



Lawn Bowls

4 Week PE Program

Years 3 to 12

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Lawn Bowls | 4-Week PE Program

Why Lawn Bowls?

Lawn Bowls is the hidden gem in your PE program, it's the most inclusive sport, and a sport that your students will love.

How does the 4 Week Program work?

The Scope and Sequence on Page 3 outlines how the 4-week program is structured. Each session has an objective, warm-up, skill development and a modified game. Feel free to modify your program and include our [Modified Games](#) resource.

Where can I find equipment?

This program is designed to be conducted at your local Bowls Club but can be run at your school on your own flat synthetic surfaces. If you plan to run the program at your school, please check out the Rookie Roller kits available from [Bowls Australia](#).

Change It

The CHANGE IT approach is applicable to all activities, ensuring activities are engaging and adaptable for students of all abilities.

Resources

Training video coming soon depicting all the activities within this document.



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The Keys to a great bowling delivery

- Balanced
- Smooth Release
- Intended line
- Transferring weight

Grip – palm facing up, hold the bowl so it doesn't fall out

Aim – use the pegs and adjust

Stance – feet shoulder width apart facing your target

Backswing – arm straight

Step – lunge forward with opposite foot

Follow through – bring straight arm forward towards target and release the bowl



Glossary

Draw shot – perfect aim and speed

Drive – narrow aim and a lot of power

End – and 'end' is complete after all bowls involved in the game have been delivered

Jack – white or yellow target (small ball)

Mat – rectangular mat you must bowl from

Pegs – orange boundary markers

Rink – the play area on a green that has a number and boundary pegs

Tee – 2m mark from the ditch

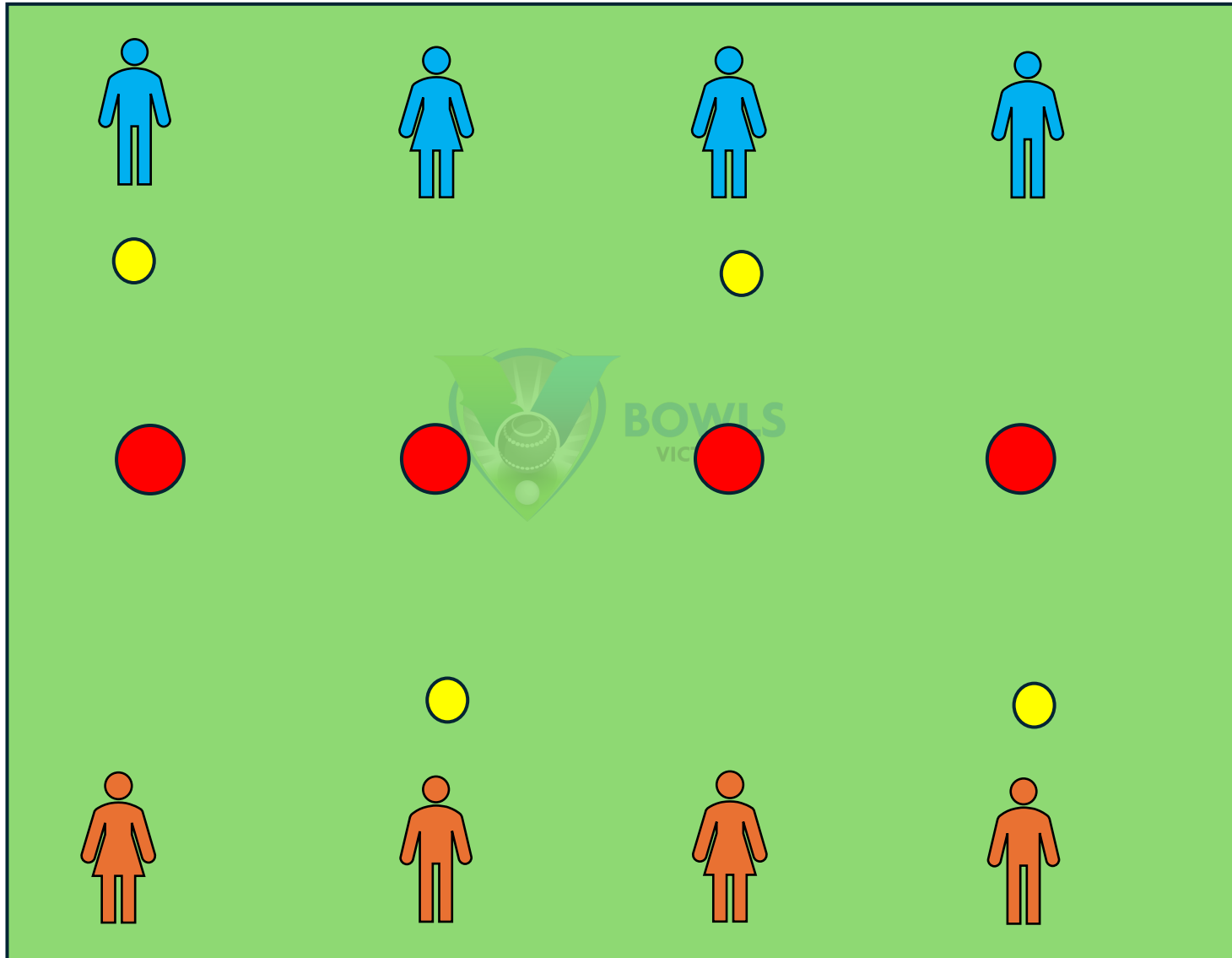
Session	1	2	3	4
Objective	Bowls delivery Draw shot Singles format Scoring	Bowls delivery Draw shot Pairs format	Draw shot Triples format Drive shot	Draw shot Pairs format
Warm-up	Dots	Dots	Beat the Bowl	Beat the Bowl
Skill Development	Land the Square	Pairs	Triples	King of the Hill - Pairs
Modified Game	Scroungers	Mega Bowl	Drive Comp	Mega Bowl

