

Green Bowls

How to set up:

- ✓ Create a lane as shown in the diagram.
- ✓ Play in pairs or small groups.
- ✓ Give each player a small ball.
- ✓ You must also have 1 large ball (the jack).



Equipment:

- ✓ Soft balls
- ✓ Large balls

How to score:

- ✓ The player whose ball lands closest to the large ball wins 1 point.

How to Play:

- ✓ One player rolls the large ball (the jack) down the lane.
- ✓ When the jack stops, players take turns to roll their ball to get it as close to the jack as possible.
- ✓ Players can knock their opponents balls out of the way.
- ✓ Once everyone has rolled their ball down the lane, the player with the closest ball to the jack wins 1 point.
- ✓ Repeat the game for several rounds, counting points up each time.

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The National Curriculum

By practicing this activity, your child will develop the following skills:

- ✓ Sending and receiving skills
- ✓ Accuracy
- ✓ Ball control
- ✓ Hand-eye coordination
- ✓ Competing with others
- ✓ Problem solving

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.
- ✓ Participate in team games, developing simple tactics for attacking and defending.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.
- ✓ Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.