

# Chance to Shine: Activity week 2: Brilliant Bowler

Get more information at: [https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h\\_636358802151586267794478](https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_636358802151586267794478)

## CHANCE TO SHINE WEEKLY SESSION: WEEK 2 - BRILLIANT BOWLER

INDIVIDUAL ACTIVITY

Play

### LEARNING OUTCOMES:

Explore different throwing techniques, linked to bowling.  
Develop accuracy and know where to 'pitch' the ball.

### EQUIPMENT:

- Tennis ball, taped tennis ball or rubber ball
- Wheelie bin (or something similar and safe!)
- Tape/marker pen

### HIT THE TARGET CHALLENGE:

- Mark out a set of wickets using a wheelie bin and some tape (be creative if you don't have those objects)
- Bowl the ball and try to hit the target!
- Scoring = 1 point for hitting the bin, 3 points for hitting the wickets

### COACHING POINTS

- Create a star shape with your body ready to bowl
- Keep your bowling arm straight all the way through your delivery



LET US KNOW HOW YOU GET ON! SHARE A VIDEO OF YOU COMPLETING THE SESSION ON OUR SOCIAL MEDIA CHANNELS!



@chance2shine



@chance\_to\_shine



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## CHANCE TO SHINE WEEKLY SESSION: WEEK 2 - BRILLIANT BOWLER

PARENT & CHILD ACTIVITY

Play

### LEARNING OUTCOMES:

Explore different throwing techniques, linked to bowling.  
Develop accuracy and know where to 'pitch' the ball.

### EQUIPMENT:

- Tennis ball, taped tennis ball or rubber ball
- Wheelie bin (or something similar and safe!)
- Tape/marker pen

### PAIRS CHALLENGE:

- Place a hoop or hoop shaped target on the floor, 3 steps away from the stumps
- Taking it in turns to bowl at the target, aim to score as many points in two minutes as possible
- Scoring = 5 points for the hoop, 3 points for the stumps, 1 point for the wheelie bin

### COACHING POINTS

- Focus the eyes towards the target on the ground
- Follow through with the delivery to get more pace and direction



LET US KNOW HOW YOU GET ON! COMMENT BELOW WITH YOUR BEST SCORES AND WE'LL SEE IF YOU MAKE IT ON TO THE LEADERBOARD AT THE END OF THE WEEK!