Bowls Australia
Rookie Rollers

FOUNDATION - GRADE 6 LESSON PLANS

Introduction

Welcome to the Rookie Rollers lesson plans for school-based bowls programs!

The lesson plans are designed to support teachers and coaches to deliver age-appropriate and engaging bowls sessions for school groups, as well as clearly defining links with the *Australian Curriculum: Health & Physical Education* to support HPE assessment. In addition, the lesson plans support the general capabilities of *Critical & Creative Thinking* as well as *Personal & Social Capability*.

The lesson plans have been divided up into three levels: **Foundation-Grade 2, Grade 3-4, Grade 5-6**. Each level has **four lessons** for teachers and coordinators to follow with specific game activities and proposed questioning to support reaching learning outcomes.

It is also recommended that schools connect with their local bowls club to run a **5th lesson** at the club so children and their families can continue to enjoy playing Rookie Rollers bowls. Bowls is a sport for life that can be played by anyone, a perfect sport for the family to play together! There are many other social and community benefits of becoming part of your local bowling club which is often seen as a hub of your local community.

If you need help to do this, why not contact Bowls Australia - email us at **rookie.rollers@bowls.com.au**

To properly prepare for lessons, please take the time to ensure you have adequate equipment on hand; an appropriate space for group games; group management strategies (particularly if you're new to coaching bowls) and; your game cards with everything you need to know about creating fun bowls experiences for children.

Good luck!

Equipment

Bowls Australia recommends the use of the Rookie Rollers Kit with this resource. The kit includes:

- 1 wheeled bag
- 16 orange and 16 blue bowls
- 1 target mat
- 50 cones
- 8 mats and jacks
- 8 small traget hurdles
- 30 Activity Cards

Additional recommended equipment (not provided):

- 32 tennis balls
- 6 hoops

It is recommended that F-2 students use modified equipment such as tennis balls to practice the fundamental movement skill of rolling at an expected ability level.

As an extension to the activity, teachers can introduce bowls-specific equipment such as bowls with a bias. This is suggested in the 'change it' section of certain activity cards.

Playing Area

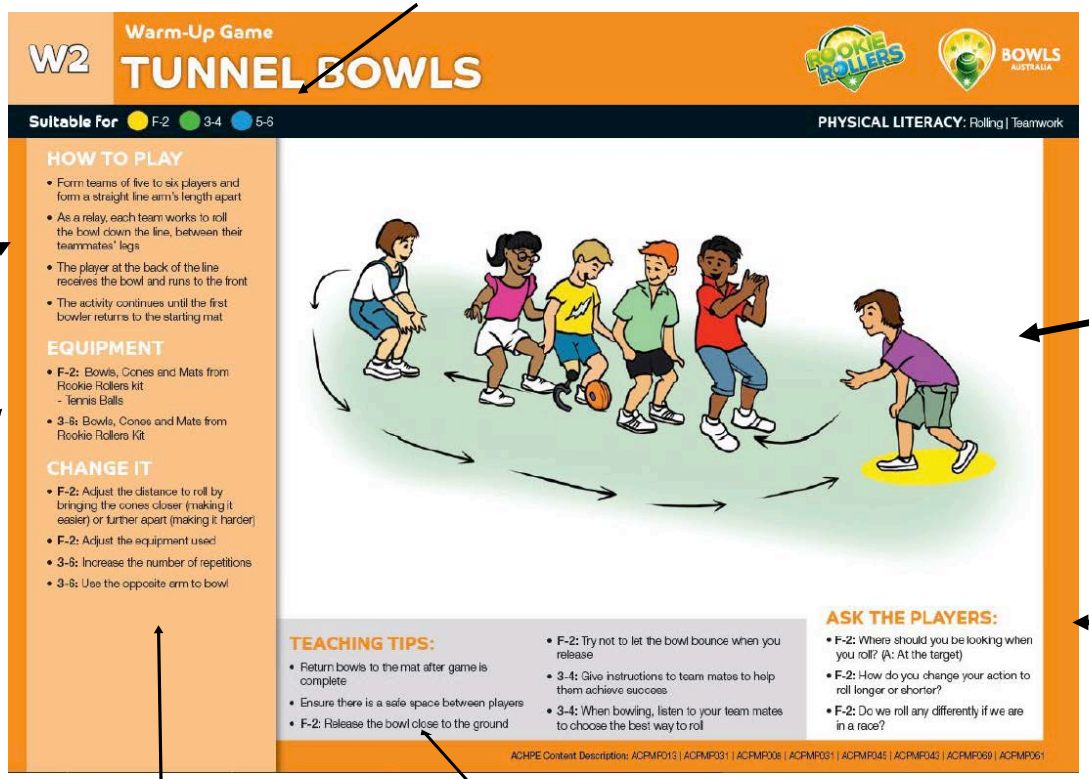
Any flat surface; basketball court/ gym / oval/ classroom.

