



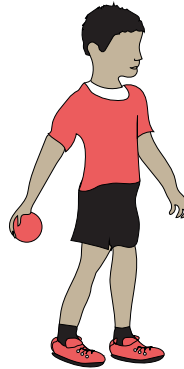
Golf: Rolling PE Home Learning



Can you be honest and keep the score?

Time to Learn:

- Place five targets in different places on the floor (garden or in a room). 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.
- If you are playing against someone, the winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target.
- If you are playing on your own, can you keep trying to beat your score?



Use a bigger target!

Once you feel confident make the target smaller.



Place obstacles in the way to increase the challenge. E.g. a chair could be something to roll under or around.



Set up courses in different rooms and compete against different family members.



Top Tips

Roll Underarm

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



Let's Reflect

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

How did you ensure you used the correct rolling technique?