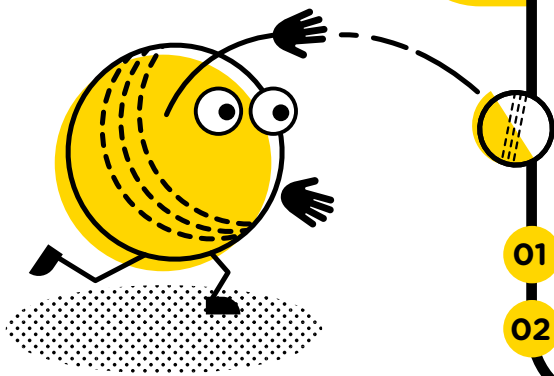


Brilliant Bowler

LKS2



National Curriculum link

Use running, jumping, throwing and catching in isolation and in combination

Play competitive games, modified, where appropriate, and apply basic principles

Children should enjoy communicating, collaborating and competing with each other

Physical focus: Control

To adapt the force of a bowl to hit a target

Life skill focus: Confidence

To recognise that working hard to achieve something makes you feel good

Keys to success

- 01 Make a star shape to bowl from, side-on to the target
- 02 Release the ball using a straight arm, brushing your ear as you go past

Activities

Activities	Participation	Suggested time	
Energiser	Star skills - Bowling	Individual	10% of total
Starter	Bowl a goal	Small group	10-20% of total
Skill development	Rapid rocket bowling	Small group	25-40% of total
Skill challenge	Colf	Small group	25-40% of total
Extension	Great length bowling	Small group	Optional/replacement

Scan to view some examples



Safety

- **Space** Ensure space is clear of obstacles and sufficient for the activity
- **Appropriate** Observe carefully and use STEP to adjust the activity if necessary
- **Fun** Add personal best and competitive elements in when suitable
- **Equipment** Measure distances of the pitches to be specific to needs for age

Reflective questions?

- Confidence**
What does it feel like to be a Brilliant Bowler?
- Physical**
Which parts of Brilliant Bowler's body moves first in the bowling action?


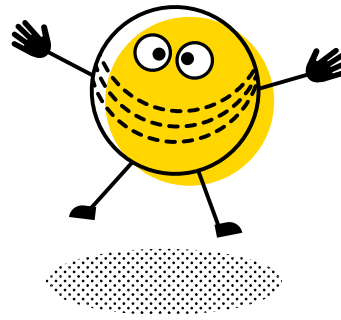
Where next?

- Why not try **FEROCIOUS FIELDER LKS2** to develop your **THROWING** skills?
- Have you tried **SKILFUL SCORER LKS2** to apply these skills within a game?

Brilliant Bowler: Starter

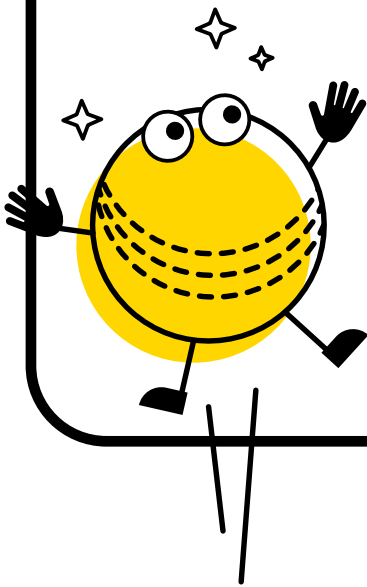
Star shapes

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

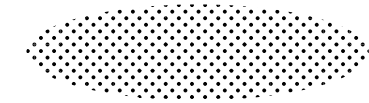
Make it harder...

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

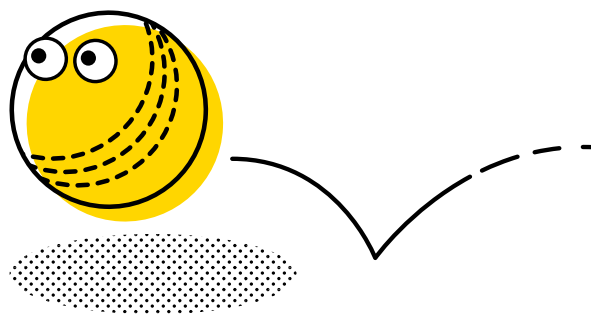
 Ball

Brilliant Bowler: Energiser

Star skills - Bowling

Equipment (per class)

Cones
Balls (1 each)



How to set up

- Create a space using cones, large enough for all children to move around in
- Ensure you are well positioned for all children to see and hear commands
- Children to have a ball each - don't release this at first, but get used to grip and position