What's on a card?

Game code identifies the game type and activity card number:

W = Warm-up game
S = Skill Development
G = Game Concept

Suitable for identifies which year levels the game is most appropriate for.



Physical Literacy is indicating the skills the activity is focusing on and building.

How to play provides simple instructions to facilitate the game.

Diagram is a guide to show how the game should look.

Equipment lists what teachers and coordinators should use for each year level. Equipment can be found in the RR kit. Additional items (hoops and tennis balls) can also be used to support inclusive game play.

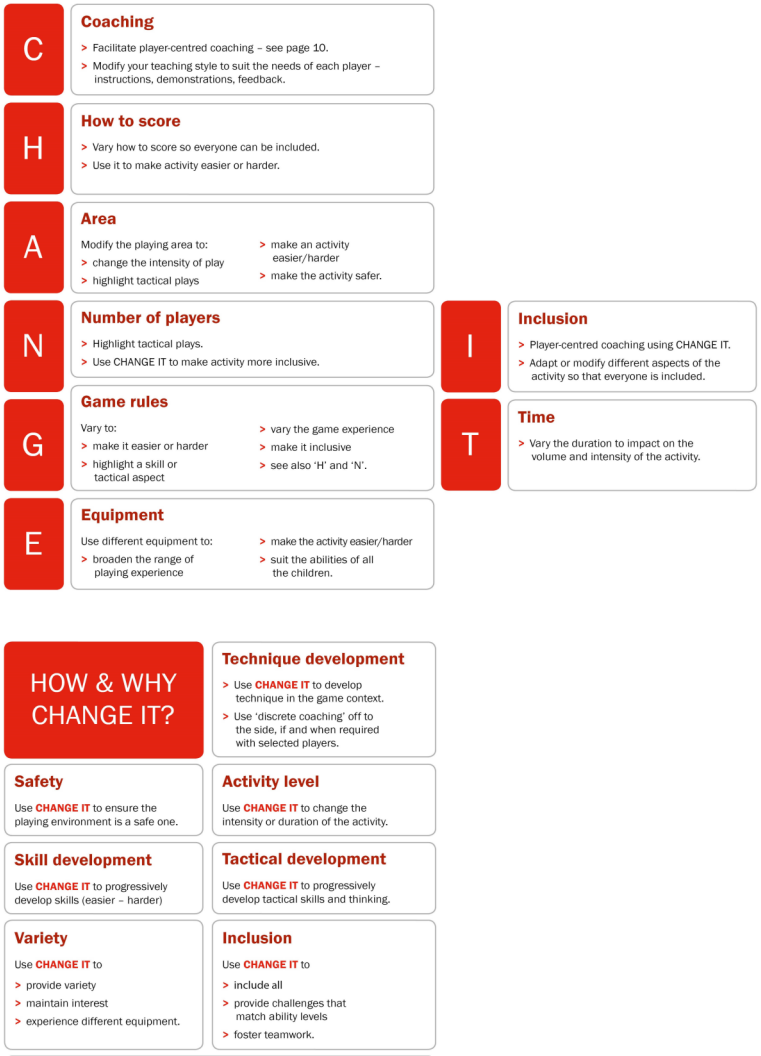
Ask the Players is to get the participants thinking and connecting the activity to the Australian Curriculum.

Change it suggests modifications to games to make them easier or harder for players.

Teaching Tips provide advice on managing groups and also suggest ways to engage and include all players.

