

Lesson 1 : Striking & Fielding Games

Rounders / Baseball

Physical Development - Building Understanding

Alistair



Activity Card



Striking & Fielding: Baseball



Remember to be safe and aware of other people when we play baseball.

Develop an understanding of speed and directional movements.

Practise moving from base to base as fast as you can.



Refine your striking skills and perform them with increasing accuracy.

Apply your skills in game / match situations.



Always be ready with your hands up and eye on the ball when catching.

Score points and follow simple rules in a baseball match.

Set up a baseball diamond and try to score a home run!

