

| Bowling Block Plan – 2 weeks (8th grade) | |
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| <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: Four Step Approach with Arm Swing Concepts: “Working Together” Personal/Social: Cooperation Activities: Partner Arm Swing Partner Approach Drill</p> | <p>Day 4 Warm-up and stretches Skills: Four Step Approach with Arm Swing Follow Through Pin Numbering and Pocket Concepts: “Know the pins” Personal/Social: Cooperation, Etiquette and Safety: Be aware of the pin setter Activities: Hit the Pocket Intro Pin Numbering</p> |
| <p>Day 5 Warm-up and stretches Skills: Four Step Approach with Arm Swing Follow Through Scoring Concepts: “Answer the Phone.” Personal/Social: Encouragement Activities: Pick up the spare. Intro Scoring</p> | |

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| <p>Week 2 Day 1 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>Day 2 Warm-up and stretch Skills: Four Step Approach with Arm Swing Follow Through Scoring Concepts:”Let’s Play a Little” Personal/Social: Patience, cooperation Activities: Score Review 3 Frame Challenge</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 Play Some More” Personal/Social: Patience. Activities: Live games (individual)</p> |
| <p>Day 5 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) Bowling Quiz</p> | |