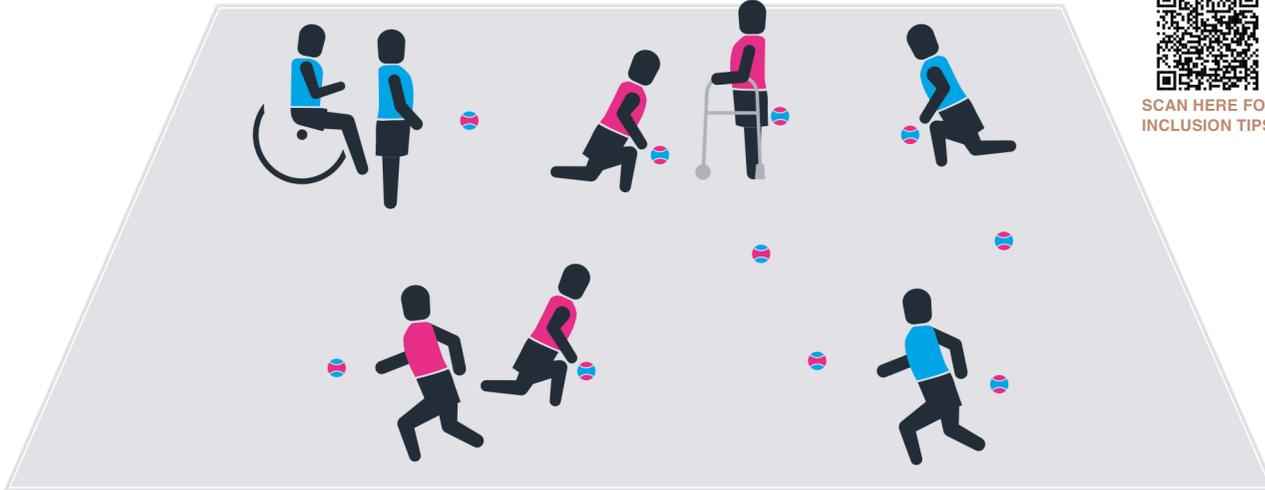




Activator: Colour Flip



SCAN HERE FOR INCLUSION TIPS

How to play

- Split into two teams of 4 (make the area bigger for more players)
- Place 10 tennis balls (or equivalent equipment) around the area
- Each team is assigned a colour, the two colours on each tennis ball (or cups and saucers – if using cones, or dots and colours – if using New Age Bowls or Bowls Buddies)
- The teams have 2-minutes to turn the tennis balls so that their colour is facing upwards
- At the end of the 2-minutes the team that has the most of their colour facing upwards win.

Safety

- Young People will be running around the square together. Explain the importance of knowing where everyone is before they run to the next ball.
- Balls will be on the floor. Make sure when they turn the balls to the next colour, they are stationary and not rolling.

Equipment required

- 4 cones minimum
- 10 two colour tennis balls, or cones (to use as cups and saucers) or New Age Bowls or Bowls Buddies
- 8 Bibs, 2 colours – optional

Space required

- Approx. 6m x 6m
- Can be played on any surface

Estimated set-up time

- 2 minutes.

Challenge level



How to make it easier

- Make the playing area smaller
- Increase the number of balls (Cones, New Age Bowls, Bowls Buddies) in the area

How to make it harder

- Make the playing area bigger
- Add additional rules:
 - Once a player has turned a ball to their team's colour each player must run and touch one of the outer cones that marks the area before they can turn another over
 - Limit the number of players allowed in the area
 - Once a player has turned a ball to their team's colour – they must leave the area and tag another teammate

Spirit of the Games



- What did you do to encourage your teammates to keep going?
- How could you help everyone to do more next time?

