



What's unique about Bowls

Bowls is truly accessible for all; the sport can bring together students from all walks of life no matter their ability or protected characteristics. Bowls creates a level playing field which enables those students who disengage from Physical Education (PE) a genuine opportunity to engage and enjoy sport. We often see Bowls bringing students together that would not normally do so.

The sport is challenging, enjoyable and can be a great tool to build confidence, togetherness, teamwork, and provide a sense of belonging, whilst laying foundations to win and lose with grace and sportsmanship.

What is the intent of your format



Increase regular participation and motivation



Build social skills and connections (i.e. sense of belonging)



Provide inclusive opportunities

Bowls can really support and give opportunity to those students who don't traditionally engage or enjoy PE. While bringing together a broad range of students who wouldn't normally work together or engage with one another.

Communication and teamwork, as with a lot of sports, is crucial to be successful in the team format of the game. Thus, encouraging development of social skills, and building connections through sport for students who would not normally engage or interact with each other.

Bowls is a fantastic sport which is challenging and rewarding both as an individual and as a member of a team. It develops hand-eye coordination, speed and distance awareness, teamwork, honesty, respect, and togetherness.

Target group benefits



All young people

We know bowls can be played by everyone, including a mixed group, truly bringing together people who would not normally play or compete. It is fully inclusive and can be played seated or standing. To support you adapt your practice check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide, advice support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Need and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It should help you adapt any practice in addition to our suggestions to make it inclusive for all.

We know from our trial work that Bowls is a great option for those who feel disengaged by PE and traditional sports. It has brought together "The Sporty" student and the "Not Sporty" student and everyone in between. The best thing being anybody can win!

It's just not Bowls if you...

1

don't roll a ball or bowl

2

don't have a target

3

don't have a scoring system





How to run inter-competition: Skills Festival



How to set up

- Use a selection of the 'Activators', 'Skill-based' activities and the 'Competition Finisher' in a station / circuit format. Set out the playing area with your chosen activities depending on the space available and number of teams/groups.
- Each activity will have a different layout, so check the cards for information. They can all be adapted to suit the needs of young people by adding or removing elements.
- Break schools into groups and have them spend a set amount of time on each activity. Teams score points on each station, which can be added together to find a winner.



Age group

KS3 = 11 – 14 years old



Gender

Mixed, male or female



Participant numbers

2+, numbers are flexible depending on the space available



Target audience

Bowls can truly be played by all, including a mixed ability group. Activities can be adapted for a variety of experience levels and physical ability. Either use our suggestions or refer to the [SEND Inclusion Toolkit](#) co-created by YST and the NDSOs.

We feel Bowls really offers an opportunity for those children who don't engage with traditional sports and often feel disengaged from Physical Education lessons.



Benefits for YP

There is a level playing field at the start of the participation journey, as everyone is usually a beginner. Through bowls, young people will:

- have fun and enjoy themselves
- develop friendships and meet new people
- experience being part of a team and understand your contribution to it
- win with pride and lose with grace
- aspire to improve and challenge themselves.



Roles for YP

Young people can be:

- Event organisers
- Team managers
- Officials
- Scorekeepers.



Progression

Skills Festivals should be delivered as intra-school before progressing to inter-school. The Skills Festival activities help develop the skills for the Bowls Bash competitive format.





How to run inter-competition: Bowls Bash – Competition



How to set up

- Set up multiple rinks of Bowls Bash.
- Create teams which compete against each other on each rink. You could set up a round robin, or knockout competition format depending on your numbers and space available.
- Introduce and challenge students with adaptations as set out on the game cards to differentiate for ability levels.
- Bowls Bash is the game of bowls with adapted scoring.



Age group

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Progression

Encourage schools to use the Skills Festival and intra-school formats to develop their Bowls skills. Bowls Bash can be introduced as a finisher, to prepare them for inter-competition.





