



LESSON PLAN

Get Ready

Program Overview

Tenpin Bowling Australia (TBA) has developed the BowlAbilities program to give Participants the opportunity to participate and enjoy our sport, by catering to the specific needs of all participants.

BowlAbilities offers a modified, skill-based sports program, which gives Participants the opportunity to participate, practice and develop skills essential to the game, whilst gaining confidence and technique, allowing them to develop physically, socially and cognitively.

For the BowlAbilities Program to be delivered successfully, certain guidelines and considerations are advised:

GROUP SIZE	18 is the maximum per program, with no more than 3 per lane, maximising participation and socialisation opportunities. Minimum of two participants per lane.
LIMIT DOWN TIME	Keep participants active, engaged and encourage participation. Treat this as a sport. Ensure lanes are ready when needed, and activities are available between shots.
CONSISTENT STRUCTURE	Lane Rangers must adhere to lesson plans and effective delivery. They need to understand how sessions should run, watch the explanation videos and use consistent procedures and terminology.
PROGRESSION	All participants are treated equally, starting on 9m carpets before progressing to 6m, 3m, then full lane lengths. Personal bests and new highest scores are celebrated along with good technique.
PARENTS & VOLUNTEERS	Parents and volunteers are essential for success. Just like in other sports, roles should be allocated to assist with supervision, organisation and weekly management tasks.
QUALIFIED DELIVERERS	Lane Rangers are not just coaches; they must be able to engage and communicate well with children. Lane Rangers are appointed to programs after specific training and registration.
VENUE PREPARATION	Centres must be briefed prior to weekly sessions commencing. Lanes stripped for carpets, practice turned on, and screens set to 5 frame scoring.
ACTIVITIES & ENGAGEMENT	Participants need to be involved and engaged the entire hour – no down time or resting. Set up activities on the approach area and have children record scores and achievements.
REWARD & RECOGNITION	Once set scores are achieved at each lane length, participants are rewarded with a wrist band in recognition. In the following order; white > yellow > orange > green > blue > black

SESSION PLANS

Eight session plans have been developed to ensure lessons are well structured and delivered consistently, providing children with adequate challenge and complexity, keeping them engaged. Sessions should always be active, challenging and rewarding, offering recognition for success, whilst still being enjoyable. Have fun!

STRUCTURE	Group > Skill Introduction > Warm Up > Practice Skills > 2 Games > Recap & Reward.
COACHING FOCUS	New bowling skills introduced and demonstrated to group before trying in practice and game.
THEME	Education & engagement add another dimension to the program via session themes.
ACTIVITIES	Skill based challenge activities to help keep focused in between shots and increase ability.



LESSON PLAN

Unit Plan

All set

GROUP SIZE	1	2	3	4	5	6	7	8
PREPARATION CHECKLIST (IN ADVANCE)	Centre aware 9m carpets Wrist bands List of names Lanes booked Lanes stripped Lanes oiled Promo video	9m carpets 6m carpets 10 pin strike	9m carpets 6m carpets 3m carpets 10 pin strike	9m carpets 6m carpets 3m carpets Full lanes 10 pin strike		9m carpets 6m carpets 3m carpets Full lanes 10/30 pin scoring		
	Lane Ranger shirt and name tag. Watch Lane Ranger's session videos by logging in to bowlabilities.com.au Group participants of similar levels together. 2 or 3 per lane if possible.							
COACHING FOCUS	Fundamental skills & basics	Refining & expanding basic skills	Footwork 1: One step delivery	Targeting the headpin	Footwork 2: Four step approach	Set - up & stance	Rhythm & timing	Total package
THEME	Ready, Set, Go!	Fundamental Skills	The Inside Truth	Behind The Scenes	Spares 1 (Right Side)	Spares 2 (Left Side)	Challenge	Beat your Guest
EQUIPMENT & SETTING UP	Lay carpets Banners White bands Name tags	Lay carpets, have wrist bands and extra equipment ready (balls, cones, etc) Set up activity on approach area, identify activity for assistant Lane Ranger/s to help with Enter names into screen, turn lanes onto practice, have Participants' shoe sizes ready						
OFF LANE ACTIVITY	None	1. Bean Bag Target	2. Kneel & Roll	3. Tunnel Roll	4. One Leg Balance	1. Bean Bag Target	2. Kneel & Roll	All Activities
1. INTRO	Program overview & safety	Welcome Levels Progression	Revise previous sessions, what have we learned so far Announce theme and review current levels and bands Explain any new lane length or scoring					Final session Parents, fun What's next
2. NEW SKILL	Rock On Spiderman Swing Balance	Rock On Spiderman Balance Key words	One Step Delivery	Targeting the headpin	Four Step (Full Lanes)	Set-up & Stance	Rhythm & Timing	Total package
	Reinforce previous session. Use consistent key words. Progress to new skill only when group is ready.							
3. WARM UP	Whole group - with variations to keep Participants interested, include stretches with everyone together on the approach.							
4. PRACTICE	Full Lanes - Have A Go. then carpets	On 9/6/3m carpets only Technique reinforcement Individual assistance	Level appropriate carpet length/full lanes Technique reinforcement & individual assistance				Parent Challenge 1 Game	
5. TWO GAMES	5 frames 30 + score 9m carpets	5 frames (10 pin strike) 30+ pins to progress up level Lane (band) appropriate length			5 frames (10/30 pin strike) 30/60/80+ pins to progress up level Lane (band) appropriate length			
6. RECAP	Revise skills Note scores Next session	Review the day's progress & performance Note scores and review the theme and new skill Announce the theme for next session						Thank you's Next term?
7. SCORE MIN. & WRIST BAND COLOUR	Score 30 on 9m = white	Score 30 on 6m = yellow	Score 30 on 3m = orange	Score 30 on full = green	Score 60 on full = blue	Score 80 on full = black	Personal Best Challenge	Vs Parents/ Friends