



Description of Activity

Arrange pupils in groups of six with three bowlers and three counters. Use cones to set up a bowling lane approximately five metres in length for each group. At the end of the bowling lane place five skittles as targets. The counters position themselves close to the skittles to count how many are knocked over and also to return the balls to the bowlers. Each bowler has three balls to knock over as many skittles as possible. All three bowlers take a turn and then switch places with the counters. The group that knock over the most skittles wins.



Variations

- If skittles are unavailable use water bottles or use a hoop and invite pupils to land a ball or beanbag in the hoop.
- Replace the balls with beanbags to simplify the activity.
- Vary the distance to make the activities easier or more challenging.

Equipment

Skittles or water bottles, spot markers, hoops, balls and cones



- Ensure counters do not stand directly behind the skittles for safety purposes.
- Ensure there is enough room to create a laneway for each group.
- Take this opportunity to discuss the importance of drinking water and hydration with pupils. Ask them to bring their own water bottles to use as skittles to play the game.



- Collect empty bottles or cartons at home. Set up this bowling activity and invite your family members to play with you. Teach them one important aspect of good throwing technique.



trí spotaí • fonsaí • lána • téad scipeála • babhlálaithe • málaí pónairí • a chaitheamh