

S11 INTO THE HOOP



Suitable for ● F-2 ● 3-4 ● 5-6

PHYSICAL LITERACY: Teamwork | Speed control

HOW TO PLAY

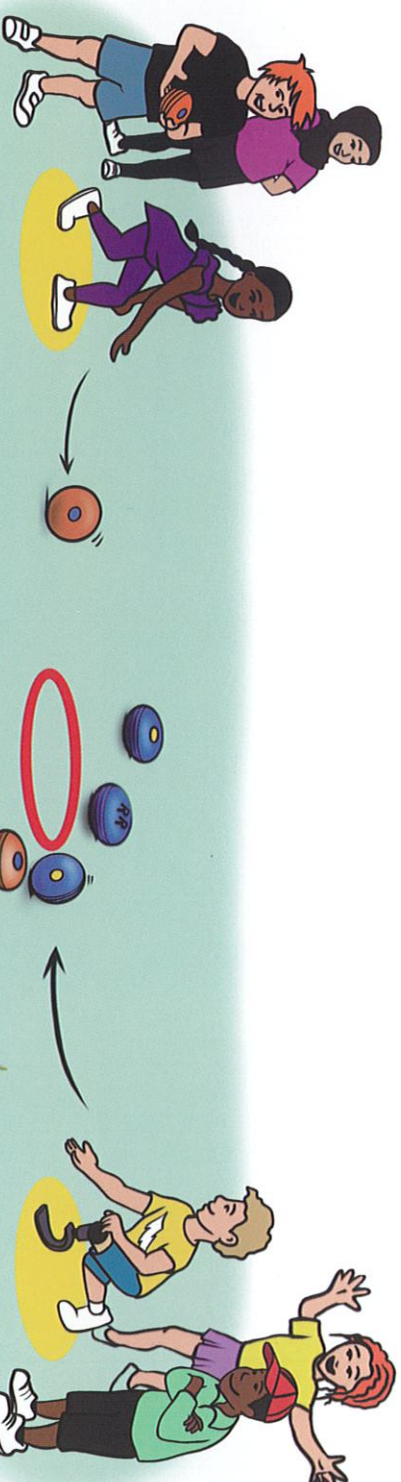
- Form two teams – 'Orange' team and 'Blue' team. Orange team will have the orange bowls and blue team will have the blue bowls
- Teams will stand facing each other with a hoola hoop set up in the middle
- One team at a time will roll their bowl and aim to land it inside the hoop to score one point. Any bowls that don't land inside the hoop receive no points
- Game will continue until all players from both teams have bowled
- Team with highest points wins

EQUIPMENT

- **F-2:** Mats from Rookie Rollers Kit - Tennis balls & Hoola hoops
- **3-6:** Mats & Bowls from Rookie Rollers Kit - Hoola hoops

CHANGE IT

- **F-2:** Adjust the distance to roll
- **3-6:** Add more hoops at different angles with different point values. The more of an angle, the higher the point. Example: one point for the hoop directly in the centre, two points for the hoop a little bit to the side, 3 points for the hoop even further to the side (to encourage understanding and use of bias)



BONUS ACTIVITY

This activity is not in the lesson plans but can be used to support learning outcomes

TEACHING TIPS:

- If there is no access to Hoola hoops, set up a zone with cones from Rookie Rollers Kit
- Encourage players not to over shoot the bowl.
- Understand the bias of the bowl and how to aim

