



Rolling Penalties

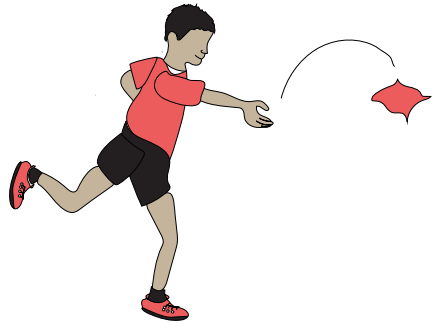
PE Home Learning



Can you keep the score and be honest?

Time to Learn:

- With a partner, set up a goal using two markers.
- Player one starts five steps away from the goal. Player two starts in goal.
- Player one rolls the ball towards the goal trying to roll the ball past player two.
- Can player two prevent the ball going past them? Can player one score?
- Players score a point each time they score a goal. Have five goes each and swap.
- The first to score five points is the winner.



If you are playing on your own, create a small goal with a teddy as a goalkeeper. How many times can you score?



Try different ways of sending the ball; throwing, kicking or bouncing. Make sure you are in a safe space!



Have a 'penalty shootout'
Play against different family members.
If you lose you are eliminated!

Top Tips

Rolling and Saving

- Saving: Look up, concentrate on the ball, be on your toes.
- Rolling: Use an underarm technique and concentrate on where to aim.

Let's Reflect

How did you feel when your roll was stopped?
How did you concentrate on the target to score a point?