

Beanbag Bowling

Objective: To develop stance, swing, slide, and release pattern for bowling

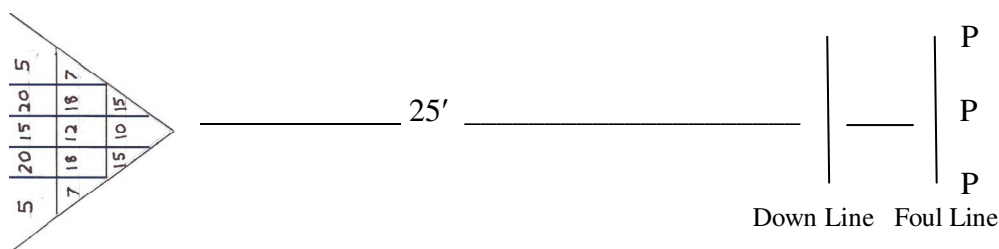
Facility: Any open area with smooth surface at least 35' long

Level: Ages 9 and up

Time: 20 minutes

Equipment: 1 beanbag per two participants; 1 scorecard with place for name and 10 boxes (frames) for each person, 1 pencil per lane

Organization: Draw a triangle, a foul line about 25' from triangle, and a down line 3' in front of foul line. One lane for every 3 – 4 participants, who line up on foul line facing triangle.



Directions:

1. Describe and demonstrate the starting stance and slide without the bean bag: a) Stand with feet a comfortable distance apart; b) Hold an imaginary beanbag with both hands slightly in front of chest; c) Bend knees slightly and bend forward at the waist; d) Swing your throwing arm back about waist high; e) Swing the arm forward and slide the opposite foot forward simultaneously.
2. Students stand about two feet behind foul line and mimic your movements as you repeat steps a through e. Tell students to practice this on their own a few times. Circulate and give feedback.
3. When they are able to perform skill, describe and demonstrate how to release the beanbag: a) On the forward swing, release the beanbag close to the floor. The object is to slide the bag down the floor, not throw it; b) After releasing it, let the arm swing forward and up naturally to follow through.
4. Students partner up and get a bag; stand about 20' apart. One person performs the skill, sliding the bag to the partner, who performs the skill sliding it back. Repeat several times.
5. Explain rules of game: a) Each person will start a couple of feet behind foul line. Using the skill we learned, slide the bag toward the triangle, trying to have it stop in the highest point space possible. A bag that stops on a line between two or more boxes scores the value of the highest box; b) It is a foul if a player touches the floor beyond the foul line with any part of body or the bag crosses the down line in the air (not sliding). Penalty: no score for that play; c) Decide on the order in which you will go. Each person will slide two bags per turn. Each player will get one turn in a frame. Play consists of 10 frames; d) After each player completes a turn, record the score for both bags in the appropriate frame; e) Players rotate the order in which they play each frame. The last player stands behind the triangle, calls out the score made with each play, and slides the bag back to the foul line. After two turns, the 1st player in the rotation changes places with the retriever/scorer; f) After 10 frames, total the score to determine place finishes.
6. Distribute score sheets and begin play. Circulate to help anyone and clarify directions.