

BOWLING LESSON

OBJECTIVES

1. Have fun learning a lifetime skill
2. Students will be introduced to and practice the following skills:
 - A. Ready position (stance)
 - B. Grip
 - C. Approach
 - D. Delivery
 - E. Scoring (5th & 6th)

SKILLS

Stance – Right-handed bowlers should place their left foot forward, right foot back half the length of their other foot. Point the feet straight ahead.

Grip - The thumb goes in the single hole and the two center fingers go into the two remaining holes. Touch the two little fingers together under the ball with the elbows close to the body.

Starting position – Start with heels at the starting line. Take four natural steps away from the foul line and turn around. Hold the ball waist high to the side. Put most of your weight on the foot away from the ball.

Approach – Push the ball out and step with the right foot at the same time. As the ball swings back step with the left foot, then the right foot as the ball swings forward. Finish with the left foot out in front. Be sure to bend the knees at the finish. (Push, step, swing, roll)

Delivery – Follow through with the thumb up and the hand towards the ceiling.

Day 1

View the bowling video (Learn To Bowl) **NOTE: stop when it gets to scoring**

Divide the class up into six groups (four on carpet and two on the floor)

Safety rules- ball care, no running, rotation.

Allow them to try to bowl.

Review basics

Day 2

Demonstrate the grip

Demonstrate the last step (push, swing and roll) Emphasize the pendulum swing

Practice

Demonstrate how to get to the starting position.

Then show the four-step approach

Practice (give individual help where needed)

Show second part of video 1 on scoring.

Give handout on scoring to grades 4,5,6.

Review

Day 3

Show video 2, which explains use of the arrows as targets, pockets, etc.

Stop the video before scoring starts.

NOTE: The second arrow from channel is bowlers target on the first ball.

Practice bowling

Day 4

Review previous lesson

Show video 2 (scoring)

Review scoring on overhead (use transparency)

Bowl and score

Day 5-8

Continue bowling

Last day test for 6th grade only