



Rounders for SGOs

PRIMARY

What's unique about Rounders?

Rounders is a traditional British sport that is a staple part of school sport life. The best thing about the game is that it can be played with minimal equipment. Sure, you might like proper rounders sets, but you can apply the principles of competition by using cones or markers for posts, use a tennis ball instead of a rounders ball, and switch out the traditional rounders bat with a small tennis racket or similar alternative.

Whilst it is a team sport, there is no hiding as each young person gets their equal chance to bat and field, showing individual skill whilst contributing to the team.

What is the intent of your format



Develop confidence and competence within physical activity/sport skills



Build social skills and connections (i.e. sense of belonging)



Improve health and wellbeing (i.e. 60 active minutes)

The Rounders Fest format mixes skill development with competitive elements to build physical literacy skills. It's about breaking gameplay situations down through skill development zones covering core elements of the game.

As rounders is a team sport, this format encourages teamwork in activity zones, even if someone is counting a personal score. It's with the help and support of partners or teammates who form part of the activity that students will improve and develop.

Target group benefits



All young people

Rounders engages children of all abilities, including those who might not usually be deemed sporty.

Rounders Fest is designed to engage all children to allow a Personal Best score and the format has been established to maximise engagement and development within rounders and within fundamental movements. Furthermore, it gives a taste of competitive play.

Rounders is a low-cost sport, requiring minimal equipment to play.

It's just not rounders if you...

1

don't use a bat and ball.
Any variation will do!

2

don't score points by running to specific posts.

3

don't play as a team. Everyone should get their go.





Rounders for SGOs

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How to run inter-competition: Rounders Fest



How to set up

- Set up your rounders pitch by placing posts and bases out.
- If you haven't a pitch marked out, please use the guidelines on how to mark a pitch [here](#).
- Set up your three activity stations as per the standalone guidance on each card. Ensure enough distance is given between activities and that they are positioned in a safe space away from the rounders pitch.

For the pitch and activity zones you will require the following equipment:

- 8 posts and bases
- A selection of bats and balls (can include tennis racquets and balls)
- Cones or markers

Ideally if you have 2-4 teams, you will need one rounders pitch and 3 activity areas. Whilst two teams are playing on the marked-out rounders pitch, the other two teams will be taking part in one activity each. As timings allow, they can move through the activity stations during a break in match play.

Create a schedule before you start so you know which team will start where. Aim for all teams to play each other in a fixture and be given the opportunity to take part in each activity station to develop their skills.

Scoring:

For each rounders match, award:

- 4 points for winning
- 2 points for a draw
- 1 point for a defeat

For each skill station the team takes part in, award:

- 4 points

At the conclusion of the event, add together the points awarded to each team from the competitive match play scores and their participation in the skills zones. The team with the most points, is the winner.

You can use this [scorecard](#) to keep track.

Keep it enjoyable

- Introduce different equipment i.e. tennis ball, soft ball and hard ball or larger bats e.g. tennis racket, flat bats.
- Let fielders rotate positions so that every team member gets to try a different position.
- Reduce the size of teams (batters and fielders) - to keep everyone moving.
- You don't have to play by traditional rules for a fun game. If a batter is 'out', let them have another bat, under a penalty of minus ½ rounder to the batting team.



Age group

KS2 = 7-11 years old



Gender

Mixed



Participant numbers

- 9 per team is the standard number of players. However, games can be played with a minimum of 6 in a team. A squad can consist of up to 15.
- If you have under 9 in your team you may want to consider not having players fielding on posts. If you have over 9 in your squad, you may wish to regularly substitute so everyone is involved in the game.



Target audience

The Rounders Fest format supports a 'for all' approach allowing young people to take part and experience three skill-based activity stations alongside competitive game play.

Rounders can appeal to children new to the sport, those who are less sporty, and those currently missing out in terms of other sporting provisions.



Benefits for YP

Through rounders, young people will:

- Have fun and enjoy themselves.
- Experience being part of a team and the contribution they can make to it.
- Aspire to improve their skills and challenge themselves.