Warm-up Activities

- **Dots**
- **Beat the Bowl**



DOTS



Purpose: Bowls delivery

Equipment: Small PE dots, large tennis balls (one between two)

How to play

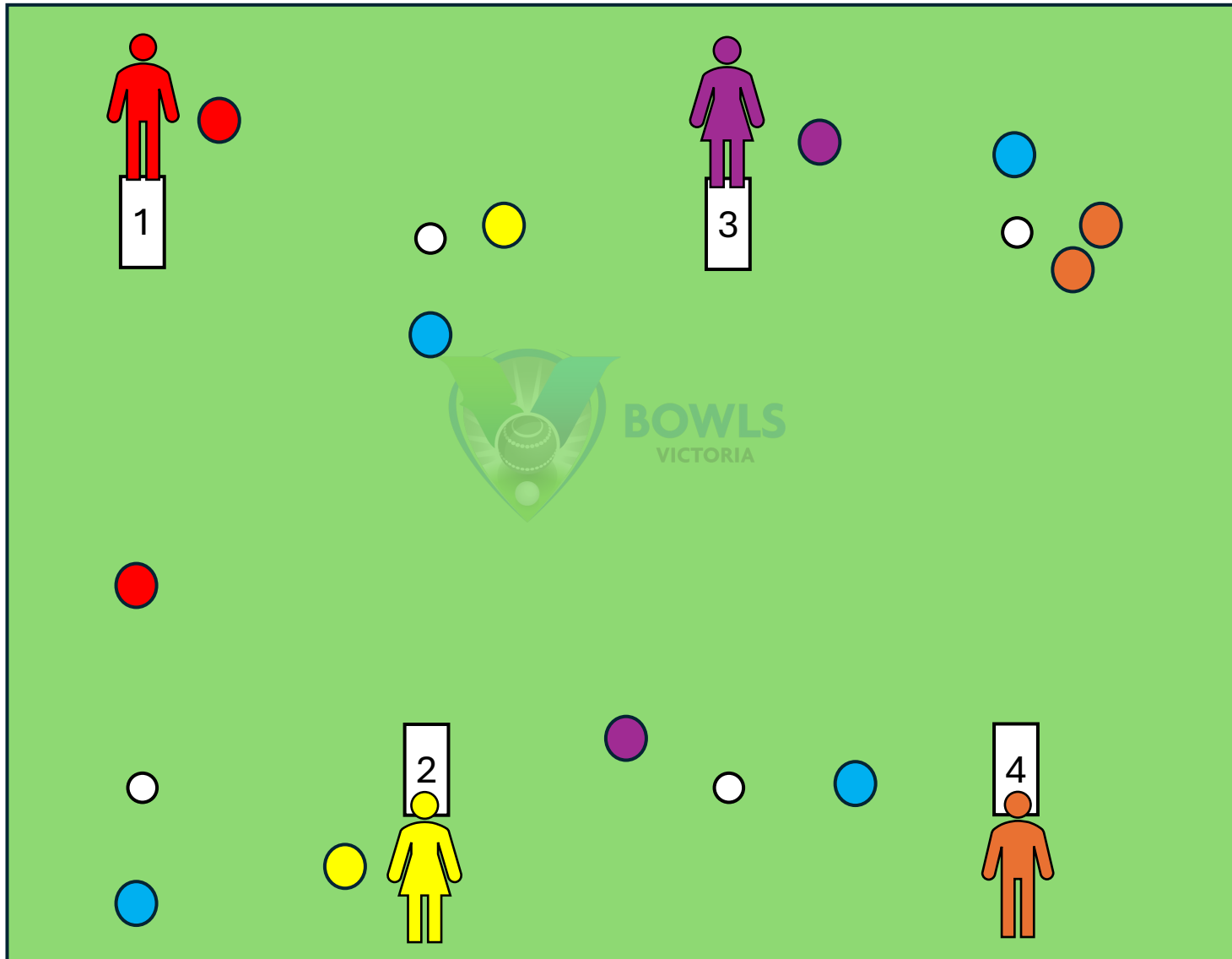
The idea of this activity is to teach the correct bowls delivery to the students.

- 1) Pair the students up, place a set number of PE dots in a line and get students to face each other, 10m apart. One large tennis ball per pair.
- 2) Students roll the large tennis ball to each other trying to go over the dot. One point each time the ball rolls over the dot.
- 3) Stop the students and talk about what makes a good bowling delivery: balanced, smooth release and transfer weight.
- 4) Introduce the acronym **GAS** and **BSF** which is explained on page 2 of this document.

Change It

The ball needs to stop before their partner. Have two sets of cones and introduce the lawn bowl. Don't forget to explain how the bias works (we call it the magic dot; the bowl will turn towards the dot).

BEAT THE BOWL



Purpose: draw (right aim and power)

Equipment: mats, jacks, cones or Club bowls, two bowls per student

How to play

The idea of this activity is to practice the draw shot (perfect aim and power) by beating the bowl.

- 1) Set the mats up in a snake formation so, the students move to the next rink once they have bowled their two bowls. (Mat 1 moves to Mat 2, Mat 2 moves to Mat 3, Mat 3 moves to Mat 4 and Mat 4 moves to Mat 1.) Place a bowl or a cone a metre from each jack.
- 2) Students work individually bowling two bowls in a row trying to beat the bowl or the cone.
- 3) One point if you can beat the bowl.

