
SPECIAL OLYMPICS WORLD GAMES

Bowling (Ten Pin)



ACTIVITY: Bowling (Ten Pin)

INCLUSION 2024

Special Olympics World Games

ABOUT SPECIAL OLYMPICS

The Special Olympics movement was the brainchild of Eunice Kennedy Schriver – sister of the US President John F Kennedy. She held the first summer sports camp for young people who have intellectual impairments in 1962 in the backyard of her suburban home in Washington DC. These camps spread around the US throughout the 1960s. In July 1968, the first Special Olympics Summer Games were held in Chicago with over 1000 athletes participating in 200 different sports events. Later that year, Special Olympics was officially incorporated as a sports organisation and charity.

These activity cards (linked to the video series) show ways in which you can bring the Special Olympics into your PE and school sport programme.

TENPIN BOWLING

- Ten pin bowling, usually played in a specialised bowling centre, is where a heavy ball is rolled down a wooden or synthetic lane towards 10 skittles, arranged in a triangle. The object of the game is to knock over as many skittles as possible in no more than 2 attempts.
- You can bring the excitement and challenge of ten pin bowling into your own school.



BENCH BOWLING

- Arrange some target skittles in a triangle. If you don't have skittles, there are lots of alternatives (see STEP). Any kind of ball will do. Use benches (turned on their side) to help channel the ball towards the targets.
- If you miss the skittles, move a little closer. If you knock some over, move a bit further away.
- As you improve, move the benches further apart. After a while, you can remove them altogether.

TABLE-TOP TEN PIN

- On any flat table-top, arrange some targets (small skittles, paper cups, empty drinks bottles) at one end. From the opposite end of the table, using small balls, try to knock over as many of the targets as you can in the least number of rolls.
- Start with a lot of large target skittles. As your aim improves, reduce the number of targets – and make them smaller.

SKITTLE STORM

- Place target skittles in groups at one end of the playing area. A player is positioned opposite each group. Each player has a collection of different-sized balls. On the start signal, players roll their balls, one at a time, towards their skittles. The first player to knock over all their skittles wins!
- Try this as a team game. One player can be near the skittles to send used balls back to their team-mates.

INVENT YOUR OWN TEN PIN GAME!

- See if you can come up with your own version of ten pin bowling.
- For example, instead of placing all the skittles together, spread them around the playing area. Aim at each skittle in turn. When you knock one down, move to that skittle and aim at the next one. Do this until you have gone round all the skittles.
- Or invent an adding/subtracting game. When you knock over some skittles, think about how many you need to hit in order to reach a certain number. For example, if you knock over 3 skittles, how many more do you need to hit to get to 7?

Use the STEP adaptation tool to make changes to these activities and ensure that everyone is included.

SPACE

- Move closer to, or further away from, the targets.
- Move the skittles closer together (easier to hit) or further apart (more challenging).

TASK

- Try sending the ball in different ways: one-hand, both hands – even pushing with the foot.
- Try bowling in different positions: standing, bending one-knee as you bowl, kneeling, sitting.

EQUIPMENT

- Some players can roll the ball down a ramp or gutter.
- If you don't have skittles, you can use empty drinks bottles, paper cups, cardboard packets.
- Try using different size balls – a larger ball can hit more skittles, but you may find that a smaller ball is easier to bowl.

PEOPLE

- Play as a team against other teams. Add your scores together to see which team has hit the most skittles.
- Some individuals may benefit from having a partner call or clap from behind the skittles to help with aiming.

SAFETY

- Make sure that the playing area is clear of clutter.
- Do not bowl while someone is re-setting the skittles.