

SPORTS & GAMES · GRADES 3–6

Rounders

Lesson plan + rules

Lesson at a glance

Equipment	Rounders bat, tennis balls or rounders balls (soft), 4 base markers (cones)
Space	Field, large playground, or hall (use cones for boundary)
Players	Two teams of 9 (can adjust 6-12)
Aim	Hit the ball, run all four bases without being out — that's a rounder (1 point).

Simplified rules for primary

1) Bowler bowls underarm to the batter. 2) Batter swings — 1 chance only. 3) If they hit it, they run to as many bases as possible. 4) Out if: bowler stumps the batting post before they get there / a fielder catches the ball / a fielder touches the next base before they reach it. 5) Half-rounder = 2 bases. Full rounder = all 4 = 1 point. 6) Whole batting team rotates through, then fields.

Lesson structure

<p>Warm-up (5 min)</p> <p>Jog round. Then partner throw-and-catch with a tennis ball — overarm, underarm, rolling on the ground.</p>	<p>Skill 1 — Batting (10 min)</p> <p>Children pair up. One bowls underarm gently, one bats. Coaching: stand sideways to bowler, eyes on the ball, swing through the ball not at it, follow through. Switch every 6 balls.</p>
<p>Skill 2 — Fielding (10 min)</p> <p>Practice catching, stopping a moving ball, throwing accurately to a base. Set up groups of 3 — one batter, one fielder, one base.</p>	<p>Game (15 min)</p> <p>Full rounders match. Teacher referees first. By the second innings, kids run it themselves.</p>



Cool-down (5 min)

Reflection: who scored a rounder? Best catch of the day? What's still tricky?

