



Turtle Ten Pin

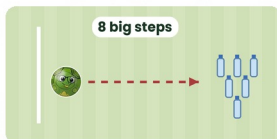
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Active Flashcards

Line up your pins and knock them down. Turtle loves a strike!

Set-Up

Stand 6 to 10 plastic bottles 8 big steps from a line (a rope or a jumper). A little water stops them blowing over.



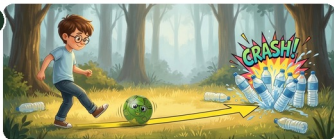
How to Play

1



Put Turtle on the line.
Look at the pins and get ready.

2



Kick Turtle with the big-toe side of your foot so she rolls. CRASH!
Count the pins.

3



Stand the pins back up, then tap Turtle back to the line with your feet.

Coach's tip

Point your standing foot at the pins and keep your eyes on Turtle.

Level up

Move the line back 2 steps, or kick with your other foot.

You need: Ball, 6–10 bottles, a rope or jumper





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Coach's Notes: for grown-ups

What to look for

- Does their standing foot point at the pins?
- Do they kick with the big-toe side of the foot?
- Do they keep the ball close as they tap it back?

Aim

Side of foot

Tap back

Make it easier or harder

	Easier	Harder
Space	Move the line closer (4 steps).	Move the line back (12 steps).
Task	Roll Turtle with your hands first.	Use your other foot.
Equipment	Use bigger bottles or boxes.	Use fewer bottles, spread out.
Speed	Take your time.	3 goes: beat your best score.

Inclusion ideas

- Players can roll the ball with their hands or push it with a stick.
- Tie ribbons on the bottles so the pins are easy to see.

Safety

Plastic bottles only, never glass.

