Modifications to Bowl Patrol for Schools

There are plenty of exciting ways to teach students to bowl, the current Activity kit provided by Tenpin Bowling Australia is a great start, with additional resources available online (e.g. ACHPER, AusPlay, etc). Achieving ACARA curriculum outcomes should also be possible. For example;

TARGET SPORTS/GAMES

What are they?	Examples of sports and games include;
Games and sports that you play where you are throwing, rolling or striking an object at or towards a target.	Bocce, Tenpin Bowling, Bowls, Archery, Croquet, Golf, Quoits, Hookey

Why include Target Sports/Games in your curriculum?
Target sports and games are a fun and engaging way to teach your students Fundamental Movement Skills, movement concepts (elements of movement such as effort, space and pathways) and game strategies required to roll, throw or strike an object at a target.

Prep – Year 3	Years 3 – Year 6
Teaching Fundamental Movement Skills – roll, underarm throw – When teaching these skills to students, you can use modified games of bocce, tenpin bowling (Bowl Patrol) and bowls (Jack Attack) to apply the skills of rolling and throwing using different sized balls and aiming at different targets.	**Game Sense Approach:** The Game Sense approach emphasises the development of tactics and decision making and focuses on the game, rather than skill drills and practice, to encourage participants to make better decisions during the games. Students are presented with challenges to solve while participating in structured games (Breed & Spittle 2006). Skill development is also explicitly taught through game play.

Sport	FMS Skills	Concepts
Ten Pin Bowling	Roll	Propelling a ball at a target. Hitting targets with a ball (tenpin bowling) Throwing/rolling to get ball as close to target as possible (bocce, bowls) Adjusting force, speed and direction based on position of target. Striking opponent's ball away from the target to get your ball closer (bocce and bowls)
Bocce	Underarm throw	
Bowls	Roll	

The Australian Council for Health and Physical Education and Recreation, Victorian Branch
Registration No. A0000871U ABN 23 911 016 643

For schools who have proximity to a Bowl Patrol enabled bowling centre should be encouraged to try the Bowl Patrol program. The key advantage of Bowl Patrol is starting kids closer to the pins, then moving them back as technique and scores increase, without the use of bumpers or ramps. Each week the foul line remains the same but lanes are pushed 3m, 6m, or 9m away from delivery position.

An additional highlight of Bowl Patrol is the development appropriate 1-hour session format which incorporates;

- Warm up and stretching
- A new skill and practice
- An 'off the lane' activity
- Game practice with modified scoring

These four key session elements should remain.

For variety students can incorporate a maths element with the game structure, *change up how the score* is tallied or *individuals versus teams*;

- 5 frame games instead of 10
- By first initial (A-M vs N-Z), sports house colour teams, grouped in similar abilities
- strikes worth '20', spares worth '15' (or double your last bowl)
- group them by average or score (top 4 or 5 bowlers together, next best 4 or 5 bowlers, etc)
- pitch first 'best' team against second 'best' team, etc like a league

At this stage, paper or whiteboard for scoring might be necessary. Students can keep a record of their score to check progress each week, or establish an average for themselves.

