



PE Lesson:

GAMES: GOLF ROLLING

Place 5 targets in different places on the floor

Decide on a starting point and mark it out

- The aim of the game is for pupils to roll a ball, making it rest against one of the targets in the least amount of rolls possible

The winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target



Can you be honest and keep the score?



Top Tips!

Roll Underarm

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

Lets Reflect

When did you need to increase the power of your rolls?

Did you use the correct rolling technique?