How to run inter-competition: Multi-sport competition



How to set up

- If using Bowls as part of a multi-sport competition, either select a skill-based activity in which teams score points for their school or set up Bowls Bash as the game format and have schools compete against each other.
- Ahead of competition, suggest that schools use the Skills Festival and intra-school formats to develop their Bowls skills.



Age group

KS3 = 11 – 14 years old



Gender

Mixed, male or female



Participant numbers

2+, numbers are flexible depending on the space available



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- Scorekeepers



Progression

Encourage schools to use the Skills Festival and intra-school formats to develop their Bowls skills. Bowls Bash can be introduced as a finisher, to prepare them for inter-competition.





Additional support

To enhance your Bowls experience you can purchase, soft bowls with a bias, targets and other equipment at:

- [Bowls Buddies](#)
- [New Age Sports](#)

The English Short Mat Bowling Association are a key member of the Bowls partnership and are offering the opportunity for long loans on Short Mats and associated equipment to enable a true format of the sport to be played in school. Please reach out to the BDA and we can discuss the opportunity with you.

- You can find more information on Short Mat Bowls on the [ESMBA website](#)
- Please email – SchoolDevelopment@BowlsDevelopmentAlliance.Com
- Or phone – 01664 777001

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NGB regional contacts

If you would like more support with Bowls in or out of school, then please reach out to the Bowls Development Alliance (BDA). This is a Sport England funded organisation, who coach Bowls, and work collaboratively with key partners including the National Governing Bodies for all formats of Bowls. The BDA has a team of Club and Community Development Officers across England who are on hand to support SGOs and Schools.

- Please email – SchoolDevelopment@BowlsDevelopmentAlliance.Com
- Or phone – 01664 777001
- Find out more about the sport and the BDA by visiting our [website](#)

National Governing Bodies for Bowls

- [Flat Outdoor](#)
- [Flat Indoor](#)
- [English Short Mat](#)
- [British Crown Green](#)

Personal development

There are a variety of options to develop knowledge and understanding of the sport including Umpires courses and Coaching courses.

- For Coaching, please visit the [Coach Bowls website](#)
- For Umpiring, please visit [English Bowls Umpires Association](#)

We would encourage you to reach out for more support from the BDA, so that we can offer direct guidance on what is right for you and your school.

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Where to participate next?

For more information on where to participate next please contact the BDA, we would be happy to support and help you with more resources, equipment, or connections with local clubs to progress your engagement with Bowls.

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Bowls Bash the game format for schools is played in the club structure. For more information on the format please visit [Bowls England Website](#) where you can find out more.

Where to compete next?

The next steps for competition currently sit within the club structure both locally and regionally. However, as we build our offer, we are looking to build pathways within the school system to enable schools to compete against one another across England.

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Why Bowls for your school?

Bowls is one of the most accessible sports that can be played. Bowls creates a level playing field and can bring all students together. It offers a great alternative to 'traditional' sports which can be played on all surfaces. Bowls challenges students with hand-eye coordination, distance awareness, teamwork and supports numeracy through its scoring, while being easily adaptable.

The formats available allow young people to develop the skills for Bowls in a fun and inclusive way through the Skills Festival format or compete against their peers using the Bowls Bash competition. There really is something for everyone to play and learn together.

How to use activities in curriculum time

At present, there are no lesson plans or supporting information outside of the game cards in this school games resource. However, a lesson could be created by using an 'Activator', then a 'Skill-based' activity and 'Competition Finisher' card each week. Aim to adapt and change various elements of the 'Competition Finisher' to keep it fresh, engaging and with increased challenge. At the end of term, why not deliver a Bowls Bash intra-school competition to consolidate all skills developed

Development is currently ongoing by the sport, with further resources due soon.

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How to run intra-competition: Skills Festival



How to set up

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- Each activity will have a different layout, so check the cards for information. They can all be adapted to suit the needs of young people by adding or removing elements.
- Divide your class into groups and have them spend a set amount of time on each activity. Teams score points on each station, which can be added together to find a winner.



