

# SKITTLE BOWL



## Quick introduction

This challenge will enable players to learn to roll a ball towards a set target with the aim of knocking down as many skittles with a single roll.

## Getting started

- The skittles are placed four metres from the delivery line.
- The players toss a coin (or similar) to determine who goes first. Players take turns to play.
- Each player will have two balls.
- They roll the first ball at the target.
- They roll the second ball at the target.
- Count the total number knocked over – one point for each skittle down.

## Health and safety

- Soft balls/tennis balls should be used.
- Ensure no spare or loose balls are left lying around the playing area.
- Ensure players wait their turn.
- Ensure players roll bowls underarm towards the target – no throwing.
- The fielder must wait until the ‘bowler’ has delivered both balls before placing the skittles in position.

## Equipment

- Two players – one bowler and one ‘fielder’
- A smooth playing surface
- Tape to indicate playing area
- Tape/marking to indicate location of skittles
- Tennis ball/softball
- Six ‘skittles’ – these could also be cones/shuttlecocks or similar objects



## Physical ME

- Keep your eyes on the target.
- Ensure the ball is gripped in your fingers.
- Have a low stance to help with your balance.

## Social ME

### Leading and volunteering

- Primary age children may act as:
  - > Score-keepers.
  - > Set-up of target/s.
  - > Return of balls to players from the target.
  - > Removal of equipment at conclusion of session.

## Think inclusively STEP

**Space:** The distance to the target can be adjusted subject to ability/success rate.

**Task:** Players propel the ball underarm.

**Equipment:** The size of the skittles or balls can be adjusted subject to ability/success rate.

A chute can be used for children with SEND.

**People:** Any number of people can play.

Players can play individually or in teams – the overall score in team games will determine the winner.

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## Thinking ME

- Is it better to roll balls hard or accurately?
- What happens if you don't roll the bowl hard enough?
- What if you roll it too hard?
- What happens if you don't roll the bowl straight?
- If your bowl misses the target, what adjustment do you need to make with your next bowl?



## Tactical ME

- If you have some skittles remaining standing after your first throw, what adjustments will you need to make?
- Which is the best skittle to aim for?

## Sporting ME Spirit of the Games

*Excellence through competition*



**Passion:** How passionate are you about knocking over all the targets?



**Honesty:** Do you make sure your foot is always behind the line?

# LINE BOWL

## Quick introduction

This game will enable players to learn to roll balls accurately and develop teamwork skills with the aim of forming the longest 'snake'.

