

# 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!**

