Lifetime Sports Study Guide

Definition of Lifetime Sports - Activities or sports that can be played throughout the span of ones’ life.

Examples: Bocce Bowling Ping Pong Corn hole Swimming Biking Running Tennis

Golf Yoga Archery Martial Arts

BOWLING

A game of bowling consists of 10 Frames. Each frame entitles a bowler to two attempts in each frame. There are a total of 10 pins, which get set up the following way:

A Strike – is when the bowler knocks down all 10 pins on their first roll. The symbol when scoring a strike is (x) which is marked on the score sheet in the small box.

To score a strike, add 10 pins plus the next two balls bowled.

A Spare – is when the bowler knocks down all 10 pins in two attempts. The symbol when scoring a spare is (/) which is marked on the score sheet also in the small box.

To score a spare, add 10 pins plus the next ball bowled.

A Gutter ball or Zero – is scored with a (-)

Three strikes in a row (xxx) is called a Turkey

A perfect game in bowling would be all strikes and equal 300 points

CORN HOLE

1. Game is played to 21 points
2. To score you must get your bean bag to land on the board, which equals 1 point or go into the hole, which equals 3 points
3. You may knock yours or your opponents bag off the board or in the hole
4. You throw against your opponent and alternate throws
5. Each round you will cancel out yours and your opponents’ scores. Example: Team A scores 6 points and Team B scores 4 points, the score for that round would be 2 points for team A

**BOCCE** – is a game that originated from Italy. It is generally played on natural soil or finely ground gravel or sand. The court is rectangular and approximately 8-13 feet wide by up to 90 feet long.

1. A small ball called a Pallino is tossed out first followed by 4 colored balls from each team alternating tosses
2. In Physical Education class we play to 12 points
3. You may hit the Pallino or the bocce ball during your roll

4. The team with the closest ball to the pallino scores the first point. Each additional ball closest to the pallino continues to score until the other team gets a ball closer than the first scorer.

5. Players will measure distance of the balls with their feet

6. You may score 4 points in each round

**PING PONG**

1. Games are played to 21 points
2. The first server serves diagonally across the table and will serve the first 5 points of the game
3. A let serve or fault is when the ball touches the net or does not hit the table diagonally; this allows the server to reserve.
4. The ball may not be hit back down on your side of the table during a volley
5. You must win by 2 points
6. The ball may not bounce twice on your side