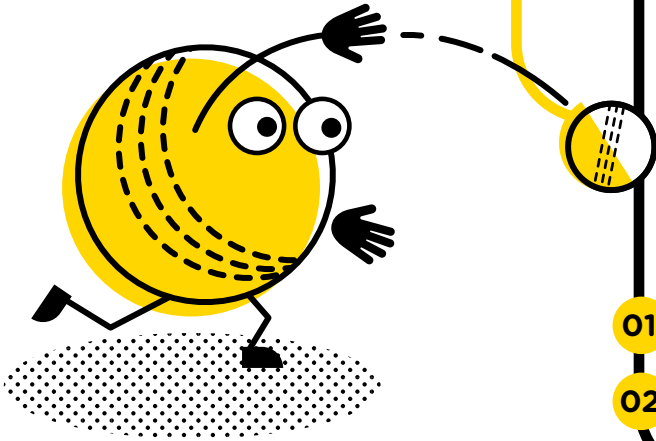


Brilliant Bowler

KS1



National Curriculum link

Master basic movements including throwing and catching, as well as developing balance, agility and co-ordination – begin to apply these in a range of activities and participate in team games

Physical focus: Co-ordination and control

To maintain a balanced controlled body position and perform a straight arm bowling action

Life skill focus: Decision making

To choose where and when to perform the bowling action safely

Keys to success

- 01 Create a star shape to bowl the ball from
- 02 Keep your bowling arm straight through the action

Activities

Starter

Star shapes

Individual

20–30% of total

Skill development

Orbit bowling

Small group

30–40% of total

Star challenge

Brilliant bowlers

Small group

30–40% of total

Participation

Suggested time

Scan to view some examples



Safety

- **Space**
- **Appropriate**
- **Fun**
- **Equipment**

Ensure there is sufficient obstacle free space for children to find individual space to create the star shapes

Consider differentiating the activity to meet the needs of all children using the STEP Framework

Ensure the activity is fun and everyone is aware of the instructions

Provide a variety of balls/bean bags to meet the needs of all children

Reflective questions?

Coordination and control

How can Brilliant Bowler make sure the body creates a strong star shape?

Resilience

How can Brilliant Bowler make sure the jumps and landings are in a safe space?

Where next?


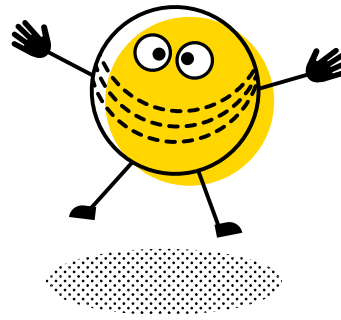
Why not try **BRILLIANT BOWLER LKS2** to develop your class further?

Have you tried **SUPER STRIKER KS1** to support the development of **BATTING** skills?

Brilliant Bowler: Starter

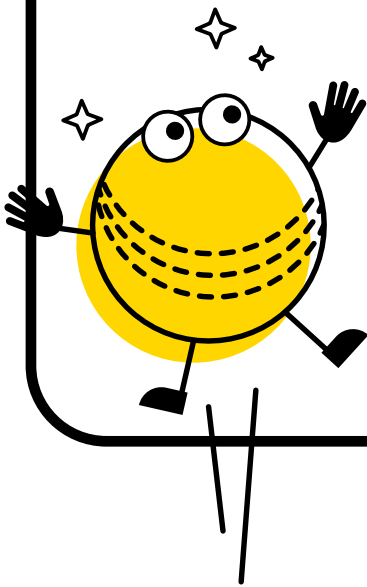
Star shapes

Equipment (per class)
Cones
Balls (1 each)

How to set up	How to play	Physical skills	Life skills
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- Mark out a safe play space using cones
- Children start in their own space



- Children walk around the play space - on hearing "Stars" they jump and land in a strong star shape sideways on
- Children progress to adding in 5 rocking stars, transferring weight from foot to foot when in the star shape, count to "5" together
- Replace walking with a jog, to a run
- Children repeat the Star shape while holding a soft ball/beanbag in their strongest hand

- How can we keep our bodies strong and controlled at all times?
- Can we support each other to get the motion of rocking back and forth?

- Where would be a safe space to practice your star shape?

STEP

Make it easier...

