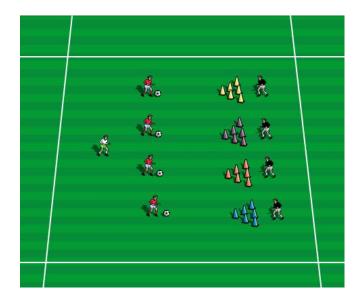


Curriculum - First Kick Activity # - 22

Game Title:	Bowling	Game Theme:	Movements
Learning Outcome(s):	Kicking		



Organization:

- 1. 20 x 20 yard area, set up as shown
- 2. Tall cones
- 3. 1 ball per player
- 4. Parents / Guardians required

Story/Description:

- 1. Set up bowling alleys for each player
- 2. Parents / Guardians act as the retrievers
- 3. Players have as many bowls (kick) as they need in order to knock all the pins (cones) down

Coaching Points:

- 1. Aim to keep the ball straight no gutter balls please kick the middle of the ball
- 2. Have a run up
- 3. Make sure the ball is stopped 1st, before kicking

Developments:

- 1. Player now gets three kicks only how many did you knock down?
- 2. Increase the distance to target