

**COLONIAL INTERMEDIATE UINT 20**  
**6 Danforth Drive**  
**Easton, Pennsylvania 18045-7899**

**LESSON PLAN**  
**Bowling Olympics**

**TEACHER: Amanda Sechrist**

**STATE STANDARDS:**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Identify and engage in physical activities that promote physical fitness and health.

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

A. Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

**GOAL:**

The students will increase their flexibility.

The students will increase their gross motor movements.

The students will be able to identify how many pins are on an alley.

The students will be able to identify a bowling ball.

The students will be able to identify a spare.

The students will be able to identify a strike.

The students will be able to roll the ball down the alley.

## **ACTIVITY:**

The students will enter the gymnasium or a bowling alley. The students will participate in a group stretching activity. The students will perform arm circles, toe touches, the sit and reach, leg lifts, balance activities, and the twist. The students will be placed on a lane with students will similar bowling skills. The students will bowl ten frames. The students may bowl independent, with assistance, with bumpers or bumpers and ramp. The teacher should demonstrate how to roll the ball down the alley and explain that the students should not cross the foul line. The teacher should make sure each student has the proper size and weight ball. The teacher should make sure that the students understand that they must take turns. The teacher can review the terms: spare, strike and turkey. Each student should be able to count the number of pins he or she has knocked down after two rolls. The students should cheer for their classmates. Each student should bowl ten frames and play two games.

## **FUNCTIONAL DOMAIN:**

Rolling a ball  
Pushing a ball  
Counting pins  
Keeping score

## **OBJECTIVE(S): STUDENT WILL DEMONSTRATE**

Given a verbal request, the students will perform a stretching routine including arm circles, toe touches, the sit and reach, the twist, leg lifts and the butterfly stretch with verbal and visual prompts four out of five attempts.

Given a bowling ball, the student should be able to roll the ball down the alley connecting with pin 70% of the times during the 10 frames.

Given a bowling ball and bumpers, the student should be able to roll the ball down the alley connecting with pin 70% of the times during the 10 frames.

Given a bowling ball, bumpers and a ramp, the student should be able to roll the ball down the alley connecting with pin 70% of the times during the 10 frames.

Given a foul line, the student should not cross the foul line 90% of the time while bowling.

Given a verbal request, the students will participate in a game of bowling 80% of the time of the game.

## **EQUIPMENT/MATERIALS**

Bowling Balls  
Pins  
Alley  
(Made alley in room)  
Score sheets  
Lesson Plans

## **MODIFICATIONS/ADAPTATIONS**

The teacher can vary the size of the ball.

The teacher can vary the weight of the ball.

The teacher can vary the ramp.

The teacher can have the students use the bumpers.

The teacher can have the students use a bumper and a ramp.