



Suggested lesson plans (1 hour duration)



Proposed

lesson 1#

Number:	Time required:	Activity:	Objective:
1	5 mins	Delivering the Jack	Develop the ability to deliver a Jack.
2	10 mins	Jack in the Box	Develop the ability to deliver the Jack to different lengths.
3	10 + 5mins	Octopus + Discussion	To: i) Demonstrate how the bias affects the delivery of a bowl; ii) Discuss the effect of the bias on the bowl.
4	10 mins	Target Practice	To develop the ability to draw the bowl to a specific target or area.
5	10 mins	Around the world	To develop the ability to draw the bowl to a designated target or area from a variety of different lengths.
6	10 mins	Elimination	To develop the ability to draw the bowl to a designated target or area.

Proposed Lesson 2#

Number:	Time required:	Activity:	Objective:
1	10 mins	Around the world	To develop the ability to draw the bowl to a designated target or area from a variety of different lengths.
2	15 mins	Bowls Snake	To develop the ability to draw the bowl to a specific target or area.
3	10 mins	Noughts & Crosses	To develop the ability to draw the bowl to a specific area, under instruction.
4	15 mins	Breakout	To develop the ability and understanding of how to use a 'Run through' shot
5	10 mins	Highway	To develop the skill of the 'Drive'.