




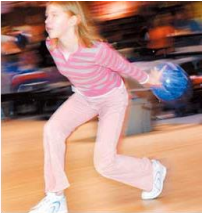
Activity Plan for Bowling

Week 1			
Activity	How many or how long	How many days	Instructions
Rolling for Bowling 	10 mins	3 days/wk	Try rolling a ball along the floor in your house or go to your local bowling alley for a game. Try to roll the ball so that it moves quickly but does not bounce. If you let go of the ball when it is very close to the ground (just before it touches the ground) it will not bounce as much and it is more likely to go in the direction that you want. Try to roll the ball without a bounce while you are standing (you'll need to bend your knees a lot so that you can let go of the ball close to the ground).

Week 2			
Activity	How many or how long	How many days	Instructions
Step and Bowl 	10 mins	3 days/wk	Try rolling a ball along the floor in your house like you did last week. However, this week try to take a step as you bowl. Start standing with your feet together while you bring the ball back. As you bring your arm forward to let go of the ball take a step forward at the same time with your left foot. Remember to roll the ball so that it moves quickly but does not bounce (so bend your knees so that you can let go of the ball really close to the floor). To make it harder, pick a target to aim at that is 3 times as wide as the ball.

Activity Plan for Bowling

Week 3			
Activity	How many or how long	How many days	Instructions
Bowling 	30 minutes	Total for the week	Make up your own bowling game at home. In bowling you aim at the pins, but you can use anything that is tall and thin instead of pins. Rolls of paper towel work really well (or just the cardboard from the middle). Set up 5 pins so that the middle pin is closest to you and the next pin on each side is a little farther away. Stand a little ways away and see if you can roll the ball and knock the pins over. You get one point for every pin you knock down. If you knock them all down with one roll you get 5 extra points. If you knock them down with only two rolls of the ball you get an extra 3 points. See how many points you can get. When all of the pins have been knocked down, stand them up again and start over to get more points. If you want to make it harder, stand farther away.

Week 4			
Activity	How many or how long	How many days	Instructions
Bowling 	60 mins	Total for the week	See if you can go to a bowling alley and play a real game of bowling. If not, make up your own bowling game at home; challenge your family or friends to a bowling game!