



Other Sports: Bowling

Sports and Fitness – Elective Step 5

Purpose

In the "Other Sports" Elective Trailmen gain a more detailed understanding of a particular sport. The Trail Guide may choose any sport to accomplish this Elective. The sport described here is only a sample.

1. What is the purpose of this game/sport?
2. What are the rules? How is it scored?
3. What are some different skills needed?
4. What types of exercises help someone get better at this sport?
5. What are the benefits to this sport?

Notes to the Trail Guide

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1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the skills of this Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

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Skills Progression

	<ol style="list-style-type: none">1. Learn how many pins there are2. Count how many pins are knocked down when they bowl
	<ol style="list-style-type: none">1. Learn how many pins there are2. Count how many pins are knocked down when they bowl3. Learn to score a frame
	<ol style="list-style-type: none">1. Learn how many pins there are2. Count how many pins are knocked down when they bowl3. Learn to score a game

Helps

1. What is the purpose of this game?
 - a. **Goal:** To learn generally how the game is played.
 - b. **Lesson:** Bowling is an individual sport, yet it is normally played with a group of friends.
 - c. **Examples:**
 - i. Bowling is an individual sport where a bowling ball is rolled down a lane to knock down bowling pins.
 - ii. It is an indoor sport.

2. What are the rules?
 - a. **Goal:** To learn some of the rules of bowling.
 - b. **Lesson:** Bowling has a few key rules.
 - c. **Examples:**
 - i. A bowling lane is 3 feet, 6 inches wide and 60 feet long and made of wood. There is a gutter on each side of the lane.
 - ii. A bowling ball can weigh between 6 and 15 pounds and has three holes for fingers.
 - iii. When rolling the ball, the bowler's foot should not cross the foul line.
 - iv. The ball is rolled down the lane to try to knock down as many pins as possible.
 - v. A game consists of 10 frames (or turns).
 - vi. Each person has two balls per frame to knock down all ten pins.
 - vii. Scoring:
 1. One point per pin
 2. A "spare" is when all ten pins are knocked over in two balls/tries. This is awarded 10 points plus the number of pins knocked down on the first ball of the next turn.
 3. A "strike" is when all the pins are knocked over with only one ball. It is awarded ten points plus number of pins knocked over by the next two balls.
 4. A perfect game is 300 points.
 - viii. Special shoes are worn and can be rented at the bowling alley.

3. What are some different skills needed?
 - a. **Goal:** To learn skills needed to be a good bowler.
 - b. **Lesson:** In bowling you need arm strength and coordination.
 - c. **Example:**
 - i. Bowling balls are heavy. Developing arm and finger strength is important.
 - ii. Being able to swing a bowling ball takes strength and coordination.
 - iii. Some bowling alleys can place bumpers in the gutters to help young or unskilled bowlers.

4. What types of exercises help someone get better at this sport?
 - a. **Goal:** To learn different exercises to improve strength and skill.
 - b. **Lesson:** To become a better player, exercise and training are required.
 - c. **Examples:**
 - i. Doing arm curls can help with arm strength.
 - ii. Push-ups and pull-ups are good arm and chest exercises.
 - iii. Picking up heavy things using fingers can help with finger strength.
 1. Pick up a book (or several books) using only your fingers.

5. What are the benefits to this sport?
 - a. **Goal:** To learn how bowling can be a benefit to the Trailman.
 - b. **Lesson:** Bowling can be a social sport. Having fun with friends is important.
 - c. **Examples:**
 - i. Enjoying being together is important to building friendships.
 - ii. Boys like sports and competition and bowling is a good opportunity for this.

Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed above in the Helps section.

Game ideas

- Check the games section online for game ideas.
- Or, create a game that works for your patrol.
- Several ideas are listed below.
 - **Room Bowling**
 - Set up a bowling lane in your meeting room using a plastic ball and plastic pins.
 - Or use other materials like a volleyball and 2 liter soft drink bottles.

 - **Yard Bowling**
 - Same as above, but outside.

Scripture:

See Other Sports Steps and Electives for verses or search "Bible verses for athletes" or a similar search.

BOWLING SCORE SHEET

Tournament :

of Players :

Player 1	1	2	3	4	5	6	7	8	9	10	Score

Player 2	1	2	3	4	5	6	7	8	9	10	Score

Player 3	1	2	3	4	5	6	7	8	9	10	Score

Player 4	1	2	3	4	5	6	7	8	9	10	Score

Player 5	1	2	3	4	5	6	7	8	9	10	Score

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Image 1

BACK	1	2	3	4	5	6	7	8	9	10	FINAL
1	5 3 8	3 3 14	3 4 21	⊗ 51	⊗ 76	⊗ 94	5 3 102	3 122	⊗ 146	⊗ 163	163
2	7 1 8	3 3 14	4 5 23	4 5 32	⊗ 62	⊗ 92	⊗ 117	⊗ 137	5 149	2 3 154	154
3	3 2 5	3 25	⊗ 55	⊗ 85	⊗ 109	⊗ 126	4 3 133	3 3 139	3 3 145	3 6 154	154
4	4 3 7	4 4 15	5 6 26	4 5 35	⊗ 65	⊗ 95	⊗ 119	⊗ 136	4 3 143	2 3 148	148
5	9 0 9	0 2 11	3 5 19	⊗ 49	⊗ 79	⊗ 105	⊗ 123	6 2 131	2 2 135	6 2 143	143
	6 2 6	2 2 6	4 5 6	⊗ 6	⊗ 6	4 4 6	2 2 6	2 2 6	⊗ 6	⊗ 6	6 2 6

Image 2

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