Bowler's Ed

IN-SCHOOL BOWLING EDUCATOR GUIDE

A Lane of New Opportunities

THANK YOU FOR TAKING THE FIRST STEP TOWARD TEACHING THE UNIQUE SPORT OF BOWLING TO YOUR STUDENTS

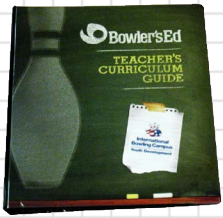
Bowler's Ed is a fun, progressive and innovative approach to promoting a healthy and active lifestyle while teaching a lifetime sport to children at an early age.

The program features the curriculum and equipment needed to make it a great addition to any physical education class, scholastic program, community event or after-school program, and it is taught through an easy-to-follow, fun and fitness-oriented lesson plan.

The FREE Bowler's Ed curriculum is approved by the National Association for Sport and Physical Education (NASPE), certified by the United States Bowling Congress (USBC) and recognized by the Bowling Proprietors' Association of America (BPAA). Educators are provided the appropriate tools to be successful, whether they are an experienced bowler or are teaching it for the first time.

The Bowler's Ed program will illustrate that the skill requirements for bowling are no different than those of other sports. More importantly, strength, speed and size are non-essential components, so students who might be unable to compete on another playing field can find athletic success in bowling!

The information provided in this guide is designed to help you begin teaching the lifetime sport of bowling through fundamentals, fitness and fun activities and coinciding academic lesson plans!



BOWLER'S ED CURRICULUM CONTENTS

Bowling Fundamentals

A step-by-step teaching progression including new task-specific rubrics, activity space set-up, cue words and detailed instructions. Once students have mastered the basic fundamentals, it's time for them to learn more about strike and spare shooting with more advanced tips.

Fitness and Fun Activities

Bowling is more than strikes and gutters. The Fitness and Fun section highlights activities to enhance cardiovascular health, coordination and endurance. Activities are separated by grade level and topic, allowing for 5-6 students per lane for maximum participation of 30-36 students across six in-school bowling lanes.

Academic Lesson Plans

In this section, you will find access to activities that reinforce art, history, geography, math, vocabulary, spelling, science, reading comprehension and more! The cross-curricular academic activities included in the curriculum are coded in a matrix to quickly and easily showcase bowling as fun and educational, helping students and teachers reach academic goals.

Adaptive Physical Education

From the perspective of occupational therapy, bowling provides physical, emotional and social benefits for people of all abilities. In this section, you will be provided tools to make bowling a successful experience for all students.

STEM

Science, technology, engineering and mathematics are regularly taught in elementary education. Through the unique characteristics of the sport of bowling, we are able to provide a fun and academically sound addition to the Bowler's Ed curriculum, further increasing cross-curricular opportunities and academic enrichment.

Assessments

The included rubric will help delineate consistent assessment criteria. It allows teachers and students alike to assess criteria which are complex and subjective while also providing ground for self-evaluation. The rubric is aimed at accurate and fair assessment, fostering understanding and indicating the way to proceed with subsequent learning/teaching.

BOWLER'S ED BOWLING EQUIPMENT

Carpeted In-School Bowling Lane

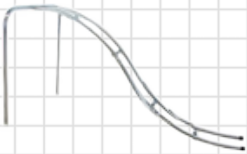
The in-school bowling lane is a carpeted non-slip mobile lane designed for classroom, gymnasium or outdoor use. The 20- or 30-foot long and 40-inch wide Bowler's Ed carpet is complete with a foul line, locator dots and lane arrows.

Bowler's Ed Bowling Balls

The rubberized plastic bowling balls come in three different weights, three, four or five pounds. Each ball has small and large holes to ensure a fit for youth and adults.

Bowler's Ed Plastic Pin Set

The plastic weighted pins are easy for kids to move and set up and are available in traditional white/red or premium colors. The pins are safe and designed to last even after hundreds of games.



Bowler's Ed Freestanding Bowling Ramp (Adaptive needs)

This portable bowling ramp is built of strong steel pipe and stands firm on no-slide rubber feet, allowing teachers to seamlessly work through the adaptive bowling curriculum.

To purchase equipment, please visit www.bowlersedsupply.com

OBJECTIVES OF CURRICULUM

- Introduce children to the lifetime sport of bowling
- Develop cross-curricular learning through Bowler's Ed academic lesson plans
- Incorporate health and fitness into a child's daily life through bowling
- Encourage healthy habits, sportsmanship and character values
- Deliver high-quality activity based learning experiences in a safe environment
- Provide resources to teach and support bowling in every community

THE LANES OF NEW OPPORTUNITIES WITH BOWLER'S ED

Below are some unique ideas to incorporate the Bowler's Ed program and showcase the sport of bowling to the community through an educational partnership with a local bowling center or United States Bowling Congress local association.

