

Pupil Lesson Plan (Week 3, with Homework)

Week 3: Arm Swing and Follow-Through

Purpose of the Lesson

- To learn how to swing your arm smoothly like a pendulum.
- To practise following through towards the aiming line for consistency.

Key Information Points

- **Arm Swing:**
 - Keep your arm close to your body.
 - Swing smoothly back and forward like a pendulum.
 - Avoid jerky movements or swinging across your body.
- **Follow-Through:**
 - Release the bowl near the ankle of your lead foot.
 - Let your arm continue forward along the aiming line.
 - Keep your head still and eyes focused ahead.
- **Balance:**
 - Use your non-bowling arm and back leg for stability.
 - A steady body helps your bowl stay on line.

Practice Focus

- Practise pendulum swings without a bowl to feel the movement.
- Deliver two consecutive bowls (forehand and backhand) aiming for the centre line.
- Use guide bowls/jacks as “gates” to help keep your line.
- **Optional Challenge:** Score 1 point if your bowl stays between two guide bowls and finishes beyond the jack.

Expected Outcomes

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

- Deliver with a smooth pendulum arm swing.
- Release the bowl near your ankle with a controlled follow-through.
- Keep your body balanced throughout delivery.



- Begin to feel how swing and follow-through affect weight and line.

Homework / Self-Practice

- **At home:** stand and swing your arm like a pendulum, practising a smooth motion without twisting.
- **Next roll-up:** focus on following through towards your aiming line for 6 bowls.
- **Reflection:** *Did your bowls feel smoother when you concentrated on the follow-through?*

