



PHYSICAL EDUCATION

SOCK BOWLING

EQUIPMENT

10 tubes from used toilet rolls (or similar objects that can stand up – i.e. empty bottles)

A small ball or a rolled up pair of socks

Paper & pen to keep the score!

SKILLS & LEARNING:

Rolling an object, accuracy, power & competing fairly

RULES

Set up your toilet roll tubes or skittles in a 10-pin bowling fashion.

Decide how long your bowling alley will be, and mark the bowling line (with anything!).

Take it in turns to roll your "ball" at the skittles, and record how many you knock over each turn.

Note down how many you knock down.

If anyone scores a "strike" (knocking all 10 down with one bowl) – award a bonus 5 points.

After 10 bowls, add up the total score! Who is the winner

MAKE IT HARDER

Colour and decorate ONE of the skittles any way you wish.

Let your opponent place it wherever they like in the formation of 10.

If you knock the special skittle over, you score a bonus 2 points on top of your score.

Increase the distance of the bowl, or add a ramp in the way for the ball to "jump" into the bowl.

MAKE IT EASIER

Reduce the number of skittles or the distance of bowling to make it easier for younger players, or use a larger ball.