Development Day or Workshop- *"A Lane of New Opportunities" for teachers!*
Schedule a Bowler's Ed demonstration at a local bowling center to help teachers with the bowling fundamentals, creative activities and team dynamics included in the Bowler's Ed curriculum.

Field Day or Special Event- *Bowl a strike at a school-wide event!*
Engage the entire student body through the inclusive sport of bowling in a fun and friendly environment.

Before/After School- *Occupy kids with a healthy, muscle-building and weight-bearing activity!*
Kick start or end a school day with an enriching academic and athletic program like Bowler's Ed!

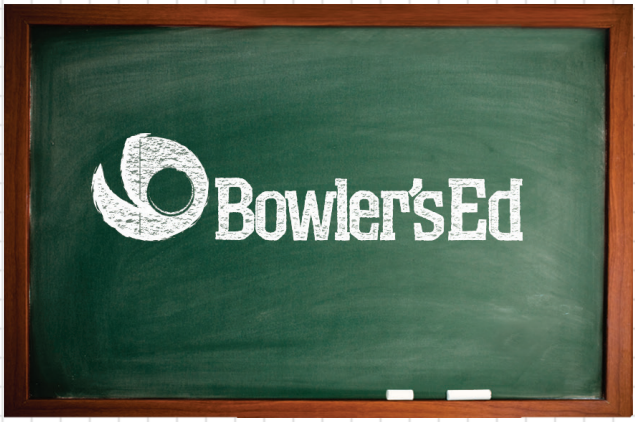
PTO/PTA Night - *'Roll a strike' with parents at your next school meeting!*
Deliver a fun bowling activity to help connect new and returning parents.

Family Fitness Night - *Kids vs. parents in a fun and inclusive activity inside the gymnasium!*
Showcase a lifetime activity for students and parents while promoting family bonding opportunities.

Career Day - *Explore the different career opportunities available in the local community!*
Connect with a local bowling center to set up the in-school bowling equipment and discuss their roles/responsibilities within the business side of bowling.

BOWLER'S ED HEALTH & WELLNESS

The Bowler's Ed curriculum actively engages students in a sufficient amount of moderate to vigorous physical activity to improve or maintain their physical health and well-being. The curriculum leads students through team-based cardiovascular activities requiring coordination, timing and concentration! Teachers benefit from a fully-developed curriculum complete with rubrics, fundamentals, fitness activities and lesson plans.



Physical Health

CALORIE BURNING

100+ PER HOUR

A level of endurance is necessary for athletes to reduce fatigue during bowling while still maintaining form.

MUSCLE BUILDING

134 MUSCLES EXHAUSTED IN A 4-STEP APPROACH

Strength is required for carrying the bowling ball and correctly holding body positions while executing various sport-specific skills.

STRONG BONES

BUILDS STRONG BONES

Bowling is a weight-bearing sport as upper-body power is important during the approach and delivery.

HAND & EYE COORDINATION

It's important for bowlers to see their target and release the bowling ball at a proper point to successfully knock down pins.

BALANCE & COORDINATION

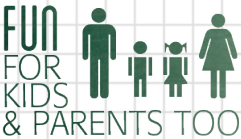
Flexibility and balance are associated with a much lower risk of muscle strains, sprains and pulls.

Social Health

NEW FRIENDS

Bowling can help someone make new friends. Approximately 2 million bowlers socialize and bowl together each week during leagues throughout America.

FAMILY BONDING



Bowling is an inclusive lifetime sport that brings families together in a fun and rewarding environment.

LIFETIME SPORT

Enjoyed by everyone from preschoolers to senior citizens, bowling currently is the fastest-growing high school varsity sport.

Emotional Health

STRESS RELIEVER

Social relationships formed around shared interests such as bowling can strengthen the heart muscles and increase longevity.

PERFORMANCE BOOSTER

As bowling becomes an important part of a person's daily life, he or she will notice benefits such as feelings of self-renewal, greater productivity, more energy and possibly even a reduction in health care costs.

10 VALUES OF BOWLER'S ED

Bowler's Ed teaches kids the values of team play and sportsmanship. The curriculum promotes not only the lifetime activity of bowling, but also discipline and respect while seamlessly integrating life lessons into each experience.

1. Inclusion

Bowler's Ed allows full participation regardless of gender, physical ability or natural athleticism.

2. Respect

In bowling, it is important to show respect for oneself, team, competitors and traditions.

3. Sportsmanship

Students are taught to abide by the rules, which encourages them to conduct themselves in a respectful manner toward others.

4. Safety
Teachers instruct students on bowling center specifics to enrich their experience.

5. Education
Bowler's Ed engages students in cross-curricular activities that include educational opportunities.

6. Courtesy
Bowler's Ed focuses on developing courtesy and interpersonal skills that extend beyond in-school bowling.

7. Responsibility
Bowler's Ed places responsibility on the bowler, spotter, pin setter, ball returner and score keeper.

8. Perseverance
With every strike, spare, open frame and gutter ball, students learn to understand both accomplishment and adversity.