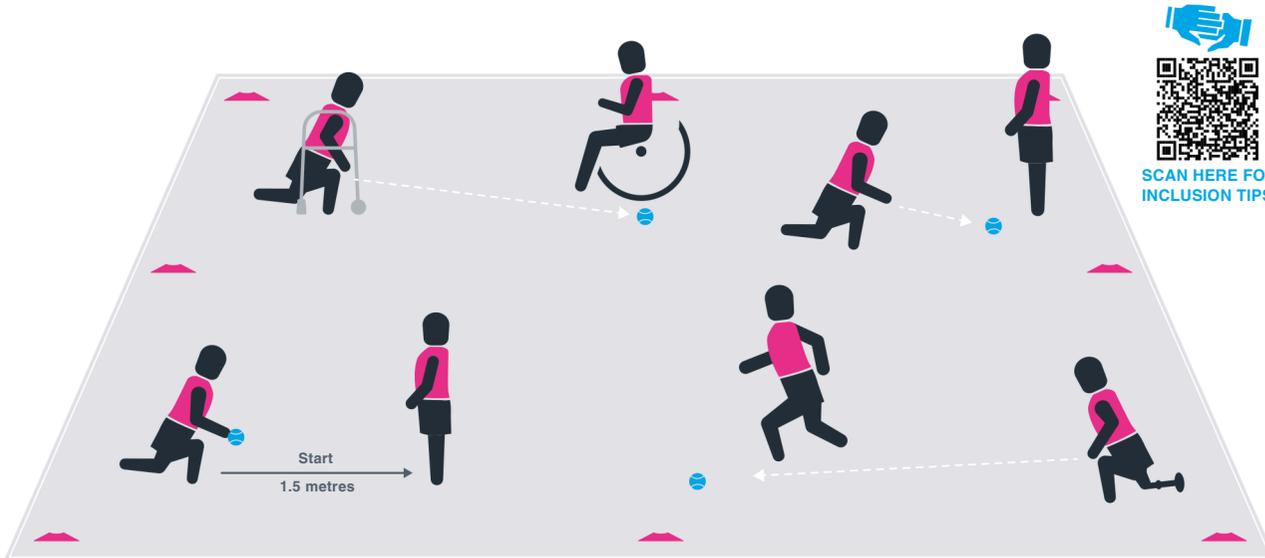


- Why is teamwork important?
- What did you do to ensure everyone helped each other and worked together?





Activator: Pairs



How to play

- Each pair starts approx. 1.5m apart
- Player one rolls the ball towards their teammate (player 2), once the ball stops if player 2 can reach the ball from where they are standing then they can pick the ball up and stay where they are
- If the players teammate cannot pick the ball up, then they must move to collect the ball and stand there
- The second player then rolls the ball back and the same rules apply
- At the end of 2-minutes the game finishes
- The winners are the pair who are closest to being 1.5m apart.

Safety

- Multiple balls will be delivered at once. Being aware of balls around the group's feet is important.
- Ensure players are aware of each other moving, as potentially half the players will be moving at any one time.

Equipment required

- ▲ 8 cones
- 1 ball per pair
- Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- All players are in the same space – 10 players, approx. 7m x 7m (30 players full hall or playground)

Estimated set-up time

- 1 minute.

Challenge level



How to make it easier

- Shorten the distance between the pairs
- Allow one step away from each players starting position so that they can return to their starting spot if the ball is reachable in one step

How to make it harder

- Increase the distance between the pairs
- Create starting spots for pairs where they cross another pair, so they must think about when they roll their ball

Spirit of the Games



- How did you work together as pair to ensure you didn't move?
- How could you better help your teammate when it's their turn?

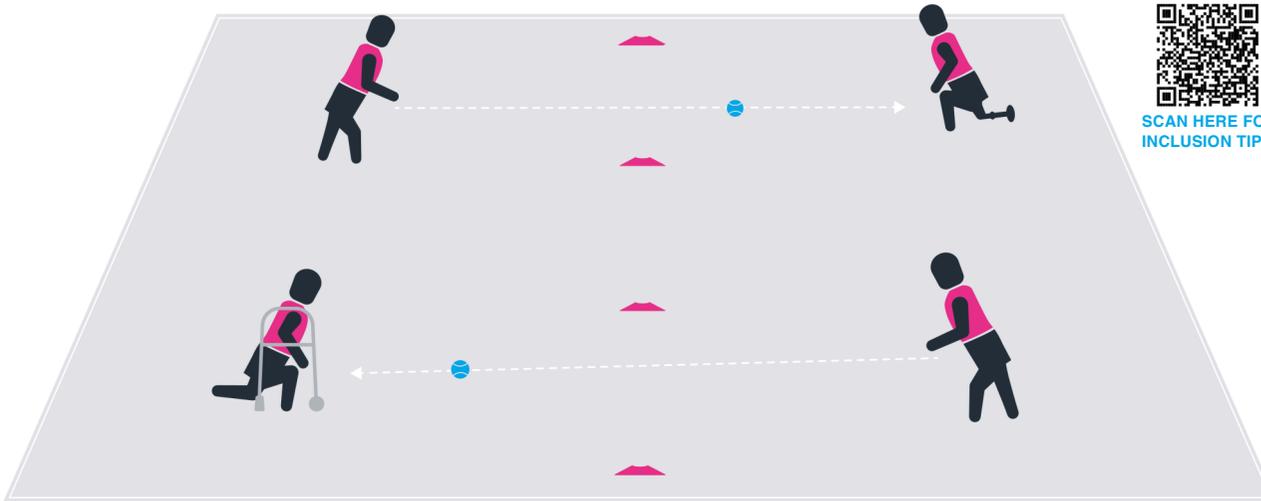


- Did you and your teammate respect the rules of the game, why is this important?
- What should you do if you see a teammate, or another player being dishonest?