Age group

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Participant numbers

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Target audience

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Roles for YP

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- Event organisers
- Team managers
- Officials
- Scorekeepers



Progression

Use this format to build skills and understanding of the game. Bring together a class, year groups, or the whole school to compete against each other.





How to run intra-competition: Bowls Bash – Competition



How to set up

- Set up multiple rinks of Bowls Bash.
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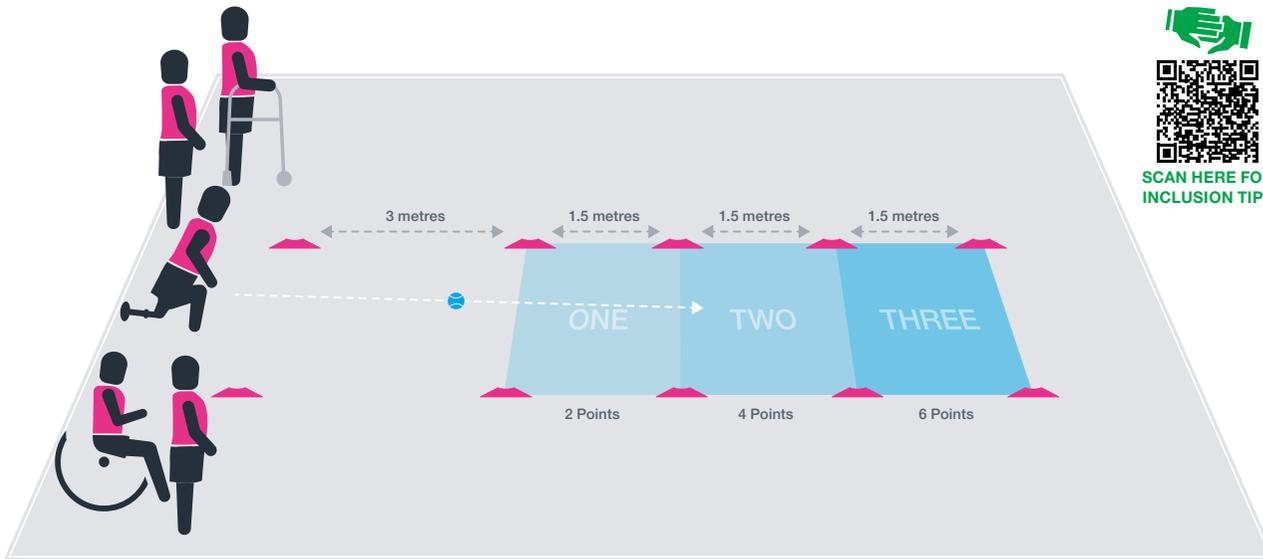
Progression

Bowls Bash is the game of bowls with adapted scoring. This format is a great progression from the Skills Festival, and a competitive format to bring together a class, year groups, or the whole school to compete against each other.



Skill Based: Ladder

SECONDARY



SCAN HERE FOR INCLUSION TIPS

How to play

- Up to 5 players per ladder
- Each player takes turns to 'Deliver' (roll) their ball onto the ladder – suggest 3 goes each to start
- Score points depending on which zone the ball stops in
- Zone one – 2 points, Zone two – 4 points, Zone three – 6 points
- Winner is the player to have the most points at the end of their 3 goes
- If it is a tie, then it's a one ball shoot out, highest score wins.

Safety

- Use one ball per ladder to ensure there are not multiple balls being played at any one time per group.

Equipment required

- 10 cones
- 1 tennis ball
- Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- Create 3 zones in the shape of a ladder, 1.5 metres approximately between each zone
- Place 2 cones 1.5 metres approximately apart to create the width of the ladder
- Place a cone 3 metres approximately away from the start of the ladder where each player will roll their ball from

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- Make the zones longer
- Make the zones wider
- Add more zones
- Put the end zone against a wall so the ball comes back down the ladder if it hits the wall

How to make it harder

- Make the zones shorter
- Make the zones narrower
- Keep the end zone away from a wall
- If your ball rolls outside of the ladder you lose 1 point
- Call a zone before you play your shot, if it doesn't land in the zone you call, then you don't score any points

Spirit of the Games



- How could you improve your delivery and the chances of scoring the highest points?
- What would you change next time to improve your score?



