

As they apply their skills

# Tip and Run

Activity Card

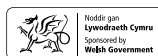


## Let's play

- 4v4 in a large 'garden'
- One team 'batters', the other team 'fielders'
- Batter hits ball into 'garden' then moves out around a cone placed approximately 5 metres away. As the batter starts to move, other batters who are waiting a safe distance away join in and follow batter around the cone and back to batting spot
- Fielders collect the ball and then pass the ball quickly between them so that each fielder touches the ball at least once. Fielders score 5 points if they catch/trap the ball straight from the batter
- Batters keep moving until fielders tell them to stop. Batters score one move each time last batter runs past the cone. If the ball is hit out of the garden, no runs can be scored
- Change batter after each hit. Change batters to fielders and fielders to batters after batters have all had one hit each



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# Tip and Run



## Key words

Control, balance, coordination, spatial awareness

Teamwork, strategies and tactics to outwit opponents

Accuracy, catch, throw, hit, space, run

Travel – run, jump, skip, fox, etc.

## Resources

Throw-down markers, cones, variety of balls including bell balls, bats, etc

## Safety & Organisation

### Ensure:

- surface is safe and free from obstructions
- 'gardens' have large run off areas between them
- children keep the ball in their own 'garden', with batters hitting away from other 'gardens'
- batters run a safe distance away from fielders

## Opportunities to:

- develop control, balance, coordination
- develop spatial awareness
- cooperate with others and observe the conventions of fair play, equality and appropriate conduct
- develop batting and fielding skills
- identify what makes a skill, idea or action successful and make simple judgements about their own and others' performance, use this information to plan how to improve

## Questions

- Where is the best place to hit the ball?
  - How successful were you at hitting the ball there?
- What skills are you going to practise to be more successful at this activity?
- How did you organise your fielding?
- Who made the decisions about who to throw to next?
- Who told the batters when to stop running?
- How well did you work as a team of fielders?
- How could you improve your fielding skills?
- How did you make sure the batters stayed safe when they were running?

## Changes to the activity

### Change the:

#### Space

- move the batting spot so the ball can be hit into more spaces, e.g. make the batting spot the centre of a circle
- larger space (easier for batters, harder for fielders), smaller space (harder for batters, easier for fielders)

#### Task

- method of travelling to score runs
- way the ball is put into space, e.g. throw, kick, hit with a tennis racket, etc. Introduce a cooperative bowler, then a competitive bowler, etc.
- way batters score runs longer, e.g. more complex, etc. dribble with feet, dribble with hands, fast feet exercises, etc.
- way the fielders pass the ball between them, e.g. certain type of pass, kick, hit, order, from specific places/bases, in a specific order, run to touch a spot before returning to catch the ball, etc.

#### Equipment

- use different balls, bats, rackets, etc.

#### People

- vary the numbers playing, e.g. only have one batter and change batter after three goes, increase the number of fielders
- add in referee/scorers if players cannot self rule
- who runs e.g. have a runner for those who are not able to run themselves
- verbal cues for visually impaired