Activator: Tunnel Bowl



SCAN HERE FOR INCLUSION TIPS

How to play

- Put two cones approximately half a metre apart from each other creating a tunnel
- Each player places a cone approximately 3 metres away from the tunnel either side
- Each player takes turns to 'Deliver' (roll) the ball from their cone through the tunnel to their team mate on the other side
- Score 1 point every time the ball goes through the tunnel.

Safety

- Multiple balls will be delivered at once. Being aware of balls around the group's feet is important.

Equipment required

-  4 cones per pair
-  1 ball per pair
-  Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- Approx. 3m between 2 players
- Space between pairs of approximately 1.5 metres to be built in for safety
- Play from 2 players to 30 depending on space available

Estimated set-up time

- 1 minute.

Challenge level



How to make it easier

- Shorten the distance between the players cones and the tunnel
- Make the tunnel wider so it is easier to score points

How to make it harder

- Increase the distance between the players cones and the tunnel
- Make the tunnel smaller
- Every time the pair make it through the tunnel make it smaller
- Start at a short distance, each player moves a step backwards with their cone every time they roll the ball through the tunnel
- The winning player is the first to take 10 steps backwards

Spirit of the Games



- How did you feel when your ball went through the tunnel, how can you use that feeling to help you be consistent?
- How can believing in yourself help you improve your bowls skills?

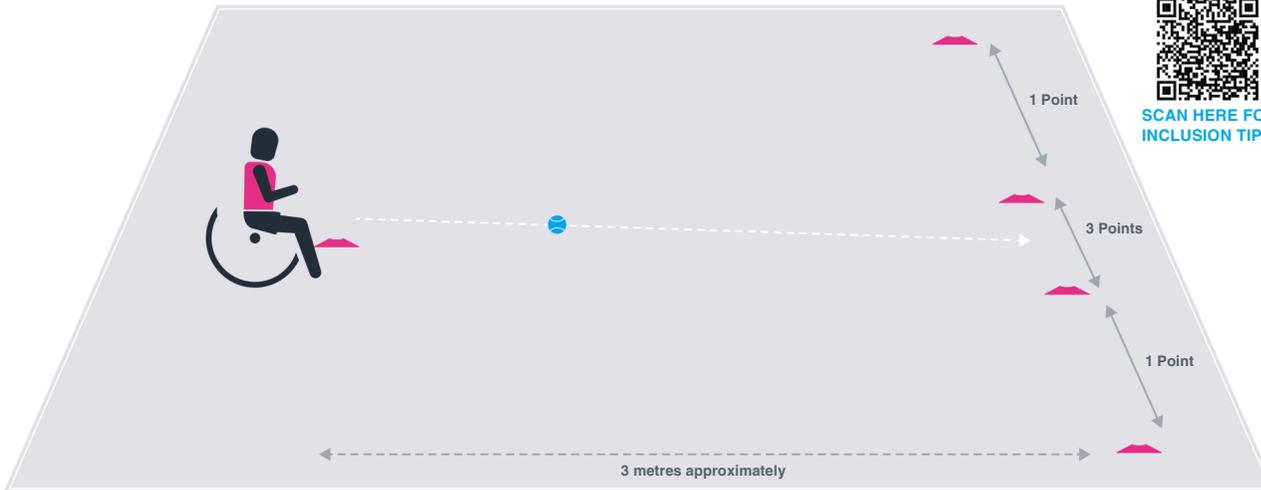


- How did it feel when you missed the tunnel? What did you do to keep trying?
- What do you think you need to change to be more successful next time?





Skill Based: Bowls Football



How to play

- Each player 'Delivers' (roll) their ball from the delivery cone
- Players aim for the goals, if their ball rolls through the middle goal they score 3 points, if they roll the ball through the outer goals then they score 1 point
- If they miss the goals, then they score 0 points
- Play three rounds. The player with the highest score at the end wins.

Safety

- Ensure multiple balls are not being delivered at once. The aim of the game is to be accurate, and speed of delivery could affect accuracy.

Equipment required

- 5 cones
- 3 tennis balls per group
- Optional - Replace ball with New Age Bowl or Bowls Buddies
- Optional - High Scoring Wedge or Scoring Mat

Space required

- 3 metres approximately between delivery cone and target cones
- 1.5 metres approximately wide line, with middle gate 0.25 metres wide and two outside gates 0.5 metres wide each
- Optional – Extra space after target line for further scoring area

Estimated set-up time

- 2 minutes.

Challenge level



How to make it easier

- Make the gates wider so it is easier to score points
- Introduce more scoring gates
- Reduce the distance between the delivery cone and the scoring gates
- Change the scoring so there is only one point difference between the central and outside gates

How to make it harder

- Make the gates smaller so it is harder to score
- Introduce spacing between the central gate and outside gate which are 0 scoring zones
- Increase the distance between the scoring gates and the delivery cone

Spirit of the Games



- How accurate were you with your shots and what did you change to try and make your shots more successful?
- What did you learn about yourself, and your ability to persevere, even if your ball didn't go where you wanted it to?

