

# BOWL BALL

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## The Goal:

To score as many points as you can in a set time by tossing the ball into the bowls.

## What You Need:

6 Large Bowls (or targets of your choice), 1 Sock Ball (or tossable object of your choice)

## How To Play:

- Set bowls on the floor in a triangle 3"- 4" apart.
- Mark the point total for each bowl with paper or tape in the bottom of each bowl. Mark a tossing line 6'-8' away  
Hint: Big bowls are easier than small bowls!
- On the start signal, begin tossing. After each toss, retrieve the sock and hustle back to toss again.
- If the sock lands in a bowl, or crosses target area (based on needs), tally points with pen and paper.
- On the stop signal, calculate your score. If you make at least 3 attempts to improve your score, mark the event complete on the scorecard.

## UDL Mods:

- Use hula hoops, jump rope or taped circles in place of bowls.
- Use a light ball inside a sock, scarf or grocery bag.
- Adapt shape, size, placement of targets as needed.
- Use multiple tossing objects to prevent retrieval after a throw.
- Allow students to throw, push, transfer or drop objects.

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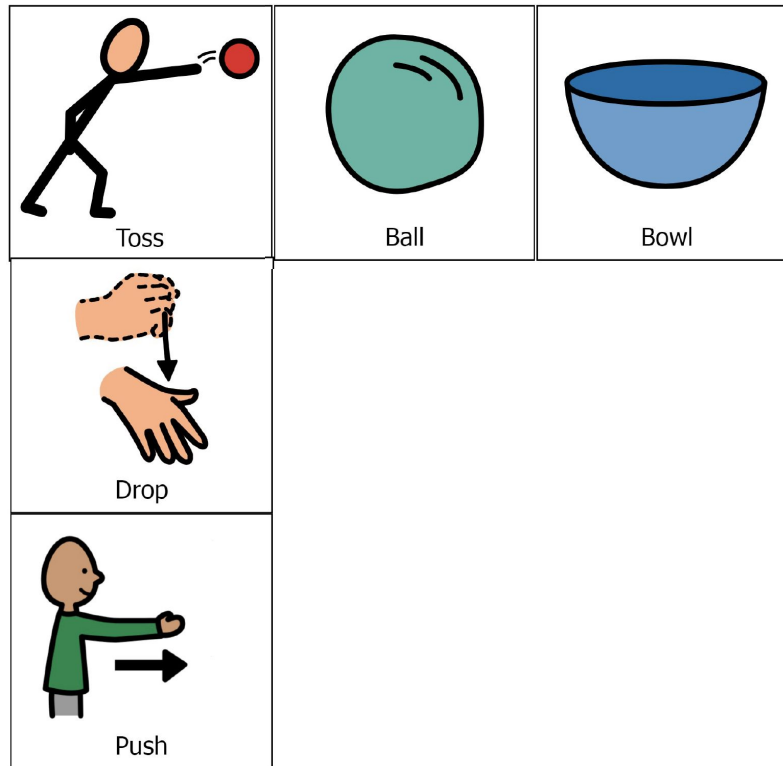


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