



# PE/Health Virtual Learning

**6th/PE Health**  
**Bowling Techniques**  
**May 13th, 2020**



6th/PE/Health  
Lesson: [May 13th, 2020]

**Objective/Learning Target:**

LT1- I can identify critical elements to improve performance in selected skills.

**NASPE Standard:**

Demonstrates a mature throwing pattern for a modified target game such as bowling, bocce, or horseshoes. (S1.M18.6).



May 13, 2020

# Objective:

Students will be able to demonstrate the approach and release of a bowling ball.



Essential Question:

How do I bowl a bowling ball?



## Resources used in this lesson:

- You will need the chromebook you checked out from school or a computer at home to practice this lesson.
- You will need a kickball, or some type of small/medium sized ball to bowl with.
- You need a flat surface to bowl on such as a hallway or your driveway.
- You will also need items around your house to use as the pins for knocking down. You could use plastic water bottles with a little bit of water in them, for example.



# Practice: Warm-up

Perform the following exercises so you can get warmed up before you bowl!

High knees (perform 2 times down and back) [High Knees](#)

Side shuffle left (perform 2 times down and back facing same direction)

Side shuffle right (perform 2 times down and back facing same direction) [Side Shuffles-Left and Right Demo](#)

Arm circles forward 12 times

Arm circles backward 12 times [Arm Circles Forward & Backward](#)



# Practice: Approach-Footwork

The approach is a simple “4-step” approach. If you are right-handed, your right leg steps first, followed by left, right, and left. You are either “RLRL” or “LRLR.”

Here is a video link that discusses the approach-what your feet should look like in order to have a successful bowl.

[Bowling Approach](#)



## Practice: Release

Now that you have practiced the steps, take a look at the same video again and watch how the arm swing matches the rhythm of the steps.

### Bowling Approach

Now set up your pins and practice your approach and release! Start with standing about 12 feet back from your pins. Move further back if you are getting “strikes” (hitting all pins down in one bowl). The next slide discusses additional resources to practice different ways to release the bowling ball.





## Self-Check

If I am bowling right handed, what would my approach steps look like? (RLRL or LRLR)

Which foot steps first at the start of the arm swing if you are bowling left handed?



# Additional Resources

[Other Bowling Releases](#)