\$5 SHEEP IN THE PEN



Suitable for ● F-2 ● 3-4 ● 5-6

PHYSICAL LITERACY: Rolling | Teamwork | Accuracy | Shot placement

HOW TO PLAY

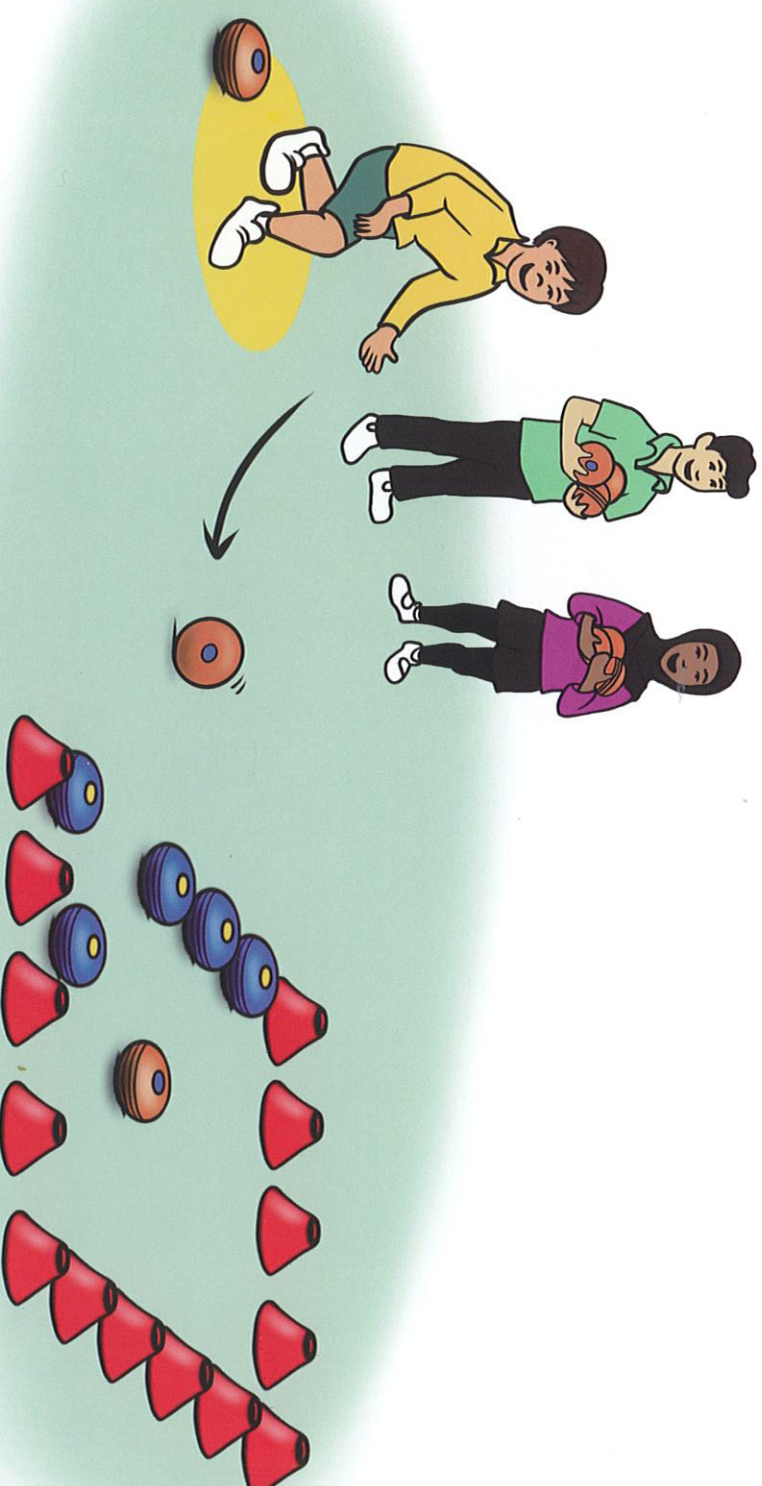
- Set up cones in a square with blue bowls (sheep) lined up in a line along closest edge like pictured. These act as the sheep
- Working in small teams, each player has three bowls
- Players take it in turns to roll orange bowls towards the blue bowls (sheep), knocking them into the pen
- Try and knock as many of the sheep into the sheep pen

EQUIPMENT

- **F-2:** Cones & Mat from Rookie Rollers Kit - Tennis balls
- **3-6:** Bowls, Cones & Mat from Rookie Rollers Kit

CHANGE IT

- **F-2:** Adjust the distance to roll
- **F-2:** Adjust the number of sheep in the pen
- **3-4:** Focus on the correct use of the bias
- **3-4:** Use Cones as obstacles
- **5-6:** Challenge players to roll forehand or backhand
- **5-6:** Use less 'sheep' on the line
- **5-6:** Extend the line



TEACHING TIPS:

- Return bowls to the mat after completion of the activity
- Use a line on a court as the edge of the sheep pen for easy restart

- Create your own scoring system to challenge players
- **3-6:** Using your arm like a pendulum, follow through to help control distance

ASK THE PLAYERS:

- **F-2:** What are some of the rules?
- **3-4:** Why is it important to follow your arm through when you roll?
- **3-4:** How else could we score points in this game?
- **5-6:** Why is it important to follow your hand through after you