

Multi Skills Festival– Underarm Bowling

Learning Outcome:

By the end of the activity, pupils will be able to bowl a ball underarm aiming towards a target.

Physical Outcomes:

Mobility ☒

Agility ☐

Speed ☐

Strength ☐

Power ☒

Fundamental

Movement Skills:

- Walking
- Carrying
- Trapping
- Throwing
- Rolling
- Turning
- Twisting
- Bending

Personal Challenge:

If you can bowl and hit the stumps with one hand, can you switch to use your non-dominant hand.

Equipment Needed

- 3-4 Cricket Stumps
- 4-5 Tennis Balls
- 4-5 Cones

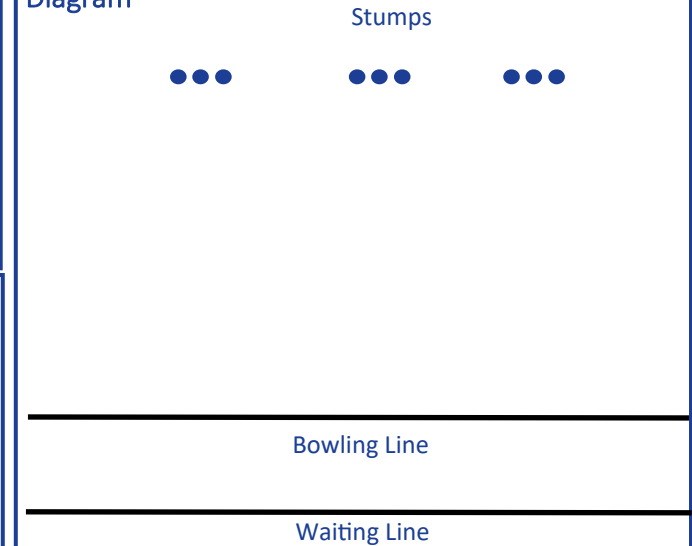
Safety Points

- Pupils who are not bowling must wait behind the waiting line.
- Ensure the balls do not roll into another activity area.

Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Explain that the activity is going to focus on bowling which would be used in games such as cricket.
- Give a clear explanation of activity
- Provide a visual demonstration.
- Split pupils into small groups (4-5 pupils).
- Pupils stand in a line in their groups behind the waiting line.
- The first pupil stands at the bowling line and bowls the ball underarm aiming for one of the stumps.
- The pupil then walks out to collect their tennis ball and passes it to the next pupil in the line.
- On the second attempt, award a point to the pupil if they are successful at hitting the stumps.
- Challenge the pupils to see how many points their group can get after one/two bowls each.

Diagram



Coaching Points

- Feet behind the bowling line.
- Aim for the stumps.
- Stand facing the stumps.
- Do not bring your arm above shoulder level.
- Bowl the ball underarm (1 or two bounces)
- Do not throw the ball back or kick it.

Easier/Harder (STEP Principle)

- Space: Move the stumps closer or further from the bowling line.
- Task: Increase or decrease the number of bounces before the ball hits the stumps.
- Equipment: Increase or decrease the size of the target or ball.
- Participants: Work in a group to see how many times you can hit the stumps.

REMEMBER- SMILES

Safe: Participants feel physically and emotionally safe.

Maximum Participation: Participants are fully involved all of the time.

Inclusive: All participants can take part.

Learning: Participants develop personal, social, creative, thinking and physical skills.

Enjoyment: Activities recognise individuals personal needs and interests.

Success: Participants feel they are making progress and getting satisfaction.