

# BHS BOWLING



## GRADING:

NAME \_\_\_\_\_  
 PERIOD \_\_\_\_\_

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4
SKILL (12/24):		APPLICATION 2 (4):			
APPLICATION 1 (4):		APPLICATION 3 (4):			
KNOWLEDGE (6)					
<b>TOTAL (50):</b>					

### SKILL 1:

### **APPROACH**

- Uses a 4 or 5 step approach.
- Pushes ball away from body on first step.
- Walks straight towards target / mark.

### SKILL 2:

### **ARMSWING**

- Arm starts swinging downward during second approach step.
- Highest point of the back swing brings arm parallel to floor.
- After release, arm swing follows through toward target.

### SKILL 3:

### **RELEASE**

- Fingers / hand are positioned under the ball.
- Ball is released during slide portion of the approach.
- Ball is released out over the foul line with shoulders square to pins during release.

### SKILL 4:

### **ETIQUETTE/EQUIPMENT SELECTION**

- Demonstrates proper bowling etiquette during practice/games.
- Focuses on bowling without getting distracted by social aspects.
- Chooses a bowling ball that is appropriate



**TOTAL SKILL: /12 or 24**

## APPLICATION 1: Application of Skills

- 4 Applies effective skills with few, if any, observable errors in technique.
- 3 Applies effective skills with errors in technique
- 2 Performs skills showing some element of correct technique, but application is ineffective and inconsistent.
- 1 Attempts skills but technique is not yet sufficient, resulting in consistently ineffective performance

## APPLICATION 2: Application of Strategies

- 4 Selects appropriate equipment and applies effective adjustments to skill technique on basis of previous results and/or location of remaining pins without hesitation.
- 3 Selects appropriate equipment and attempts to adjust technique on the basis of previous results and /or location of remaining pins, but seem hesitant or indecisive.
- 2 Makes inappropriate equipment selection and/or does not make technique adjustments on the basis of previous results and /or location of remaining pins. Needs reminders from others to make strategic adjustments.
- 1 Makes inappropriate equipment selection and focus is confined to releasing the ball. Movements do not indicate adjustments necessary to meet the objective of striking the greatest number of pins.

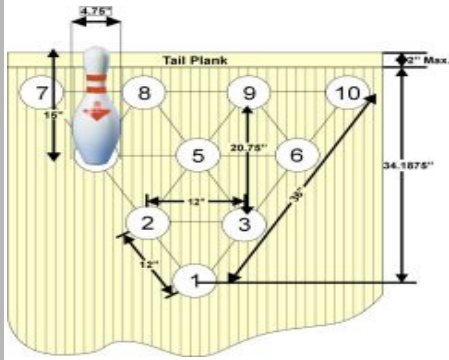
## APPLICATION 3: Application of Rules and Conventions

- 4 Applies rules, etiquette, conventions and terminology without hesitation and with no observable errors. Announces the score correctly after each frame and for game when asked.
- 3 Applies major rules, etiquette, conventions and terminology correctly but makes minor errors and/or may seek confirmation from others. Announces the score correctly after a frame and for each game when asked.
- 2 Demonstrates a general understanding of the activity but needs assistance from others to correctly apply rules etiquette, conventions, terminology and/or scoring.
- 1 Consistently demonstrates incorrect application of rules, etiquette, conventions, terminology and/or scoring. Students rely on direction from others to participate correctly.

**TOTAL APPLICATIONS: /24**

## BOWLING PINS:

- Bowling pins are 15" high and 4.75" wide.
- Pins weigh between 3 lbs. 6 oz. & 3 lbs. 10 oz.
- Pins are numbered 1 – 10
- Pins are set 12" apart from each other on the pin deck.



## SCORING: Frames and Games

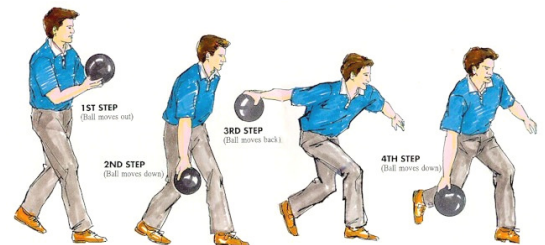
1	2	3	4	5	6	7	8	9	10	total											
3	/	2	/	X		X		7	/	4	5	X		-	3	3	5	X	4	2	
12		32		59		79		93		102		115		118		126		142		142	

A game is made up of ten frames. At the beginning of each frame, the bowler tries to knock down all ten pins. If successful the result is a strike and the frame is over. If any pins are still standing after the first shot a second ball is rolled. If the remaining pins are knocked down it is a spare. If a pin or more is standing after the second shot the result is an "open" frame. The bowler is credited with just the amount of pins that fell.

When a spare is made the bowler gets credit for 10 plus the number of pins knocked down on the next throw. No score is marked in that frame until the next shot is made.

A strike is worth 10 plus the number of pins knocked over on the next two tosses. The score of each frame is added to the score of the previous frame until reaching a final total after 10 frames. In the final frame, if a spare is recorded, another ball must be rolled to determine how much that spare will be worth. For the same reason, when a strike is made in the 10th frame, two more shots are needed to find out how much the strike will be worth.

## BOWLING SEQUENCE:



**HINT:**  
Use the arrows on the lane, they will help you to align yourself and aim for specific pins.

## BOWLING VOCABULARY:

**Alley:** 1) A group of lanes; 2) bowling establishment; 3) playing surface, usually made of maple and pine boards; urethane lanes may soon outnumber wood lanes.

**Approach:** 1) Part of the lane from the very back of the ball return area to the foul line.

**Arrows:** Aiming points embedded in the lane. These seven arrows are used for targeting.

**Delivery:** Preparation + Release + Follow-through

**Dots:** Dots on the approach are used to set the bowler's feet at the start of the approach.

**Double:** Two strikes in a row; scores twenty plus the number of pins knocked down on the next ball.

**Field goal:** Ball rolled between two pins of a wide split.

**Foul:** Touching or going beyond the foul line at delivery.

**Frame:** A tenth part of a game of bowling.

**Pocket:** The 1-3 for right-handers and 1-2 for lefties.

**Split:** A spare leave in which the headpin is down and the remaining combination of pins have an intermediate pin down immediately ahead of or between them

**Strike:** All ten pins down on the first ball.

**300 game:** A perfect game consisting of 12 strikes in a row.