

Inclusion 2028

Para Bowls

Skittle Blast Challenge

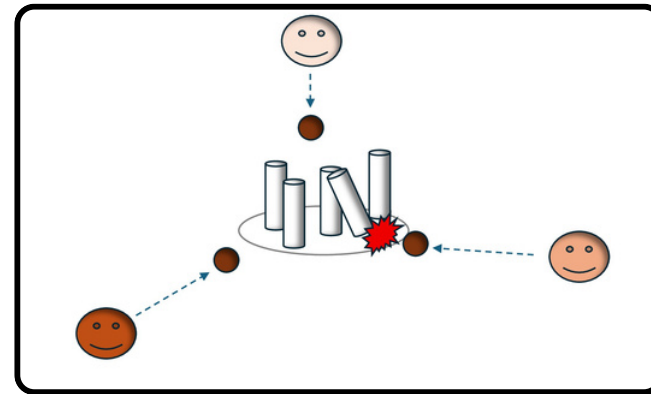
A team game where players try to beat the clock.

What you need

- A selection of large and small balls (or bowls).
- Lightweight plastic or foam skittles, or empty plastic water bottles.
- An indoor or outdoor playing area.
- A timer.

How to play

- Play in teams of 2-4.
- Players are positioned around a central space (a rough target circle) containing 9-10 target skittles.
- At the start signal, players propel balls towards the targets.
- Stop the timer when the last skittle is knocked down.
- If players run out of balls to roll, the clock can be stopped while they receive a new supply.



Use the STEP adaptation tool to modify the activities

Space

- Increase or decrease the distance between the players and the target circle.
- Space the skittles out or cluster them together to increase or reduce the difficulty level.

Task

- Players can use one or both hands to roll the ball. Or use a ball-sending ramp or gutter.
- Rotate the play - players go one at a time.

Equipment

- Use a larger ball - even a gym ball!

People

- Some players may prefer to try the challenge on their own away from the group.