



Bowling

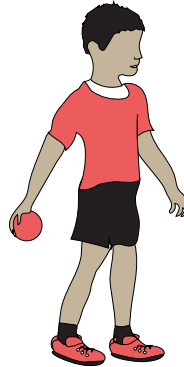
PE Home Learning



Can you make sure you take it in turns and support each other?

Time to Learn:

- Set up ten targets at one end of the space; lay these out in a triangle shape.
- Using a ball or pair of rolled up socks, 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 five turns.
- The winner is the player with the most points at the end.



Play on your own!

Have five turns.
How many points do you score after your five turns?



Use smaller targets to make the challenge harder.



Have a competition!

Compete against different family members to see who is the champion!

Top Tips

Rolling Underarm

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



Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?