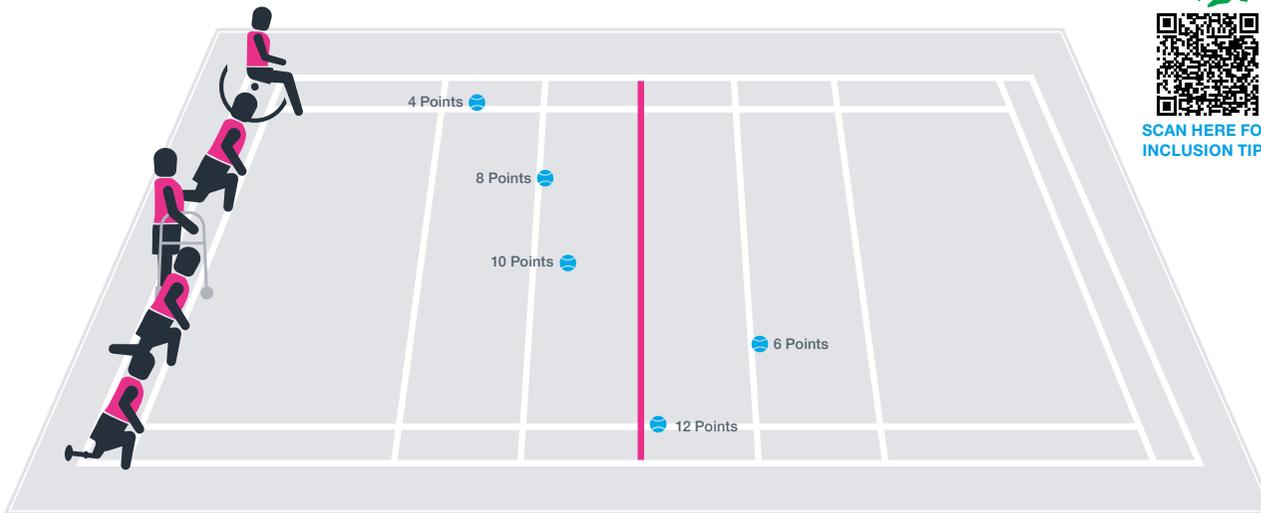
- If you didn't score what you wanted to, how did you approach your next shot and how did you remain focused?
- How do you feel when you keep practising something and you finally get it right?





Skill Based: Eliminator

SECONDARY



SCAN HERE FOR INCLUSION TIPS

How to play

- Players all take turns to 'Deliver' (roll) their ball towards the line
- Players score points dependant on who is closest and who is furthest away from the target line
- First (closest) 12 points, Second – 10 points, Third – 8 points, Fourth – 6 points, Fifth – 4 points, Sixth – 2 points
- Each group plays three rounds
- The player with the most points overall at the end wins.

Safety

- Multiple balls will be in play at any one time. Ensure that all players stay on the delivery line until all balls have stopped rolling.
- Ask all players to walk up and collect the ball and walk back.

Equipment required



Sport hall markings – Use cones if no lines available



1 tennis ball per player



Optional - Replace ball with New Age Bowl or BOWLS Buddies

Space required

- Players all line up arm reach apart from each other on a line or line of cones – suggested 6 players per game
- Roll ball to a line or line of cones – approximately 3 metres away to start

Estimated set-up time

- 1 minute.

Difficulty level



How to make it easier

- Shorten the distance between the lines
- Play in teams of two for better scoring, team with the highest points wins
- Change the scoring system to be closer together i.e 12, 11, 10, 9, 8, 7, 6

How to make it harder

- Increase the distance between the lines
- Once the group understands the concept of the game, introduce eliminations each round
- Each round the player with the ball furthest away from the line is eliminated from that game
- Ask the players who are eliminated to umpire the game and decide who is eliminated each round until they have a winner
- Continue with scoring system with higher numbers to build in maths challenges when adding up

Spirit of the Games



- How should you behave or act if other players didn't do as well as you?
- How can you support them even when you are competing against them?