Rounders for SGOs

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Roles for YP

Young people can be:

- Setting up activity stations.
- Explaining and supporting delivery of stations.
- Reporters and photographers.
- Umpires – the game requires a bowling umpire and batting umpire and can have an optional scorer.



Progression

- Use the Key Stage 2 resources available [here](#), teachers can support pupil's further skill development. This will prepare them for taking part in inter-school competition through further game knowledge acquired.

Additional support

Rounders is a fully inclusive sport. To support you adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Need and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It should help you adapt any practice in addition to our suggestions to make it inclusive for all.

Rounders England has worked with the charity Sense to produce a sensory rounders version of the game for individuals with complex disabilities. You can access the resources for this format [here](#).

NGB regional contacts

If you are looking for some additional support or guidance on how you might develop your event, Rounders England colleagues may be able to help.

- Rachael Lomas Rachael.Lomas@Roundersengland.co.uk – Engagement Manager
- Karen Harvey Karen.Harvey@roundersengland.co.uk – Director of Development

Personal development

If you are looking for additional personal development opportunities in rounders, we have several options that may be of interest across teaching and coaching.

- Teaching Primary Rounders eLearning course £20 [here](#)
- Introduction to Coaching Rounders eLearning Course £30 [here](#)
- Foundation Coach Award £210/£190 [here](#)
- Level 1: Introduction to Umpiring eLearning £20 [here](#)
- Level 2 Club/Team Umpire from £25 [here](#)
- Level 3 Regional Umpire £75 [here](#)
- Young Leader Award costs can vary. Please contact Rounders England to discuss your requirements [here](#)

Where to participate next?

For further information on rounders activities near your school, explore [rounders near me](#).

Where to compete next?

If you feel like you'd like to take the next step in competitions, then consider taking part in the Rounders England National Schools competitions. Details can be found on our event finder [here](#).





Why Rounders for your school?

Rounders Fest is all about helping students develop their skills alongside taking part in traditional competitive play. When teams aren't playing a match, they'll have the opportunity to take part in one of three skills stations, operated by young leaders.

Rounders is valuable in schools because it fulfils the National Curriculum requirement for striking and fielding games, while developing physical competence, tactical awareness, and teamwork in an inclusive and enjoyable way. A requirement of Key Stage 2 Physical Literacy is that pupils should be taught to use running, throwing and catching in isolation and in combination, and experience competitive games. Rounders Fest helps achieve these outcomes.

How to use activities in curriculum time

Rounders England has a range of free and additional resources available [here](#). Affiliate your school for free and be kept up to date with the latest news and developments, including Key Stage 2 and 3 resources with further activities and games ideas.

