



Tenpin Bowling Australia Ltd  
*Sport for a Lifetime*

# SPORTING SCHOOLS

*Junior Tenpin Bowling Participation Program*

## ACTIVITIES, GAMES & ENERGISERS





Skill Based Energiser

# CLIMB THE MOUNTAIN (1 - 10)

**Purpose:** Active challenge requiring teamwork and execution of skills to achieve.

Each team is given a pile of 10 pins placed a short distance away from their lanes.

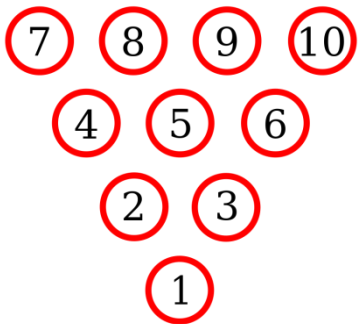
When the whistle blows the first child must run, collect a pin and set it up (1).

The next child in line bowls one shot to try to knock the pin over.

If the pin is not successfully knocked over the next child has a turn and so on.

When the pin is successfully knocked over that child runs to collect the next pin, setting it up in the next numbered position. The next child then has an attempt.

Each time the combination of pins is knocked over in one go, the team can add another pin. The first team to get to 10 pins and strike wins.



## Possible Adaptations:

- Add a time component to this activity. The team with the highest number of pins on deck when time runs out is the winner.
- Shorter MINI GAMES (5 / 6 pins)
- Take a pin away if they miss 3 times in a row.
- Increase the distance between pile of pins and the lane.

## Scoring:



First team to strike with 10 pins wins.  
Shorter games - strike with Max pins.

## What You Need:

6 Lanes  
6 Balls  
60 pins (6 sets of 10)

## Remember:

Ensure all children are active and involved at all times.

## Ask The Players:

Does the way you set the pins make them easier to knock down?



Fitness Based Energiser

# FITNESS ROLL

**Purpose:** Active challenge incorporating fitness into the bowling session.

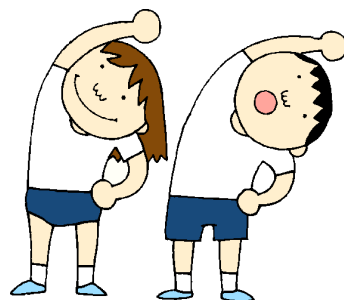
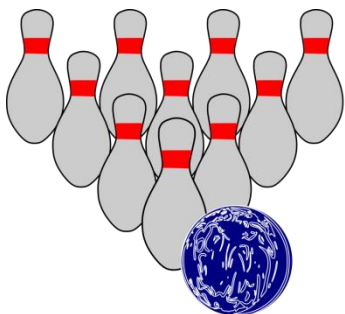
Students are divided into teams, and assigned a lane.

Each pin will have a random number (sticker) placed on it from, ranging from 1 - 5.

Each student will take their normal two rolls. After this, they look at the pins that are NOT knocked down, noting the numbers on them.

He / She must now go and complete the activity (fitness) card stations matching those numbers before returning for their next turn. The more pins missed, the more activities must be completed.

Ensure they set up all pins for the next person first.



## Possible Adaptations:

- Add / reduce the number of fitness activities to suit group.
- Increase complexity of fitness task based on year levels.
- Add a time limit to the requirement.

## Scoring:



Normal pinfall counted for Team.

Possibly count the number of each activity completed by each group to determine the fitness champions.

## What You Need:

6 Lanes  
6 Balls  
60 pins (6 sets of 10)  
Small stickers for pins

5 Activity Cards  
- Hula Hoops  
- Jump Ropes  
- Fitness Mats.

## Remember:

Ensure all children understand the activities required at each station, and the number they need to complete of each. You may need to demonstrate.

## Ask The Players:

Why is fitness important in Tenpin Bowling?