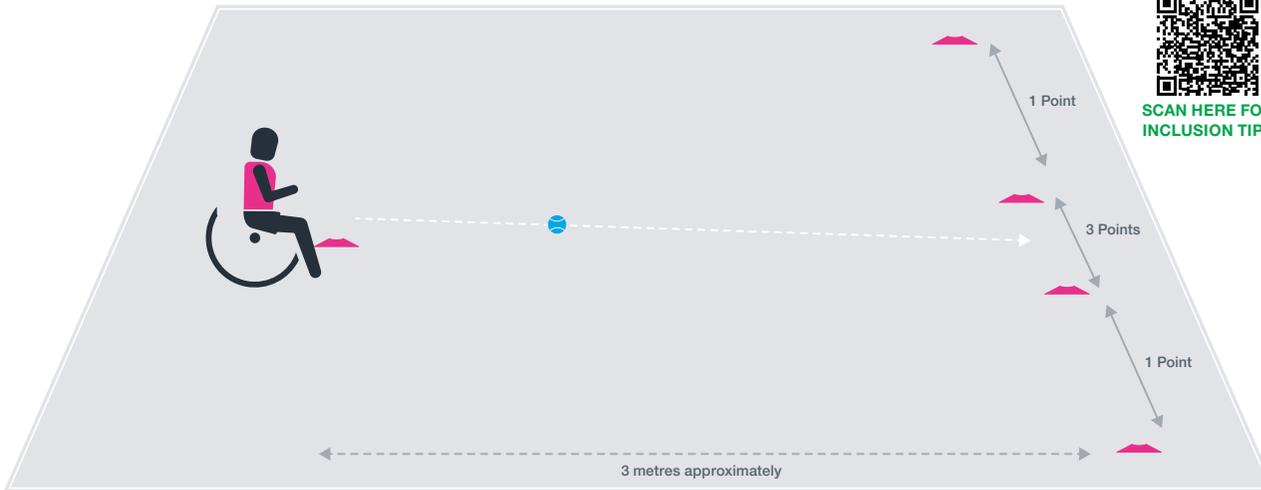
- What was most enjoyable about this game?
- What did you take away from it that you can use again in other games?





Skill Based: Bowls Football

SECONDARY



How to play

- Each player 'Delivers' (roll) their ball from the delivery cone
- Players aim for the goals, if their ball rolls through the middle goal they score 3 points, if they roll the ball through the outer goals then they score 1 point
- If they miss the goals, then they score 0 points
- Play three rounds. The player with the highest score at the end wins.

Safety

- Ensure multiple balls are not being delivered at once. The aim of the game is to be accurate, and speed of delivery could affect accuracy.

Equipment required

- 5 cones
- 3 tennis balls per group
- Optional - Replace ball with New Age Bowl or Bowls Buddies
- Optional - High Scoring Wedge or Scoring Mat

Space required

- 3 metres approximate between delivery cone and target cones
- 1.5 metres approximately wide line, with middle gate 0.25 metres wide and two outside gates 0.5 metres wide each
- Optional – Extra space after target line for further scoring area

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- Make the gates wider so it is easier to score points
- Introduce more scoring gates
- Reduce the distance between the delivery cone and the scoring gates
- Change the scoring so there is only one point difference between the central and outside gates

How to make it harder

- Make the gates smaller so it is harder to score
- Introduce spacing between the central gate and outside gate which are 0 scoring zones
- Increase the distance between the scoring gates and the delivery cone

Spirit of the Games



- How accurate were you with your shots and what did you change to try and make your shots more successful?
- What did you learn about yourself, and your ability to persevere, even if your ball didn't go where you wanted it to?



