



DOING BOWL ABILITIES A SOCIAL STORY

Use this slideshow to introduce bowling to your participant either before or as the first part of their first session



Tenpin Bowling is a fun sport. I can play with other people or by myself



I go to a bowling alley to play tenpin bowling. Bowling alleys might look like this. There are different lanes that have numbers.



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I'm going to BowlAbilities.

BowlAbilities is a time where I can come to the alley and learn how to bowl. I will have my lesson for 1 hour.

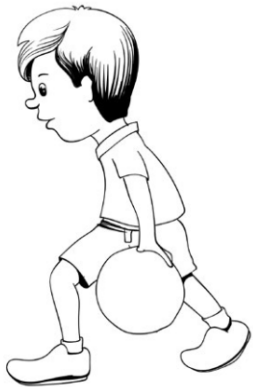


At BowlAbilities a Lane Ranger will be my coach.
They will show me the way to hold my bowling ball, practice aiming at the pins and bowling the ball to knock them over.
A Lane Ranger knows the rules of bowling. They will teach me the rules.



**Mats are put on the lanes when I go to BowlAbilities.
This helps me to be closer to the pins so they are easier
to knock over.**

**As I get used to bowling my carpet will get shorter.
Being closer to the pins means I don't need the bumpers
or ball ramp.**



BowlAbilities is a bit different from other times that I go bowling.

I may have to wear special shoes.

I would normally only bowl from the foul line.

I might try lane bumpers or use the ball ramp.



Each week I will do a lesson with the Lane Ranger. I will:

- Learn a new skill
- Do an activity at the back of the lane
- Play 2 games of bowling

LESSON PLAN
Ready, Set, Go!

SESSION 1

BOWL ABILITIES

TIME SCHEDULE

0:00-0:15	Introduction
0:15-0:30	Warm up
0:30-0:45	Approach & delivery
0:45-1:00	Off lane activity
1:00-1:15	Recap
1:15-1:30	Game play

NEW SKILLS

- Approach
- Delivery
- Ball to the lane

OFF LANE ACTIVITY

At the back of the lane

INTRODUCTION

Gather everyone together. Approach & delivery area.

OFF LANE ACTIVITY: None this week

HAVE A GO

Have everyone try the approach & delivery area.

NEW SKILLS: See diagram and info on the back of the card

WARM UP

Stretching & warm up

RECAP

Gather everyone together on the approach & delivery area.

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BOWL ABILITIES

ACTIVITY CARD
Activity #1 Bean Bag Target

EXPLANATION

SET UP at the approach area

Position three markers half a metre apart within the "Approach Delivery Position" with one foot forward. Carefully aim the bean bag at each target starting with the target closest to you first. Don't aim for the second target until you've hit the first one five times.

WHAT YOU WILL NEED

3 x cones or 3 x bean bags

REMEMBER: Practice the "Approach Delivery" and maintain a loose arm swing. You have 5 shots. Keep a tally of your shots. There is to be a 10 second time limit.

Reward the members and cheer together after you've had your turn.

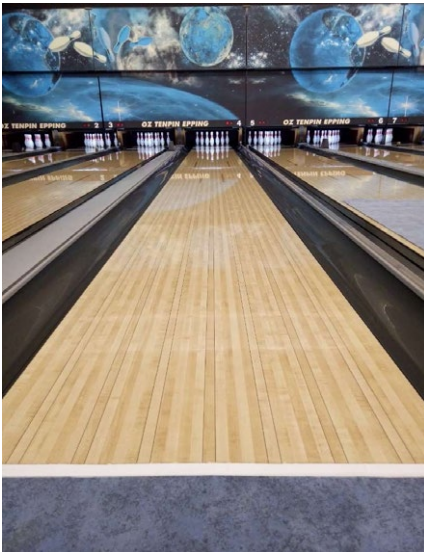
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**Each turn I bowl the ball I have 2 bowls
(or chances) to knock all the pins over.**

**If I knock all the pins over on my first bowl, it's
called a 'strike' and I don't take a second bowl.**



Once I have bowled the ball, the bowling ball will come back to me through a special tunnel called a ball return. I can find it here.

Sometimes other people might use my bowling ball. This is OK. I can use a different one or I can wait for it to come back through the tunnel. I can cheer on my friends while I wait.



After I have my turn I sit down and watch my friends bowl.

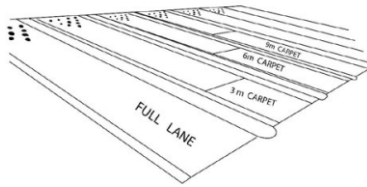
I can see when my turn is coming up by looking at the screen. It will tell me whose turn it is. I wait for my turn, it's 'one at a time' on the lanes.



If there is still time after my game, the Lane Ranger might let me have another turn.

If I'm unsure of what to do I can ask the Lane Ranger.





**This social story was created with the wonderful assistance of:
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For Tenpin Bowling Australia**



**Need more help? Contact us
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