



Kiwibowls ©



KiwiSport



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Bowls Canterbury's Fundamental Target Skills Programme

Bowls Canterbury Inc. acknowledges the support and contributions made by Sport New Zealand and Canterbury West Coast Sports Trust (CWCST) as it is the local administrator of KiwiSport, and the Mainland Foundation.

A game for your lifetime.

Bowls is a sport played with all degrees of physical fitness and ability by youngsters through to the elderly. It is a non-contact sport that appeals to both genders. Being able to compete with everyone on an equal footing is one of its attributes. Physically disabled, including wheelchairs and those with blindness and hearing disabilities, are able to play bowls.

This leaflet is an outline of the intended skills to be taught.

Prizes and equipment used will be supplied by the tutor for the day.

Bowling clubs willingly get their members to assist the students and their help is appreciated. Bowling greens used in Term 4 will be synthetic where possible and in Term 1 natural weed.

For the natural weed greens students will be required to have flat soled footwear or socked/bare feet. On the synthetic greens flat soled shoes would be appreciated. No heeled shoes on any greens. The tutor will advise the school of the footwear requirements so that parents can be informed by the school.

Class time is between 45 and 60 minutes depending on school timetables and the walking distance to the nearest club bowling green. Sessions 1 & 2 can be held inside during inclement weather – sessions 3 & 4 will be at the club's green keeper's discretion or maybe inside on indoor bowls mats.



Sessions 1 and 2 are held in the school playground. Sessions 2 & 3 are at the nearest bowling club. **Dates available are term 1 and 4.**

For further information and booking details please contact:

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“Kiwibowls” KiwiSport Programme

At your school playground

Aims for session 1: The aim is to give students the opportunity to develop new skills that they can use in target based games, also to encourage students to support their team mates. This session is based around TGFU (teaching games for understanding) - this will keep the students engaged in fun drills and skills based activities that can often become very boring. Students will be given the chance to participate in different aspects of target games. They will have the opportunity to perform different biomechanical movements in order to achieve success in the various games they will be involved with.

As an introductory session to target games, students will be encouraged to try different movements and control applied force to achieve success. The session will have plenty of fun and gives students the opportunity to learn new skills that they can apply to other games and sports.

Benefits of this session:

- How to push a ball or deliver a bowl.
- Understand that the more force applied the further the ball will go.
- How to work as a team and encourage each other.

Aims for session 2: The aim of this session is to progress the student’s delivery skills, and also introduce them to different types of weight control. It will also encourage the students to work as a team in order to achieve a common goal.

This will be achieved by setting up different activities which expose the students to different types of shots.

The activities outlined in this target program are intended to help provide an opportunity for young people to enjoy the TGFU approach and to help improve game performance across number of different target games. As well, to help develop team work and challenge young people’s cognitive domain. Many of the rules, skills, and tactical problems and solutions that are introduced through these activities are very similar to the game of lawn bowls. Therefore, students will have an enjoyable experience at the bowling green as they will have the skills needed to have a successful performance.

Benefits of the session:

- Developing student's decision-making skills.
- Rolling a ball and how to apply the correct force to your ball to get the right result.
- How to work as a team.
- Developing self-awareness.



At the bowling green

Aims for session 3

The aim of this session is to introduce the students to real lawn bowls in a fun environment. It will allow them to transfer the skills they have already learned onto the bowling green.

This will be achieved by setting up different activities which expose the students to different types of shots.

Benefits of the session:

- Developing student's decision-making skills.
- Rolling a ball and bowl, and how to apply the correct force to your ball and bowl to get the right result.
- How to work as a team.
- Developing self-awareness.

Aims for session 4

The aim of this session is to allow the students to put the target skills they have been learning into practice. There will be activities to allow students to get an understanding for real bowls. This session will allow the students to develop an understanding for the sport of Lawn Bowls and further develop their decision making, problem solving, self-awareness and target skills.

Benefits of the session:

- Developing student's decision-making skills.
- Giving an opportunity to the students to play a complete new sport that puts everyone on an equal playing field.
- Social interaction, and enhancing student's self-awareness

Make your booking - phone 351 2070 or development@bowls Canterbury.co.nz