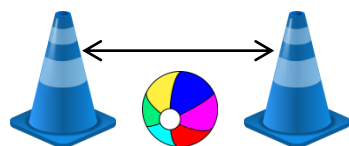


Keep Active Between Shots

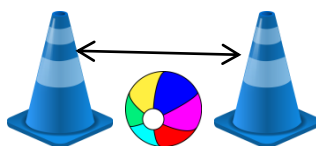
# KNEEL & ROLL

**Purpose:** Skill based challenge for ongoing focus and involvement between shots.

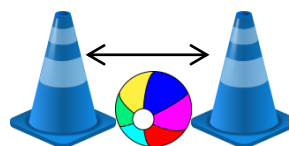
On one knee, roll a small ball between markers, set over an increasing distance. Position 3 sets of two targets (cones) at 1 / 1.5 / 2 metres from delivery point. Make gap smaller between cones as cone distance increases, until ball just fits gap. Kneel on one knee (ball side) facing 3 targets in a row. Swing the arm, with hand behind ball (like bowling), roll forward through gaps of targets. Five balls are rolled separately each attempt. Try to pass through 3 different target stages **WITHOUT TOUCHING**. Ball must clear gap of each target for score to count (not touch cones).



1



2



3

## Possible Adaptations:

- Vary the size of gap based on age and ability of child.
- Increase or decrease distance of cones to match ability.
- 5 Shots per attempt is just a recommendation. More or less can be used based on preference.

## Scoring:



Cones are positioned like a tunnel, with gaps progressively getting smaller.

1 Point (closest target, largest gap)

2 Points (middle target)

3 Points (furthest target, smallest gap)

5 shots per attempt, maximum 15 points. Only count the highest score each attempt (3, 2 or 1)

## What You Need:

6 Cones (markers)  
5 Small / Medium balls  
(Soft)

## Remember:

This activity is meant to reinforce or help develop fundamental bowling action. Emphasise stability, loose swing and control, with hand behind ball facing target.

## Ask The Players:

When controlling the direction of the ball, does speed and muscle play a big part?



Keep Active Between Shots

# BEANBAG TARGET

**Purpose:** Skill based challenge for ongoing focus and involvement between shots.

Whilst maintaining a stable delivery stance; swing and release 5 bean bags, aiming to hit targets set at an increasing distance.

Position 3 targets (cones) in a row, at increasing distance from delivery point.

Stand in designated area. Using the staggered balance position, swing arm and release bean bag towards target (just like a bowling delivery).

Ensure hand is positioned behind the bean bag (like Spiderman shooting web).

Aim is to control speed and direction, scoring points for hitting different cones.

Five bean bags are used per attempt. Start by targeting the closest cone, only progressing to next cone when you hit the target.



1



2



3

## Possible Adaptations:

- Increase or decrease distance of cones to match ability.
- 5 Shots per attempt is just a recommendation. More or less can be used based on preference.

## Scoring:



Cones are positioned like a tunnel, with gaps progressively getting smaller.

1 Point (closest target)

2 Points (middle target)

3 Points (furthest target)

5 shots per attempt.

Target closest cone first. Progress only when target is hit (1 > 2 > 3).

## What You Need:

3 Cones (markers)

5 Beanbags

## Remember:

This activity is meant to reinforce or help develop fundamental bowling action.

Emphasise stability, loose swing and control, with hand behind ball facing target.

## Ask The Players:

What things are important to remember when trying to control direction?





Keep Active Between Shots

# ONE LEG BALANCE

**Purpose:** Skill based challenge for ongoing focus and involvement between shots.

Balance on one leg (slightly bent), maintaining stability for increasing time.

Using a stopwatch to time each attempt, aim to reach set targets for points.

15 sec / 30 sec / 45 sec / 60 sec - continue until maximum achieved / balance lost.

Select starting leg (L / R). Knee is slightly bent, similar to bowling delivery stance.

When ready, lift other leg off the ground (trail leg) and commence attempt, starting the stopwatch when balanced. Maintain balance as long as possible.

