Bowls / Boccia: Knock’em Down
part of the Cornwall Virtual School Games

Achieve the Challenge:
The aim of the game is to knock down all skittles in as few tries as possible.

How to Play:
1. Arrange the 6 skittles in a triangle shape
2. Stand or sit 3 long strides away
3. Roll a tennis sized ball towards the skittles and knock them over
4. Do not remove fallen skittles, but leave them in place as obstacles
5. You get 6 tries to knock down all 6 skittles

Equipment:
If you do not have a set of skittles and balls, you can use any of the following:
• Empty water bottles
• Potato masher
• Kitchen roll tubes
• Rolled up socks
• Tightly screwed up newspaper wrapped in tape
• Chopping board for help with rolling

Safety:
Ensure playing area is safe and clear.
If you are substituting equipment for household items, do not use anything with sharp edges that could cause injury.

Play the Video
Watch how the game is played [here](#)!
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SCORING
1. Knock all 6 skittles down in 1 try = 6 points
2. Knock all 6 skittles down in 2 tries = 5 points
3. Knock all 6 skittles down in 3 tries = 4 points
4. Knock all 6 skittles down in 4 tries = 3 points
5. Knock all 6 skittles down in 5 tries = 2 points
6. Knock all 6 skittles down in 6 tries = 1 points
7. Knock down 0 - 5 skittles in 6 tries = 0.5 points

ADAPTATIONS FOR AGE / ABILITY
• If it’s difficult to aim, use something to roll the ball like a chopping board
• You can use a slightly bigger ball to make it easier

TIPS
• Aim for the centre skittle first, as knocking this one over will hopefully knock the rest over at the same time

Bonus Points:
Bonus points can be achieved for any of the following and should be added to your total points and submitted through the results sheet:

- 1 point for every family member and year group teacher who tries the challenge
- 1 point for completing it in fancy dress
- 1 point for a video sent to the school or speaking to a teacher if you are in school, telling them how you have engaged with one of the 5 Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning & Give

Schools can tag us on Facebook @CornwallSchoolGames when posting about their schools involvement in the Cornwall Virtual School Games