

Rounders Year 5/6 Intra School

1. You have been identified to be part of an Intra School team to take part in the Home Rounders Intra School Festival, you and eight other children in your school will make up your team.
2. Each person will have a couple of days to practise the skill stations below and then you will be asked to submit your best score back to the school.
3. Your score will then be added to the other eight members of your team and you will then be sent the results.
4. The schools best team score will be sent to Harrogate School Sports Partnership to see which school team is the Harrogate area School Games Champion.

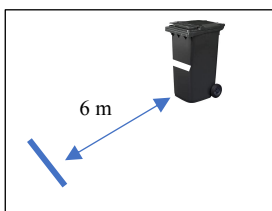
Station 1: Catching



Catching – How many catches can you complete in 60 seconds.

1. Throw the ball up in the air, before you catch it you must complete 2 claps.
2. If you drop the ball, just pick it up and carry on for the rest of the 60 seconds, continue counting DON'T restart from 0.
3. 1 point for every catch you make. (if you complete 10 catches then you get 10 points)

Station 2: Throwing




Throwing – How many times can you hit the wheelie bin

1. Tape a line half way up the wheelie bin or a wall.
2. Then measure 5 meters away from your wheelie bin and mark a throwing line there.
3. You have 6 overarm throws to score as many points as you can, if you hit the wheelie bin above the line then you get 3 points and if you hit the wheelie bin under the line then you get 1 point. (so if you hit the wheelie bin above the line 6 times you get 15 points)




Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person / team win not the best cheat. Take a photo / video and show us how you are doing via twitter @HarrogateSSP

Station 3: Batting

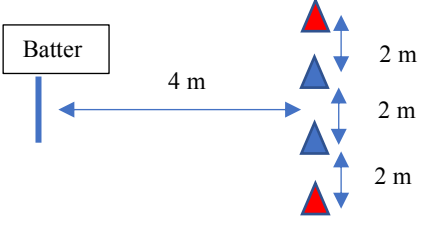


Can you make a batting T

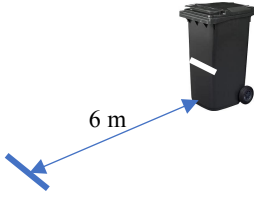


Batting – You have 6 bats, how many points can you get.

1. Set up the area as shown to the side, a batting line and then cones/coats laid down 4 meters away from batting line, then two meters between each of the four cones/coats.
2. Batter has a bat/racket and a ball.
3. Let the ball bounce and hit the ball between the cones. (or you can make a batting T and hit the ball off that)
4. If you hit the ball between a red and blue cone, you get 4 points, if you hit the ball between the two blue cones you get 1 point.
5. You have six hits to see how many points you get.



Station 4: Bowling



Bowling – You have 6 bowls, how many points can you get.

1. Use the wheelie bin as your target and mark a line half way up the bin, mark 6 meters away and use it as your bowling line.
2. You have 6 underarm bowls and every time you hit the wheelie bin over the line you get 3 points, if you hit the bin but under the line you get 1 point.

Score card

Child:

Please return to your school by: Friday 19th June

Station	Skill	Time / Points
1	Catching	
2	Throwing	
3	Batting	
4	Bowling	
Total Score of each station		



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