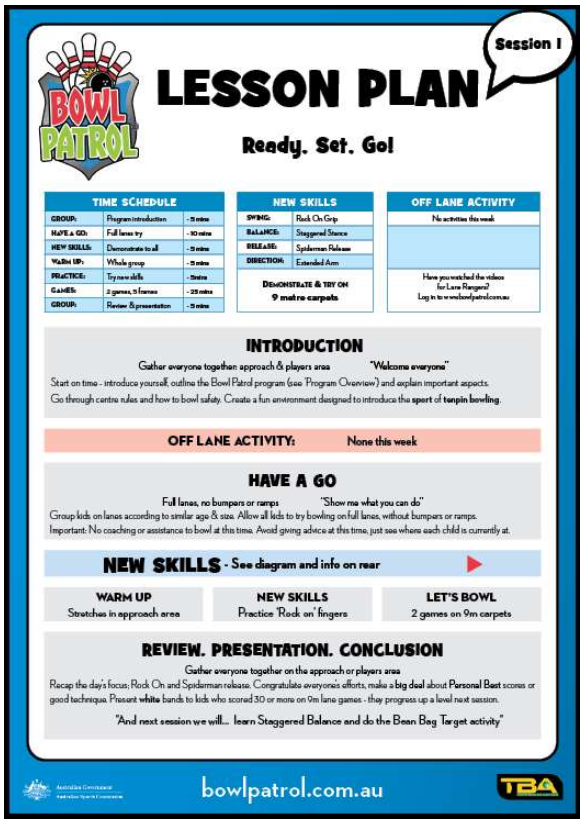
Bowl Patrol Sporting Schools

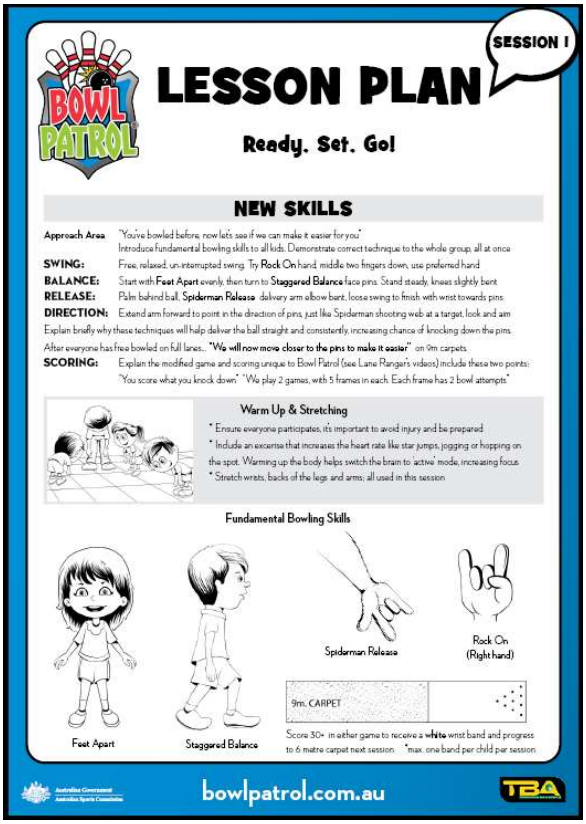
Sessions One, Two, Three and Four have been tested in primary school environments and are flexible enough to adapt but require considered coaching by Lane Rangers or teacher.

We encourage visiting the centre at least once for an authentic and exciting experience bowling and having a try of the Bowl Patrol carpets.

St Monica's Primary School try tenpin bowling

SESSION 1





ADD…

INTRODUCTION

Ask students about bowling

- Who's been bowling before? What do you know about bowling? (equipment, scoring)

Tell them about bowling;

- The aim of the game is to knock down '10' pins at the end of the lane using a ball
- Explain some of the equipment to them; lanes, pins, ball, etc KEEP IT SIMPLE!
- SAFETY FIRST; although they're not in the centre, the same rules should apply… don't step over the foul lane, don't walk on the lanes, roll the ball – don't bounce, wait your turn, etc.

WARM UP

Incorporate an element of cardio to the warm up for example; relays, Octopus, British Bulldog, tag. Jogging/skipping/hopping/jumping around an identified area. Do a thorough stretch explaining how some of the joints are used in bowling; wrist, neck, shoulders, back, hips, knees and ankles

HAVE A GO

Unique to the first session, allow students to have a go at bowling as they think it is, avoid over instructing, just observe and encourage. Everyone bowls differently, that's okay.

NEW SKILL

Ask students to sit down, wait until you have everyone's attention, explain 'Rock On' fingers (pass the bowling ball down the line for students to try) and Spiderman release (demonstrate and practice this without the ball first). Give students a chance to practice these on the lanes *whilst the pins are knocked down*. This means the focus is on technique and not knocking over pins.