Stop timing when trail leg touches ground, balance is lost, or when max is reached.



## Possible Adaptations:

- Increase difficulty by closing eyes.
- Challenge two people at one time, seeing who can last the longest.
- Perform set arm movements / challenges whilst balancing.
- Try to balance on an unstable platform (wobble board) to increase difficulty.

## Scoring:



Left and Right Leg Targets:

15 Seconds = 1 Point

30 Seconds = 2 Points

45 Seconds = 3 points

60 + Seconds = 4 points

After each attempt, swap legs and repeat.

## What You Need:

Stopwatch

## Remember:

This activity is meant to reinforce or develop the ability to maintain stability and balance when bowling.

## Ask The Players:

What things can help you to maintain balance for longer?



Skill Based Challenge

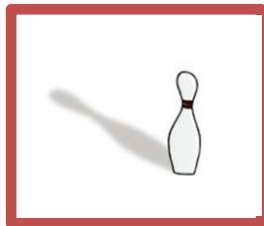
# BULLSEYE

**Purpose:** Skill based targeting challenge, focusing on controlling speed and direction.

Place a single pin in the idle of a marked off area (square).

From a designated distance, children roll the ball, to try to knock the pin over, yet keep the ball inside the marked off area.

Complete this task as a team, scoring points for successful attempts.



## Possible Adaptations:

- Increase difficulty by making the marked area smaller.
- Use combinations of pins.
- Make a circuit of varying combination of pins, mixed with different sized marked areas.

## Scoring:



Five points awarded for each successful conversion. Team / players with the most points win.

## What You Need:

Pins  
Balls  
Cones to mark area

## Remember:

Portable lanes can be used for this task.  
Just mark off pin area with cones.

## Ask The Players:

Can too much or too little speed affect accuracy of your shot?

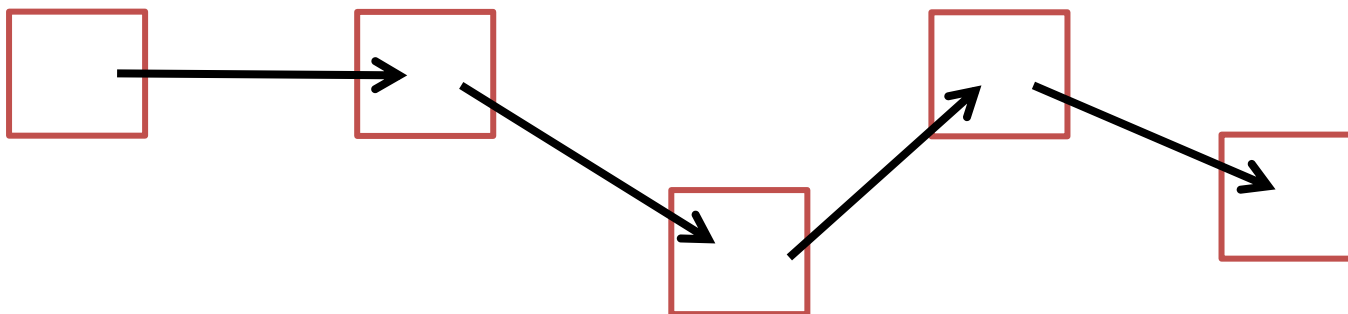


Skill Based Challenge

# A is for ACCURACY

**Purpose:** Skill based targeting challenge, focusing on controlling speed and direction.

Position each 5 squares (hoops) randomly, a short distance away from each other. Each station contains 1 child and 1 pin, except the first one (child with ball only). Children must stand in square, and roll the ball to knock over the next person's pin. If it is missed, the ball is returned to the child for another attempt. If it is hit, that child must then roll the ball attempting to knock over the next pin. First team with all their pins knocked over is the winner. Complete this task as a team, scoring points for successful attempts.



## Possible Adaptations:

- Increase space between each station.
- Position stations straight or angled.
- Use one pin in each station, or increase number of pins in varying clusters.

