnsonGame On: The Unstoppable Rise of Women's Sport - Sue Anstiss |

****Year 7**

**Softball & Rounders Scheme of Work**

***Please note that half terms range from 5-8 weeks - activities change each half term and therefore teachers must deliver number of lessons relevant to half term length. Please deliver the assessment lesson in the final lesson of term.***

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| **Lesson** | **Core Skill** | **Lesson Objective** | **Teaching Points** | **Suggested Drills** | **Questions to be asked (WHAT)** |
| 1 | Throwing & Catching | The know the teaching points of how to throw and catch and to demonstrate them in practice. | **Throw**1. **Step** – Side on body shape with one foot in front
2. **Point** – use non-throwing hand to aim towards your target
3. **Throw** – Release ball judging the angle of release towards your partner/target.

**Catch**1. **Body** - Move body so it is line with the ball
2. **Eyes** – Keep eyes focused on ball
3. **Hands** – have soft hands so the ball is collected safely.
 | **Softball**<https://www.youtube.com/watch?v=uqbF3nIMKAE> **Rounders**<https://www.youtube.com/watch?v=WC3kFvO8GRQ>  | **Retrieval:**This is the students 1st lesson.**Things NEED to Know:**What are the 3 teaching points of throwing and catching? When is it best to throw/catch in a game?Why do we throw/catch? |
| 2 | Fielding | The know the teaching points of how to field and to demonstrate this in practice. | **Softball****Golden Triangle –**1. Keep your hands low
2. legs shoulder width apart
3. Knees bent with glove on the ground.
4. Keep your eyes on the ball.

**Long Barrier**1. Knee contacting the heel
2. Head over ball
3. Fingers down
4. Hands together
 | **Softball**<https://www.youtube.com/watch?v=LZLhf8Ep8t4> **Rounders**<https://www.youtube.com/watch?v=YWJtql-Jg0A>  | **Retrieval:**What are the 3 teaching points of throwing and catching? **Things NEED to Know:**What are the teaching points of fielding? What I do with my body when fielding? |
| 3 | Batting | The know the teaching points of how to bat and to demonstrate this in practice. | **Softball**1. High back elbow with bat over shoulder
2. Straight arms on contact
3. Hands closed
4. Body shape is side on

**Rounders**1. Body shape is side on
2. One arm batting
3. Head still
4. Arm at 90 degrees before hitting and straight on contact.
 | **Softball**<https://www.youtube.com/watch?v=leDfLWdAZQk> **Rounders**<https://www.youtube.com/watch?v=8eAx71Mo5Yo> | **Retrieval:**What are the teaching points of throwing and catching? **Things NEED to Know:**What are the teaching points of batting? What I do with my body when batting in softball/rounders? |
| 4 | Bowling or Pitching | The know the teaching points of how to bowl or pitch and to demonstrate this in practice. | **Softball**1. Hold ball with one hand
2. Step into bowl
3. Bent knees
4. Underarm bowling

**Rounders**1. Hold ball with one hand
2. Step into bowl
3. Bent knees
4. Underarm bowling
 | **Softball**<https://www.youtube.com/watch?v=mIx9CvpGXsU> **Rounders**<https://www.youtube.com/watch?v=MH99kmx9iYI>  | Ask the why’s around batting and the teaching points? **Things NEED to Know:**What are the teaching points of bowling or pitching? What I do with my body when bowling or pitching in softball/rounders? |
| 5 | Running | The know the teaching points of how to run between bases and to demonstrate this in practice. | 1. Eye on the ball
2. Step off current base and move towards next base
3. Anticipate when to run.
 | **Softball**<https://www.youtube.com/watch?v=awBfD3Fm-y4>  | **Retrieval:**Ask the why’s around bowling or pitching and the teaching points? **Things NEED to Know:**Why should you be aware when to run? What I do with my body when running in softball/rounders? |
| 6 | Game Play | To know the rules of game play and to demonstrate this in competitive situations. | **Students will focus on rules of game play and decision making throughout.** | **Softball**<https://www.youtube.com/watch?v=DwVYejPGS-k> **Rounders**<https://www.youtube.com/watch?v=f5Lxiy9_L9Q>  | **Retrieval:**Ask the why’s around running and the teaching points? **Things NEED to Know:**How can we link the skills we have been taught into a style of play? How can passing help sustain attacks in a game situation? |
| 7 | Game Play | To know the rules of game play and to demonstrate this in competitive situations. | **Students will focus on rules of game play and decision making throughout.** | **Softball**<https://www.youtube.com/watch?v=DwVYejPGS-k>**Rounders**<https://www.youtube.com/watch?v=f5Lxiy9_L9Q> | Ask the why’s around the game and the teaching points of each core skill? **Things NEED to Know:**How can we link the skills we have been taught into a style of play? How can passing help sustain attacks in a game situation? |
| 8 | Core Task | Assessment | **Students to be assessed against Assessment Matrix for final grade.** |  |  |