

## » Bowler

The Bowler is a target challenge activity which develops rhythm, focus, accuracy and hand-eye coordination in a fun and exciting way. These skills will transfer into a wide variety of games, challenges and activities.

*‘Can you knock all the skittles down?’*

7



### » WARM UP IDEA: DODGEBALL

- Children asked to walk around the room avoiding the Agility Mats
- A number of children given a bean bag and asked to stand on a mat and throw the bean bag under arm below the knees of the other children
- If a child is hit with a bean bag they swap places with the child that threw the bean bag. If the thrower misses they must retrieve the bean bag and stand on another mat before throwing again

» **BUILD IT UP** Agility Mats are spread out along one side of the hall with cones facing roughly 3 metres away. Children asked to form groups of four, with members 1 and 3 lining up behind the Agility Mat and members 2 and 4 lining up behind the cones opposite...

In each stage, Member 1 will pass to 2, 2 to 3, 3 to 4 and 4 to 1.

1

Roll the Tennis Ball to the next member

2

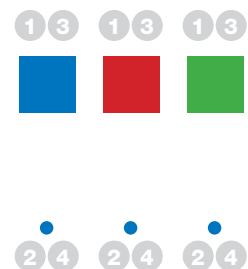
Increase the rolling distance

3

Use other hand to roll and receive

4

Introduce a skittle placed between the group. If the skittle is knocked down the thrower must pick it up



# » Bowler

## » TAKE IT FURTHER

- Increase rolling distance
- Try the other hand
- Put the skittles in a '6' pin bowling formation
- Spread the skittles out more
- Make the test 6 bowls at 1 skittle



## » TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team – A skittle is placed opposite 3 metres away
- From standing, member 1 must try to hit their skittle by rolling the ball, before retrieving on the teachers signal, picking the skittle up if necessary and passing to member 2
- A point is scored for a hit with each team member having two attempts
- The team with the most points are the winners

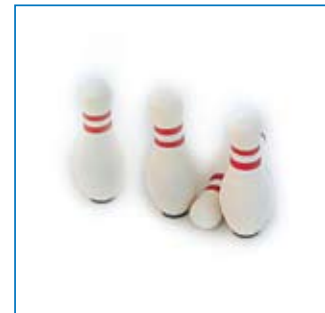


### Body Aware

- The bowling action is smooth and uninterrupted
- Focus remains on the target

## » THE INFANT ATHLETE - BOWLER ACTIVITY

- The Bowler starts kneeling down on an Agility Mat facing a set of 6 skittles placed up to 3 metres away.
- The Bowler has 6 attempts to roll the ball at the set of skittles
- For each skittle knocked down the child receives one point – maximum is 6 points (once a skittle is knocked down it is removed from the target area)



### You will need:

- Agility Mat
- 6 Skittles
- 2 Tennis Balls

## » RECOMMENDED BOWLER LEVELS

A child becomes an Infant Athlete – Bowler when they can knock down the following number of skittles:

Reception	3 skittles
Year 1	4 skittles
Year 2	5 skittles