

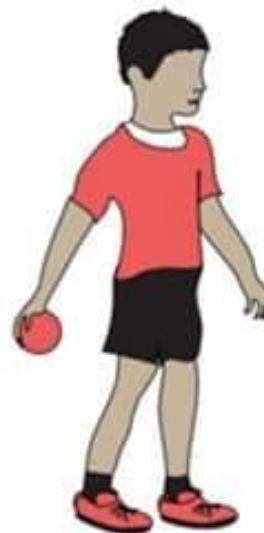
Golf: Rolling

Home Physical Education

Can you be honest and keep the score?

How to play:

- Place 5 targets in different places on the floor (garden or in a room).
- Decide on a starting point and it mark 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 keep trying hard even if you miss the target?

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?

Did you use the correct rolling technique?