Space - Increase the space available to move around in

Task - Do the task without a ball

Equipment - Use a visual aid to show the 'star shape' to aid learning

People - Pair up for support

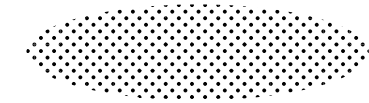
Make it harder...

Space - Decrease the space for moving around in


Task - Increase the number of rocking stars

Equipment - Use a ball so children can practice gripping a ball whilst creating their star shape

People - Work with a partner and go by their "Stars" command





Teacher



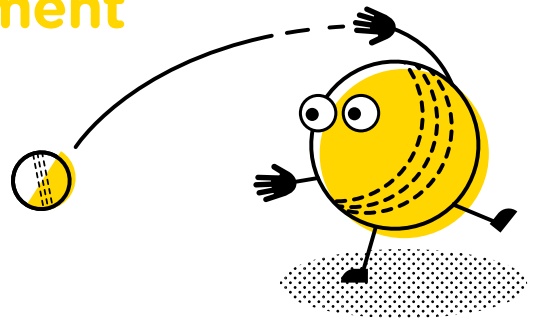
"Stars.....1...2...3...4...5!"

Key

 Jump /Rock
 Ball

Brilliant Bowler: Skill development

Orbit bowling



Equipment (per class)
Cones
Balls (1 each)

How to set up How to play Physical skills

- Create an inner circle in the centre which all children can stand around facing outwards. (create more than one circle if necessary)
- Mark out a larger outer circle with cones, rope or chalk
- Each child holds a ball in their preferred bowling hand (strongest hand)

- Children walk towards the outer circle, when they reach the outer circle they jump and land in a star shape, with their non-bowling arm pointing to the outside of the circle and their bowling arm (with the ball in) pointing back towards the inner circle
- Children rock from foot to foot for the count of 5, maintaining a strong controlled star shape with the body
- Repeat the walking and star shape activity

- When ready, children rock and release the ball using a straight arm action where possible, bowling away from the inner circle to the outside of the playing space
- Children then collect their ball and return to the inner circle
- Alternatively, children can work in pairs taking it in turns to be the bowler or retriever

- How can you use the 'Keys to success' to help maintain a steady controlled action?
- What difference can it make when bowling or throwing if the body is strong and controlled instead of floppy and relaxed?

Life skills

- How do you decide it is safe to bowl the ball?
- How did you work together to get the balls back ready for the next go?

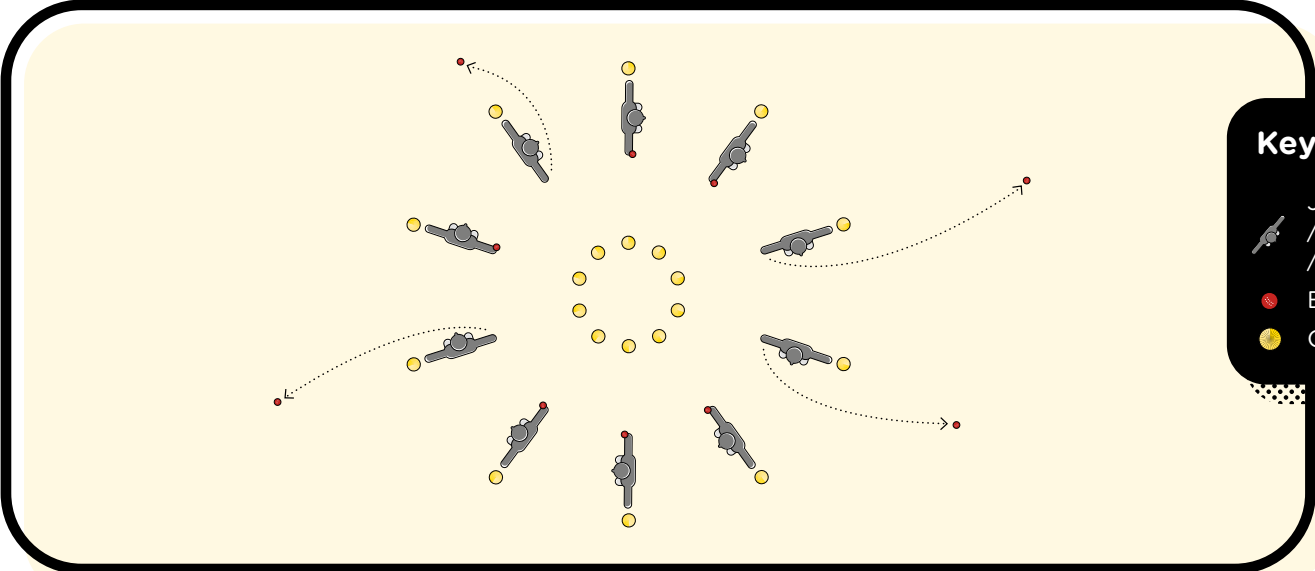
STEP

Make it easier...