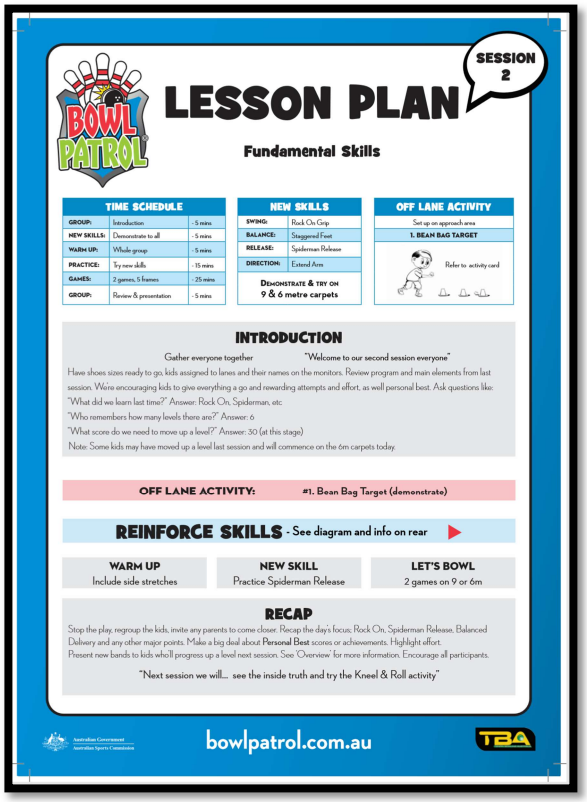
LET'S BOWL

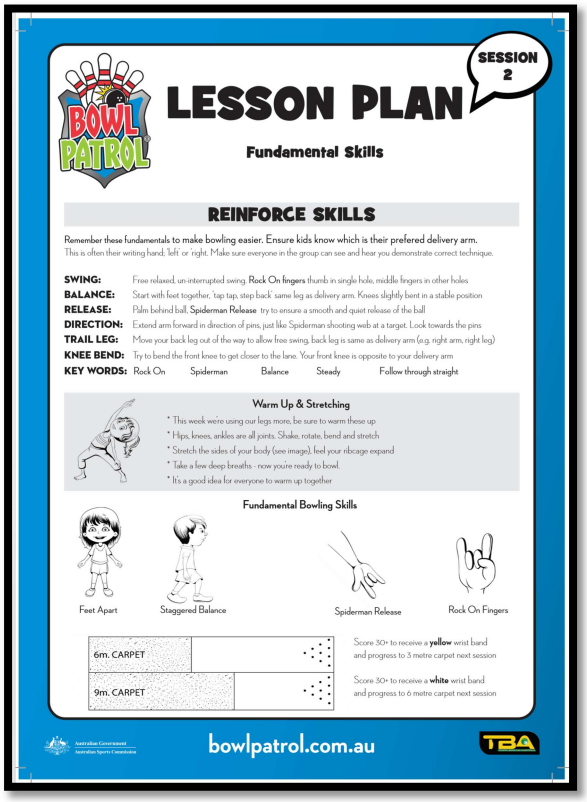
Let students be part of the ball return and pin reset. Allow them practice time using their NEW SKILL trying to knock over pins once or twice, and then start a game. Maybe only set 1, 3 or 5 pins up rather than all 10. Aim for the head pin, the number 1 at the top of the triangle.

For the first game, try 5 frames (2 bowls per frame regardless of number of pins knocked over don't set them up within those 2 turns), add up what YOU knock over. Total score available, if two strikes (10 pins) per bowl = 50.

Nepean Special School get creative with bowling alleys and object to help with targeting the pins

SESSION 2





INTRODUCTION

As above plus anything you added in Session 1 – in this session we remind the students what they learned last time, test their memory and start to build. Ensure you incorporate demonstrations (by yourself, their teachers and other students). We also add the **Activity** from this session onwards, meaning no student should be left waiting for their turn.

WARM UP

A great chance to burn some energy and excitement levels. Do stretches plus a game that incorporates upping the heart rate (running, jumping, balancing, chasing, skipping, racing, etc).
e.g. Rob the nest (place beanbags in hoops assigned to each team, on 'go' one member from each team at a time can 'rob' one beanbag from another team's hoop. Stop the game when you're ready. Change it up by moving in a different way – skip, shuffle, jump, etc).