Group Management Tips

- Keep the lines short so players aren't waiting for too long to bowl.
- Keep instructions simple, clear and easy to understand.
- Don't focus too much on technique, just make sure the players are having a go.
- If something isn't working, change it! - See opposite for ideas.
- Use practical demonstrations to help teach a new skill.
- Call out 'FREEZE' and ensure the players to stand still when you need to stop an activity.
- Be conscious of players running to collect bowls, think about when it's safest to do so.
- Use mats or create a bowling zone, and players can only bowl from that area.



Activity Cards List

*** BONUS—Activities are not in lesson plans but can be used to support learning outcomes.**

WARM UP GAMES
W1. Corners
W2. Tunnel Bowls
W3. Bowls Statues
W4. Dots vs. Rollers
W5. Knock Out
W6. Hurdle Bowls– **BONUS***

GROUP GAMES	
G1. Steal the Eggs	G7. Diamond Game –**BONUS***
G2. Bowl through the Gates	G8. Ultimate Survivor—**BONUS***
G3. Rolling into the Zone	
G4. Koolchee	
G5. Musical Bowls –**BONUS***	
G6. Spider –**BONUS***	

SKILL DEVELOPMENT		
S1. Hoops	S7. Bowls Cricket	S13. Rapid Fire
S2. Bowls Footy	S8. Spot Mat	S14. The Great Wall
S3. Roll to Target	S9. **Roll into the Zone**	S15. Top Score
S4. In the Zone	S10. Skittles	S16. Bombardment
S5. Sheep in the Pen	S11. Into the Hoop	
S6. Wedge	S12. Under the Hurdle	

Foundation - Grade 2 Content Descriptions

The following table outlines how each of the bowls lessons relate to the Australian Health and Physical Education (HPE) Curriculum. They are designed to support teachers in facilitating fun and active bowls lessons that also support HPE outcomes for their students.

LESSON PLANS (1-5)	FOUNDATION - GRADE 2 HPE CONTENT DESCRIPTIONS
Be Active in Bowls Students will learn to participate in games with equipment while learning the fundamental locomotor skill of rolling.	• Practice fundamental movement skills and movement sequences using different body parts (ACPMP008) • Participate in games with and without equipment (ACPMP009) • Perform fundamental movement skills in different movement situations (ACPMP025) • Create and participate in games with and without equipment (ACPMP027)
Let's Work Together Students will learn to cooperate with others as individuals and in groups while learning the fundamental skill of rolling.	• Practice fundamental movement skills and movement sequences using different body parts (ACPMP008) • Cooperate with others when participating in physical activities (ACPMP012) • Perform fundamental movement skills in different movement situations (ACPMP027) • Use strategies to work in group situations when participating in physical activities (ACPMP030)
Let's Work it Out Students learn to use trial and error while learning the fundamental skill of rolling.	• Practice fundamental movement skills and movement sequences using different body parts (ACPMP008) • Test possible solutions to movement challenges through trial and error (ACPMP013) • Perform fundamental movement skills in different movement situations (ACPMP025) • Propose a range of alternatives and test their effectiveness when solving movement challenges (ACPMP031)
Be a Good Sport Students will learn to follow rules and play fairly while learning the fundamental skills of rolling.	• Practice fundamental movement skills and movement sequences using different body parts (ACPMP008) • Follow rules when participating in physical activities (ACPMP014) • Perform fundamental movement skills in different movement situations (ACPMP025) • Identify rules and fair play when participating in physical activities (ACPMP032)
Try a club (RECOMMENDED) Students will play bowls at their local club and explore ongoing participation opportunities.	N/A

Lesson 1

“ Be Active in Bowls ”

Learning outcome:

Students will learn to participate in games with equipment *(ACPMP009/ ACPMP027)* while learning the fundamental skill of rolling *(ACPMP008/ ACPMP025)*.

Focus: General locomotor skills Rolling Spatial Awareness

Teaching points:

- Swing your arm from back to front when rolling.
- Look at where you’re aiming when rolling.
- Make sure no one is in front of you when rolling.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up games (5/10min)	*Corners (W1)*
Skill Development games (20/25min)	Station 1 - *Hoops (S1)* Station 2 - *Bowls Footy (S2)* Station 3 - *Roll to Target (S9)*
Game Concept games (15/20min):	*Steal the Eggs (G1)*

Review questions (5min):

- What did you do with your arms and legs when you rolled?
- How did you change your action to roll slower?
- Why is it important for us to wait in line?
- Did everyone get a turn? Why/why not?