- Space** - Decrease the playing space
- Task** - Practise moving to star shape from standing not walking
- Equipment** - Perform actions without a ball
- People** - Split children into bowlers and retrievers

Make it harder...

- Space** - Increase the playing space
- Task** - Increase the speed of their walk/run
- Equipment** - Use a smaller, heavier ball
- People** - Children take turns as leaders and call "Stars", whilst still participating in the activity



Key

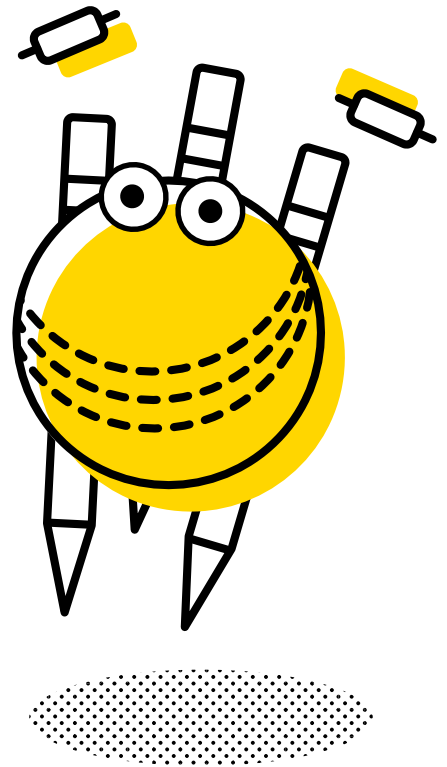
- Jump /Rock /Throw
- Ball
- Cone

Brilliant Bowler: Star challenge

Brilliant bowlers

Equipment (per class)

- Cones
- Balls (1 each)
- Multiple sets of stumps



How to set up

- Add to the set-up of Orbit bowling by introducing some stumps/targets beyond the outer circle

