

The Health Benefits and Skills of Lawn Bowls

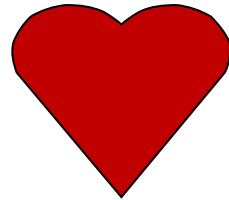
Bowling Skills for Bowlers (Old and New)

Motor Skills

Physical Skills

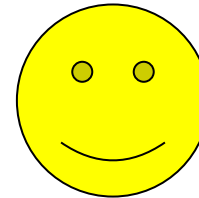
Physiological Skills

Life Skills



Self Actualization

Social



Motor co ordination
Eye/Hand/Foot Co ordination
Balance
Timing
Rhythm
Sense of Direction
Depth of Perception

Fitness
Core Stability
Flexibility
Muscle Toning

Emotional Control
Focusing
Imagery
Relaxation

Leadership
Confidence
Courage
Persistence
Positive Attitude

Respect
Sportsmanship
Communication
Co Operation
Tolerance
Loyalty
Unselfishness