

# Bowling



## Bowling activity – Bowl How many bottles did you knockdown?

**Set up:** Set up 5 water bottles to bowl at, like they are in a bowling alley. Bowl a tennis ball at them from 5 metres (or 7 big steps) away. Take 2 bowls at the water bottles.

**What to record and submit:** Record the number of water bottles you knocked down with your 2 attempts and that's your score.



## Bowling activity – Bocce toss How many times can you get a ball into a bucket?

**Set up:** Set up a bucket or hoop to toss a ball into. Toss a tennis ball at the bucket or hoop from 5 metres (or 7 big steps) away. Take 10 throws at the bucket or hoop.

**What to record and submit:** Record the number of time you got the ball into the bucket or hoop from your 10 attempts and that's your score.



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## Bowling activity – Lunges

### How many lunges can you make?

**Setup:** Stand tall. Use a chair or wall for balance if necessary. Place a light, small book on top of your head. Take a big step forward with your right leg. When you feel balanced, bend both your front and back leg so that your back knee almost touches the ground. Step forward together. Keep your body straight the whole time. Complete the repetition with your right leg stepping back. Then switch to your left leg stepping forward. Try to stay balanced so the book doesn't fall off your head.



**What to record and submit:** Record the number of lunges you can do without the book falling off your head.

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by: wearing the right shoes, using the correct equipment, drinking water and staying hydrated, warming up and stretching properly, exercising in a safe area clear of any obstacles or items, maintaining COVID safety and social distancing rules.

Stop exercising and seek medical help if you experience symptoms such as: discomfort or severe pain, chest pain, shortness of breath, a rapid or irregular heartbeat.

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