



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Rolling

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Rolling around	Explore your garden picking things to hit when rolling a ball (don't pick anything you can break). 2 objects 5 objects 8 objects Teaching points (swing back with arm, then swiftly forwards underarm, roll along floor, arm finishes where you want ball to go)	Other person can instruct what objects to find. Can see who can roll and hit the most objects in a specific amount of time.	Ball	
10 – 15 mins	Rolling to a partner	Practice rolling a ball against a wall in a straight line. 10 times in 1 minute 20 times in 1 minute 30 times in 1 minute Teaching points (swing back with arm, then swiftly forwards underarm, roll along floor, arm finishes where you want ball to go)	Practice rolling a ball to a partner in a straight line. 10 times in 1 minute 20 times in 1 minute 30 times in 1 minute	Ball Wall	Counting



10 – 15 mins	Rolling at a target	<p>Find a chair to use as a target and try to roll the ball through the chair.</p> <p>5 times</p> <p>8 times</p> <p>10 times</p> <p>Can move further away from target to make it more difficult.</p> <p>Teaching points (swing back with arm, then swiftly forwards underarm, roll along floor, arm finishes where you want ball to go)</p>	Play against a partner with the target in the middle and see who can hit the target the most	Ball Target	Counting
10 – 15 mins	Skittles/bowling	<p>Play a game of bowling/skittles.</p> <p>Find 10 different objects to use as skittles and try to roll to knock them over.</p> <p>See how many you can knock over each roll.</p>	Play against each other as if you were in a bowling alley.	Ball Skittles	