# Rolling Penalties Home Physical Education

Can you keep the score and be honest?

#### How to play:

- With a partner, set up a goal using two markers.
- Player 1 starts 5 steps away from the goal. Player 2 starts in goal.
- Player 1 rolls the ball towards goal trying to roll the ball past player 2.
- Can player 2 prevent the ball going past them? Can player 1 score?
- Players score a point each time they score a goal. The first to score 5 points is the winner.



Can you concentrate on where to aim?

### **Top Tips**

#### Rolling & 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?

Were you able to concentrate on the target to score a point?

## **ALL FOR SPORT**

HIGH OLIALITY PHYSICAL EDUCATION