

A-Z School Games Challenge

R- Rounders

Challenge – Easy Up, Keep Up

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the [#StayInWorkout](#) [#StayHomeGetActive](#) and tag [@CWSchoolSport](#)

PRIMARY INTRA-SCHOOL/LEVEL 1 RESOURCE – CHALLENGE CARD

ROUNDERS – EASY UP, KEEP UP

Quick introduction

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

Getting started

- 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.

Health and safety

- Ensure players are in a space where they will not obstruct anyone else.

Equipment required

- 1 bat/tennis racket and rounders ball or tennis ball per pair.



SCHOOL GAMES

COVENTRY, SOLIHULL & WARWICKSHIRE
SCHOOL GAMES

ROUNDERS – EASY UP, KEEP UP

PHYSICAL ME

- Form a 'V' between the thumb and first finger.
- Place bat in 'V' and grip comfortably.
- Keep wrist firm and slightly flexed.
- Watch the ball onto the bat.

SOCIAL ME

Leading and volunteering

- Record keepers could keep and record the score for each batter. They will work as a team to display and record all the results on the day and calculate the winning batter.
- Equipment managers could check all the equipment and space is safe. They will ensure all the equipment is available and set up correctly. At the end of the event they should put away all the equipment correctly.

Think inclusively (STEP)

Space

- Can be played both indoor and outdoor and on multiple surfaces.

Task

- To simplify the activity, start with the young person throwing the ball up and down using both hands, then to one hand, then using a tennis racket and then using a flat bat.
- Use Keep Up as a progression from flat bat to a round bat using a rounders soft ball.

Equipment

- Allow SEN/disabled players to use balloons or lighter/larger balls and different shaped bat.

People

- Use equipment appropriate to the age and ability of players.

THINKING ME

- How should I hold the bat?
- What should my stance look like?
- How can I avoid the ball hitting the ground?



How to hold a bat.

SPORTING ME

Spirit of the Games:

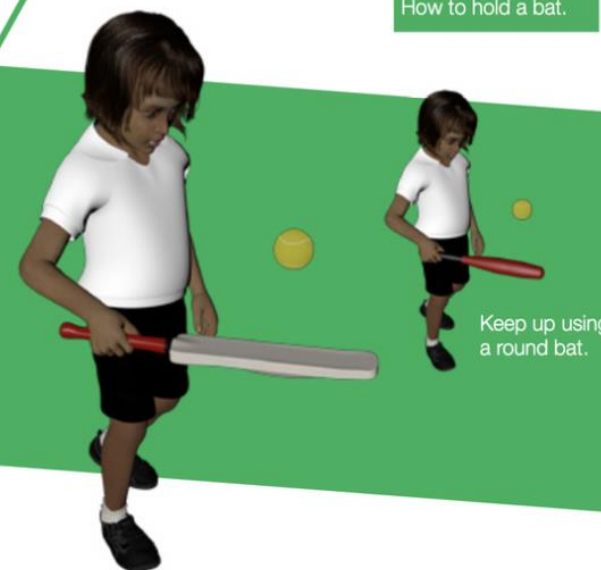
Excellence through Competition



If the ball drops I will be honest and start counting from zero.

TACTICAL ME

How can I improve my personal best?



Keep up using a round bat.



WWW.YOURSCHOOLGAMES.COM

If you have enjoyed this challenge and would like you get involved in a local Rounders club click here:

<https://www.roundersengland.co.uk/play/>

FOLLOW, RETWEET, GET INVOLVED!