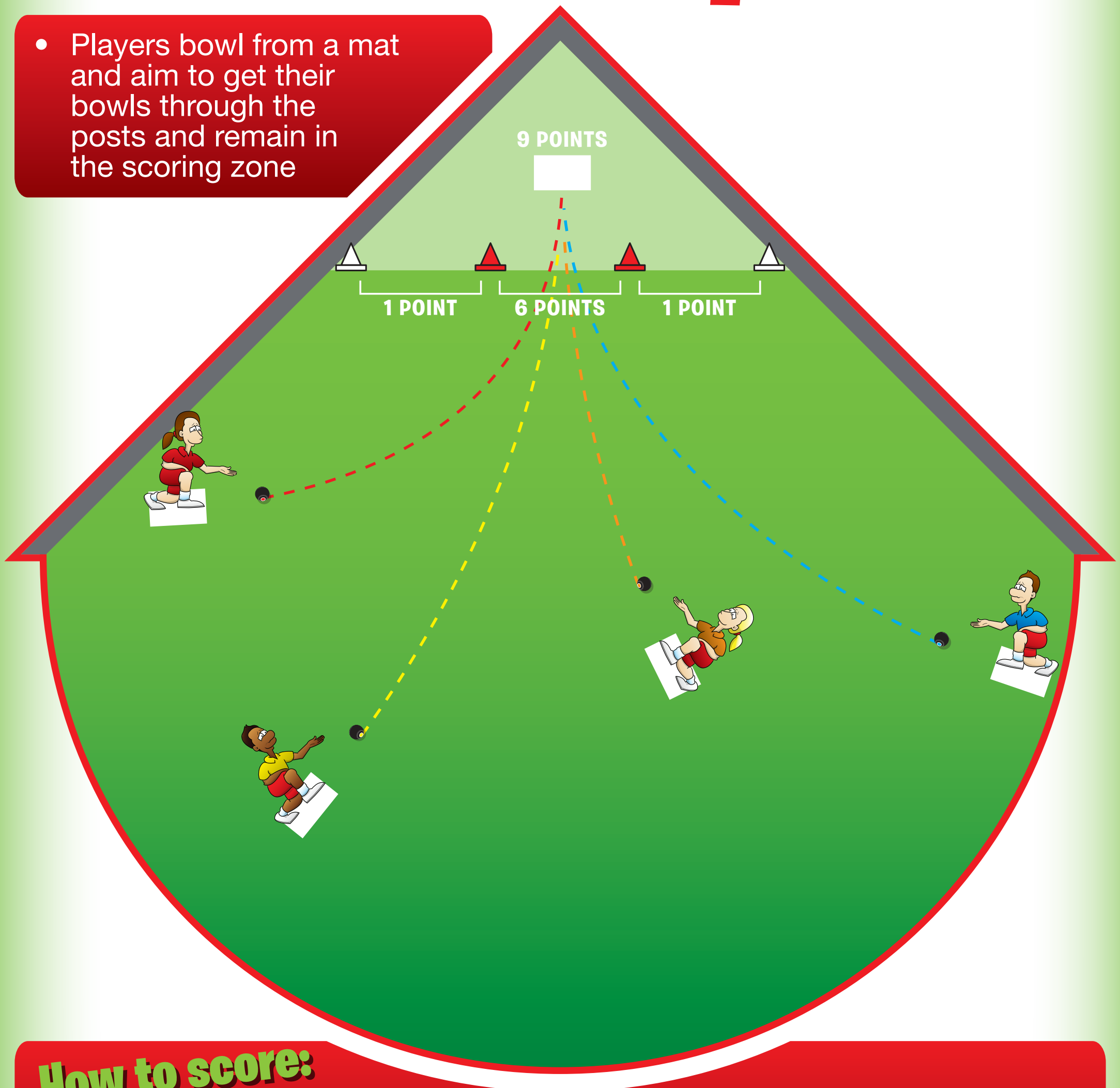


Bowls footy



bowlsvic.org.au

- Players bowl from a mat and aim to get their bowls through the posts and remain in the scoring zone



How to score:

6 points if you get the bowl between the middle posts

1 point for a 'behind' if the bowl goes through the outer posts

9 points if you can land the bowl on the mat behind the central posts to score a 'Super Goal'

Bowls footy



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Learning outcome:

- Controlling intended line and length

Equipment:

- Mat
- Bowls with bias (3 per participant)
- 4 cones

Tips:

- Challenge players to knock each other's bowls off the "target" mat
- To increase or decrease difficulty:
 - Change the position of mats to alter distance and angle
 - Change the size of the scoring zone