Lesson 2

“ Let’s Work Together ”

Learning outcome:

Students will learn to cooperate with others as individuals and in groups *(ACPMP012/ACPMP030)* while learning the fundamental skill of rolling *(ACPMP008/ACPMP027)*.

Focus: Rolling Teamwork

Teaching points:

- Release the ball close to the ground.
- Do not let the ball bounce when you release.
- Encourage each other to work as a team.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up games (5/10min)	*Tunnel Bowls (W2)*
Skill Development games (20/25min)	Station 1 - *Roll to Target (S3)* Station 2 - *Bowls Footy (S2)* Station 3 - *In the Zone (S4)*
Game Concept Games (15/20min):	*Bowl through the Gates (G2)*

Review questions (5min):

- Where should you be looking when you roll? At the target
- How do you change your action to roll longer or shorter?
- What is teamwork?
- How can we improve our teamwork?

Lesson 3

“ Let’s Work it Out ”

Learning outcome:

Students learn to use trial and error *(ACPMP013/ACPMP031)*while learning the fundamental skill of rolling *(ACPMP008/ACPMP031)*.

Focus: Rolling Dodging

Teaching points:

- Point your feet toward your target when rolling.
- Step forward with your opposite foot when rolling.
- Swing your arm at different speeds when rolling to land your ball closer to the target.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up games (5/10min)	*Bowls Statues (W3)*
Skill Development games (20/25min)	Station 1 - *Roll to Target (S3)* Station 2 - *Roll into the Zone (S9)* Station 3 - *In the Zone (S4)*
Game Concept games (15/20min):	*Rolling into the Zone (G3)*

Review questions (5min):

- How do we aim when we roll?
- Would it be easier if the target was bigger?
- How can we improve our balance?
- How can we make the game easier?

Lesson 4

“ Be a Good Sport ”

Learning outcome:

Students will learn to follow rules and play fairly *(ACPMP014/ACPMP032)* while learning the fundamental skills of rolling *(ACPMP008/ACPMP025)*.

Focus: Rolling Teamwork

Teaching points:

- Encourage one another when playing games.
- When playing the target games take it in turns when rolling.
- Congratulate the winners of the different games and be kind to one another whatever the result.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up games (5/10min)	*Dots v Rollers (W4)*
Skill Development games (20/25min)	Station 1 - *In the Zone (S4)* Station 2 - *Sheep in the Pen (S5)* Station 3 - *The Great Wall (S14)*
Game Concept games (15/20min):	*Diamond Game (G7)*

Review questions (5min):

- What are some of the rules?
- Do we need to add in other rules? If so what?

Grade 3 - 4 Content Descriptions

The following tables outlines how each of the bowls lessons relate to the Australian Health and Physical Education (HPE) Curriculum. They are designed to support teachers in facilitating fun and active bowls lessons that also support HPE outcomes for their students.

LESSON PLANS (1-5)	GRADE 3 - 4 HPE CONTENT DESCRIPTIONS
Be Active in Bowls Students will learn to apply movement concepts and strategies with equipment while refining the fundamental locomotor skill of rolling in different situations.	• Practice and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) • Practice and apply movement concepts and strategies with and without equipment (ACPMP045)
Let's Work Together Students will learn to work cooperatively within a team to complete a task while refining the fundamental skill of rolling in different situations.	• Practice and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) • Adopt inclusive practices when participating in physical activities (ACPMP048)
Let's Work it Out Students will think creatively to solve movement challenges while refining the fundamental skill of rolling in different situations.	• Practice and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) • Apply innovative and creative thinking in solving movement challenges (ACPMP049)
Be a Good Sport Students will learn to apply rules, score and play fairly while refining the fundamental skills of rolling in different situations.	• Practice and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) • Apply basic rules and scoring systems, and demonstrate fair play when participating in physical activities (ACPMP050)
Try a club (RECOMMENDED) Students will play bowls at their local club and explore ongoing participation opportunities.	N/A

Lesson 1

“ Be Active in Bowls ”

Learning outcome:

Students will learn to apply movement concepts and strategies with equipment *(ACPMP045),* while refining the fundamental skill of rolling in different situations *(ACPMP043)*.

