

SPORTS · GRADES 4–6

Rounders & Cricket Basics

Striking & fielding skills

Skills breakdown

Batting stance Side-on to bowler, feet shoulder-width apart, eyes on ball, bat raised ready. For rounders: one-handed grip. For cricket: two hands.	Throwing technique Step forward with opposite foot, bring arm back, throw over shoulder, follow through down. Aim chest-height to target.
Catching Watch ball all the way, make basket with hands, cushion catch by giving with hands. Practice: throw up and catch, pairs throwing.	Simple games Start with continuous cricket (every ball faced, no getting out) or simple rounders (one bowler, hit and run to base).