Change It

Position the bowl so it's only short and only long. Students are given three lives (you lose a life if you can't beat the bowl with your two bowls) and need to get through the whole course without losing all your lives.

Teach It

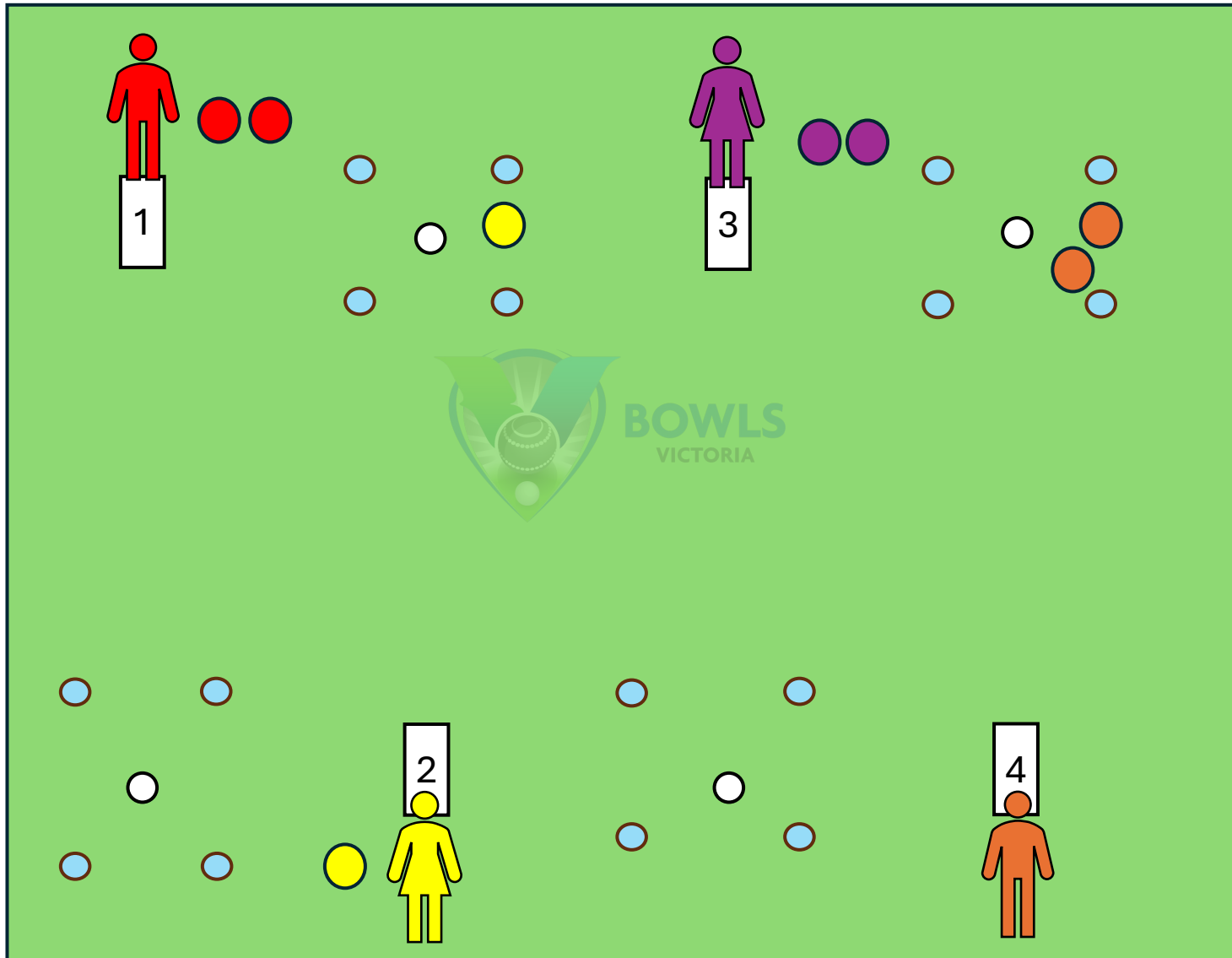
Remind the students about aiming at the pegs and adjusting.

Skill Development

- **Land the Square**
- **Pairs**
- **Triples**
- **King of the Hill**



LAND THE SQUARE



Purpose: draw (right aim and power)

Equipment: mats, jacks, cones, two bowls per student

How to play

The idea of this activity is to practice the draw shot (aim and power) by landing the square.

- 1) Set the mats up in a snake formation so, the students move to the next rink once they have bowled their two bowls. (Mat 1 moves to Mat 2, Mat 2 moves to Mat 3, Mat 3 moves to Mat 4 and Mat 4 moves to Mat 1.)
- 2) Setup a square around the jacks by using four cones roughly 1m apart.
- 3) Students work individually bowling two bowls in a row trying to land their bowl in the square.
- 4) One point if you go through the square and two points if you land in the square.

