

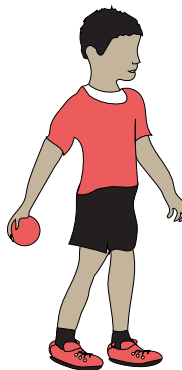
# Bowling

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, 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 5 turns.
- The winner is the player with the most points at the end.



Can you keep focused on the targets and roll accurately?

### Top Tips

#### Rolling Underarm

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

### Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?