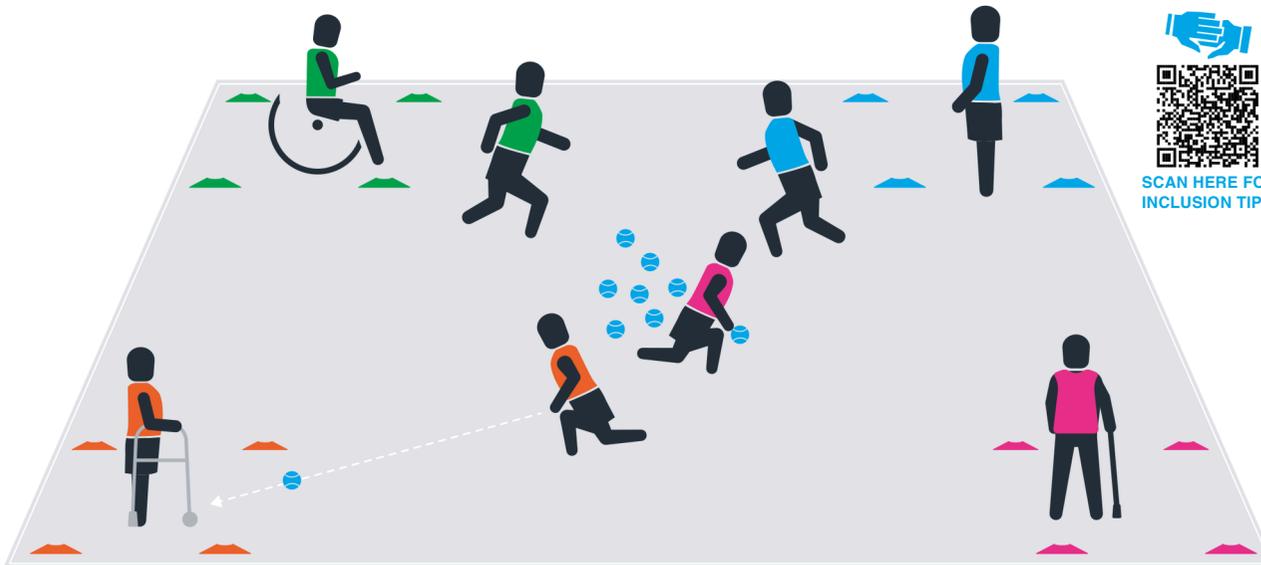


- Why is being honest when scoring important in Bowls and sport in general?
- What should you do if you accidentally break a rule during a game?





Activator: Treasure Hunt



How to play

- The 9 balls (Treasure) are placed in the middle of the area between each of the 4 team bases
- One player from each team will run out to the centre, pick up a ball and 'Deliver' (roll) it back to their base
- If the player misses the base with their 'Delivery', then they must collect the ball and return to the middle before trying again
- Once the ball has reached the base and been collected by the team, the player must then run back to base and tag a teammate who can then run out to collect the next piece of treasure
- Once all the balls from the centre are at the bases, players can run to other bases and steal one treasure at a time. They pick up the ball run to the middle of the area and 'Deliver' it back to their base
- The team with the most treasure at the end of the 3-minutes is the winner.

Safety

- Young People will be running around the square together. Explain the importance of knowing where everyone is before they run to the next ball.
- Balls will be rolled back to the players squares, timing and spatial awareness is important.

Equipment required

- 24 cones
- Odd number of tennis balls – minimum 9
- Optional – 8 Bibs, 4 colours
- Optional - Replace tennis balls with New Age Bowls or Bowls Buddies

Space required

- Approx. 6m x 6m
- Can be played on any surface – ideally a hard surface, grass will be harder

Estimated set-up time

- 3 minutes.

Challenge level



How to make it easier

- Make the playing area smaller – less distance to run and roll the ball back to base
- Make the base areas bigger – easier target to roll into
- Increase the number of balls (New Age Bowls, Bowls Buddie) in the area – less time base raiding

How to make it harder

- Make the playing area bigger – more distance to run and further to roll the ball back to base
- Make the base areas smaller – harder target to roll into
- Reduce the number of balls (New Age Bowls or Bowls Buddies) in the area – more time spent base raiding

Spirit of the Games



- How accurate were you with rolling the ball into your base, how could you improve this next time?
- What should you do if you accidentally break a rule during a game?