NEW SKILL

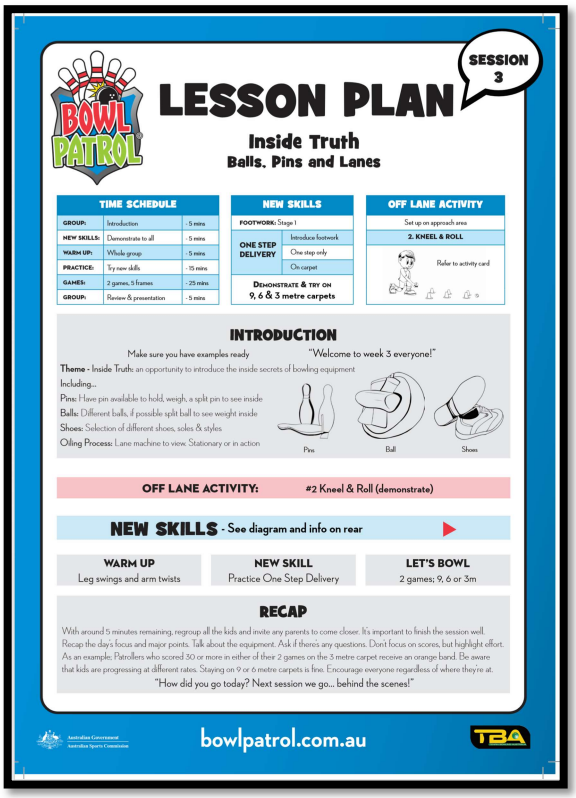
Same as session 1. Remember the 'rock on' finger grip? Try the opposite hand. Is it easier to hold with 2 hands? Practicing Spiderman release, encourage an attempt from the non-preferred hand.

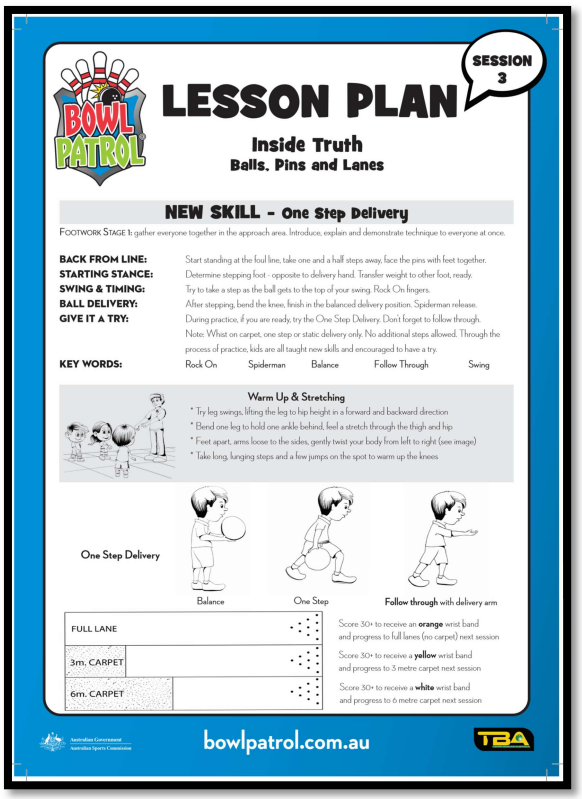
ACTIVITY Bean Bag Target: gently swing beanbag towards target cones at varying lengths away.

LET'S BOWL

Students who are knocking over 30+ pins (in a 5 frame game, only counting the pins that fall over (/10 x 2 turns per frame or a max. of 50 pins) or a min. 6 pins each frame should be encouraged to move further back from the start line. Use a cone to indicate where they should start or instruct "take 2 steps back" from the foul line.

SESSION 3





INTRODUCTION

Session 3 does focus on some elements more often seen in-centre, but your Lane Ranger/coach might bring some bowling shoes, balls or pins in to the school. The pins and shoes are different to the ones we use in school. Alternatively there's plenty of videos online about oiling patterns and how bowling balls work, for example;

https://www.youtube.com/watch?v=IEbyT6ujJxY Inside a Bowling Ball (21 sec)

https://www.youtube.com/watch?v=Na6E8c7ajBY Storm – Understanding the inside of a Bowling Ball (2mins) *more technical.*

WARM UP Tee-pees & Indian's, What's the Time Mr Wolf, Fruit Salad, Stuck in the Mud. Stretches

