

# KICK ROUNDERS

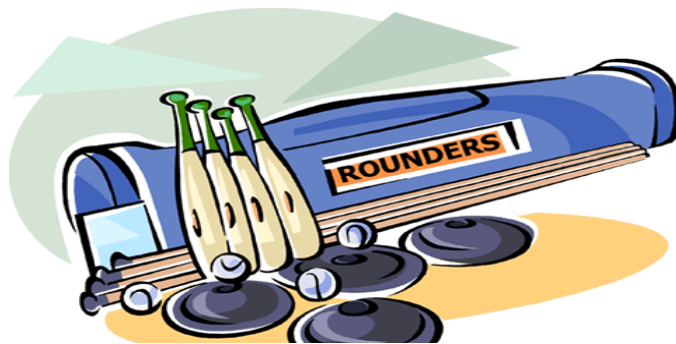
*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through rounders. In addition, we evaluate and recognise our own successes.*

## Kick Rounders:

We will learn to use running, kicking, throwing and catching in isolation and in combination, whilst playing competitive games of kick rounders. We will learn to apply basic principles suitable for attacking and defending and compare our performances with previous ones and demonstrate improvement to achieve our personal best.

### Key Vocabulary

Ball	Bat	Base	Accuracy
Hit	Throw	Catch	Underarm
Run	Fielders	Bowler	Backstop
Decision making	Hand	Travel	move
Competition	Tactics	Team work	Kick



### Rate your skills out of 5 stars

I can pass the ball by throwing	★ ★ ★ ★ ★
I can kick and aim a ball	★ ★ ★ ★ ★
I can work as a team	★ ★ ★ ★ ★
I can follow the rules of a game	★ ★ ★ ★ ★
I can score a rounder	★ ★ ★ ★ ★

# Circuit Training

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through circuit training. In addition, we evaluate and recognise our own successes.*

Circuit Training:

We will learn to develop flexibility, strength, technique, control and balance.

## Key Vocabulary

jump	strength	bend	run
hop	breathing	squat	pace
bounce	sweat	balance	time
control	heart rate	movement	rep



Station	How many did you do? (Reps)	Time at each station
Hopping		
Star jumps		
Bunny jumps		
Burpees		
Leap Frogs		
Bounce a ball		

My greatest achievement this term was: \_\_\_\_\_

Next time I would like to improve: \_\_\_\_\_