**Golf: Rolling**

**PE Home Learning**

**Time to Learn:**

- Place five 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.
- 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?

**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?

**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.**