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Rounders for Schools

PRIMARY

How to run intra-competition: Rounders Fest



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Gender

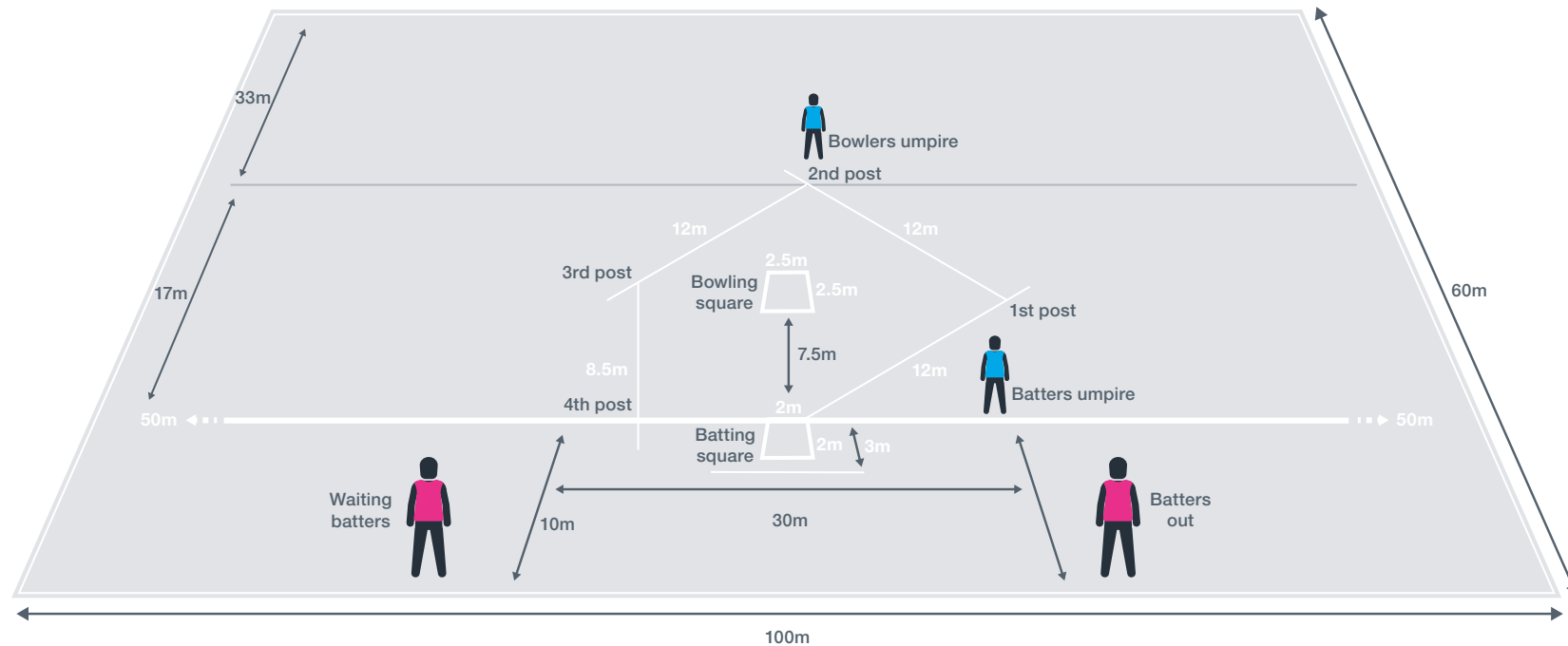
Mixed





Marking Out A Rounders Pitch

PRIMARY



The Pitch

- The simplest method of marking out a pitch is by using lengths of string.
- Put a peg into the ground where the right-hand front corner of the batting square is to be. (Peg 1)
- Directly opposite Peg 1 put another peg at a distance of 17m (Peg 2 which is 2nd post).
- Using a piece of string measuring 24m tie a knot in the centre (each half 12m).
- Tie one end of the string to each peg (Peg 1 & Peg 2) and carry the center knot to the right until the string is taut.
- At the knot place a peg, this gives the position of 1st post.
- Now carry the center knot to the left, pull the string taut and put in a peg (3rd post, Peg 4).
- Take a length of string 17m long with a knot in the centre (each half 8.5m) and tie one end to the peg at 3rd post and the other to Peg 1. Carry the knot to the left, this gives you the position of 4th post (Peg 5).

The Batting Square (2 metres by 2 metres)

- The front line is made by marking a line extending 2m from Peg 1 towards and in line with 4th post and parallel to the front line of the bowling square.
- Mark the other three sides forming a 2m batting square.
- The front line of the square is extended for at least 12m by solid lines.

The Bowling Square (2.5 metres by 2.5 metres)

- To locate the centre of the front line of the square, stretch the 17m string from Peg 1 to 2nd post.
- Measure a distance of 7.5m along the string from Peg 1.
- The front line is then marked 1.25m each side of the string parallel to the front of the batting square.
- Mark the other three sides of the bowling square.
- To check the bowling square for accuracy: stretch string from 1st to 3rd post. The string will cut the sidelines of the bowling square 1m from the front line.

Lines

- All lines mentioned are compulsory.