Change It

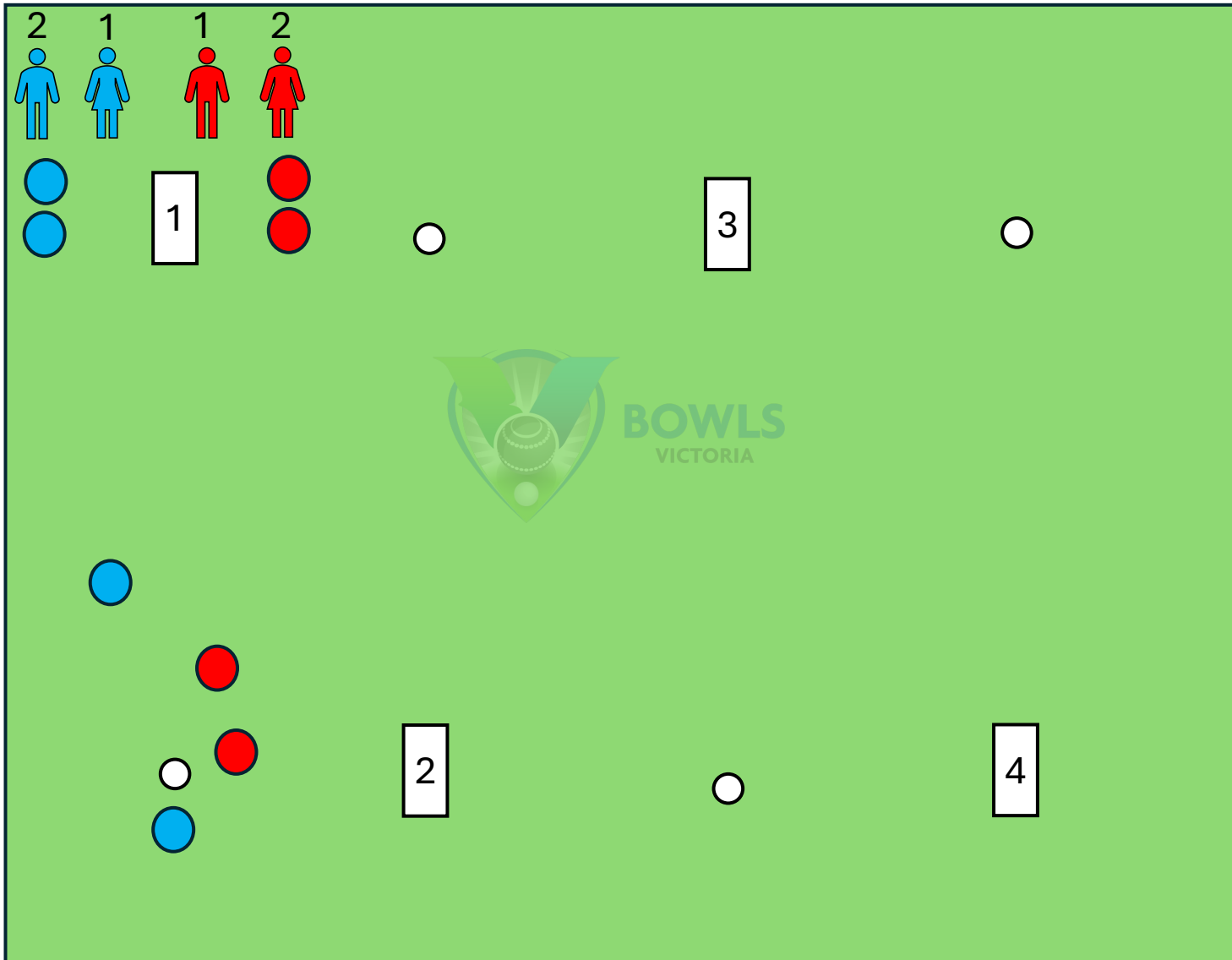
Easier: make the jack lengths 21m

Harder: mix up the jack lengths, short, medium and long.

Teach It

Remind the students about aiming at the pegs and adjusting.

PAIRS



Purpose: draw, up shot (less aim and more power)
Equipment: mats, jacks and two bowls per student
How to play

The idea of this activity is to practice playing pairs, which is two students vs two students.

- 1) Setup the mats up in a loop formation, this means the students move to the next rink once they have finished delivering all their bowls. (E.g. Mat 1 moves to Mat 2, Mat 2 moves to back to Mat 1).
- 2) Students work with a partner against another pair.
- 3) Students need to nominate who is number one and number two in their team. Number one is called the lead, they bowl their two bowls in-turn against the opposition lead. Number two is called the skip, they bowl their two bowls in-turn against the opposition skip.
- 4) Students toss to see who bowls first, if you have the closet bowl after all bowls have been bowled, you score one point and bowl first in the next game (which is called an end).

Change It

Introduce aiming dots 5m in front of the mat that guide the students and help with aiming.

