

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



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



PLAY THE VIDEO

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

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

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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!



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