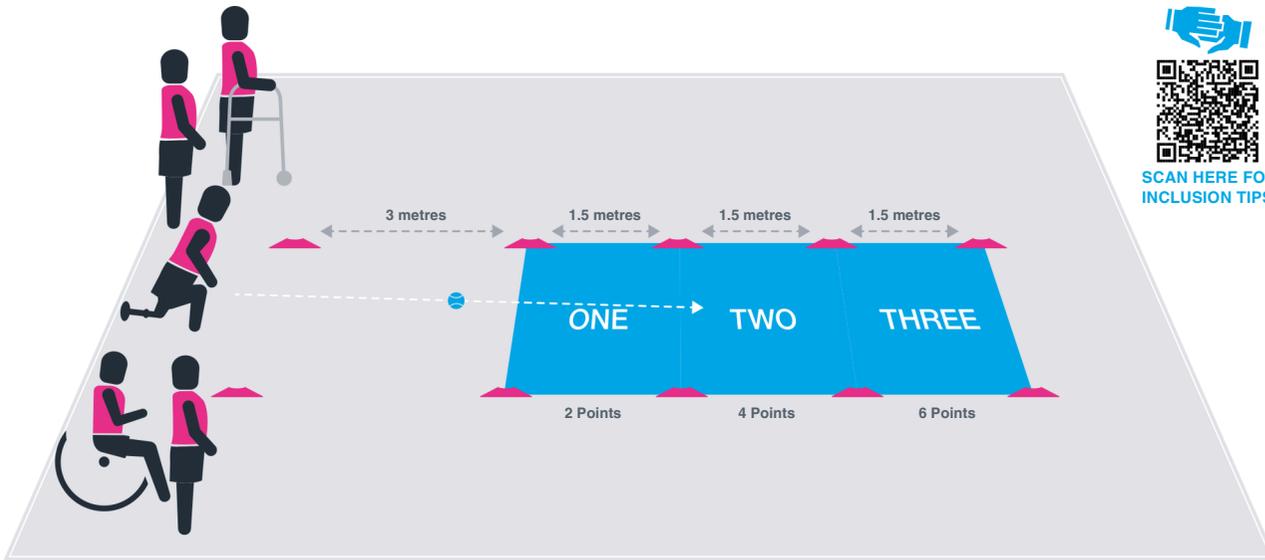


- How did you communicate with each other during the activity? What tactics did you use, if any?
- What could you do next time to improve your teamwork and do better?





Skill Based: Ladder



How to play

- Up to 5 players per ladder
- Each player takes turns to 'Deliver' (roll) their ball onto the ladder – suggest 3 goes each to start
- Score points depending on which zone the ball stops in
- Zone one – 2 points, Zone two – 4 points, Zone three – 6 points
- Winner is the player to have the most points at the end of their 3 goes
- If it is a tie, then it's a one ball shoot out, highest score wins.

Safety

- Use one ball per ladder to ensure there are not multiple balls being played at any one time per group.

Equipment required

- 10 cones
- 1 tennis ball
- Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- Create 3 zones in the shape of a ladder, 1.5 metres approximately between each zone
- Place 2 cones 1.5 metres approximately apart to create the width of the ladder
- Place a cone 3m approx. away from the start of the ladder where each player will roll their ball from

Estimated set-up time

- 2 minutes.

Challenge level



How to make it easier

- Make the zones longer
- Make the zones wider
- Add more zones
- Put the end zone against a wall so the ball comes back down the ladder if it hits the wall

How to make it harder

- Make the zones shorter
- Make the zones narrower
- Keep the end zone away from a wall
- If your ball rolls outside of the ladder you lose 1 point
- Call a zone before you play your shot, if it doesn't land in the zone you call, then you don't score any points

Spirit of the Games



- How could you improve your delivery and the chances of scoring the highest points?
- What would you change next time to improve your score?

