

WHAT IS LAWN BOWLS?



Target Sport



Strategy Game



1Sport4Life

Age Barriers
Physical Barriers
Gender Barriers

A SPORT WITH OUTSTANDING HEALTH AND SKILLS BENEFITS

Motor Skills



Motor Coordination
Balance
Hand / Eye / Foot Coordination
Timing
Rhythm
Sense of Direction
Depth Perception

Physical Skills



Fitness
Core Stability
Flexibility / Mobility
Muscle Toning

Psychological Skills



Emotional Control
Focusing
Concentration
Positive Imagery
Relaxation
Self Motivation
Goal Setting

Self Actualisation



Leadership
Confidence
Courage
Persistence
Positive Attitude

Life Skills

Social Skills



Respect
Sportsmanship
Communication
Cooperation
Tolerance
Loyalty
Unselfishness
Teamwork

www.1Sport4Life.co.za

IT'S THE PERFECT SPORT FOR YOU



Membership & Marketing



Get it rolling!