



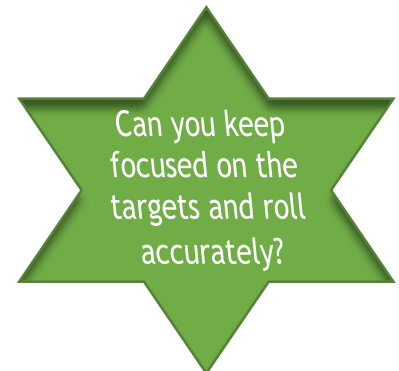
PE Lesson:

GAMES: BOWLING

Set up 10 targets at one end of the space; lay these out in a triangle shape

- Using a ball, each player takes it in turns to roll the ball towards the targets
- Count how many targets you knocked over then reset for the next turn
- Each player has 5 turns

The winner is the player with the most points at the end.



Top Tips!

Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Lets Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next