## Scoring:



This challenge is a Team based Race: Quickest team with all pins knocked over in correct order, with children sitting down wins.

## What You Need:

Pins  
Balls  
Square mats (or hoops)

## Remember:

The shorter distances between stations require children to control both speed and direction, without stepping out of the box.

## Ask The Players:

When you are in a race, does more ball speed help or hinder accuracy?  
What is more important, speed or direction?





Team Energiser

# HOW MANY PINS

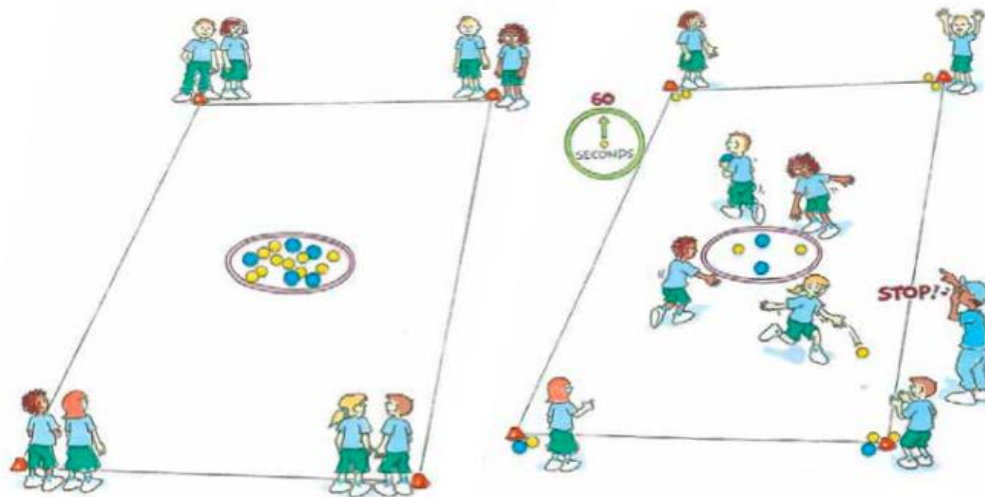
**Purpose:** Relay based energiser, promoting teamwork.

Enough for 10 pins per team are placed in the middle. Teams positioned on outside.

Teams relay one person at a time, running in to collect one pin and return.

Once a pin is delivered back to the team, the runner must tag another child, before that child enters to collect another pin from the pile in the middle.

After 60 seconds, the team with the most pins wins.



## Possible Adaptations:

- Adjusting time limit
- Making area bigger /smaller.
- Allow stealing from other teams.
- Allow guarding from other teams.

## Scoring:



Time Limit Set (60 sec)  
Team with most pins wins.

## What You Need:

Enough Pins  
(10 each team)  
Cones to position teams.  
Designated space to run.

## Remember:

Ensure teams are spaced sufficiently so they can run safely without risk of colliding with others.  
Players must tag before commencing turn.

## Ask The Players:

Can too much or too little speed affect accuracy of your shot?



