BOWLS / BOCCIA: THE TARGET

part of the Cornwall Virtual School Games
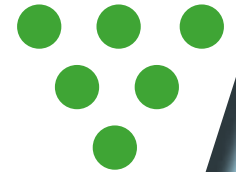

Bowls_Boccia

ACHIEVE THE CHALLENGE:

The aim of the game is to get as close to the target as possible

HOW TO PLAY:

1. Place a small container in a clear space
2. Stand or sit 3 long strides away from it
3. Throw a ball into or as close to the container as possible
4. 3 balls count as 1 go
5. Try this game 3 times and submit your best score

EQUIPMENT

- Use a container of a similar size to an A4 piece of paper, for example a bucket, a food container or a shoebox
- If you cannot find a suitable container, use a piece of A4 paper or sticky tape
- Use a chopping board for rolling if you are not able to throw (use target not a container for this option)

PLAY THE VIDEO

Watch how the game is played here!

SAFETY

Ensure playing area is safe and clear
If someone is helping you, make sure they are clear of the throwing area before you start the game

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CORNWALL SCHOOL GAMES

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SCORING

- 1 point per ball into the container = 3 points maximum

TIPS

- Try throwing under arm and see which suits you better
- Use a chopping board to help you roll the ball

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*

CONNECT — TALK & LISTEN, BE THERE, FEEL CONNECTED

BE ACTIVE — DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

TAKE NOTICE — REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING — EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Give — Your time, your words, your presence

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

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