

Pupil Lesson Plan (Week 1, with Homework)

Week 1: Line – Learning to Deliver

Purpose of the Lesson

- To learn how to place the mat correctly and deliver a bowl smoothly along the centre line.
- To understand the basics of line and the bowl's bias.

Key Information Points

- The mat must be placed straight on the centre line, minimum distance from the tee.
- The jack and bowl should be rolled smoothly, not bounced.
- Bowls curve because of their bias – awareness only at this stage.
- Always stop bowls with your shoe, not your hands.
- Place bowls to one side behind the mat when not in use.

Practice Focus

- Place the mat and roll the jack to the centre line.
- Deliver two bowls in succession (forehand and backhand).
- Optional fun challenge: score points for finishing close to the centre line.

Expected Outcomes

By the end of this lesson, you should be able to:

- Place the mat correctly.
- Deliver a jack smoothly towards the centre line.
- Deliver bowls on both hands, finishing within ~1m either side of the centre line.
- Begin to recognise that bowls curve because of their bias.

Homework / Self-Practice

- At your next roll-up, practise placing the mat and rolling 6 jacks along the centre line.
- Watch other bowlers in your club – notice how they place the mat and deliver the jack.
- Be ready to share one thing you noticed next week.