Focus: Rolling Spatial Awareness

Teaching points:

- RR bowl to rest upright in your preferred hand.
- Look at the bowl in your hand to ensure the small dot is on the inside when you roll and practice aiming to one side of the target.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up game (5/10min)	*Bowls Statues (W3)*
Skill Development games (20/25min)	Station 1 - *Hoops (S1)* Station 2 - *Into the Zone (S4)* Station 3 - *Roll to Target (S3)*
Game Concept games (15/20min):	*Steal the Eggs (G1)*

Review questions (5min):

- What do you do with your body before you roll?
- What can we do if we miss the target?
- How do you control which way the bowl will turn?

Lesson 2

“ Let’s Work Together ”

Learning outcome:

Students will learn to work cooperatively within a team to complete a task *(ACPMP048)*, while refining the fundamental skill of rolling in different situations *(ACPMP043)*.

Focus: Rolling Teamwork

Teaching points:

- Give instructions to team mates to help them achieve success.
- When bowling, listen to your team mates to choose the best way to roll.
- Remember to celebrate the success of your team and other teams.

Review questions (5min):

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up game (5/10min)	*Tunnel Bowls (W2)*
Skill Development games (20/25min)	Station 1 - *Hoops (S1)* Station 2 - *In the Zone (S4)* Station 3 - *In the Zone (S6)*
Game Concept games (15/20min):	*Bowl through the Gates (G2)*

- Do we roll any differently if we are in a race?
- Why is it important to work as a team?

Lesson 3

“ Let’s Work it Out ”

Learning outcome:

Students will think creatively to solve movement challenges *(ACPMP049)*, while refining the fundamental skill of rolling in different situations *(ACPMP043)*.

Focus: Rolling Spatial Awareness

Teaching points:

- Watch where your bowl lands to help reflect and review.
- Adjust your delivery (speed and line) to land closer to the target.
- Take your time when rolling to improve accuracy …roll low and slow.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up game (5/10min)	*Corners (W1)*
Skill Development games (20/25min)	Station 1 - *Roll to the Target (S3)* Station 2 - *In the Zone (S4)* Station 3 - *The Great Wall (S14)*
Game Concept games (15/20min):	*Rolling into the Zone (G3)*

Review questions (5min):

- How do we aim when we roll?
- What are some different ways we can avoid obstacles?

Lesson 4

“ Be a Good Sport ”

Learning outcome:

Students will learn to apply rules, score and play fairly *(ACPMP050)* while refining the fundamental skills of rolling in different situations *(ACPMP043)*.

Focus: Rolling Teamwork

Teaching points:

- Always encourage team mates – win, lose or draw.
- Follow agreed rules and behave fairly at all times.
- Respect the decisions of your teachers, coaches and umpires.
- Using your arm like a pendulum, follow through to help control distance.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up game (5/10min)	*Dots vs Rollers (W4)*
Skill Development games (20/25min)	Station 1 - *In the Zone (S4)* Station 2 - *Sheep in the Pen (S5)* Station 3 - *Bowls Footy (S2)*
Game Concept games (15/20min):	*Koolchee (G4)*

Review questions (5min):

- Why is it important to follow your arm through when you roll?
- How else could we score points in this game?
- Why is it important to have rules?

Grade 5 - 6 Content Descriptions

The following tables outlines how each of the bowls lessons relate to the Australian Health and Physical Education (HPE) Curriculum. They are designed to support teachers in facilitating fun and active bowls lessons that also support HPE outcomes for their students.

