



Autumn PE - Crown Green Bowling



<u>Topic</u>	<u>Knowledge - Children will learn</u>	<u>Children will be able to...</u>	<u>Prior Knowledge</u>
Bowls/ Boccia 4 sessions	To deliver a bowl correctly. To understand that a bowl has a bias. To understand how to follow a line. To use the correct weight to deliver a bowl.	• Delivery of the bowl Children to hold the bowl correctly ensuring that it sits in the palm of their hand which is then cupped around the bowl. When delivering the bowl, children will keep the same side foot as they are holding the bowl with on the mat and step forward with their opposite leg. Children to bend down as this motion takes place. Encourage the children to keep the bowl rolling across the floor and not drop it onto the bowling green. • Understand that a bowl can be sent 'finger' and 'thumb' bias. Children to explore how and why the bowl 'pegs' in different directions when they deliver it. Explain that a bowl has a bias and this makes the bowl move in different directions. Look at the features of the bowling green and talk about if the green has hills/ slopes. • Following the line of the jack Children to focus on the route that the jack takes as it travels across the bowling green. Encourage the children to find a mark that the jack passes through around 5 metres from when the jack is sent. Children to try and deliver their bowl along the same line as the jack. • Deliver a bowl with the correct length/weight Look at the swing speed of the bowl and encourage children to think about the weight needed to reach the jack. Remind the children that the distance of the jack can be different each time so the amount of weight needed and the speed of the swing.	Rolling Hand/ eye coordination Target games



Autumn PE - Crown Green Bowling



Keywords

delivery	speed of swing	measures
jack	crown	scoring
Bias (finger & thumb)	dead end	bowls
line	ditch	signal
length	mat	land/ green
marker	mark/ long tapes	19 metres

Progression of skills

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To hold the bowl correctly		To hold the bowl correctly and deliver it along the floor.		To hold the bowl correctly ensuring that the stance is correct through to the delivery.	
To send a bowl using 'thumb' bias along a relatively straight mark.		To send a bowl using 'thumb' and 'finger' bias along a relatively straight mark.		To send a bowl using 'thumb' and 'finger' bias using different parts of the bowling green.	
To follow a line for a short distance of 5 metres.		To follow a line for a distance of 10 metres.		To follow a line for the minimum distance following bowling rules of 19 metres.	
To send a bowl which is of a similar length to a target/ jack (short distance of 5 metres)		To send a bowl which includes different lengths and be within 2 metres of a target/ jack.		To send a bowl which includes different lengths and be close to the target/ jack.	