

ACTIVITY SHEETS

TENPIN BOWLING SET

Traditional Use

Ten pin bowling

OTHER APPLICATIONS:

Targets, markers and juggling clubs

TABLOID SPORT ACTIVITIES:

Set team up in a circle with a foam skittle in the centre. The aim of the activity is to knock down the skittle as many times as possible in a set time. This can be used as either a rolling, throwing or directional strike activity (hockey stick).

SUGGESTED ACTIVITIES/GAMES:

1. Line skittles up approx 60cm apart in a strait line. One student must move along the line and knock each skittle over individually, while their partner retrieves the ball and passes it back to them. First team to finish wins.
2. Warball with sacred skittles. Play warball using gator volleyball/playball, where the team skittles have to be protected. Players must protect their team skittles by kicking the ball away or catching the ball on the full. If you are hit in the body you are out. If all team skittles are knocked over before all the players are out then the other team wins.