

BOWLS / BOCCIA: KNOCK'EM DOWN

part of the Cornwall Virtual School Games

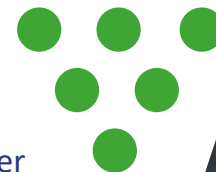
#CORNWALLVSG2020 | #STAYINWORKOUT

ACHIEVE THE CHALLENGE:

The aim of the game is to knock down all skittles in as few tries as possible

HOW TO PLAY:

1. Arrange the 6 skittles in a triangle shape
2. Stand or sit 3 long strides away
3. Roll a tennis sized ball towards the skittles and knock them over
4. Do not remove fallen skittles, but leave them in place as obstacles
5. You get 6 tries to knock down all 6 skittles



Bowls_Boccia

PLAY THE VIDEO

Watch how the game is played [here!](#)

EQUIPMENT

If you do not have a set of skittles and balls, you can use any of the following:

- Empty water bottles
- Potato masher
- Kitchen roll tubes
- Rolled up socks
- Tightly screwed up newspaper wrapped in tape
- Chopping board for help with rolling

SAFETY

Ensure playing area is safe and clear

If you are substituting equipment for household items, do not use anything with sharp edged that could cause injury

BOWLS / BOCCIA: ACTIVITY 1

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

SCORING

1. Knock all 6 skittles down in 1 try = **6 points**
2. Knock all 6 skittles down in 2 tries = **5 points**
3. Knock all 6 skittles down in 3 tries = **4 points**
4. Knock all 6 skittles down in 4 tries = **3 points**
5. Knock all 6 skittles down in 5 tries = **2 point**
6. Knock all 6 skittles down in 6 tries = **1 points**
7. Knock down 0 - 5 skittles in 6 tries = **0.5 points**

ADAPTATIONS FOR AGE / ABILITY

- If it's difficult to aim, use something to roll the ball like a chopping board
- You can use a slightly bigger ball to make it easier

TIPS

- Aim for the centre skittle first, as knocking this one over will hopefully knock the rest over at the same time

BONUS POINTS:

Bonus points can be achieved by **tagging us on Facebook @CornwallSchoolGames** with any of the following:

- 1 point for a photo of you completing challenge
- 1 point for every family member and year group teacher who tries the challenge in the photo
- 1 point for completing it in fancy dress
- 1 point for posting a video telling us how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*



Don't forget to include your name, school & year group in your posts so we know who you are!

