

# LAWN BOWLS

Commonwealth Games Legacy; learning & discovery week

**ACTIVITY CARDS**



## Inclusion & Differentiation

Remember you can adapt the Space, Task & Equipment to suit the individual needs of the children and young people in order for them to attempt the activity.

For an appropriate level of challenge for the age and ability of the players you can...

**Space** change the size of the space, distance to targets or the areas in which to score points in.

**Task** change the demands, rules of the activity, number of times the task is repeated, teaching cues, direction/level/pathway of movement or length of time to complete the task.

**Equipment** change the amount, size, shape, height and weight of the equipment.

**People** change how the activity is participated in by working in pairs, small groups, large groups. Consider how competition can change the meaning of the activity.



## Further Support

For further info, queries and questions please contact your School Sport Manager.

## Young Leaders Roles & Responsibilities

**L**ead by confidence, example and integrity

**E**ncourage and give positive feedback throughout the activity

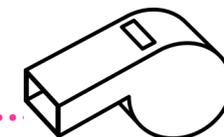
**A**dapt activities to make them easier or harder

**D**emonstrate the task clearly

**E**xplain the task clearly and concisely

**R**ecord, track and celebrate Personal Best

**S**et up and manage safe activities, ensuring the safety of student at all times



## Safety

- ★ Wear suitable shoes that are fastened securely.
- ★ Set up activities in a clear space away from obstacles.
- ★ Ensure adequate space between activity stations.
- ★ Use equipment that is age and ability appropriate.



## Activity 1: Through the Gates



### Rules

- ★ The player stands on the throw line, 2m from the first gate.
- ★ The player throws/rolls their first ball, attempting to get it through as many gates as possible.
- ★ Points are 'banked' once the ball goes through its final gate before leaving the area of play—i.e. ball passes through Gate 2 before leaving the playing area, the player will score 5 points
- ★ The player has 5 attempts.

### Scoring

Gate 1 = 2 points  
Gate 2 = 5 points  
Gate 3 = 7 points  
Gate 4 = 10 points



### Rules

- ★ The player stands on the throw line, 3m from the first gate.
- ★ The player throws/rolls their first ball, attempting to get it through as many gates as possible.
- ★ Points are 'banked' once the ball goes through its final gate before leaving the area of play—i.e. ball passes through Gate 2 before leaving the playing area, the player will score 5 points
- ★ The player has 5 attempts.

### Scoring

Gate 1 = 2 points  
Gate 2 = 5 points  
Gate 3 = 7 points  
Gate 4 = 10 points



### Rules

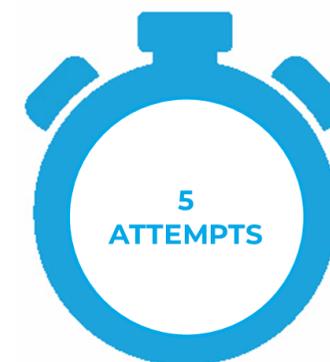
- ★ The player stands on the throw line, 5m from the first gate.
- ★ The player throws/rolls their first ball, attempting to get it through as many gates as possible.
- ★ Points are 'banked' once the ball goes through its final gate before leaving the area of play—i.e. ball passes through Gate 2 before leaving the playing area, then Player will score 5 points
- ★ The player has 5 attempts.

