

Spar Lancashire School Games

Learn!

Skill 8: Rolling

Equipment: Ball to roll, 5 objects as targets for the ball to hit (can be completed indoors or outdoors)

Aim: To develop the skill of rolling a ball.

Task 1: Complete the below activity seeing how close you can roll a ball to the various targets with your dominant hand.

Task 2: Complete it again but try with your other hand

Video Demonstration

Practice makes perfect - play the following game with a parent, carer or sibling

| Skill/ Skills | Activities | How to Play |
|------------------|---------------------|---|
| Rolling | <p>Ball Rolling</p> | <ol style="list-style-type: none"> 1. Stand in the middle of your space and place 5 objects (targets) around you at various distances away from you. 2. Using your ball, and correct rolling technique try to roll your ball at one of your targets, try to stop your ball as close to the target as possible. 3. Retrieve your ball and go for the next target, always facing the target you are aiming for. 4. Keep repeating until you have had a go at all the targets. 5. The targets are at various distances away, so you need to think about how much power to put into your roll. |



Points to help improve rolling

Facing your target, hold your ball in your dominant hand, feet together.

Whichever hand the ball is in, place the opposite foot in front of the other, e.g. Right-handed roll left foot forward & vice versa.

Bend your rolling arm at the elbow and your knees so you get closer to the floor.

Swing your rolling arm back to hip height, then forwards and release the ball when your hand is in line with your front knee, sending the ball rolling along the floor towards your target. The faster you move your arm the quicker and further the ball will travel.

Now you have practiced this skill why not try out our Challenge!

Click here to be taken to the [Challenge Resource Card](#):

Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn! 8 - Rolling

You have been busy practicing your rolling. Are you ready to take part in our challenge?

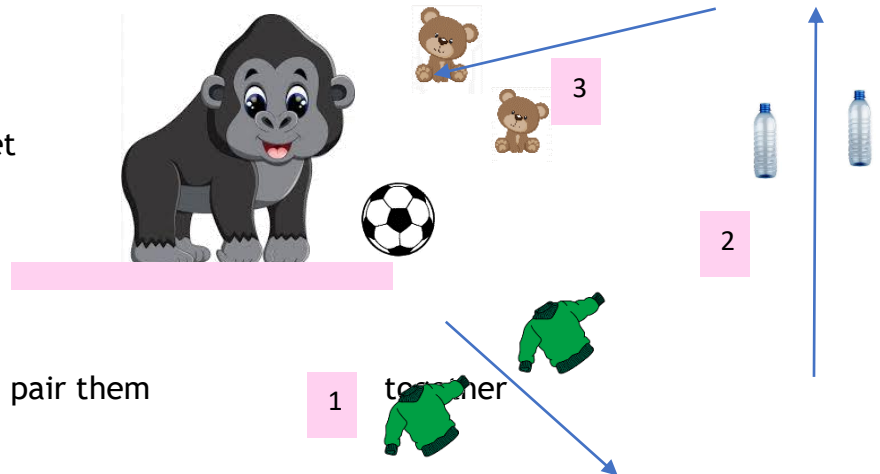
Gorilla Gateway

How many rolls does it take to get through all the gates?

You will need:

Bigger ball

10 + household objects for gates, pair them



How to:

- Set up several gates using household items around your space. Pair them together so you know which gateway to go through.
- Use the technique from the learn activity.
- The object is to count how many rolls it takes for you to roll your ball through each gateway, you are not allowed to move with the ball.
- Number your gates 1 to however many you have and make sure they are following on from each other in order.
- Count each roll and whatever number you have after the ball passes through the last gate is your score, the lower the better.

Video Demonstration