The Manor Preparatory School

**PE Lesson:**

## GAMES: ROLLING PENALTIES

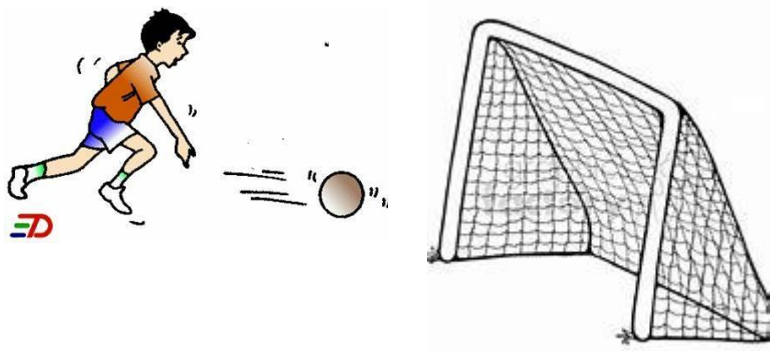
Can you concentrate on where to aim?

With a partner, set up a goal using two Markers

- Player 1 starts 5 steps away from the goal. Player 2 starts in goal
- Player 1 rolls the ball towards goal trying to roll the ball past player 2
- Can player 2 prevent the ball going past them? Can player 1 score?
- Players score a point each time they score a goal

Can you keep the score and be honest?

The first to score 5 points is the winner



## Top Tips!

**Rolling & Saving**

Saving: Look up, concentrate on the ball, be on your toes.

Rolling: Use an underarm technique and concentrate on where to aim.

## Lets Reflect

How did you feel when your roll was stopped?

Were you able to concentrate on the target to score a point?