Equipment required

- Pegs
- String measuring 24m, 17m





- ## Safety

- Batters must hold onto their bat.
- Waiting batters need to stand in line well away from 4th post.
- Fielders must not get in the way of batters running round the track – this is obstruction, and the penalty is a half rounder.
- Posts must be fitted with a safety cap and supported by a base and not fixed into the ground.
- Wooden posts should be sheathed in plastic.
- Check your equipment prior to, and during play. Make sure bats have grips and the surface is smooth and free of splinters and dirt.

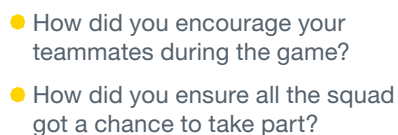
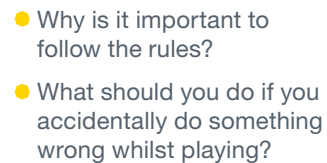
Space required

- ### Estimated set-up time

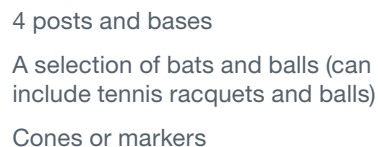
- ### Difficulty level



Spirit of the Games



Equipment required



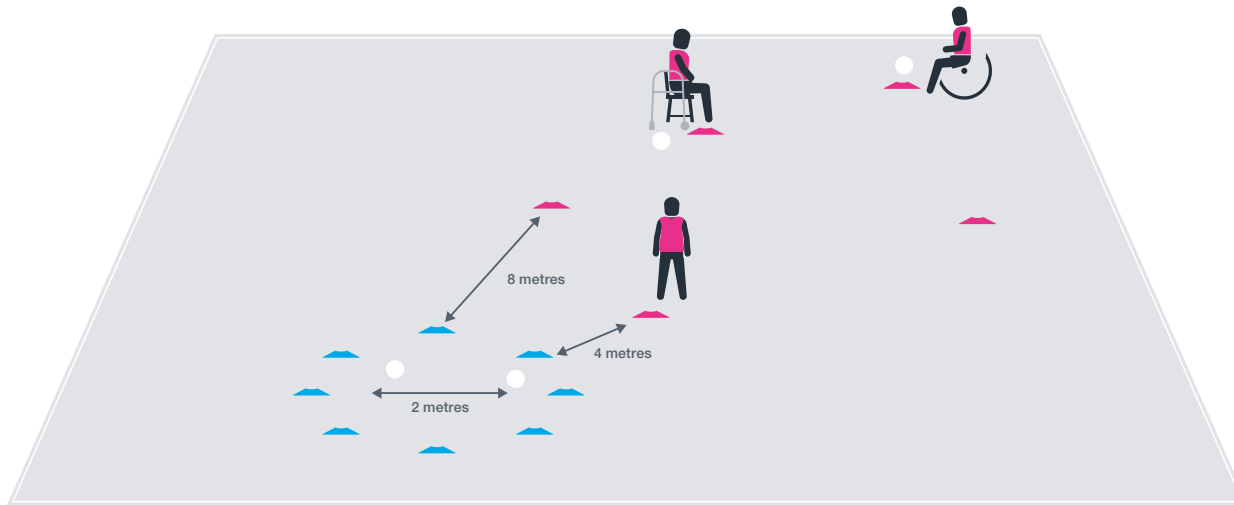
Scoring

- 4 points for winning a match
- 2 points for a draw
- 1 point for a defeat
- You can use this [scorecard](#) to keep track



Bullseye

PRIMARY



How to make it easier

- Make the bullseye target area bigger
- Reduce the distance between the bullseye target area and starting cones

How to make it harder

- Make the bullseye target area smaller
- Increase the distance between the bullseye target area and starting cones

How to play

- This activity develops throwing accuracy.
- Set up the activity area, using the diagram as a guide.
- Split the young people into pairs.
- For each pair,
 - create a circle (using cones) approximately 2 metres in diameter.
 - Place five cones (starting cones) at various distances from the circle. Each one should get progressively further away, i.e. 4 metres, 8 metres, 12 metres, 16 metres and 20 metres away.
- On the teacher/leader's signal (dropping a ball to signal the start) the groups start Bullseye.
- The fielders must try and land (on their first bounce) five balls from each starting cone into the circle of cones. Each time they do this, they score 1pt each.
- Therefore, the maximum score for this activity is 25 points (five cones x 5 attempts per cone).