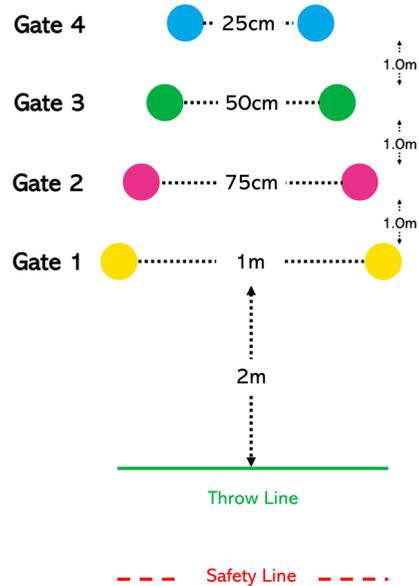
### Scoring

Gate 1 = 2 points  
Gate 2 = 5 points  
Gate 3 = 7 points  
Gate 4 = 10 points

## Equipment

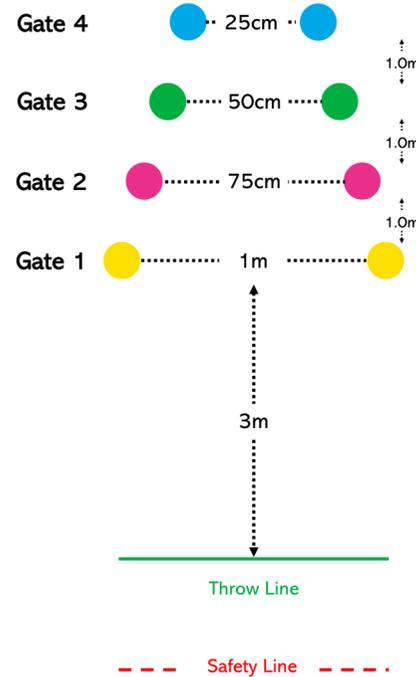
- ★ Markers/cones  
*Alternative: masking tape on the floor*
- ★ Balls: bocchia balls, tennis balls, medium sized plastic balls
- ★ Tape measure





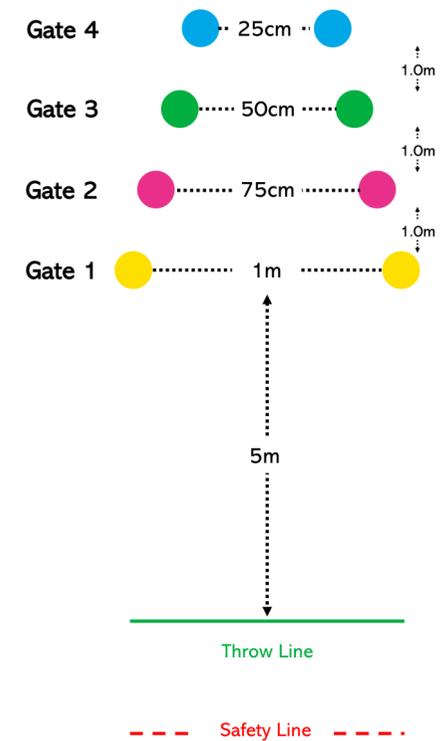
### Advance challenge

- ★ Increase the distance from the throw line to the first gate.



### Advance challenge

- ★ Increase the distance from the throw line to the first gate.
- ★ Increase the distance between the gates.



### Advance challenge

- ★ Increase the distance from throw line to the first gate.
- ★ Increase the distance between the gates.
- ★ Throw the ball with non-dominant hand.

# LAWN BOWLS

## Activity 2: Tin Can Alley



### Rules

- ★ The player stands on the throw line—they can stand anywhere along the throw line.
- ★ The player throws their first ball attempting to score points by knocking the balls off their cones—only the balls knocked off by a direct hit from the thrown ball is counted. Balls are not replaced.
- ★ Any balls knocked off their cones, as a result of a non-direct hit are replaced until the player has had all their attempts.
- ★ Each player has 5 attempts (5 balls).

### Scoring

Large ball = 2 points  
Small ball = 5 points



### Rules

- ★ The player stands at the mid-point on the throw line.
- ★ The player throws their first ball attempting to score points by knocking the balls off their cones—only the balls knocked off by a direct hit from the thrown ball is counted. Balls are not replaced.
- ★ Any balls knocked off their cones, as a result of a non-direct hit are replaced until the player has had all their attempts.
- ★ Each player has 5 attempts (5 balls).

