

DOING BOWL PATROL 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 centre to play tenpin bowling.
Bowling centres might look like this. There are
different lanes that have numbers**



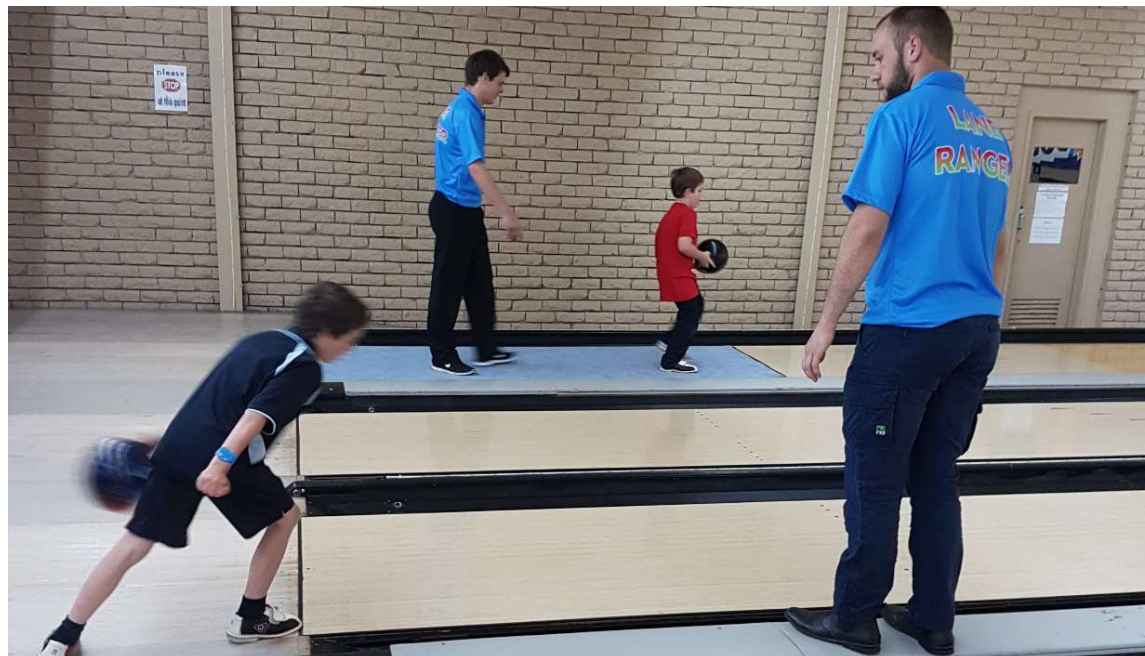
I'm going to Bowl Patrol.