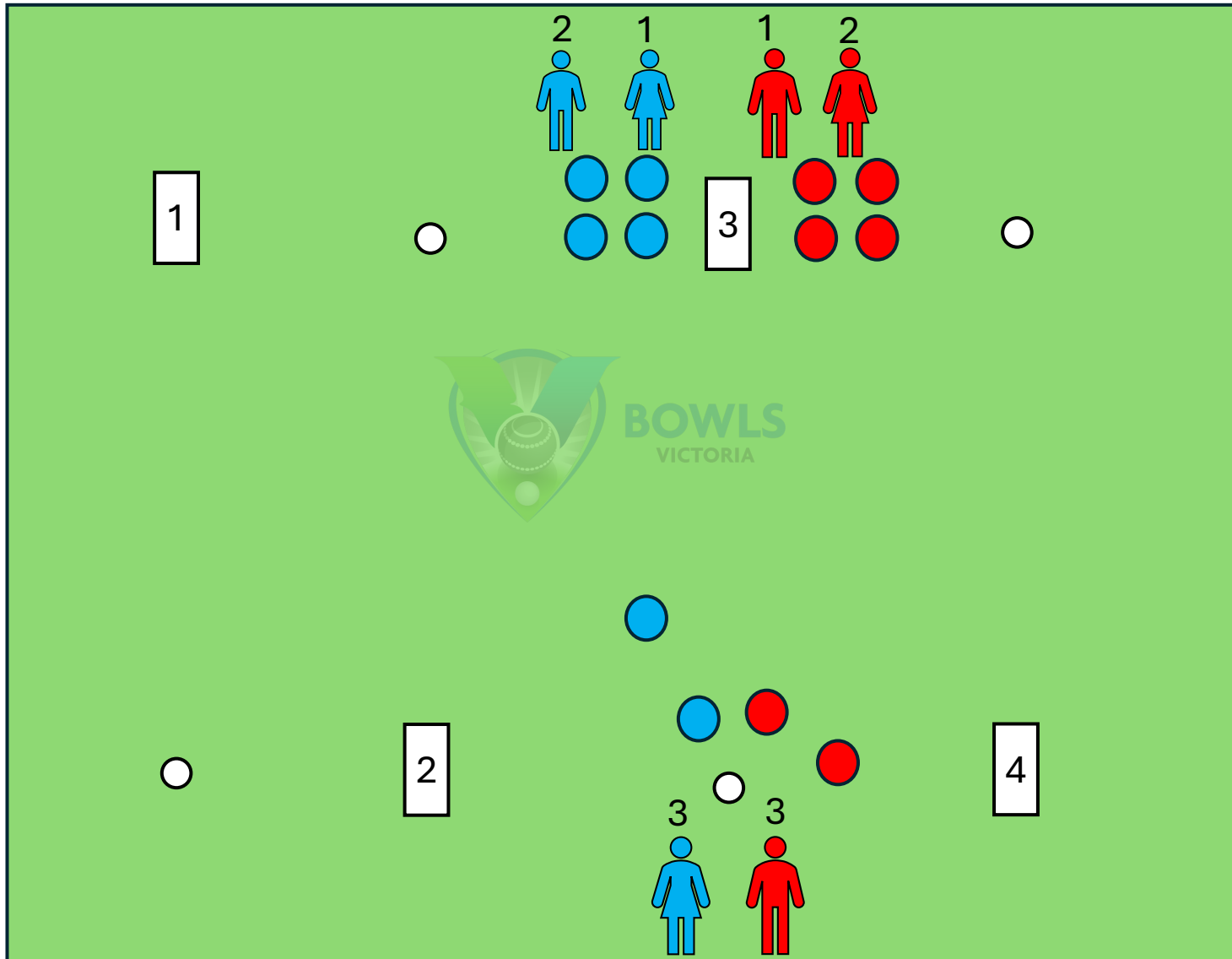
Students bowl three bowls each.

Teach It

The lead's role is to get one bowl close.

The skip's role is add if they have the closet bowl or cut down if the opposition have the closet bowl.

TRIPLES



Purpose: draw, up shot, driving

Equipment: mats, jacks and two bowls per student

How to play

The idea of this activity is to practice playing triples, which is three students vs three students.

- 1) Setup the mats up in a loop formation, this means the students move to the next rink once they have finished delivering all their bowls. (E.g. Mat 1 moves to Mat 2, Mat 2 moves to back to Mat 1).
- 2) Students work as a group of three against another group of three.
- 3) Students need to nominate who is number one, number two and number three in their team. Number one is called the lead, they bowl their two bowls in-turn against the opposition lead. Number two is called the second, they bowl their two bowls in-turn against the opposition second. Number three is called the skip, they bowl their two bowls in-turn against the opposition skip.
- 4) Students toss to see who bowls first, if you have the closet bowl after all bowls have been bowled, you score one point and bowl first in the next game (which is called an end).