LESSON PLANS (1-5)	GRADE 5 - 6 HPE CONTENT DESCRIPTIONS
Be Active in Bowls Students will apply movement concepts and strategies with equipment while practicing specialised rolling skills.	• Practise specialised movement skills and apply them in different movement situations (ACPMP061) • Propose and apply movement concepts and strategies (ACPMP063)
Let's Work Together Students will participate positively in teams by working together while practicing specialised rolling skills.	• Practise specialised movement skills and apply them in different movement situations (ACPMP061) • Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities (ACPMP067)
Let's Work it Out Students will apply creative thinking to solve movement challenges while practicing specialised rolling skills.	• Practise specialised movement skills and apply them in different movement situations (ACPMP061) • Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges (ACPMP068)
Be a Good Sport Students will demonstrate fair play and follow rules when participating in bowls while practicing specialised rolling skills.	• Practise specialised movement skills and apply them in different movement situations (ACPMP061) • Demonstrate ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities (ACPMP069)
Try a club (RECOMMENDED) Students will play bowls at their local club and explore ongoing participation opportunities.	N/A

Lesson 1

“ Be Active in Bowls ”

Learning outcome:

Students will apply movement concepts and strategies with equipment *(ACPMP063)* while practicing specialised rolling skills *(ACPMP061)*.

Focus: Rolling Spatial Awareness

Teaching points:

- Place your bowl down smoothly to reduce the wobble.
- Allow for the bias (turn) by aiming to the side of the target.
- After release, follow your arm through toward the target (delivery line) to improve accuracy and balance.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up game (5/10min)	*Knock Out (W5)*
Skill Develop games (20/25min)	Station 1 - *Hoops (S1)* Station 2 - *Bowls Footy (S2)* Station 3 - *Roll to Target (S3)*
Game Concept games (15/20min):	*Bowl Through the Gates (G2)*

Review questions (5min):

- How can you become more balanced when you roll?
- How do you plan to avoid obstacles when bowling?
- How do we know which way the bowl will turn?

Lesson 2

“ Let’s Work Together ”

Learning outcome:

Students will participate positively in teams by working together *(ACPMP067)* while practicing specialised rolling skills *(ACPMP061)*.

Focus: Rolling Teamwork Accuracy

Teaching points:

- Ensure when you step forward to bowl your weight is on your front foot and your release is close to the ground.
- Provide positive feedback and encouragement to team mates.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up game (5/10min)	*Dots vs. Rollers (W4)*
Skill Development games (20/25min)	Station 1 - *Hoops (S1)* Station 2 - *The Great Wall (S14)* Station 3 - *In the Zone (S4)*
Game Concept games (15/20min):	*Koolchee (G14)*

Review questions (5min):

- What does it mean to have a smooth rolling action? Can you demonstrate?
- How can we support one another when bowling in teams?

Lesson 3

“ Let’s Work it Out ”

Learning outcome:

Students will apply creative thinking to solve movement challenges *(ACPMP068)* while practicing specialised rolling skills *(ACPMP061)*.

Focus: Rolling Accuracy Shot Placement

Teaching points:

- Use trial and error to improve accuracy ie. roll at different speeds and/ or angles to land closer to the target.
- Use a point on the ground to roll over when finding your preferred delivery line.
- Plan your next bowl by watching where other players bowls land.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up game (5/10min)	*Corners (W1)*
Skill Development games (20/25min)	Station 1 - *Sheep in the Pen (S5)* Station 2 - *Bowls Footy (S2)* Station 3 - *In the Zone (S4)*
Game Concept games (15/20min):	*Musical Bowls (G5)*

Review questions (5min):

- What do you need to be aware of when driving the bowl faster?
- How do you choose which target to aim for when bowling?

Lesson 4

“ Be a Good Sport ”

Learning outcome:

Students will demonstrate fair play and follow rules when participating in bowls *(ACPMP069)* while practicing specialised rolling skills *(ACPMP061)*.

Focus: Rolling Teamwork Accuracy

Teaching points:

- Practice sportsmanship by congratulating the opposing team.
- Support the decisions of your teachers, coaches and umpires.
- Identify ways to get more players involved in games.

Session Overview (45 - 60 minute session)	Activity (refer to activity cards)
Warm up game (5/10min)	*Bowls Statues (W3)*
Skill Development games (20/25min)	Station 1 - *Roll to Target (S3)* Station 2 - *Under the HUrdle (S12)* Station 3 - *Sheep in the Pen (S5)*
Game Concept games (15/20min):	*Spider (G6)*

Review questions (5min):

- Why is it important to follow your hand through after you roll?
- How can we demonstrate fair play when playing bowls?