### Scoring

Large ball = 2 points  
Small ball = 5 points



### Rules

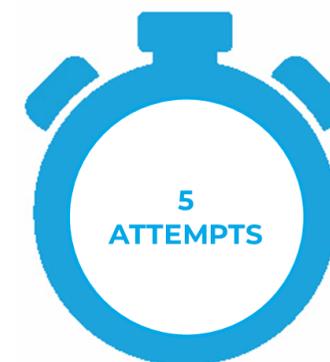
- ★ The player stands at the mid-point on the throw line.
- ★ The player throws their first ball attempting to score points by knocking the balls off their cones—only the balls knocked off by a direct hit from the thrown ball is counted. Balls are not replaced.
- ★ Any balls knocked off their cones, as a result of a non-direct hit are replaced until the player has had all their attempts.
- ★ Each player has 5 attempts (5 balls).

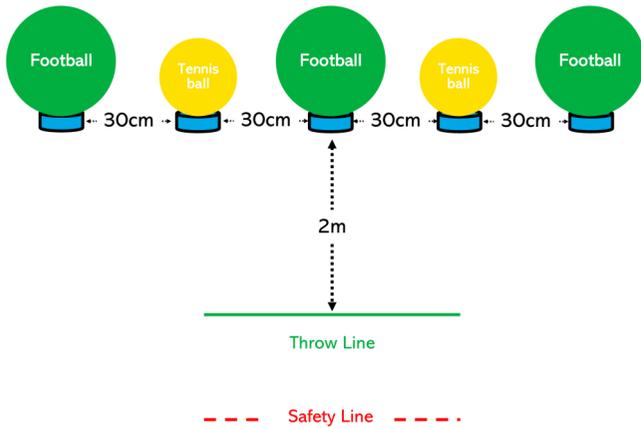
### Scoring

Large ball = 2 points  
Small ball = 5 points

## Equipment

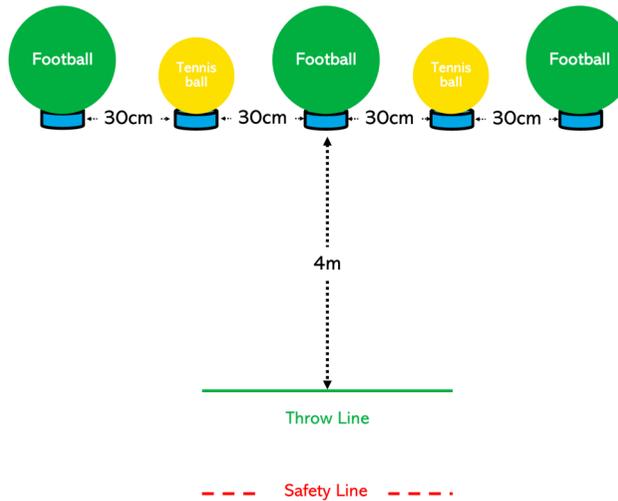
- ★ Markers/cones
- ★ Balls: medium sized plastic balls, tennis balls, boccia balls
- ★ Tape measure





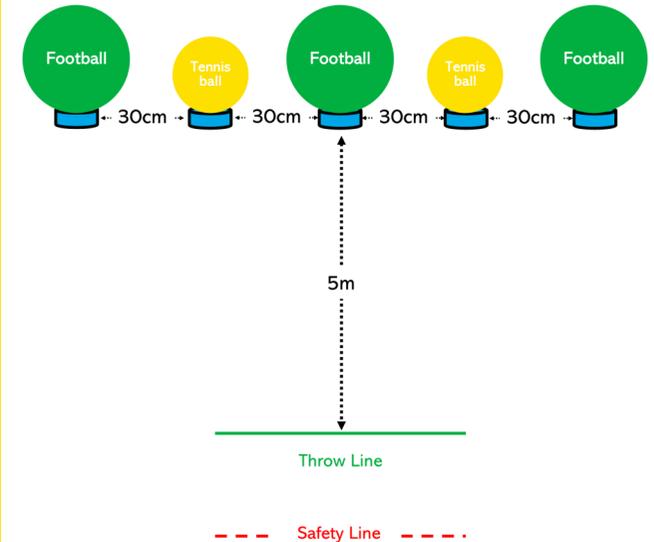
### Advance challenge

- ★ Increase the distance from the throw line to the cones.
- ★ Increase the distance between the cones.