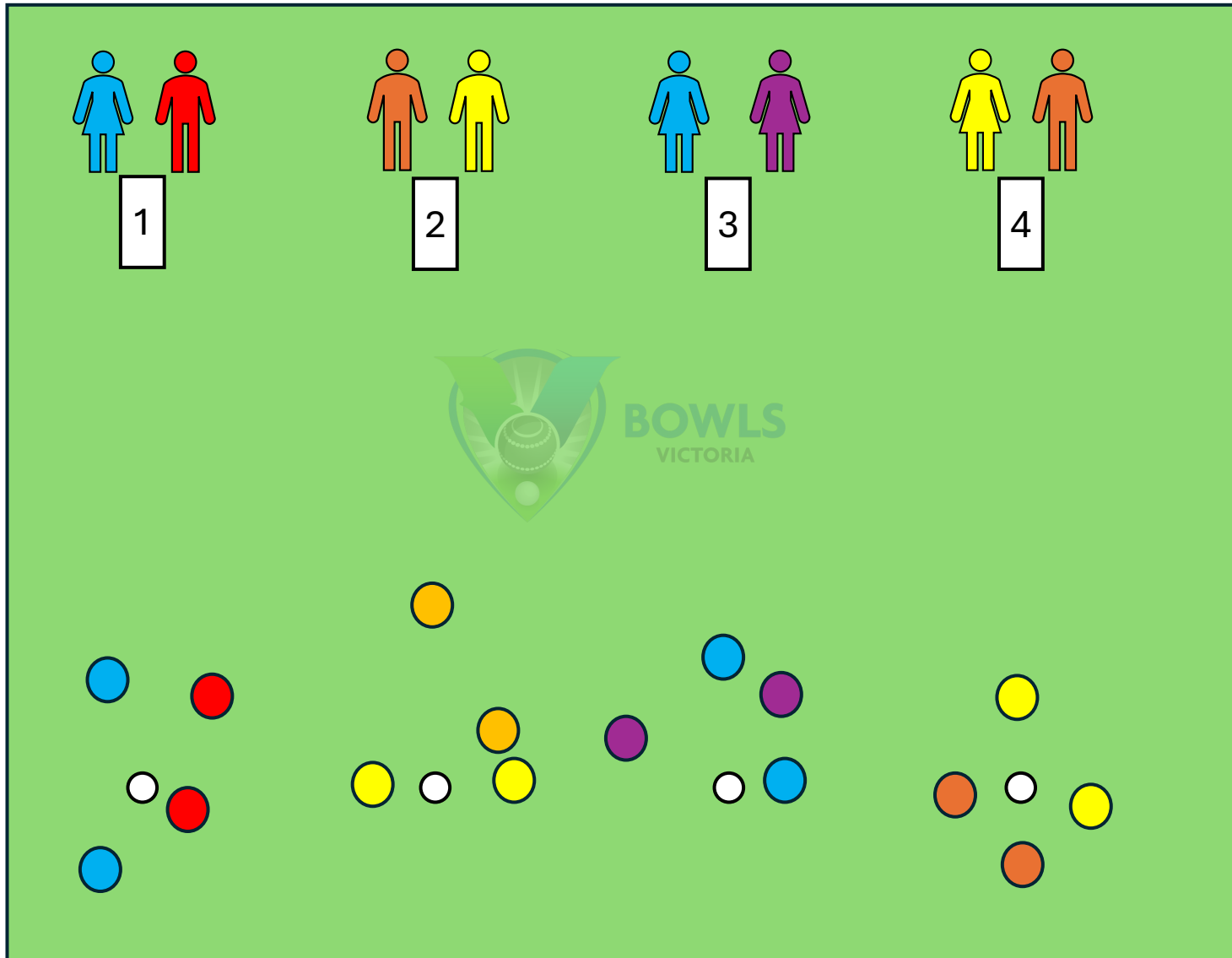
Teach It

The lead's role is to get one bowl close.

The second's role is to add or get one close.

The skip's role is to communicate with their team, add or cut down depending on the situation.

KING OF THE HILL



Purpose: draw, up shot, drive

Equipment: mats, jacks, set number of bowls per player

How to play

The idea of this game is to win the last end on the top mat and become the King!!

- 1) Decide the format, e.g. singles, pairs or triples.
- 2) Decide which mat is the top and which mat is the bottom. E.g. Mat one is the bottom and mat four is the top.
- 3) Decide to play with a centred jack or uncentred jack.
- 4) Decide the set number of ends, e.g. 10 ends.
- 5) After the first end, the winner will move up one mat towards the top and the loser will move down one mat towards the bottom. The loser on the bottom mat will stay and the winner on the top mat will stay.
- 6) If your set number of ends is 10, after the ninth end, the players on the top mat will playoff for King. The rest of the players can play one more end or watch the battle for King.

Change It

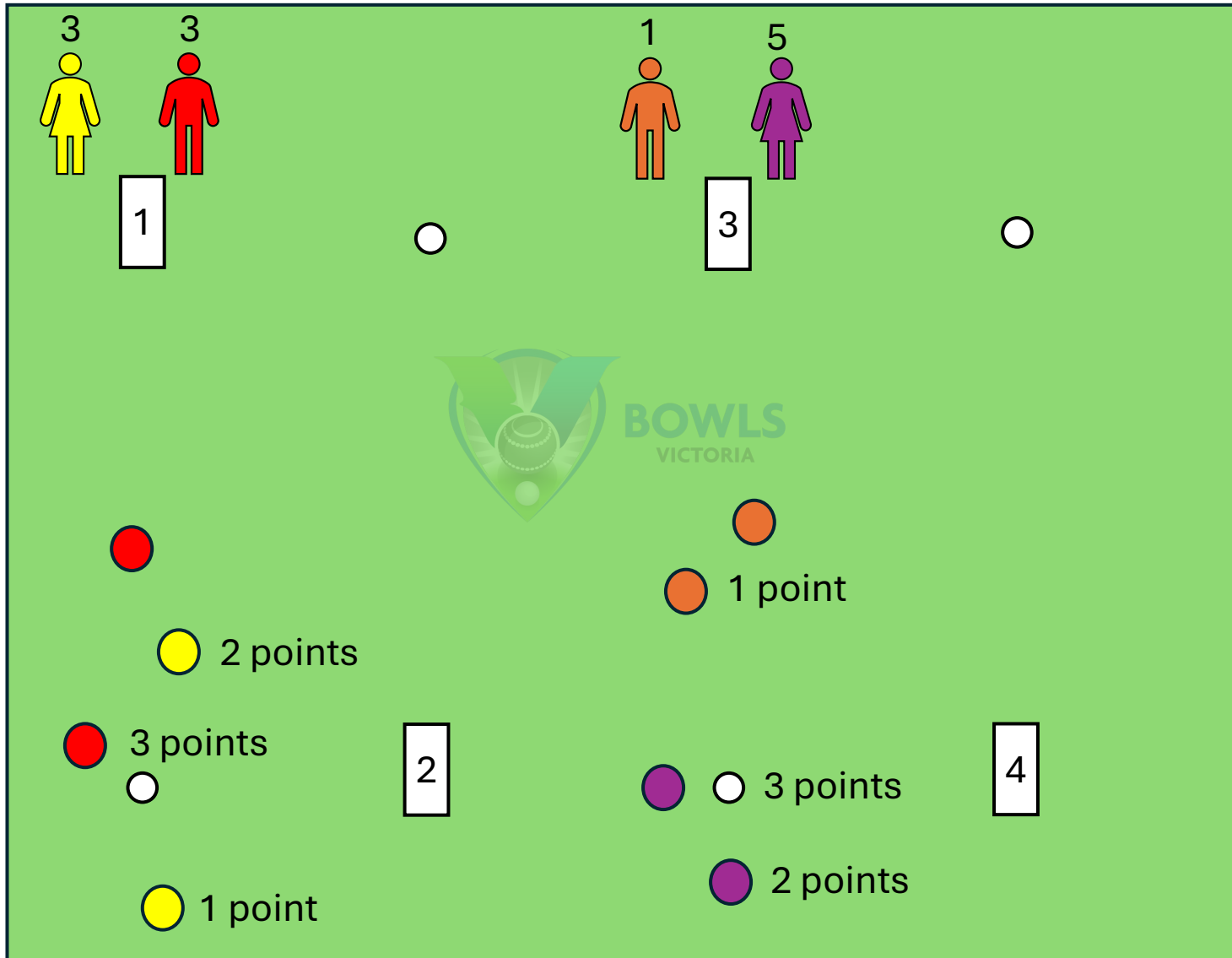
Play two ends and then move (you may need a tiebreak method)

