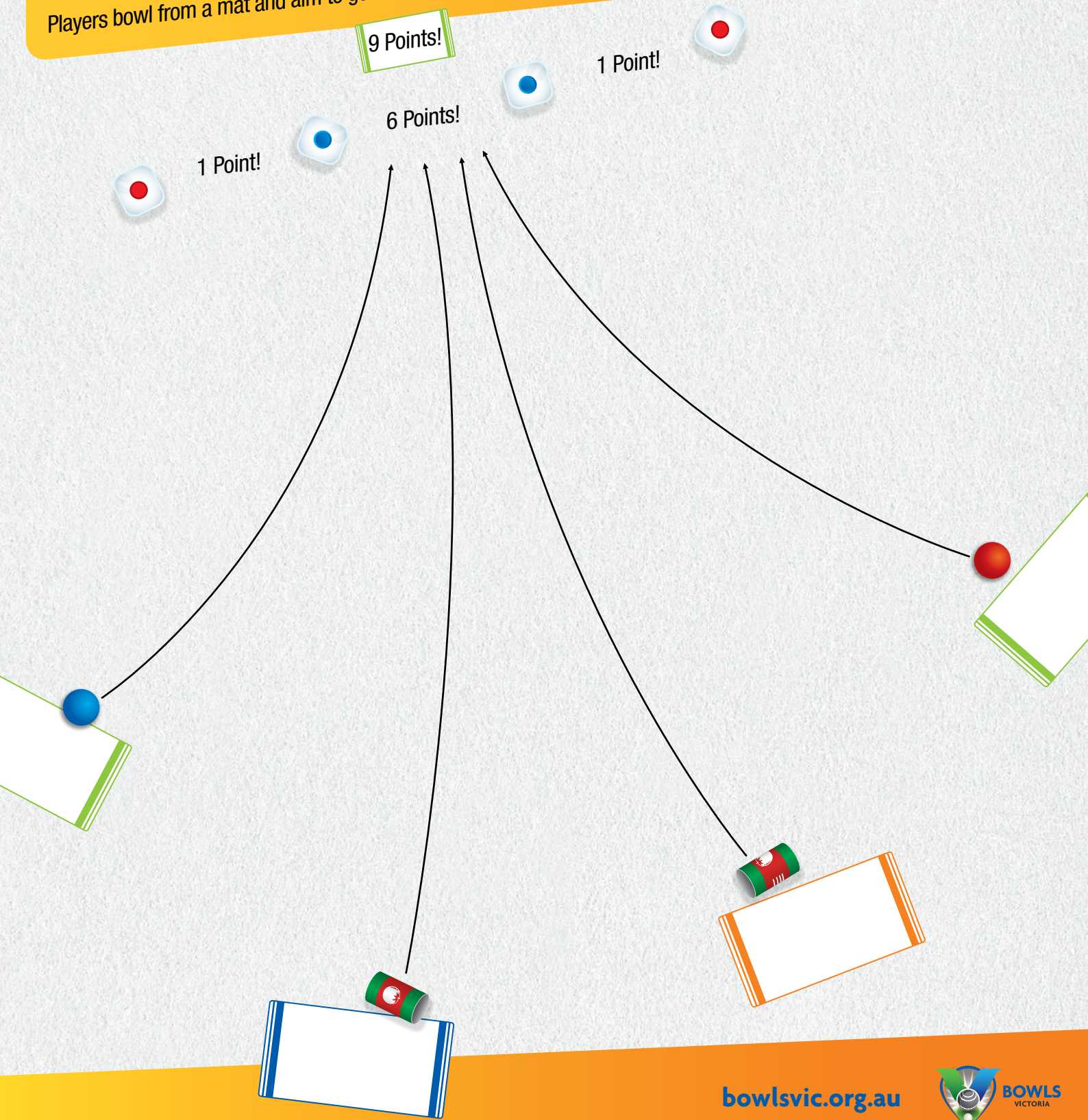


# Indoor BOWLS Activities

## INDOOR "BOWLS FOOTY"

Players bowl from a mat and aim to get their ball through the centre posts. Landing on the mat is a SUPER GOAL!



# Indoor BOWLS Activities

All of our indoor activities can be created in your **own home** using things you have around the house. If you don't have an actual bowl **that's OK!** You can use any other **type of ball** you have at home.

## INDOOR "BOWLS FOOTY"

### Equipment:

- Throwing objects – ball of any size, socks, cans rolled on their sides
- Goals - drink bottles, cones, any other heavy object
- Mat – towel, sheet of paper, bathmat

### Instructions:

- This game is best played with another house member, but you can also play on your own
- Set up the goal posts, goals in the middle and points to either side
- Place a mat in the middle behind the goals, slightly distanced from the goal.
- Place 4 mats in front of the goals in different positions. This is where you will stand to score goals.
- Stand on the mat (towel, bathmat, sheet of paper) and aim to roll your ball through the posts.
- If your ball goes through the point posts = 1 point, through the middle goals = 6 points.
- If your ball goes through the centre goal and lands on the mat = 9 points – a **SUPER GOAL!**

## NEED A TOUGHER CHALLENGE?

Change the size of the scoring zone and change the distance and angle of the mats you are scoring from!