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



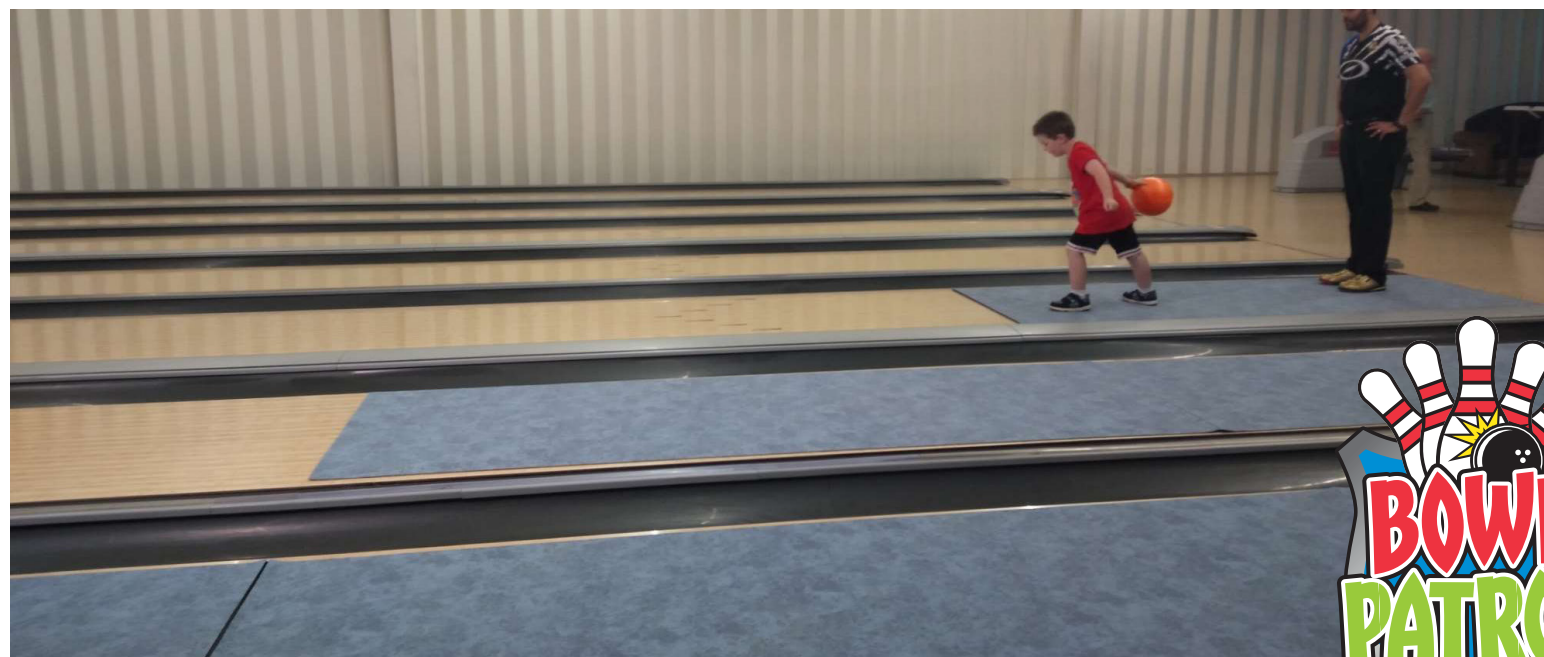
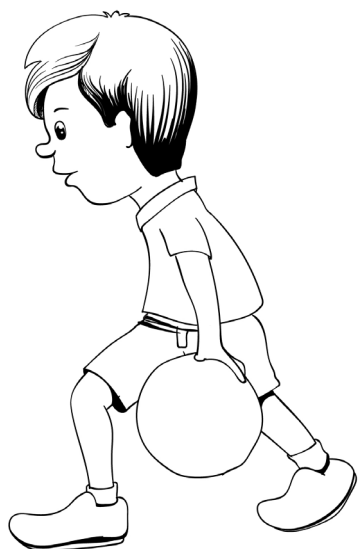
At Bowl Patrol a Lane Ranger will be my coach. They will show me the way to hold my bowling ball, practice aiming at the pins and bowling the ball to knock them over.

**A Lane Ranger knows the rules of bowling.
They will teach me the rules.**



Mats are put on the lanes when I go to Bowl Patrol. 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.**



**Bowl Patrol 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

BOWL PATROL **LESSON PLAN** **SESSION 1**
Ready. Set. Go!

NEW SKILLS

Approach Area
"You've bowled before, now let's see if we can make it easier for you!"
Introduce fundamental bowling skills to all kids. Demonstrate correct technique to the whole group including parents.

SWING:
Free, relaxed, un-interrupted swing. Try **Rock On** hand middle two fingers down, use preferred hand.

BALANCE:
Start with **Feet Apart** slowly, then turn to **Staggered Balance** face pins. Stand steady, knees slightly bent.

RELEASE:
Palm behind ball. **Spideyman Release** delivery arm above head, loose swing to finish with wrist towards pins.

DIRECTION:
Extend arm forward to point in the direction of pins, just like Spideyman shooting web at a target, look and aim.

SCORING:
Explain briefly why these techniques will help deliver the ball straight and consistently increasing chance of knocking down the pins. After everyone has bowled on full lanes. "We will now move closer to the pins to make it easier!"
Explain the modified game and scoring unique to Bowl Patrol (see Lane Ranger's video). Emphasise: "You score what you knock down." "We play 2 games, with 5 frames in each. Each frame has 2 attempts."

Warm Up & Stretching
"Ensure everyone participates, it's important to avoid injury and be prepared."
"Include an exercise that is appropriate for the age group and the spot. Warming up the muscles and stretching wrists, backs of the hands."