Safety

- Activity to take place under supervision of teacher/leader.
- Activity to only start on their signal.

Equipment required

- Rounders balls (up to 30) (or audible ball, tennis ball, larger softer ball)
- Various cones to mark out circles

Space required

- Any flat area, inside or outside.
- 13m x 6m ideally (i.e. a badminton court).

Estimated set-up time

- 3 minutes.

Difficulty level



Spirit of the Games



- How do you encourage yourself to keep trying when you find something hard?
- How do you encourage your partner to keep trying when they find something hard?



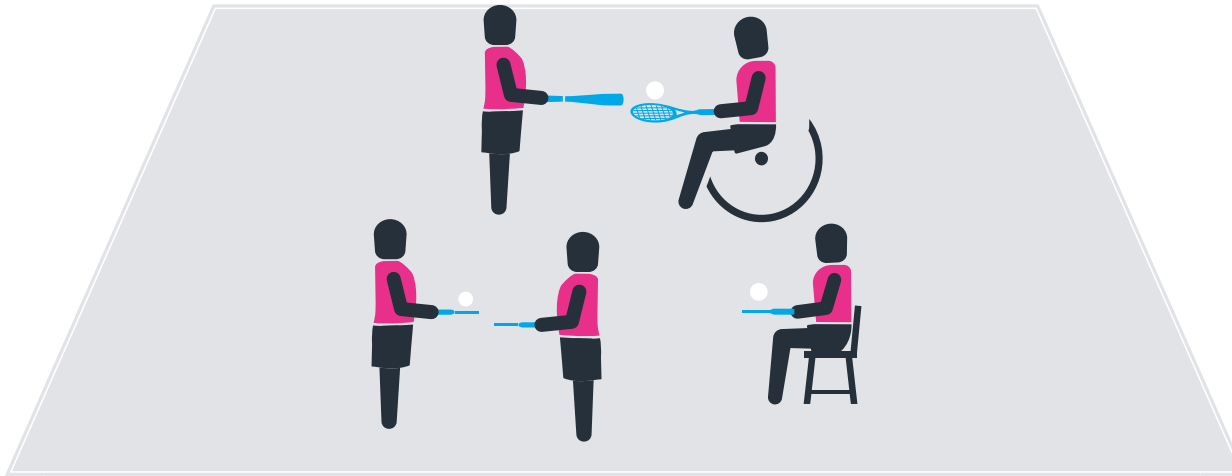
- What did you do when your partner missed the target?
- How did you respect the rules of the activity?





Keepy Uppy

PRIMARY



How to make it easier

- Use a flat bat or tennis racket
- Use a lighter bat
- Use a tennis ball or larger soft ball
- Using a balloon
- Simplify the activity to throwing the ball up and down using both hands, then progress to using one hand, then introduce a racket

How to make it harder

- Use a rounders bat
- Use a rounders soft ball
- Create a coned area players must stay within, and make it progressively smaller
- Restrict the player's movement, by asking them to sit down whilst doing keepy uppy's
- Challenge the player to sit down and stand up whilst still keeping the ball up

How to play

Keepy uppy is a popular activity which gives further practice at developing hand eye co-ordination. Using a flat bat, tennis racket or rounders bat and ball, the aim is to keep the ball up, with small taps of the bat/racket.

- Players can work individually or in pairs.
- Find a space where players will not obstruct anyone else.
- Use small taps to keep the ball in the air.
- Ask players to count the number of times they keep the ball up before it hits the ground.
- Record their first score and then attempt to try and beat their personal best.
- If working with a partner, players can count for each other and then record their best total.

Safety

- Ensure players are in a space where they will not obstruct anyone else.
- Leaders/teachers should check equipment is safe prior to use.

Equipment required

- 1 bat/tennis racket per pair
- 1 rounders ball per pair
- 1 rounders bat per pair if seeking progression during activity

Space required

- Minimal. Simply ensure players do not obstruct or impede one another.

