**Kitchen Curling**  
**PE Home Learning**

**Time to Learn:**

- Clear a space on a smooth surface i.e. a table or hallway floor and place a target at one end of the space.
- Using a pair of rolled up socks, slide them across the floor, trying to get them as close to the target as possible.
- Play against an opponent. Each player has three pairs of socks. The pair of socks closest to the target scores a point.
- The player with the most points after three rounds is the winner.

**Top Tips**

Focus on the target

- Concentrate on the target and use an underarm technique to slide the socks along the surface.

**Let’s Reflect**

- What did you find easy or hard about this game?
- How did you feel when your socks were the closest?

**Let’s Reflect**

- Can you play fairly and keep the score?

**Place obstacles in the way of the target!**

- Place the target marker closer to you. Only move it further away when you feel confident.

**Have a competition!**

- Create a league table and play against different family members.