## Bowling <br> PE Home Learning

## Time to Learn:

Can you make sure you take it in turns and support each other?

- Set up ten targets at one end of the space; lay these out in a triangle shape.
- Using a ball or pair of rolled up socks, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has five turns.
- The winner is the player with the most points at the end.


Rolling Underarm

- Step forwards with one foot, releasing the ball along the floor using your opposite hand.

Use smaller competition! targets to make the challenge harder.

