

Inclusion 2028

Para Bowls

Golf Bowls Challenge

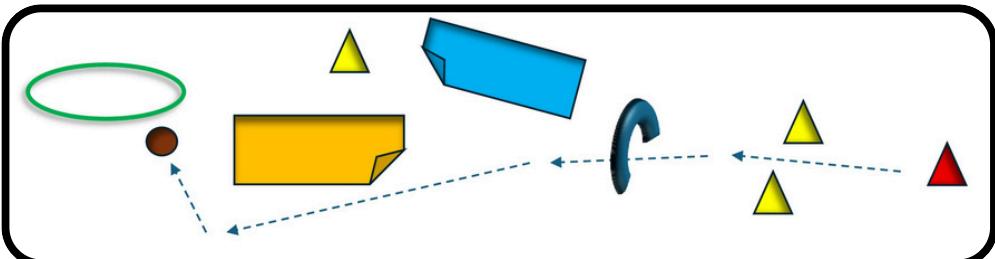
Players bowl around a series of targets representing the holes in golf.

What you need

- A variety of different size and density balls (as bowls).
- Plastic hoops, boxes or marker cones to represent holes.
- A range of items to serve as bunkers or water hazards.
- This can be an indoor or outdoor challenge.
- Encourage the players to help design the course.

How to play

- Create 3-6 targets around the playing area to act as golf holes - depending on available space.
- Make a start point for each hole; this is the 'tee'.
- Players choose a ball to use.
- Players take each shot from where the ball stops until they reach the target.
- The aim of the game is to propel the ball around the golf course, from hole to hole, in as few rolls as possible. For example, if the course consists of 3 holes, and a player gets into the target in 3, 2 and 4 rolls, their total for the whole round is 9.



Use the STEP adaptation tool to modify the activities

Space

- Increase or decrease the distance to each hole.

Task

- Players can send the ball using one hand, both hands or by rolling it down a ramp or gutter.
- To increase the challenge, try using the non-dominant hand.

Equipment

- Increase or decrease the number of obstacles (bunkers, water hazards) protecting each hole.
- Use benches turned on their sides to channel the ball towards the target.
- In a hard indoor surface, balls can continue to roll. Try deflating air-filled balls slightly to reduce this effect.

People

- A buddy can stand behind the target hole to give visual or verbal guidance or encouragement.