## Getting started

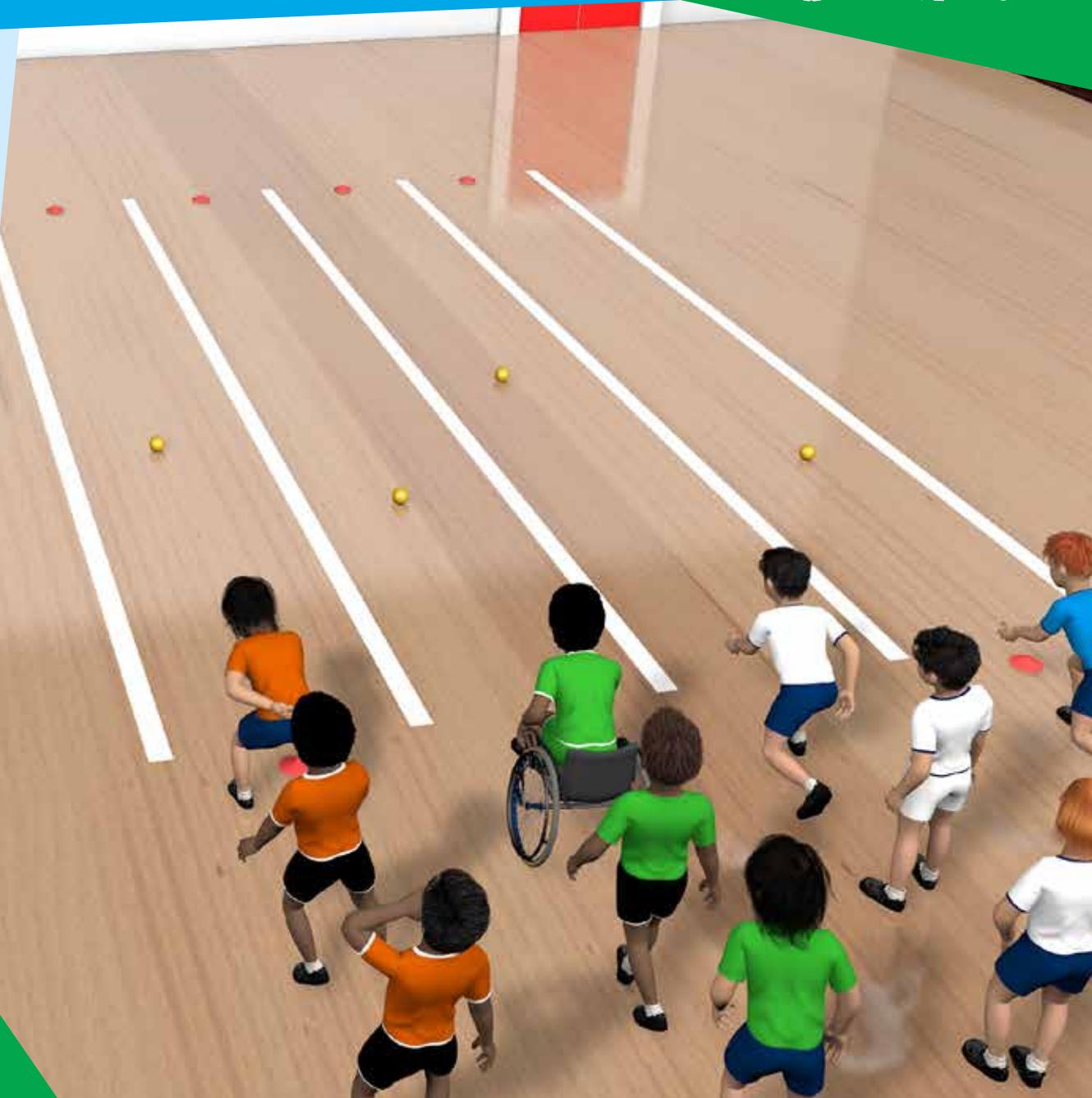
- Mark out a playing area with approximately 5m channels for each team.
- The first player from each team plays the largest ball on a given signal.
- If the largest ball strays to another team's area, the ball is played again.
- The second ball is played on a signal by another player.
- Play continues until all team members have rolled their ball.
- The longest 'snake' is the winner (measured in a straight line from head to tail). Four or more players per team.

## Health and safety

- Soft balls/tennis balls should be used.
- Ensure no spare or loose balls are left lying around the playing area.
- Ensure players wait their turn.
- The game must stop whilst players retrieve any 'lost' balls.
- Ensure players roll balls underarm towards the target  
– no throwing.
- Players must wait until all players have delivered their ball and the longest snake has been determined before retrieving balls from the scoring area and returning ready for the next game.

## Equipment

- Four or more players per team
- One softball or medium-sized ball per team
- One smaller ball per player e.g. tennis ball
- A smooth playing surface
- Marker cones and tape to indicate the playing area including 'minimum throw line'
- Tape measure or metre stick



## Physical ME

- When rolling the ball, players should release it just forward of the toes and be as low to the ground as possible.
- Ball must stay in contact with the ground.

## Social ME

### Leading and volunteering

- Primary age children may act as:
  - > Score-keepers.
  - > Set-up of target/s.
  - > Measuring to determine the longest 'snake'.
  - > Return of balls to players from the target.
  - > Removal of equipment at conclusion of session.

## Think inclusively STEP

**Space:** The size of the playing area can be adjusted subject to ability/success rate.

Place the larger ball at a set distance from the start line to increase/decrease difficulty.

**Task:** Players deliver the ball underarm. The ball must be rolled – not thrown.  
Players may deliver from a standing or seated position.

**Equipment:** Use different sized rolling balls.  
Use a goalball to assist players with limited vision.  
Provide eye shades for players to promote communication.

**People:** Players usually play in teams of four.  
Increase/decrease the number of players in a team to change the difficulty.

## Thinking ME

- Is it better to roll balls hard or accurately?
- What happens if you don't roll the ball hard enough?
- Is it better to roll your ball short of the target or past the target?
- What if you roll it too hard?
- What happens if you don't roll the bowl straight?

## Tactical ME

- Is it best to **try** to throw for distance and risk the ball going out, or for accuracy?



## Sporting ME Spirit of the Games

*Excellence through competition*



**Teamwork:** How do you encourage other players during the game?

**Honesty:** Is your ball within the lines?

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