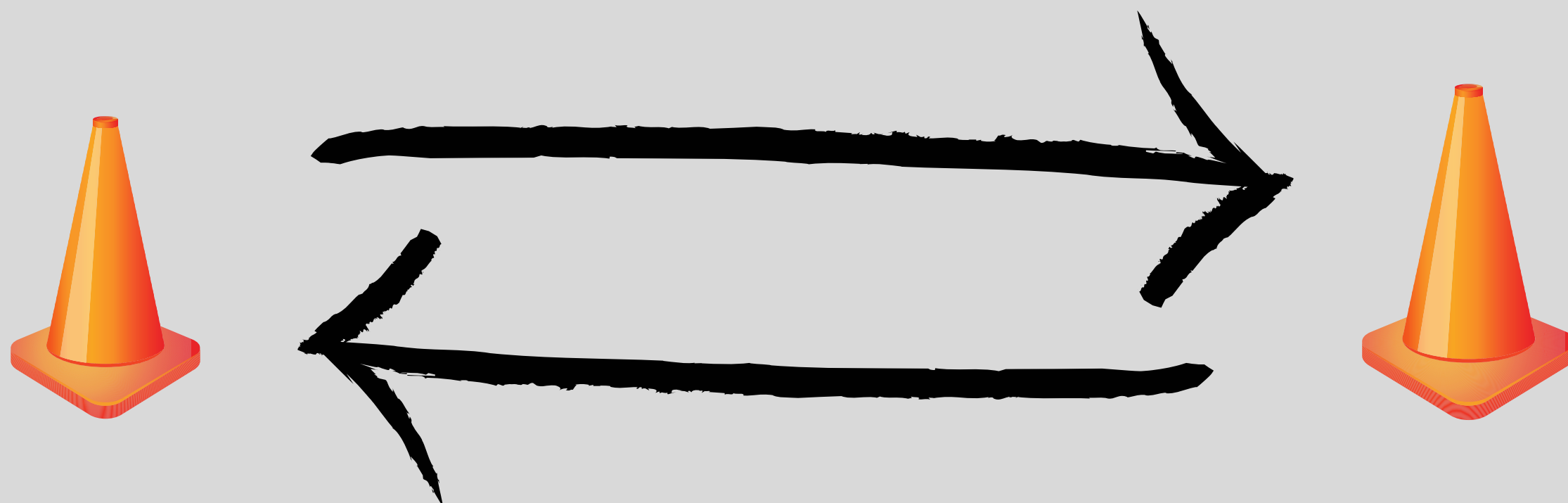
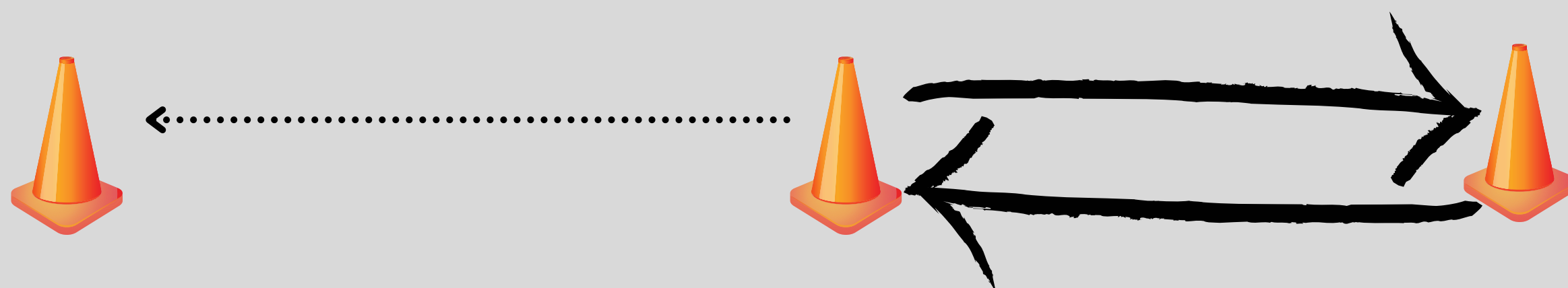


SPEED BOWLING

Layer 1



Layer 2



The Game - Layer 1

Children work in pairs, with one at each cone. Children explore bowling the ball underarm between each other.

The Game - Layer 2

On the whistle of the teacher, children try and make 10 bowls as quickly as possible. The pair that make the quickest bowls will sit down and the game is over. Once the pair have made 10 at the first cone then one child will move back to the longer distance and make a further 10 bowls.

Teaching Points:

Eyes on target

Step forwards with opposite foot

Pendulum swing with arm past pocket

Differentiation:

HAPs:

Consider other ways of bowling underarm

LAPs:

Move cones closer together

Equipment:

Cones

Tennis Balls