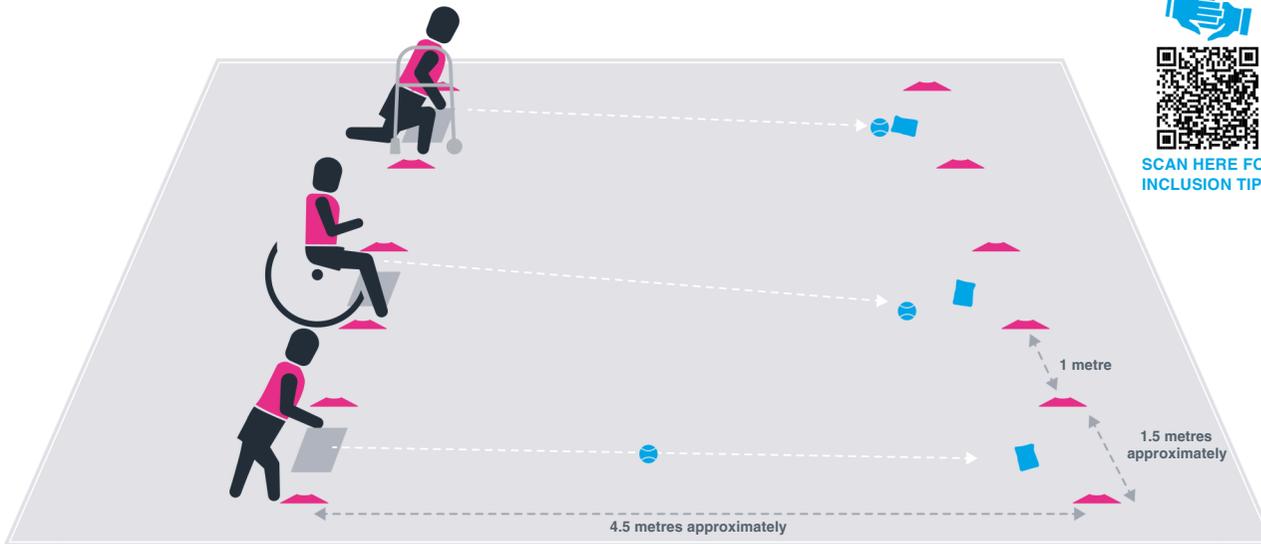


- If you didn't score what you wanted to, how did you approach your next shot and how did you remain focused?
- How do you feel when you keep practising something and you finally get it right?





Competition Finisher: Bowls Bash



How to play

- 4 players per 'Rink', 2 players per team
- Place the 'Jack' (bean bag) 2/3rds of the way down the 'Rink'
- Players 'Deliver' (roll) their ball from one end line towards the bean bag
- Each team takes it in turns to 'Deliver' their ball
- Closest to the 'Jack'; scores 4 points, second closest scores 3 points, third closest scores 2 point, fourth closest scores 1 point
- If a player's ball touches the 'Jack', they score 1 bonus point
- Each game last 5 "Ends" (Rounds). The team with the most points at the end of the game wins
- If the ball roles outside of the 'Rink', either the sides or the end, the ball is out of play and does not score
- In the event of a draw, each team nominates a player who takes part in a one ball shoot out, closest to the 'Jack' wins.

Safety

- Ensure a 1m gap between each 'Rink' area of play so that bowls running off to the side don't affect another teams game.
- Get each 'Rink' to 'Deliver' their ball from alternate ends to avoid affecting other games.

Equipment required

- 6 cones
- 4 balls – in 2 different colours
- 1 bean bag 'Jack'
- Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- Approximately 1.5metres wide by approximately 4.5 metres long 'Rink' (area)

Estimated set-up time

- 4minutes.

Challenge level



How to make it easier

- Reduce the distance between the delivery line and the bean bag
- Increase the size of the target bean bag with large disc cone
- Introduce more balls per team

How to make it harder

- Increase the length between the delivery line and the target bean bag
- Replace the bean bag 'Jack' with a ball, this adds in a moving target if they hit it with one of their balls. (Create a re-spot point so that if the target ball rolls outside of the 'Rink' then it can be replaced back in play)
- Reduce the size of the target ball so it is harder to score and win 'Toucher' points
- Introduce a 'Powerplay'. Each team can nominate one 'End' where their points are worth double

Spirit of the Games



- How did you approach the game, what were your tactics and what might you change next time?
- How did you stay motivated when you were scoring less points than the other team?

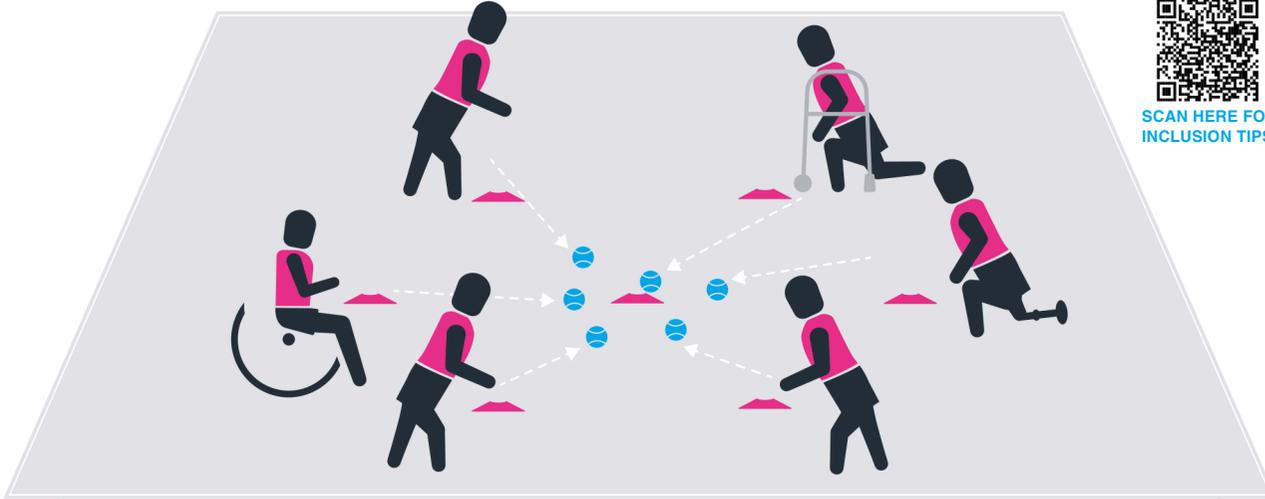


- How did you work out who was closest and furthest away from the jack? How did you resolve any disagreements?
- How could you improve the accuracy of how you decide?





