

# 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?



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