Estimated set-up time

- 1 minute.

Difficulty level



Spirit of the Games



- How will you keep going to get a higher score next time?
- How do you manage any frustrations when the ball drops to the ground?



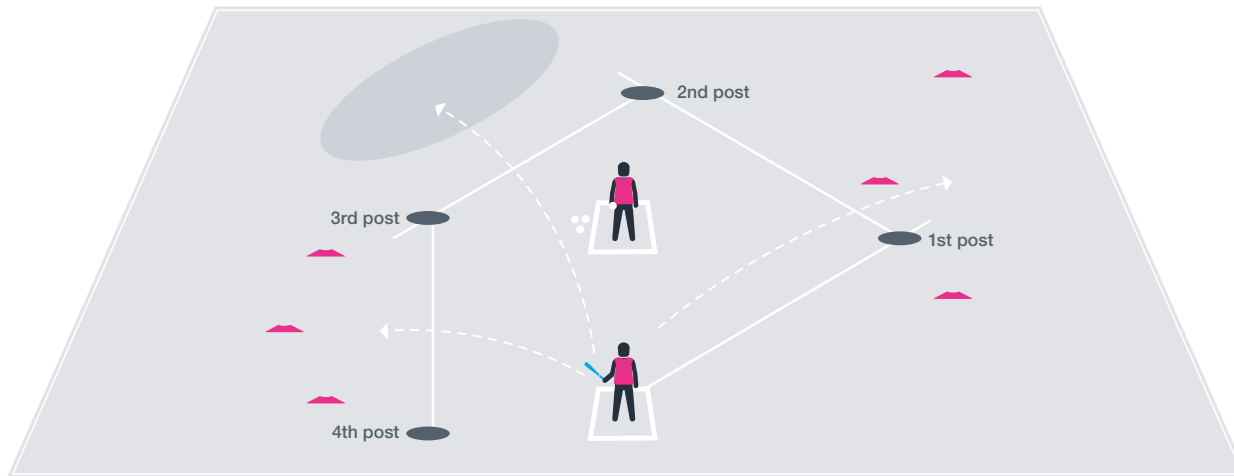
- How do you feel when you've improved your previous best score?
- How confident are you to try a harder bat or ball combination?





Batting Bash

PRIMARY



How to make it easier

- Use a batting tee to make it easier for the person striking the ball
- Use a lighter or larger bat
- Use tennis balls, or larger balls
- Move the target areas closer

How to make it harder

- Use a bowler rather than a batting tee
- Swap out flat or larger bats for rounders bats
- Use soft rounders balls only
- Move the target areas further away

How to play

This skill supports pupils learning about where they hit the ball to.

- Set up a batting square with various cones placed as targets around a batting zone to encourage directional batting: Buckets, cones with flags, or numbered zones, ie – cones towards 4th post, cones beyond/between 2nd & 3rd post and cones beyond 1st post.
- Use either a batting tee or a bowler.

Objective:

Hit the ball and try to land it on/near the target areas for points.

- Small buckets = 5 points (beyond 1st).
- Large cones = 3 points (towards 4th).
- Big zone = 1 point (2nd/3rd).

Safety

- Ensure batting space doesn't encroach on other activity areas.
- Make sure the bats are good condition.
- Make sure the activity is supervised.

Equipment required

- 1 bat/tennis racket per pair
- 1 rounders ball per pair
- A pitch marked with lines & posts
- Batting tee/bowler feeding a slow good ball
- Buckets, cones, flags, targets

Space required

- 1 batting square 2mx2m.
- Rounders pitch to hit onto – note, doesn't need to be marked out.

Estimated set-up time

- 5 minutes.

Difficulty level



Spirit of the Games



- How do you motivate yourself each time you step up to bat?
- What thrill do you feel when you hit the ball accurately?



- What changes will you make to try and hit the ball in a different direction?
- How do you challenge yourself to make the hard shots, when you know you can execute certain easier placed shots?