Skill Based: The Spider



SCAN HERE FOR INCLUSION TIPS

How to play

- One cone sits in the centre of a circle as the 'Jack' which is approx. 3m away with 6 'Delivery' cones evenly spread around the outside
- Each player stands on a delivery cone
- Each player 'Delivers' (rolls) their ball at the same time towards the 'Jack', each player scores based on who's closest or furthest away from the 'Jack'
- First (closest) 12 points, Second – 10 points, Third- 8 points, Fourth – 6 points, Fifth – 4 points, Sixth – 2 points
- Play three rounds. The player with the highest score at the end wins.

Safety

- Make sure all players have delivered their ball before they go and collect it for the next round.
- Make sure all players walk and not run to collect their ball.

Equipment required

-  7 cones
-  6 tennis balls
-  Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- 3m approx. incircumference per 6 players.

Estimated set-up time

- 1 minute.

Challenge level



How to make it easier

- Shorten the distance between the delivery cones and the 'Jack'.
- Reduce the gaps between the scoring points to one i.e. 12, 11, 10, 9, 8, 7

How to make it harder

- Increase the distance between the delivery cones and the 'Jack'
- Introduce elimination for the player furthest away from the 'Jack' each round, the players who are out each round work together as the umpires for the game
- Introduce obstacles between the delivery cone and the 'Jack'

Spirit of the Games



- Why is it important to listen and respect each other's opinions on who was closest and furthest away in the scoring?
- If one person is umpiring, why is it important to respect their decisions?

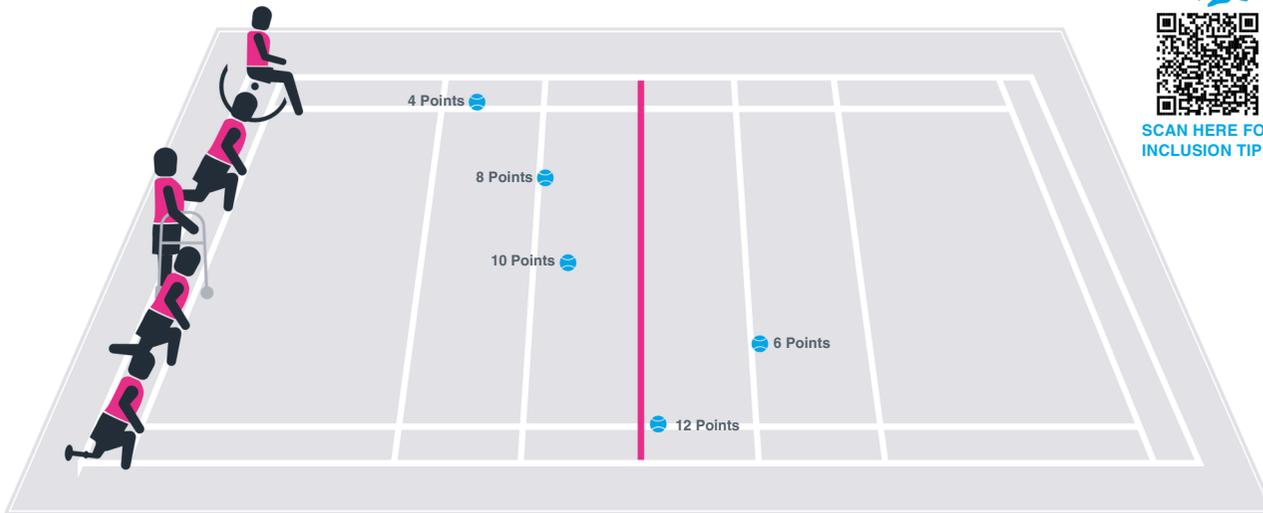


- Did your group work well to decide who won each round?
- Why is it important to agree who won the points?





Skill Based: Eliminator



SCAN HERE FOR INCLUSION TIPS

How to play

- Players all take turns to 'Deliver' (roll) their ball towards the line
- Players score points dependant on who is closest and who is furthest away from the target line
- First (closest) 12 points, Second – 10 points, Third – 8 points, Fourth – 6 points, Fifth – 4 points, Sixth – 2 points
- Each group plays three rounds
- The player with the most points overall at the end wins.

Safety

- Multiple balls will be in play at any one time. Ensure that all players stay on the delivery line until all balls have stopped rolling.
- Ask all players to walk up and collect the ball and walk back.

Equipment required



Sporthall markings–Use cones if no lines available



1 tennis ball per player



Optional - Replace ball with New Age Bowl or BOWLS Buddies

Space required

- Players all line up arm reach apart from each other on a line or line of cones – suggested 6 players per game
- Roll ball to a line or line of cones – approximately 3 metres away to start

Estimated set-up time

- 1 minute.

