

## Pupil Lesson Plan (Week 5, with Homework)

### Week 5: Weight Control Fundamentals

#### Purpose of the Lesson

- To learn how to control the distance your bowl travels (weight).
- To practise using stance height and arm swing to reach different jack lengths.
- To build awareness of weight control as an essential bowling skill.

#### Key Information Points

- **What controls weight:**
  - Height of stance → lower stance usually reduces weight.
  - Length of arm swing → longer swing sends the bowl further.
  - Speed of the arm coming through.
  - Length of forward step.
- **Consistency first:**
  - Always keep the swing smooth (pendulum principle).
  - Use swing length rather than sudden changes of speed.
- **Awareness:**
  - Calling “*on target, short, or long*” before your bowl finishes helps you learn to judge weight.

#### Practice Focus

- **3 Inline Jack Drill:** Roll to 3 jacks set short, medium, and long (4m apart).
  - Call out the target before delivering.
  - Deliver two consecutive bowls (forehand and backhand).
- **Progressive Adjustment:** Reduce the gap between jacks as you improve.
  - Move the mat occasionally to reinforce adjustments.
  - Call “*on target, short, or long*” before bowl reaches halfway.
- **Optional Weight Challenge:**
  - Score 3 points for finishing within 2m of the declared jack.
  - Score 1 point for correct line but wrong weight.



## Expected Outcomes

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

- Deliver bowls to within ~2m of a chosen jack.
- Adjust stance height and arm swing length to change weight.
- Recognise and call your delivery outcome (on target, short, or long).
- Begin developing muscle memory for weight control.

## Homework / Self-Practice

- At your next roll-up, place 3 jacks at different lengths and practise delivering 2 bowls to each.
- Call “*on target, short, or long*” before each bowl finishes.
- Reflection: *What helped you most — changing swing length, stance, or step?*