Fundamental Bowler

Feet Apart **Staggered Balance**

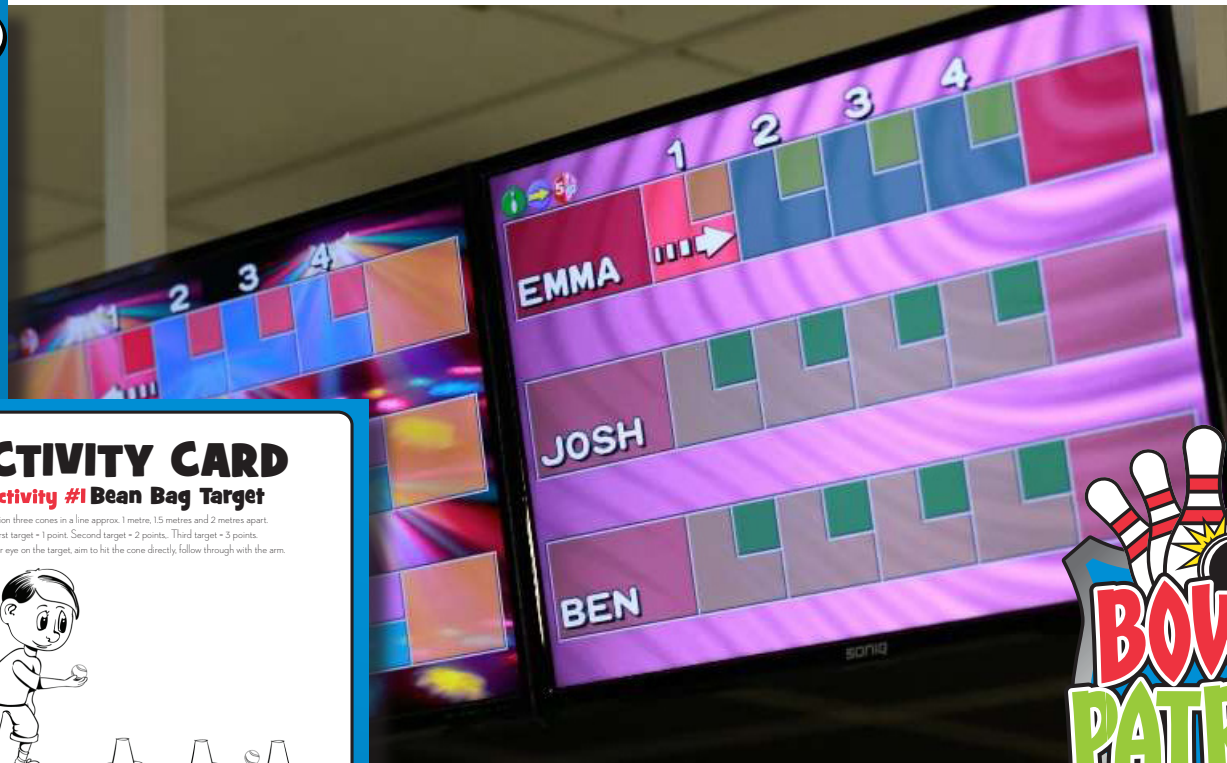
bowlpatrol

BOWL PATROL **ACTIVITY CARD**
Activity #1 Bean Bag Target

Position three cones in a line approx. 1 metre, 15 metres and 2 metres apart.
First target = 1 point. Second target = 2 points. Third target = 3 points.
Keep your eye on the target, aim to hit the cone directly, follow through with the arm.

You have 5 shots

bowlpatrol.com.au **TBA**



**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.

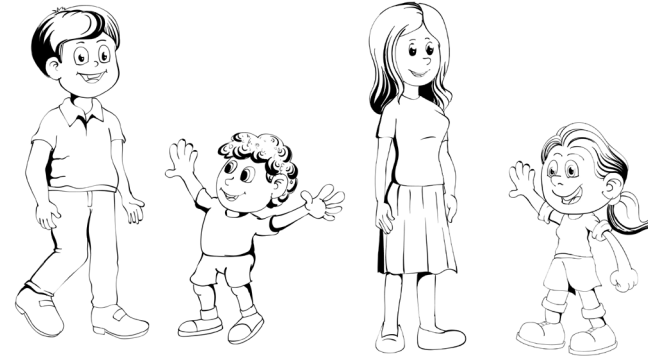
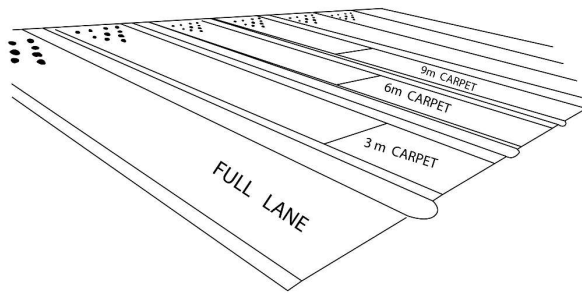
I can see when my turn is coming up by looking at the screen. It will tell me whose turn it is. I wait for my turn, it's 'one at a time' on the lanes.



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;

Autism Spectrum Australia (Aspect)

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With the support of SPORTAUS and Sport & Recreation Victoria

For Tenpin Bowling Australia



VICSPORT



Need more help? Contact us

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