NEW SKILL

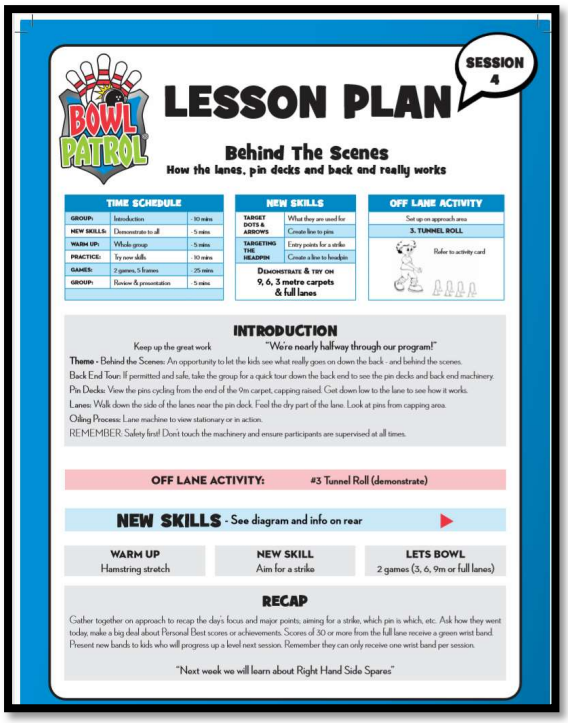
One step delivery; in the initial sessions the delivery of the ball may have been done from a stationary position or 'balanced stance'. This week, students take one step back from the foul line, then using their opposite leg to bowling arm, step forward as they release the ball.This means, the ball will need to swing back alongside the body before taking a step forward to coordinate the 'step' of the foot and the 'release' of the ball.

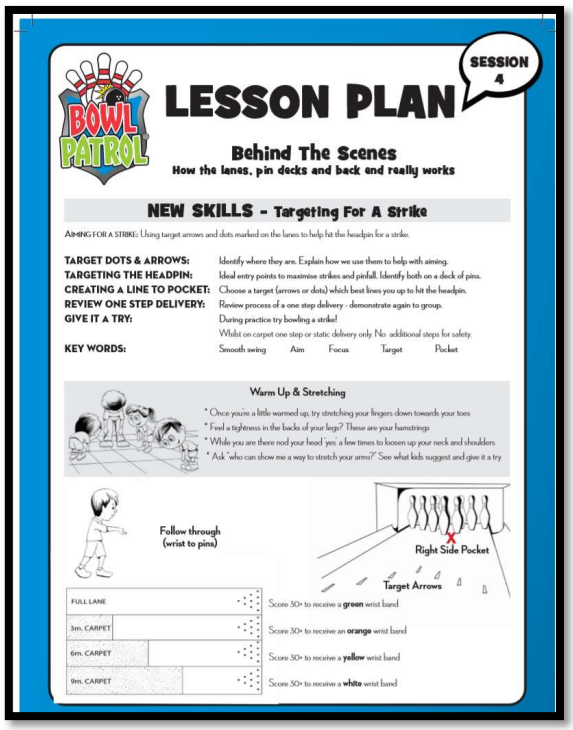
ACTIVITY Kneel and Roll: a ball towards a target/s without any bounces, not even a little one!

LET'S BOWL

Take another step back from the foul line – use markers or a rope to indicate where the 'foul' line would be. This might vary for your different groups. Encourage students to keep score, maybe giving more value to a strike or spare.

SESSION 4





Hopefully students are visiting the centre after gaining confidence and ability in the school sessions. Otherwise this session is fine for the school. Request Lane Ranger (coach) to have Bowl Patrol carpets out for this session.

INTRODUCTION

For many students this may be the first visit to a centre, explain safety, ball return, slippery lanes and how today's session will work.

WARM UP

It's a little more tricky to do a warm up in a compact space, so try drills like: 5 push ups, 10 start jumps, 8 squats, 12 lunges left and right, 10 sit ups, etc to get blood bumping. Stretch the wrist and arms in preparation for a heavier ball than used in school!

NEW SKILL

If students are up to it, this week's advanced new skill is a 'right hand spare'. Demonstrate this pointing out how to target the right side pocket. Be sure to 'follow through' with the delivery arm, remaining in a balanced position until the end.

ACTIVITY Tunnel Roll: use the non-bowling balls (e.g. over-sized tennis balls provided with Bowl Patrol activity pack) to practice rolling in a smooth manner – utilise legs/cones/other object to ensure straight delivery.

LET'S PLAY

It'll be exciting to bowl on the 'proper' lanes in centre, utilising the ball return and having the computers do the scoring! Switch the 5 Frame game format and play 2 games if there's time. Utilise the Bowl Patrol carpets so students get the feel. Offer flyer, school visit, promo wristband to help spread the news about the following term's program at the centre.