

POLYBAT - POLY SKITTLES

Quick introduction

Players try to knock down as many skittles as possible in five attempts. The game helps players develop aiming, controlling and playing the shot.

Getting started

- 5-10 small skittles (or plastic cups) are arranged in 'ten pin' formation at the opposite end of the table from the player.
- Each player has five attempts and tries to knock down as many skittles as possible.
- Skittles that are knocked over are removed from the table; if all the skittles are knocked down before the player has had five goes, they are re-set and play continues.
- After each round, the skittles are set further apart and players continue until one is the clear winner.
- Any large flat table can be used.
- Players can compete in small groups of four to six.

Health and safety

- Push the ball with control rather than swing wildly.

Equipment required

- Large, flat tables, with polybat sides attached.
- Small lightweight skittles, plastic cups or similar.
- Polybats and balls.



POLYBAT – POLY SKITTLES



PHYSICAL ME

- Angle the polybat down to help keep the ball on the table surface.
- Practise forehand and backhand.
- Practise with larger targets to gain more confidence.

SOCIAL ME

Leading and volunteering

- Those not playing can help remove or re-set skittles.
- Players can keep count for each other.
- Encourage small groups to give coaching advice to each other.

Think inclusively (STEP)

Space

- The game can be made more challenging by spacing out the skittles; easier by placing them closer together.

Task

- As a challenge, players can try using their non-dominant hand.

Equipment

- Use larger targets or place them closer to the player if needed.
- Glove bats or light strapping can be used for players whose grip is impaired.

People

- Players can keep score for each other to be recorded at the end of each round.

THINKING ME

- How can I knock down all the skittles in five attempts every time?
- How can I use forehand and backhand shots?
- What do I have to do to control the ball with the bat before aiming?

SPORTING ME

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Do you think about how many skittles you can knock down before each go?

TACTICAL ME

Which skittle will knock down the most others if I hit it?



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POLYBAT - POLY SNOOKER

Quick introduction

A number of balls of different sizes and score values are placed at the end of the table opposite the player. Each player has five attempts to knock as many target balls as possible over the opposite end of the table.

Getting started

- Use any large, flat table.
- Arrange 5-10 balls along the edge of the table furthest from the player.
- The target balls must be light enough to be moved by the polybat ball.
- Provide lots of targets initially to create early success.
- Place larger balls in the centre with gradually smaller balls to each side.
- Large balls have a lower score than smaller balls (suggest 1 point for a large ball, 2 for a medium sized ball and 3 for a small ball).
- Each player has five attempts to knock the balls over the far end of the table; a score is recorded for each five attempts.
- If all the balls are knocked over the end before the five attempts are used, re-set and continue.
- Play continues in rounds until there is a clear winner.

Health and safety

- Push the ball with control; no wild swinging of the bat.
- Be careful of target balls that have rolled onto the floor.

Equipment required

- Large, flat tables, with polybat sides attached.
- Polybat bats and a variety of small, medium and larger balls.



POLYBAT – POLY SNOOKER



PHYSICAL ME

- Angle the polybat down to help keep the ball on the table surface.
- Practise forehand and backhand.
- Practise with larger softer balls at the end of the table as they may be easier to move.

SOCIAL ME

Leading and volunteering

- Those not playing can help remove or re-set skittles.
- Players can keep count for each other.
- Encourage players to give coaching advice to each other.

Think inclusively (STEP)

Space

- Place the target balls closer together or further apart to make the game easier or more challenging.

Task

- Try to use forehand and backhand shots.

Equipment

- A larger ball can be used to strike the target balls.
- Glove bats or light strapping can be used for players whose grip is impaired.

People

- Players can help each other by keeping score and re-setting the balls between each go.

THINKING ME

- How can I hit a target ball every time?
- How can I use forehand and backhand shots?
- Should I practise holding the bat using either hand?

SPORTING ME

Spirit of the Games:
Excellence through Competition



How do you feel when you hit a target ball?

TACTICAL ME

Do I go for the bigger balls in the centre or try for the higher-scoring targets on the outside?



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POLYBAT - POLY SQUASH

Quick introduction

This challenge combines polybat and squash. Players, positioned side-by-side, take turns to play a shot off the end wall; they must prevent the ball from going over their end of the table.

Getting started

- Position a large, flat table (or half a table tennis table) against a wall.
- Use coasters or small blocks under the table legs nearest the wall to create a slight slope (the ball will roll back towards the players). The slope on the table can be varied depending on the ability of the players; for example, a slight slope means the ball rolls back towards the players more slowly.
- Players are positioned, standing or sitting, next to each other at the end of the table furthest from the wall, either side of a centre line.
- Players take turns to play the ball off the wall and table sides keeping the ball on the table surface.
- If the ball passes over the players' end of the table, on the opponent's side, the player making the shot scores a point.
- Play to 11 or an agreed score.

Equipment required

- Large, flat table or half a table tennis table is available with polybat sides attached.
- Coasters or small blocks to create slight slope.
- Polybat bats and balls.

Health and safety

- Players should keep their polybats over the table and push the ball; no swinging the bat.
- Players must keep to their side of the table.



POLYBAT – POLY SQUASH



PHYSICAL ME

- The ball can be controlled with the bat before making a shot.
- Practise communication by playing co-operatively at first, taking turns to play shots.
- Practise what happens when the ball comes back down the middle of the table. Someone may need to get out of the way.

SOCIAL ME

Leading and volunteering

- Someone can keep score and look at where the ball goes off the table.
- A coach could be appointed for each pair.
- Equipment managers could get out and set up the equipment.

Think inclusively (STEP)

Space

- Closer to the wall (smaller table) means the ball rebounds more quickly to the players; a larger sloping table gives more reaction time.

Task

- Play co-operatively to start; how many shots can you make together?

Equipment

- Use a larger, slower-moving ball in the beginning.
- Glove bats or light strapping can be used for players whose grip is impaired.

People

- Play individually, without an opponent, to develop polysquash skills.

THINKING ME

- Can I play forehand and backhand shots?
- How can I hit the ball so that it rebounds more quickly?
- How can I keep the ball on the table surface?

SPORTING ME

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Do you give your opponent space to make their shots and avoid reaching onto their side?

TACTICAL ME

Can I play shots that make it difficult for my opponent to return the ball?

