

# Foundation PE (Reception) - Rolling

## Home Learning Challenge Sheet

At school we are learning to roll different objects. Please help me at home. This is what we need to do to become good at rolling.

### Activities to Support Learning

#### Bottle Bowling

Gather together a range of empty plastic bottles. Place the bottles together and stand an achievable distance away. Roll a ball at the bottles and try to knock them all over.

#### Target Tubs

Find a range of empty boxes, tubs or containers. Put them on their side so an object can be rolled into them. Make different-sized paper balls. Stand at an achievable distance away from the target and try to roll the object into it.

#### Under the Bridge

Ask an adult to cut out the backs and fronts of some empty boxes to create small bridges – the holes need to be big enough to roll a ball under. Set out your bridges and then try to roll your ball under them in the fewest number of rolls.

#### Target Rolling

Use 3 different-sized pieces of fabric e.g. a hand towel, a tea towel and a flannel. The smallest piece of fabric will be worth the most points - flannel 3, tea towel 2 and hand towel 1. Lay them on top of each other to create 1 target. Roll your ball onto the target – see how many points you can get.

#### How to Roll:

1. Look where you are aiming.
2. Hold the ball in one hand and use your other arm to point to where you are aiming.
3. Bend your knees.
4. Bring the hand which is holding the ball back.
5. Release the ball as you bring your hand forward to make it move along the floor.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us all about how you have improved your catching, throwing and rolling skills.