### Advance challenge

- ★ Increase the distance from the throw line to the cones.
- ★ Vary the distance from the throw line to the cones.



### Advance challenge

- ★ Increase the distance from the throw line to the cones.
- ★ Vary the distance from the throw line to the cones.
- ★ Use non-dominant hand to throw the ball.
- ★ Balls have to hit a cone and stop within the boundary of the playing area.



### Rules

- ★ The player stands on the throw line—they can stand anywhere along the throw line.
- ★ They throw/roll a ball towards the target, attempting to stop the ball dead, in the centre of the target.
- ★ The number of points scored is dependent upon where the ball comes to a complete stop.
- ★ Each player has 5 attempts (5 balls).

### Scoring

Target area 1 = 2 points  
Target area 2 = 5 points  
Target area 3 = 10 points



### Rules

- ★ The player stands at the mid-point on the throw line.
- ★ They throw/roll a ball towards the target, attempting to stop the ball dead, in the centre of the target.
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### Scoring

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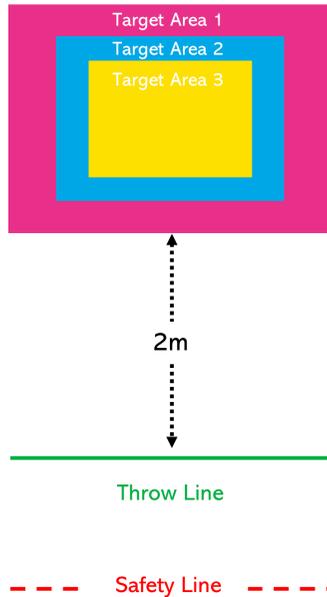
### Scoring

Target area 1 = 2 points  
Target area 2 = 5 points  
Target area 3 = 10 points

## Equipment

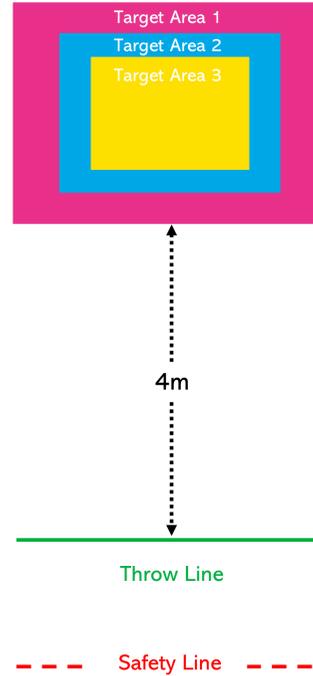
- ★ Markers/cones
- ★ Balls: medium sized plastic balls, tennis balls, boccia balls
- ★ Target: target mat/paper/ chalked area/masking taped area
- ★ Tape measure





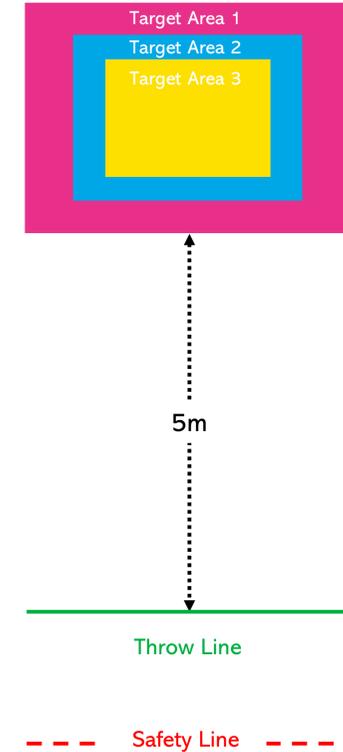
### Advance challenge

- ★ Increase the distance from the throw line to the target.
- ★ Decrease the size of all the target areas.



### Advance challenge

- ★ Increase the distance from the throw line to the target.
- ★ Decrease the size of all the target areas.
- ★ Place obstacles in front of the target mat.



### Advance challenge

- ★ Increase the distance from the throw line to the target.
- ★ Use non-dominant hand to throw the ball.
- ★ Place obstacles in front of the target mat.