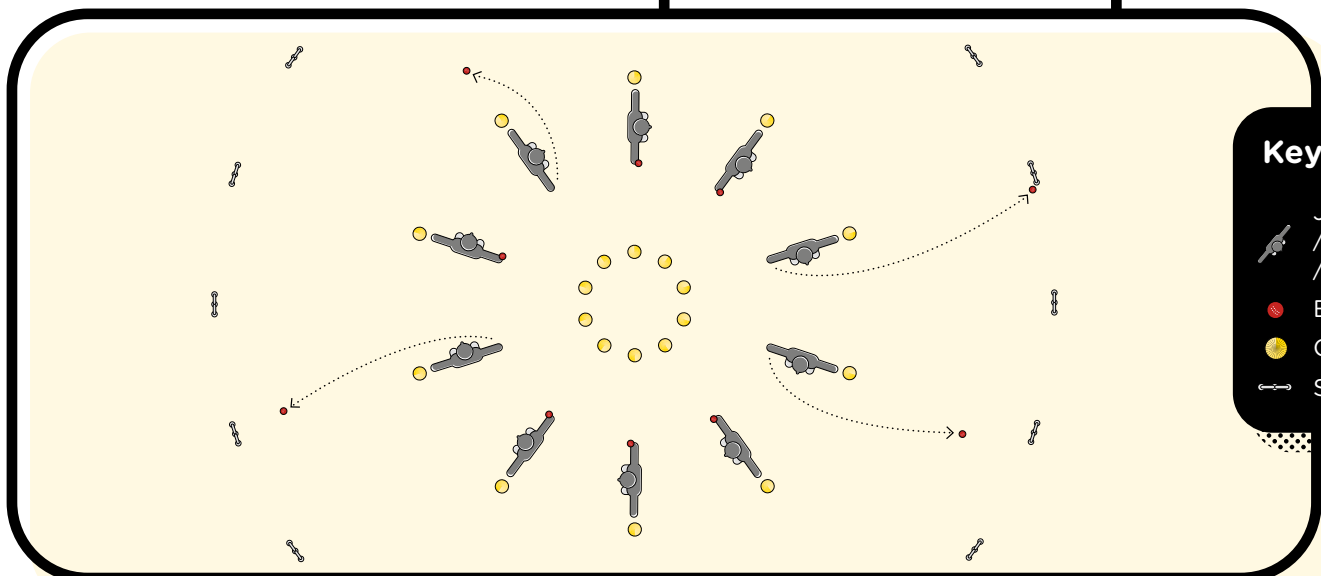


How to play

- Each child repeats the Orbit bowling activity moving from the inner to the outer circle
- When they reach the outer circle they try to hit the target in-front of them
- One point for a successful hit - each child to keep their own score
- How many points can each child get in 5 attempts?
- Option to group children together to move to a small team competition if preferred.

Star challenge questions

- What can you do to improve your score?
- What can you do to help your teammates to improve your team score?



Key

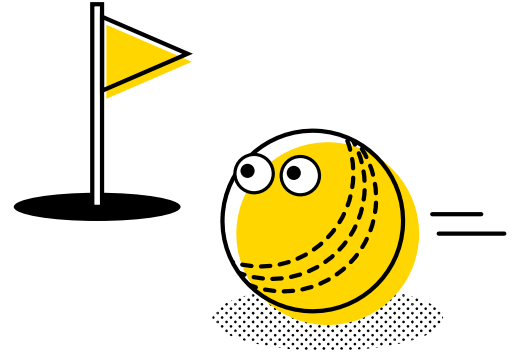
- Jump/Rock/Throw
- Ball
- Cone
- Stumps

Brilliant Bowler: Skill challenge

Colf

Equipment (per class)

- 9-10 targets
- Balls (1 each)
- Cones
- Score sheet



How to set up

- Using various targets (e.g. stumps, hoops, cones, buckets), set out a 9-10 hole 'Colf course'
- Dependent on the space you have, you can be creative as to what is used as a target
- Use different distances across different targets to change the challenge

How to play

- Children work in groups of 2-3, each group starts at a different hole/target - count how many bowls it takes to hit the target
- Add up their scores and record on a white board/score sheet
- Lowest score wins
- You may set up different challenge levels at each hole, with different starting points
- The further the start/bowling point from the target, the lower the score

Physical skills

- How did you adapt your bowling style across the different holes?
- What did you notice about the bowling style of others in your group?

Life skills

- On which holes did you work hardest?
- How did that make you feel?

STEP

Make it easier...

Space - Bowl from closer to the target

Task - Use an underarm bowl

Equipment - Create a course with fewer holes

People - Use smaller groups so children have more goes

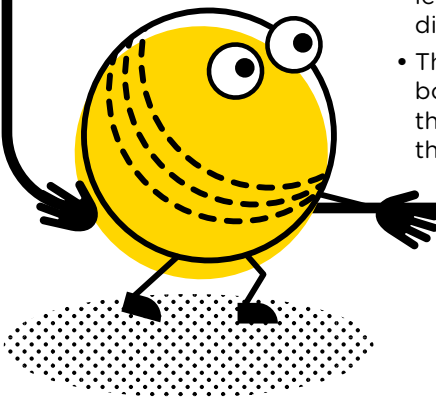
Make it harder...

Space - Create a course over a larger space

Task - Only allow points where a straight arm bowl is used

Equipment - Reduce the size of the targets

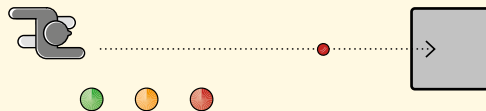
People - Ask children to create the course themselves



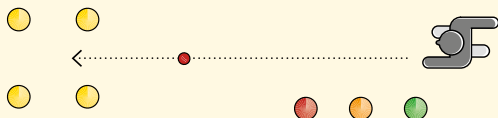
1st Hole



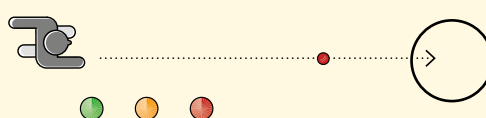
2nd Hole



3rd Hole



4th Hole...etc.



Green = 1pt Amber = 2pt Red = 3pt

Key

- Throw
- Ball
- Cones
- Stumps