

# BOWLS / BOCCIA: THE TARGET

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

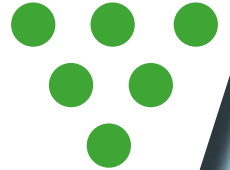


## ACHIEVE THE CHALLENGE:

The aim of the game is to get as close to the target as possible

## HOW TO PLAY:

1. Place a small container in a clear space
2. Stand or sit 3 long strides away from it
3. Throw a ball into or as close to the container as possible
4. 3 balls count as 1 go
5. Try this game 3 times and submit your best score



## EQUIPMENT

- Use a container of a similar size to an A4 piece of paper, for example a bucket, a food container or a shoebox
- If you cannot find a suitable container, use a piece of A4 paper or sticky tape
- Use a chopping board for rolling if you are not able to throw (use target not a container for this option)

## PLAY THE VIDEO

Watch how the game is played [here!](#)

## SAFETY

Ensure playing area is safe and clear

If someone is helping you, make sure they are clear of the throwing area before you start the game

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## SCORING

- 1 point per ball into the container = 3 points maximum

## TIPS

- Try throwing under arm and see which suits you better
- Use a chopping board to help you roll the ball

## BONUS POINTS:

Bonus points can be achieved by **tagging us on Facebook @CornwallSchoolGames** with any of the following:

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



Don't forget to include your name, school & year group in your posts so we know who you are!

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