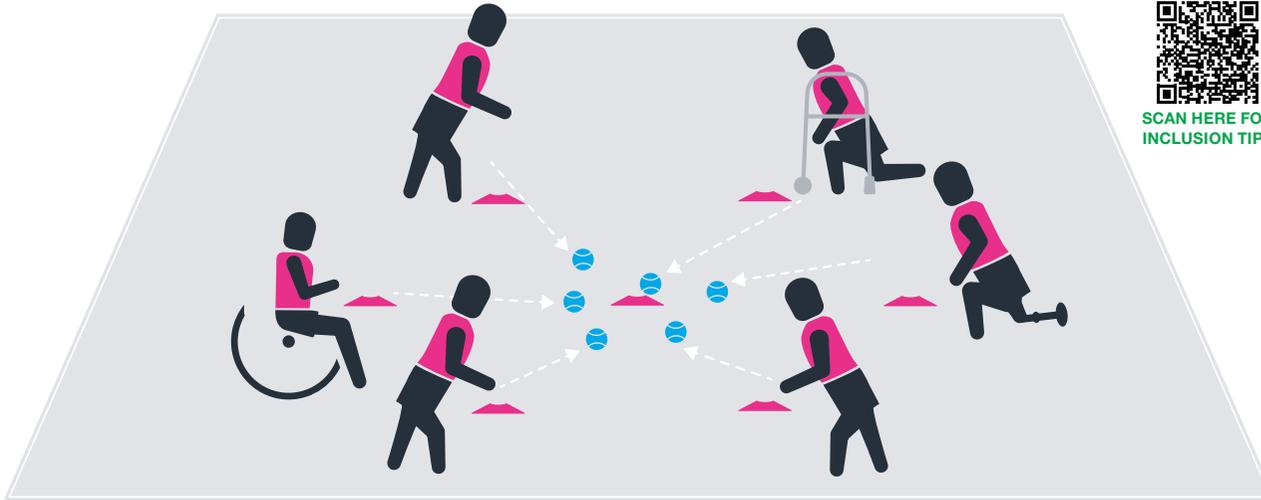
- Why is being honest when scoring important in Bowls and sport in general?
- What should you do if you accidentally break a rule during a game?





Skill Based: The Spider

SECONDARY



How to play

- One cone sits in the centre of a circle as the 'Jack' which is approx. 3m away with 6 'Delivery' cones evenly spread around the outside
- Each player stands on a delivery cone
- Each player 'Delivers' (rolls) their ball at the same time towards the 'Jack', each player scores based on who's closest or furthest away from the 'Jack'
- First (closest) 12 points, Second – 10 points, Third- 8 points, Fourth – 6 points, Fifth – 4 points, Sixth – 2 points
- Play three rounds. The player with the highest score at the end wins.

Safety

- Make sure all players have delivered their ball before they go and collect it for the next round.
- Make sure all players walk and not run to collect their ball.

Equipment required

-  7 cones
-  6 tennis balls
-  Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- 3m approx. in circumference per 6 players.

Estimated set-up time

- 1 minute.

Difficulty level



How to make it easier

- Shorten the distance between the delivery cones and the 'Jack'.
- Reduce the gaps between the scoring points to one i.e. 12, 11, 10, 9, 8, 7

How to make it harder

- Increase the distance between the delivery cones and the 'Jack'
- Introduce elimination for the player furthest away from the 'Jack' each round, the players who are out each round work together as the umpires for the game
- Introduce obstacles between the delivery cone and the 'Jack'

Spirit of the Games



- Why is it important to listen and respect each other's opinions on who was closest and furthest away in the scoring?
- If one person is umpiring, why is it important to respect their decisions?



