1. Can you find the following words associated with the game of Rounders in the word search below? BACKSTOP BACKWARDHIT BALL BASE BAT BOWLER BOWLINGSQUARE FEET FOREHANDHIT FOUR HALFROUNDER HANDEYE NINE NOBALL OBSTRUCTION OVERARM POST UMPIRE UNDERARM

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| F  | A  | N  | T  | S  | O  | P  | F  | E  | A  | G  | Q  | L  | A  | E  |
| F  | T  | E  | I  | T  | R  | O  | P  | Y  | E  | S  | A  | B  | H  | N  |
| V  | Z  | R  | P  | N  | E  | T  | R  | E  | E  | S  | A  | G  | A  | P  |
| N  | T  | A  | R  | O  | D  | S  | U  | D  | S  | T  | U  | T  | L  | C  |
| O  | I  | U  | E  | B  | N  | K  | O  | N  | R  | O  | I  | J  | F  | Z  |
| I  | H  | Q  | L  | A  | O  | C  | F  | A  | R  | H  | O  | E  | R  | N  |
| T  | D  | S  | W  | L  | R  | A  | X  | H  | D  | N  | E  | R  | O  | O  |
| C  | N  | G  | O  | L  | E  | B  | T  | N  | I  | T  | K  | V  | U  | E  |
| U  | A  | N  | B  | Y  | N  | W  | A  | I  | G  | G  | E  | M  | N  | D  |
| R  | H  | I  | A  | F  | O  | H  | S  | N  | L  | R  | P  | Q  | D  | I  |
| T  | E  | L  | L  | L  | K  | V  | K  | E  | A  | I  | S  | N  | E  | S  |
| S  | R  | W  | L  | C  | S  | X  | Z  | R  | R  | M  | U  | U  | R  | I  |
| B  | O  | O  | A  | G  | I  | I  | M  | E  | N  | U  | G  | S  | A  | X  |
| O  | F  | B  | A  | C  | K  | W  | A  | R  | D  | H  | I  | T  | R  | Y  |
| Z  | P  | P  | Y  | N  | K  | E  | T  | Y  | S  | W  | A  | S  | M  | X  |

Can you identify 3 key points for bowling?

1.

2.

3.



**Can you identify 3 rules and explain what happens if they are broken?**

**1.**

**2.**

**3.**

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**Challenges**

1. Practice bowling underarm against a wall – remember to transfer your weight as you step into the throw.

**Complete 10 in a row and then increase the distance that you are stood from the wall**.

1. Set up some targets in your garden – these could be cones/ hoops or items of clothing. Throw your ball at each target and see **how many times you can hit each target** – get 2 points each time you hit the target and 1 point for being within a stride of the target. How many points can you score in 10 throws? Take on a family member and see who wins!
2. With a family member see **how many times you can throw and catch a ball without dropping it**; a) underarm b) overarm – increase the distance by a stride each time you complete 10 successful throws.
3. If you have a bat take on the England Rounders challenge – **how many hit ups can you complete**? Create a leader board for your household and see who’s at the top at the end of each week!
4. Make a mini pitch and practice running around the posts – **how quickly can you get from 1st to 2nd and 1st to 4th?**
5. **Get the whole household physically active and take part in your own mini game!**



