

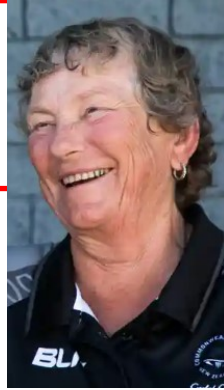
Vocab

- **Aiming**— to point at a target
- **Control**— to direct the movement of something by being slow and steady
- **Tracking**— following a ball to know where it will go.

Things I should be able to talk about

- To know how my body feels in different activities (sitting down, standing, during exercise, after exercise)
- To perform a series of basic movements
- To complete actions with confidence.
- To how use equipment appropriately.

Year 1 & 2 Bowling



Sue Curran 72 Australia

She is a blind bowler who only started bowling 10 years ago after she became lonely. She represented Australia and came 4th.

New Knowledge and Skills

Control with rolling	Tracking a ball	Aiming for a target
<p>Looking at the target. One foot in front of the other, toes pointing at the target. No bouncing across the floor. Use dominant and non-dominant hand.</p>	<p>Following a rolled ball running behind it. Chasing a ball and allow it to roll through their legs. Following a ball and stopping it.</p>	<p>Roll a ball to a target (hoop, mat, cone—depending on skill level) Ball size—depends on skill level.</p>