Modified Games

- **Scroungers**
- **Mega Bowl**
- **Drive Comp**



SCROUNGERS



Purpose: draw (right aim and power)

Equipment: mats, jacks, two bowls per student

How to play

The idea of this activity is to practice the draw shot (aim and power) having the closet bowl

- 1) Set the mats up in a snake formation so, the students move to the next rink once they have bowled their two bowls. (Mat 1 moves to Mat 2, Mat 2 moves to Mat 3, Mat 3 moves to Mat 4 and Mat 4 moves to Mat 1.) Place a bowl or a cone a metre from each jack.
- 2) Students work with a partner 1 v 1, toss to see who bowls first.
- 3) Student A bowls their first bowl, then Student B bowls their first bowl. Student A bowls their second bowl and then Student B bowls their second bowl.
- 4) After all bowls have been bowled (we call this an end), closet gets three points, second closet get two points and third closet gets one point.
- 5) Continue play for a set number of ends.

Change It

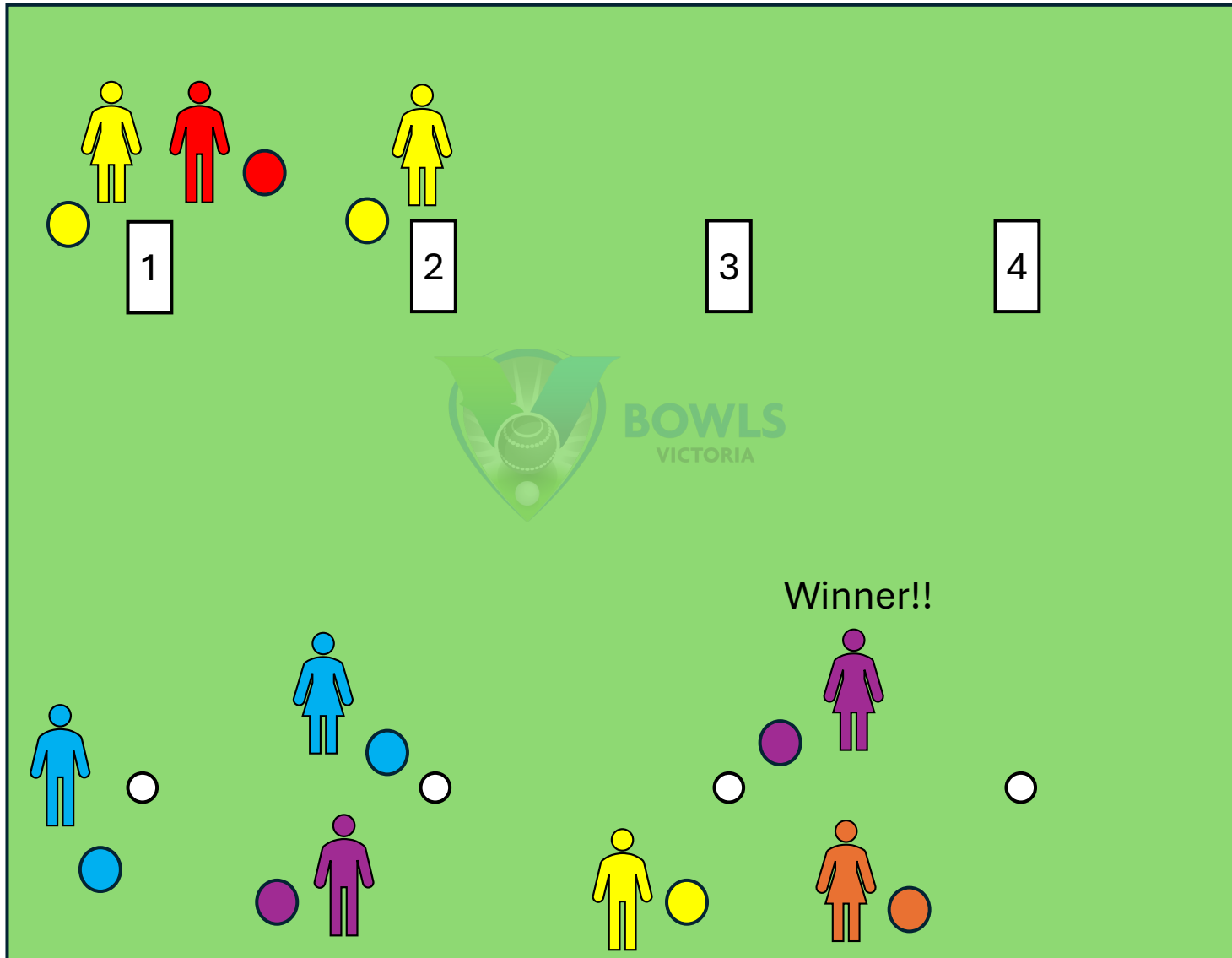
Easier: make the distance between the target (jack) and the mat short.

Harder: have various distances between the jack and the mat.

Teach It

Remind the students about aiming at the pegs and adjusting.