Team Energiser

# STEAL THE PINS

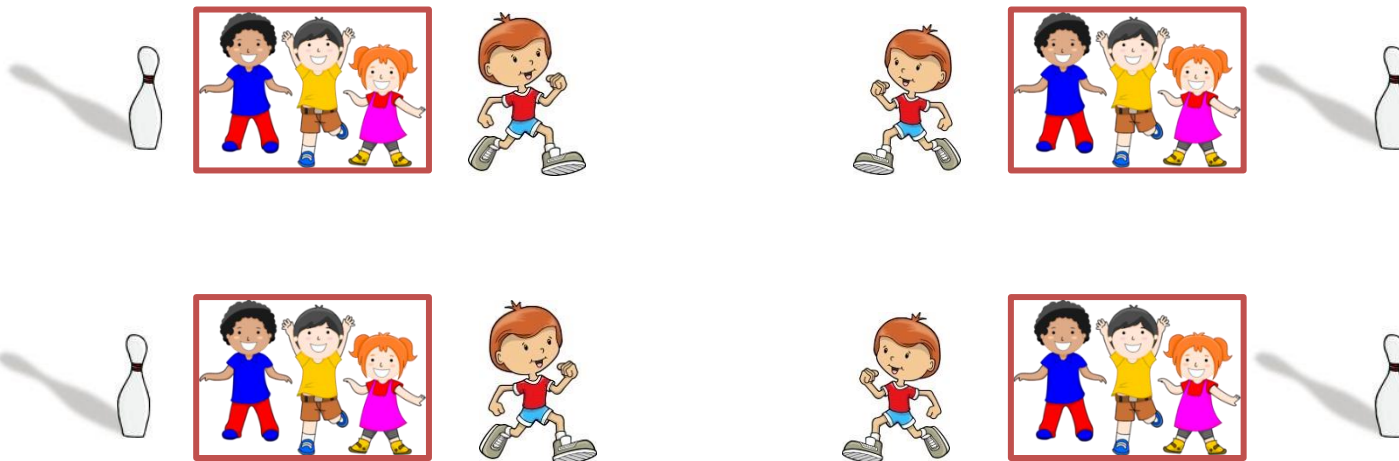
**Purpose:** Team energiser, promoting teamwork.

Children are divided into teams, and given 7 pins each. Place on ground in team area.

The team that reaches 10 pins first is the winner.

One runner from each group is allowed to exit their area to attempt to steal one pin from another group and return. Once they return, next runner may leave.

Players protecting team stash may not touch pins, or leave their area. Block only.



## Possible Adaptations:

- Starting number of pins less.
- Allow one guard per group.
- Introduce freeze if caught.
- Add special BONUS pins worth 2
- Add a time limit to activity.

## Scoring:



First team reach 10 pins wins.

## What You Need:

7 pins per team  
Mats or markers  
Designated space to run.

## Remember:

Ensure teams are spaced sufficiently so they can run safely without risk of colliding with others.  
Only one child from each team allowed out.

## Ask The Players:

Why is it important to work together as a team in situations like this?  
Can one person do it all?



Skill Based Challenge

# SPARE CIRCUIT

**Purpose:** Skill based targeting challenge, focusing on spares.

A Tenpin Bowling Circuit, with six different sparing stations.

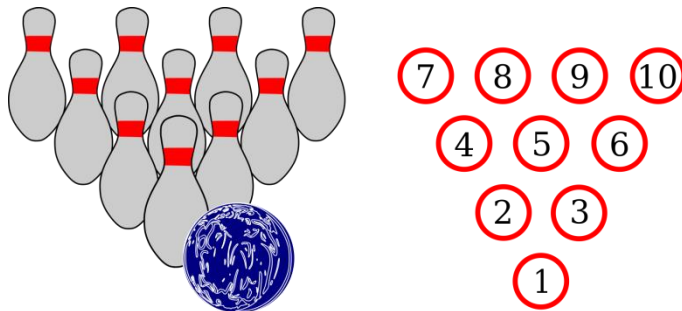
Each Station (Lane) has a different combination of pins to spare.

Teams rotate through 6 stations. One person at a time, attempt to make the spare.

After each person in a team has one attempt, set pins up the same, then rotate.

If it is missed, the ball is returned to the next child to attempt. One attempt only.

Teams score one point for each spare successfully made.



## Possible Adaptations:

- Increase or decrease number of pins in spare combination.
- Add some splits for difficulty.
- Only allow one attempt per team.
- Single pin spares.
- Allow as many attempts as they can in a time limit.

## Scoring:



After everyone has had an attempt at all 6 stations, the team with the most total spares wins.

## What You Need:

60 Pins  
6 Lanes  
6 Balls

## Remember:

Spares should be challenging, but achievable.  
Difficulty of combinations should match age and ability of the group.

## Ask The Players:

What is the secret to making the most spares?