

Test will be Monday/Tuesday: October 27 & 28

A. In bowling at Edinbrook, we used a **3 step approach**.

**Ready position: Stand with the feet together. Use both hands to hold the ball in front of the belly button.**

**B. 3 Step Approach**

Step 1: Step with opposite foot **and** push the ball away

Step 2: Pull ball back

Step 3: Knee down

C. When we release the ball, it should be rolling smoothly, not bouncing!

D. Each bowler rolls the ball two times. If a bowler knocks down all the pins on the first roll, it is called a **Strike**. When a bowler knocks down some of the pins on the first roll and then knocks the rest of the pins down on the second roll, it is called a **Spare**.

**BIO-MECHANICS**

In bowling we talked about **force production** and **force absorption**

**Force production:** Force is needed to make the ball move. We use our arms, legs and hip muscles to **produce** the force on the bowling ball.

**Force absorption:** Force absorption means to stop or slow a ball down. In bowling, the force of the rolling ball is **absorbed** by the pins when it rolls into them!

\*\*\*\*\*Grade 4 Fitness goals: \*\*\*\*\*

**PUSH-UPS: 10 - 15**

**CURL-UPS: 20**

**JOGGING TEST**

**A = 16 MINUTES**

**A- = 15 MINUTES**

**B = 14 MINUTES**

**B- = 13 MINUTES**

**C = 12 MINUTES**