Month : AUGUST

Theme: Competition: Lesson 29B Community #1

**I. Objective of lesson:**

1. Community Inclusion

2. Learn about bowling

3. Stay active and healthy

**II. Activities and Key learning points Time: Allow 2 hours**

[ ]  Red (Center based program)

1. Assist with selecting a bowling ball. Determine fitting: place thumb in thumb hole, finger middle knuckles should line up with finger holes.
2. Assist with shoes. They should ask for their own shoes (inclusion)
3. Set up score board
4. Encourage peer accomplishments
5. Use adaptive equipment (ramp, bumpers) if needed
6. Staff assist with approach (deliver ball with the opposite foot in front, release thumb before fingers. Can swing the ball four times up at the foul line)
7. Highly Praise (encourage people to stand and give a high five to promote movement)

[ ]  Blue (Center/community based programs)

1. Assist with selecting a bowling ball. Determine fitting: place thumb in thumb hole, finger middle knuckles should line up with finger holes.
2. Assist with shoes. They should ask for their own shoes (inclusion)
3. Set up score board
4. Encourage peer accomplishments
5. Use adaptive equipment (ramp, bumpers) if needed
6. Staff assist with approach (deliver ball with the opposite foot in front, release thumb before fingers. Can swing the ball four times up at the foul line)
7. Have people state their score after each frame is done.
8. Identify leader after the entire group has finished the frame
9. Highly Praise (encourage people to stand and give a high five to promote movement)

[ ]  Green (Community Based)

1. Assist with selecting a bowling ball. Determine fitting: place thumb in thumb hole, finger middle knuckles should line up with finger holes.
2. Assist with shoes. They should ask for their own shoes (inclusion)
3. Set up score board Have people type in their own name
4. Encourage peer accomplishments
5. Use adaptive equipment (ramp, bumpers) if needed
6. Staff assist with approach (deliver ball with the opposite foot in front, release thumb before fingers. Can swing the ball four times up at the foul line)
7. Have people state their score after each frame is done.
8. Identify leader after the entire group has finished the frame
9. Highly Praise (encourage people to stand and give a high five to promote movement)

Supplies needed

Petty Cash

Bowling ramp

Feedback on Lesson what went right/Obstacles?

1.

2.

3.