MEGA BOWL



Purpose: draw,

Equipment: mats, jacks, one bowl per player

How to play

The idea of this game is to win the final by having the closet bowl

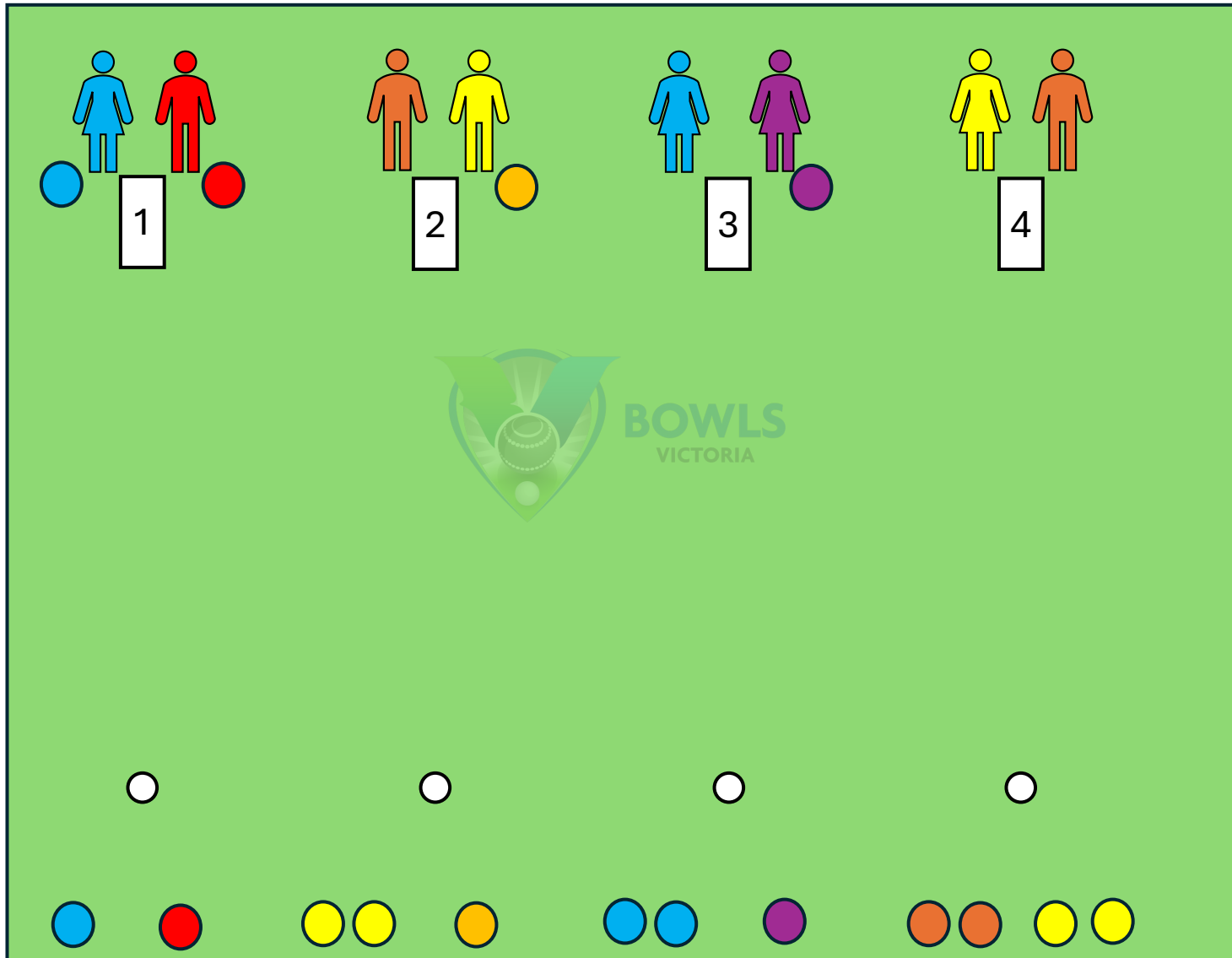
- 1) Divide your class into groups of three or four, one group per mat. The jacks are placed on the T (2m from the ditch) and mats are placed at a set distance; medium length works well.
- 2) Students workout a playing order or the teacher decides a playing order.
- 3) Student 1 bowls their bowl, follows it towards the jack and stands where it has come to rest.
- 4) Students 2 bowls their bowl, follows it towards the jack and if they beat Student 1 they stand next to their bowl, if they don't beat Student 1 they're out of the game.
- 5) Student 3 bowls their bowl and follows it towards the jack, if they beat the closet bowl the win the group stage, if they don't beat the closet bowl they're out of the game.
- 6) Bring all the group winners together, repeat the above process, closet is the winner!!

Change It

Give the students a chance to practice before eliminating students from the game.

Safety Tip: decide a safe area for students to sit once eliminated from the game.

DRIVE COMP



Purpose: drive (narrow and fast)

Equipment: mats, jacks, two bowls per student

How to play

The idea of this game is to be the last student standing by hitting the jack

- 1) Divide your class into groups of two or three. Place the jack on the T (2m from the ditch) and the mats at a set distance (medium distance works well).
- 2) Demonstrate a drive to the students, balanced, big backswing and smooth release. Aim at the jack and a lot of power.
- 3) Students take turns to practice a drive, once all bowls have been delivered from all groups, students collect their bowls and repeat.
- 4) Once you have given the students time to practise, play a competition where if you hit the jack to go to the next round, if you miss the jack you're out of the game.
- 5) Bring all the winners of round one together, if you hit the jack you move on, if you miss the jack you're out.
- 6) The last student standing is the winner.

Change It

Instead of using a jack use a dot or a bowls mat. The final can be a jack.

Safety Tip: Driving is the highest risk in our sport, never have a student behind the jack when someone is driving.