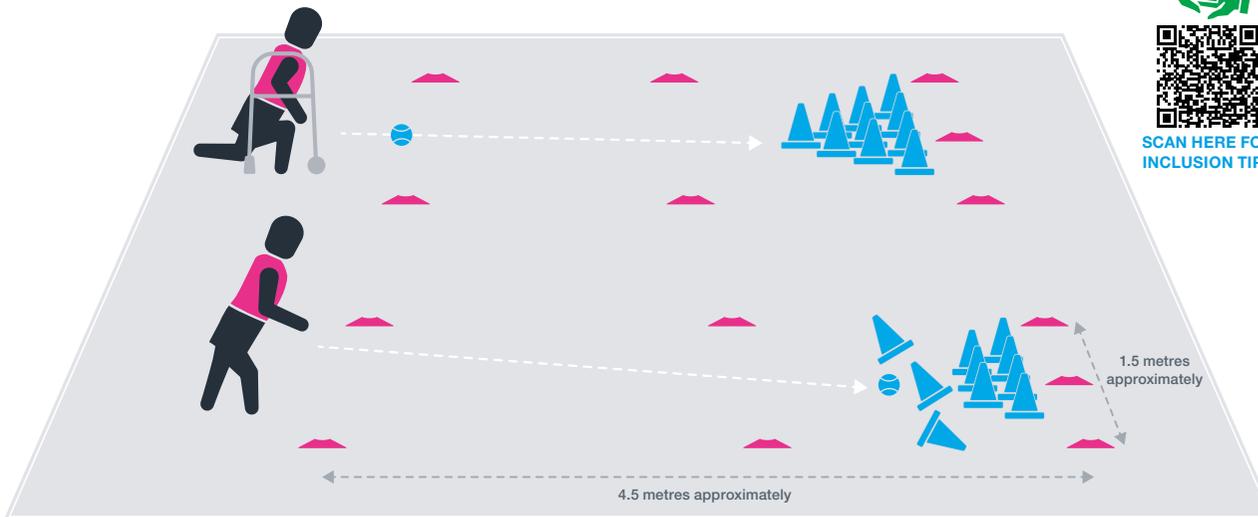
- Did your group work well to decide who won each round?
- Why is it important to agree who won the points?





Skill Based: Fire Shot

SECONDARY



How to play

- Create a pyramid target like ten pin bowling. 4 tall cones as the base, 3 in the second row, 2 in the third and 1 in the fourth
- Each player takes turns to 'Deliver' (roll) their ball towards the tall cones or skittles from the baseline
- Score 1 point for every tall cone or skittle knocked over
- If all tall cones or skittles are knocked over the player scores a bonus 3 points
- Reset the tall cones after every turn
- Play five rounds. The player with the highest score at the end wins.

Safety

- Make sure that all players know they must always roll the ball.
- In Bowls the ball is delivered to the ground from the delivery mat, this will ensure that players are always in control of their ball no matter the speed.
- Think about placing something soft behind the target area to stop the ball.

Equipment required

-  7 cones
-  10 tall cones or skittles
-  1 tennis ball
-  Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- Approx. 1.5m wide, approx. 3m long marked out with cones

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- Shorten the distance between the delivery cones and tall cones or skittles
- Place the tall cones or skittles slightly further away to increase the target zone (not too far so there are spaces to roll through)
- Increase the number of tall cones or skittles in play
- Place bumpers down the side using benches to draw the ball into the tall cones or skittles
- Place playing area close to a wall so when the ball bounces back there is a second chance to score

How to make it harder

- Increase the distance between the baseline and the tall cones or skittles
- Reduce the space between the tall cones or skittles so that the target area is smaller
- Keep the tall cones and skittles away from walls so that there is only one opportunity to score points

Spirit of the Games



- How successful were you in knocking down the cones or skittle?
- How did you change your approach or tactics to try and be more successful?