Challenge level



How to make it easier

- Shorten the distance between the lines
- Play in teams of two for better scoring, team with the highest points wins
- Change the scoring system to be closer together i.e 12, 11, 10, 9, 8, 7, 6

How to make it harder

- Increase the distance between the lines
- Once the group understands the concept of the game, introduce eliminations each round
- Each round the player with the ball furthest away from the line is eliminated from that game
- Ask the players who are eliminated to umpire the game and decide who is eliminated each round until they have a winner
- Continue with scoring system with higher numbers to build in maths challenges when adding up

Spirit of the Games



- How should you behave or act if other players didn't do as well as you?
- How can you support them even when you are competing against them?

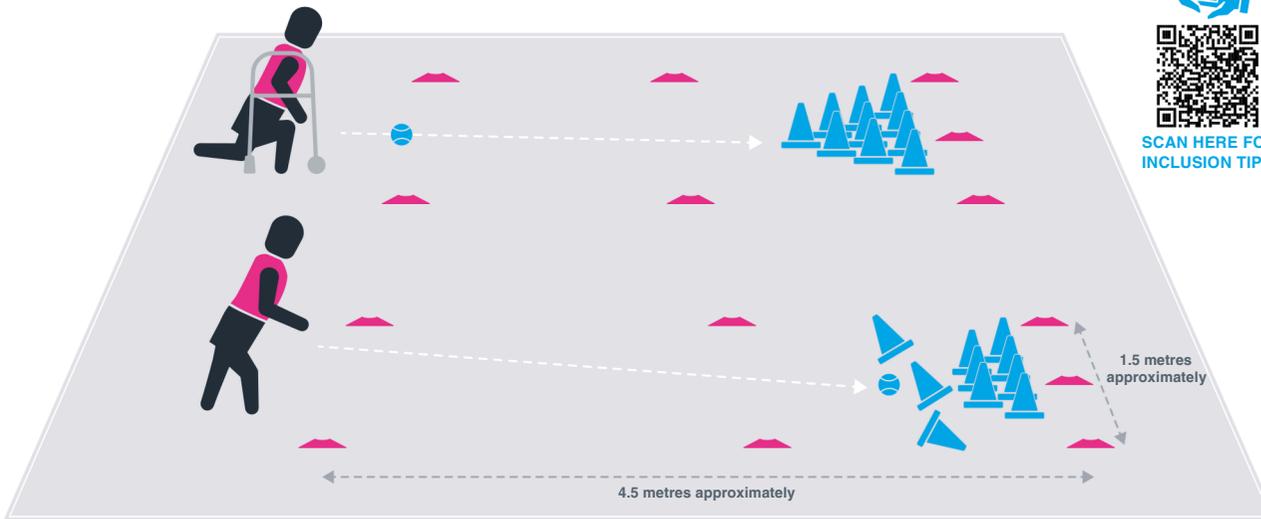


- What was most enjoyable about this game?
- What did you take away from it that you can use again in other games?





Skill Based: Fire Shot



SCAN HERE FOR INCLUSION TIPS

How to play

- Create a pyramid target like ten pin bowling. 4 tall cones as the base, 3 in the second row, 2 in the third and 1 in the fourth
- Each player takes turns to 'Deliver' (roll) their ball towards the tall cones or skittles from the baseline
- Score 1 point for every tall cone or skittle knocked over
- If all tall cones or skittles are knocked over the player scores a bonus 3 points
- Reset the tall cones after every turn
- Play five rounds. The player with the highest score at the end wins.

Safety

- Make sure that all players know they must always roll the ball.
- In Bowls the ball is delivered to the ground from the delivery mat, this will ensure that players are always in control of their ball no matter the speed.
- Think about placing something soft behind the target area to stop the ball.

Equipment required

-  7 cones
-  10 tall cones or skittles
-  1 tennis ball
-  Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- Approx. 1.5m wide, approx. 3m long marked out with cones

Estimated set-up time

- 2 minutes.

Challenge level



How to make it easier

- Shorten the distance between the delivery cones and tall cones or skittles
- Place the tall cones or skittles slightly further away to increase the target zone (not too far so there are spaces to roll through)
- Increase the number of tall cones or skittles in play
- Place bumpers down the side using benches to draw the ball into the tall cones or skittles
- Place playing area close to a wall so when the ball bounces back there is a second chance to score

How to make it harder

- Increase the distance between the baseline and the tall cones or skittles
- Reduce the space between the tall cones or skittles so that the target area is smaller
- Keep the tall cones and skittles away from walls so that there is only one opportunity to score points

Spirit of the Games



- How successful were you in knocking down the cones or skittle?
- How did you change your approach or tactics to try and be more successful?



- What did your opponent do well?
- How did you congratulate them when they were successful?

