

Bowling Block Plan – 2 weeks (9th grade)	
<p>Week 1 Day 1 Warm-up /Stretches Intro: Bowling - History “Bowling Through the Ages” - “The Bowling Center” Skills: Arm Swing Concepts: “Push and Relax” Personal/Social: Etiquette and safety: Be aware of other bowlers. Activities: Partner arm swing drill.</p>	<p>Day 2 Warm-up and stretches Skills: Arm Swing Four Step Approach Concepts: “1,2,3,and 4” Personal Social: Best Effort, Cooperation Activities: Partner approach drill.</p>
<p>Day 3 Warm-up and stretches Skills: Pin Numbering and pocket. Four Step Approach with Arm Swing Concepts: “Know the pins” Personal/Social: Cooperation, Etiquette and safety: Be aware of the pin setter Activities: Hit the pocket drill.</p>	<p>Day 4 Warm-up and stretches Skills: Four Step Approach with Arm Swing Follow Through Scoring Concepts: “Answer the Phone” Personal/Social: Cooperation Activities: Pick up the spare drill. Introduce scoring.</p>
<p>Day 5 Warm-up and stretches Skills: Four Step Approach with Arm Swing Follow Through Scoring Concepts: “What’s the Score?” Personal/Social: Encouragement Activities: Pick up the spare. Scoring worksheet.</p>	

<p>Week 2 Day 1 Warm-up and stretches Skills: Four Step Approach with Arm Swing Follow Through Scoring Concepts: “Let’s Play a Little” Personal/Social: Encouragement Activities: 3 Frame challenge game</p>	<p>Day 2 Warm-up and stretch Skills: Four Step Approach with Arm Swing Follow Through Scoring Concepts:”Let’s Play a Game” Personal/Social: Patience, cooperation Activities: Live games (individual)</p>
<p>Day 3 Warm-up and stretches Skills: Four Step Approach with Arm Swing Follow Through Scoring Concepts:”Let’s Play a Game” Personal/Social: Patience Activities: Live games (individual)</p>	<p>Day 4 Warm-up and stretches Skills: Four Step Approach with Arm Swing Follow Through Scoring Concepts:”Let’s Be a Team” Personal/Social: Team work. Activities: Live games (team)</p>
<p>Day 5 Warm-up and stretches Skills: Four Step Approach with Arm Swing Follow Through Scoring Concepts:”Let’s Mix It Up” Personal/Social: Team work. Activities: Tag team bowling Bowling Quiz</p>	