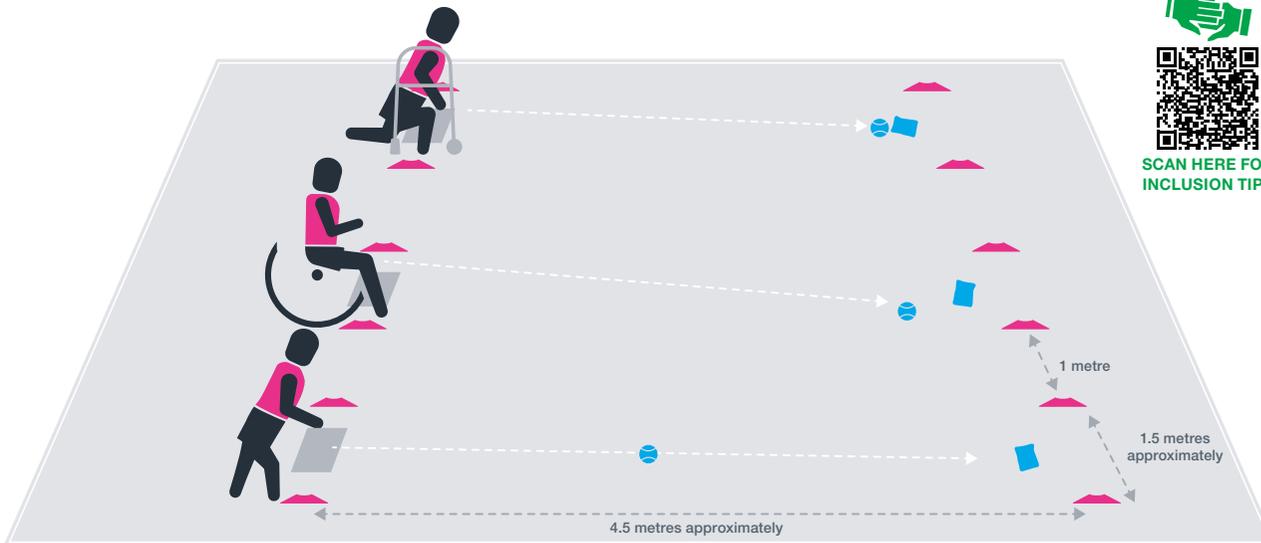


- What did your opponent do well?
- How did you congratulate them when they were successful?



Competition Finisher: Bowls Bash

SECONDARY



How to play

- 4 players per 'Rink', 2 players per team
- Place the 'Jack' (bean bag) 2/3rds of the way down the 'Rink'
- Players 'Deliver' (roll) their ball from one end line towards the bean bag
- Each team takes it in turns to 'Deliver' their ball
- Closest to the 'Jack'; scores 4 points, second closest scores 3 points, third closest scores 2 point, fourth closest scores 1 point
- If a player's ball touches the 'Jack', they score 1 bonus point
- Each game last 5 "Ends" (Rounds). The team with the most points at the end of the game wins
- If the ball roles outside of the 'Rink', either the sides or the end, the ball is out of play and does not score
- In the event of a draw, each team nominates a player who takes part in a one ball shoot out, closest to the 'Jack' wins.

Safety

- Ensure a 1m gap between each 'Rink' area of play so that bowls running off to the side don't affect another teams game.
- Get each 'Rink' to 'Deliver' their ball from alternate ends to avoid affecting other games.

Equipment required

- 6 cones
- 4 balls – in 2 different colours
- 1 bean bag 'Jack'
- Optional - Replace ball with New Age Bowl or Bowls Buddies

Space required

- Approximately 1.5 metres wide by approximately 4.5 metres long 'Rink' (area)

Estimated set-up time

- 4 minutes.

Difficulty level



How to make it easier

- Reduce the distance between the delivery line and the bean bag
- Increase the size of the target bean bag with large disc cone
- Introduce more balls per team

How to make it harder

- Increase the length between the delivery line and the target bean bag
- Replace the bean bag 'Jack' with a ball, this adds in a moving target if they hit it with one of their balls. (Create a re-spot point so that if the target ball rolls outside of the 'Rink' then it can be replaced back in play)
- Reduce the size of the target ball so it is harder to score and win 'Toucher' points
- Introduce a 'Powerplay'. Each team can nominate one 'End' where their points are worth double

Spirit of the Games



- How did you approach the game, what were your tactics and what might you change next time?
- How did you stay motivated when you were scoring less points than the other team?



- How did you work out who was closest and furthest away from the jack? How did you resolve any disagreements?
- How could you improve the accuracy of how you decide?