How to play

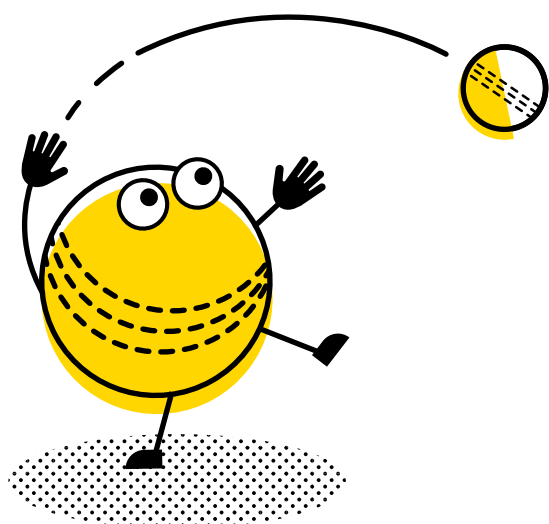
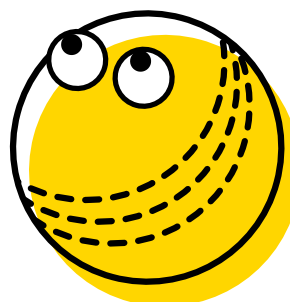
- Children to move around in the space, using a variety of movement types and changing directions (e.g. walk, run, skip etc.)
- Call out "Ready" - children take up the bowling ready position and wait for the next command
- Some examples are: bowl fast, bowl slow, bowl to a target (identify target), run up and bowl

Physical skills

- What are the different ways you can use to move around the space?

Life skills

- What types of bowl did you already know?
- Which new ones did you learn?



Brilliant Bowler: Starter

Bowl a goal



Equipment (per group)
Ball
4 cones

How to set up How to play Physical skills Life skills

- Split the children into groups of 3
- Set up a goal for the fielder in the middle to stand between
- Two bowlers set their own cone a safe distance away from the goal

- In threes, one fielder and two bowlers, bowl three balls each and swap over with the person in the middle
- The aim is to use an overarm bowl and bounce the ball before getting it through the goal
- The fielder aims to stop the ball going through, and gets a point if they can stop it or 2 points if they catch it

- How did creating a star shape, side-on, help you aim?
- How did creating a star shape, side-on, help you create power?

- How did you feel your confidence change after a few goes?
- How did you support others to develop their confidence?

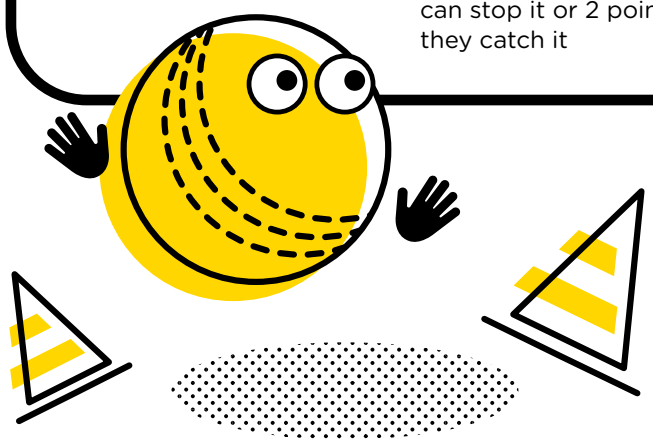
STEP

Make it easier...

- Space** - Increase the size of the goal
- Task** - Bowl underarm
- Equipment** - Use larger ball
- People** - Match children by ability

Make it harder...

- Space** - Decrease the size of the goal
- Task** - Use a scoring challenge - only change when the fielder catches/stops the ball
- Equipment** - Replace the fielder with a stump/target
- People** - Add an extra fielder



Key

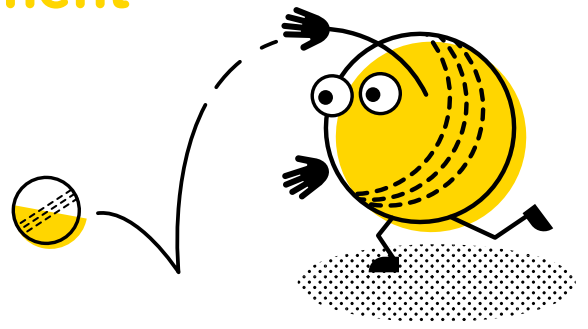
- ☞ Throw
- ☞ Catch
- Cone
- Ball

Brilliant Bowler: Skill development

Rapid rocket bowling

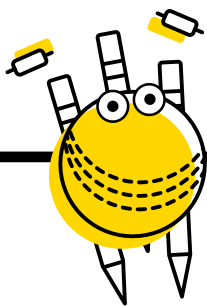
Equipment (per group)

2-3 balls
Set of stumps
Cones



How to set up

- Place stumps along one line for bowlers to aim at
- In front of the stumps, place two lines of cones (or string) for bowlers to aim to bounce the ball in between
- Place stumps or cones opposite the target stumps for children to bowl from
- Have cones further back from the bowling point for the next bowlers to queue behind to allow the bowler more room and ensure safety of all children



How to play

- A group bowling and one child keeping wicket
- Bowlers aim to bounce their ball in the target area and hit the stumps
- Rotate after each ball, so the bowler becomes the wicket keeper, and the wicket keeper joins the back of the bowling queue
- Focus is accuracy and one bounce before wicket

Extension:

- Add hoop to aim at/into
- Explore overarm bowling
- Add in competition through a scoring system - either as a team or individually

Physical skills

- How did the 'Keys to success' support your overall accuracy?
- How did you create power to get the ball to land in the target area?