9. Achievement
Students experience a sense of accomplishment and build confidence for having mastered a new sport.

10. Lifetime Activity
Bowling is a lifetime sport that gives students the opportunity to improve and participate for years to come.

NATIONAL ASSOCIATION OF SPORTS AND PHYSICAL EDUCATION (NASPE) STANDARDS

The goal of the Bowler's Ed program is to develop physically fit and literate students through the bowling curriculum and associated bowling activities. Bowler's Ed gives students the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity.

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Bowler's Ed teaches competency in basic motor skills such as an underhanded throw and balance, leading athletes to develop a specialized bowling approach.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

The Bowler's Ed curriculum helps students identify and correctly use various body parts while using "cue words" to reinforce the activity.

Standard 3: The physically literate individual demonstrates knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

The additional fitness activities included in the Bowler's Ed curriculum further enhance physical fitness through cardiovascular exercises, jumping rope and other aerobic activities.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

The Bowler's Ed curriculum is designed to encourage teamwork as children work together in pairs or sometimes in teams of five or six throughout the activities. In addition, etiquette and safety are important aspects of the bowling program.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Bowling is a fun, challenging sport that everyone can participate in! Unlike sports like football or basketball, bowling does not require advanced athleticism, so children who might not succeed in other arenas often excel on the lanes.

THE SERVICE PLAN

Request a FREE Bowler's Ed Curriculum

- To review the curriculum, go to www.bowlersed.com
- To request a curriculum, email bowlersed@bowl.com
- Visit your local bowling center.

Determine when you will teach bowling and your equipment needs

- Evaluate class schedule and lesson plan focus.
- Bowler's Ed is a one-to-four week in-school program.
- Adaptive needs equipment is available along with a variety of bowling ball weights.

Contact your local bowling center's Youth Director for support and in-school bowling equipment

- Seek out a partnership with your local bowling center, and see if they can loan you their equipment.
- Connect with your district office if multiple schools are involved.
- The curriculum details 5-6 kids per bowling lane.

Inquire about continued participation opportunities

- Special spirit nights at the bowling center
- Fundraising possibilities for sports or academic teams

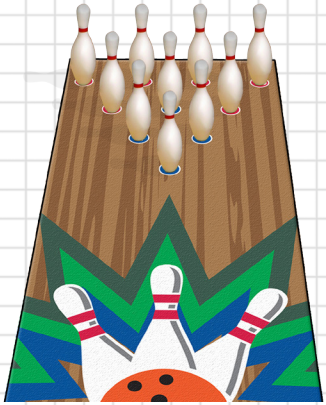
TEACHING BOWLING

Get started

1. The first thing you will need to do is review the curriculum so that you are prepared to teach students.
2. You will need to decide where you will teach the curriculum (in the gym, multi-purpose room or outside on pavement).
3. Determine how you will group your students and give assignments prior to beginning the lesson.

Equipment needed

1. Bowler's Ed curriculum
2. Bowler's Ed carpets or a hard, flat surface such as the gym floor, multi-purpose room floor or outside pavement
3. Plastic-weighted pins
4. Rubberized plastic bowling balls



Set up

1. Diagram the layout of lanes on a sheet of paper or dry-erase board.
2. Set up carpeted lanes, or mark off lanes on gym floor.
3. Organize and group students together before starting the lesson.
4. Group students at each lane by categories of bowlers, spotters, pinsetters or ball returners, and explain their roles.
5. Clearly explain the rules of the game.
6. Begin to bowl!

Maintenance

1. Be sure to keep the bowling surface clean. If you're using carpets, roll them up carpet-side out. This will preserve the carpet for a longer period of time.
2. Encourage students not to walk on lanes and to respect the foul line.
3. Do not allow students to bounce, kick or throw the bowling balls.
4. Be sure to keep an accurate inventory of equipment.

Reminders

1. Share with your students the opportunities to participate in bowling outside of school.
2. Educate your students that bowling in high school and college is an option.
3. There are many scholarship opportunities available through the sport of bowling.
4. Bowling is a fun way to stay in shape when coupled with a healthy diet.
5. Bowling is a great way to spend family time.

THANK YOU FOR YOUR INTEREST IN THE IN-SCHOOL BOWLING PROGRAM

Our hope is that you will request a free curriculum to implement the Bowler's Ed program into your physical education lesson plans. We admire your commitment to our youth of today and leaders of tomorrow. We believe that bowling will only help enhance your students' experience as lifelong learners. The USBC Youth team is always here to assist you with any questions and needs that may arise.

OUR CONTACT INFO:

USBC Youth
800-514-2695
bowlersed@bowl.com