



WEEK 10

HAMPSHIRE SCHOOL GAMES SECONDARY PERSONAL BEST CHALLENGES

BOWLED OVER: DO YOU HAVE THE PATIENCE TO HIT A STRIKE?



Challenge

Set up a 'bowling alley' using objects as pins and a suitable bowling ball.
Can you knock over all the objects in the quickest time/least number of deliveries?

SPACE: Can you make your 'alley' longer and space the 'pins' out more to make it harder. Or lessen the length and put the pins closer together to make it easier.

TASK: How few bowls does it take you to knock over all the 'pins'? Reduce the number of pins to make it easier. Try it blind folded with a partner directing you.

EQUIPMENT: Use water bottles, cuddly toys, shampoo bottles as 'pins'. Use a football, tennis ball or rolled up socks as the ball. (Make sure your area is safe and clear of hazards and that you don't break anything valuable!)

PEOPLE: You can do this alone or challenge your family and friends. If you are in a wheelchair or walker, have a go too. Reduce the length of the 'Alley'

Fact File

- A bowling lane is 18.2m long.
- Bowls are made of plastic and weigh between 2.7 and 7.3kg.
- It is the number one participation sport in the USA.
- Toppling all 10 pins in a single bowl is called a strike.