Life skills

- How did seeing someone else bowl with a straight arm help your confidence?

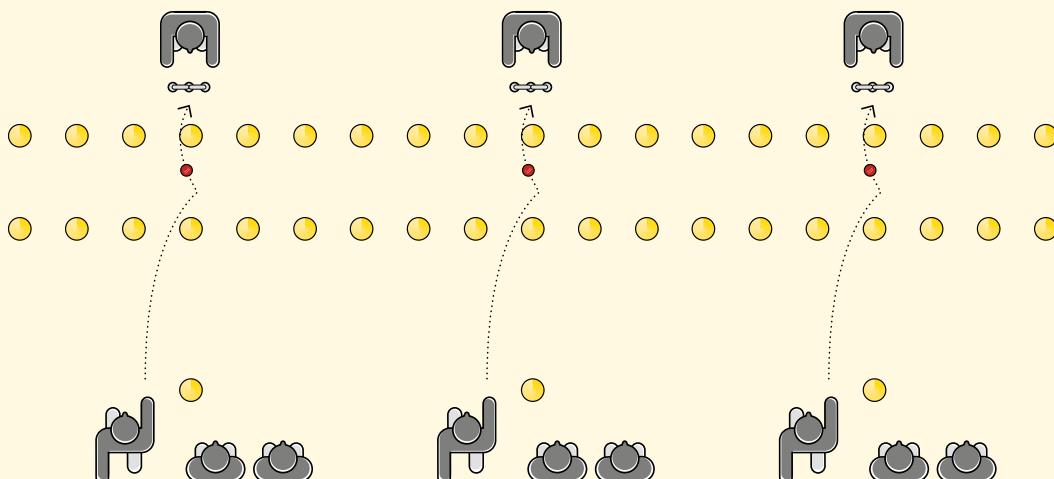
STEP

Make it easier...

- Space** - Reduce throwing distance
- Task** - Use underarm bowling
- Equipment** - More stumps to increase target size
- People** - Use smaller groups or even pairs

Make it harder...

- Space** - Create a channel to target one side of the stumps only
- Task** - Use overarm bowling with a run up
- Equipment** - Add specific targets on top of the stumps (e.g. a batting tee) for greater accuracy focus
- People** - Have groups competing against each other or against the clock



Key

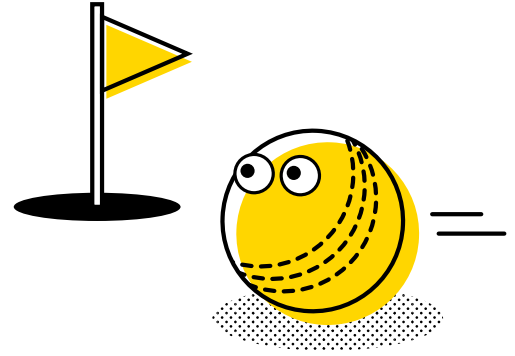
- Throw
- Catch
- Cone
- Ball
- Stumps

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

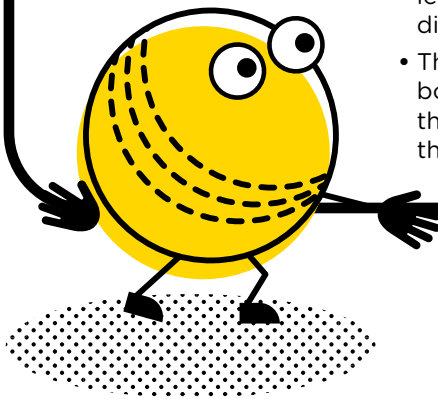
Make it harder...

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

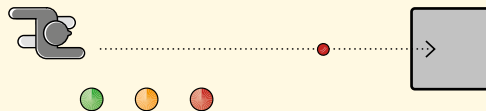
People - Ask children to create the course themselves



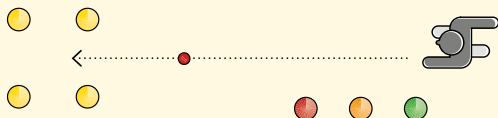
1st Hole



2nd Hole



3rd Hole



4th Hole...etc.



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

Key

- Throw
- Ball
- Cones
- Stumps