

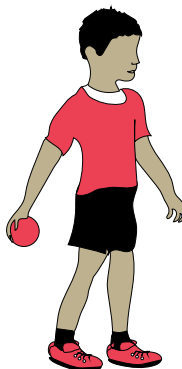
Rolling Penalties

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?