



**Hollywood
Bowl**

COME PLAY



KS3 EDUCATIONAL PACK





**DID YOU KNOW BOWLING DATES
BACK OVER 5000 YEARS**



A HISTORY OF BOWLING...

Did you know that Sir Flinders Petrie, a British anthropologist, believed that he had discovered an early form of a bowling style game in Egypt, dating back to around 5200 BC!

The Romans also played a game known as 'Bocce Ball', which was similar to bowling and modern day boules. The aim, rather than knocking down pins, was to bowl your balls as close to a smaller ball, sometimes called the 'jack' as possible! In France, they call a similar game Petanque.

There are many variations known through history, all stemming from the Egyptians, the Greeks and the Romans. It's clear that tenpin bowling clearly has its roots firmly sewn in history.



CAN YOU THINK OF ANY OTHER MODERN OR HISTORIC GAMES PLAYED THAT ARE EITHER SIMILAR OR DIFFERENT TO TENPIN BOWLING?

DESCRIBE THE GAME AND HOW IT IS SIMILAR OR DIFFERENT:

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IN THE 14TH CENTURY, KING EDWARD III OF ENGLAND BANNED BOWLING BECAUSE IT DISTRACTED HIS SOLDIERS FROM PRACTICING ARCHERY



What can you find out about these historical ball games?



POK-TA-POK

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BOCCE BALL

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SKITTLES

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WHERE IN THE UK?

CAN YOU DRAW A STAR ON THE UK MAP TO SHOW WHERE YOU ARE BOWLING TODAY?



Can you locate any of these centres on the map of the UK?

BELFAST

BIRMINGHAM

CARLISLE

CHELTENHAM

DERBY

DUNDEE

GLASGOW

INVERNESS

LEEDS

LEICESTER

LIVERPOOL

MANCHESTER

NEWCASTLE

OXFORD

SHEFFIELD

TORQUAY



DID YOU KNOW THAT HOLLYWOOD BOWL IS THE LARGEST BOWLING PROPRIETOR IN THE UK & 2ND IN THE WORLD?



The four step approach



Have you heard of the four step approach?



Make sure you get into a good starting position with slightly bent knees

Take your first step then push the ball out to waist height



Step one - Push away

Step two - Down swing



Step forward and start to lower the ball behind you

Take a power step with a greater knee bend, which leads into...



Step three - Back swing and power step

Step four - Slide and release



...a sliding step as you bring the ball forward and release it...

...knocking down as many of those pins as you can!



CAN YOU NAME AND EXPLAIN EACH PART OF THE FOUR STEP APPROACH?



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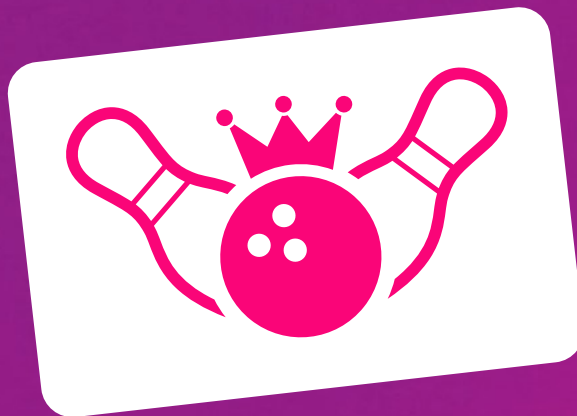
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TOP TIPS:

- Pick a bowling ball weight that is right for you
 - Hold the ball at waist height
- Keep your arm relaxed when you swing
- Wipe your hands to improve your grip



DID YOU KNOW THAT THE HEAVIEST BOWLING BALL WEIGHS 16LBS?



CAN YOU KEEP TRACK OF YOUR GAME OF BOWLING?

NAME	1	2	3	4	5	6	7	8	9	10	Total

Instructions: Write your first bowl in the top left box, then your second bowl top right, add them together and then add to your existing score and that sits underneath.

Record your names and record the scores as they happen using all of the tips on this page.

Do they match up with what is on the electronic score card at the end?



SPEED CHALLENGE!



Who bowls the fastest?

The distance from the foul line to the head pin is about 18 metres (18.288m to be precise!)
If I time my bowl and it takes 10 seconds to hit the pins, $18 / 10 = 1.8$, which means my bowling ball's speed was 1.8m per second.

Can you work out your bowling ball speeds with your friends?

Who has the fastest bowl?

Who's is the slowest?

Is there an optimum speed?



USING OUR BODIES

How many muscles do you think you use when you are bowling?

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Which muscles do you think you use?

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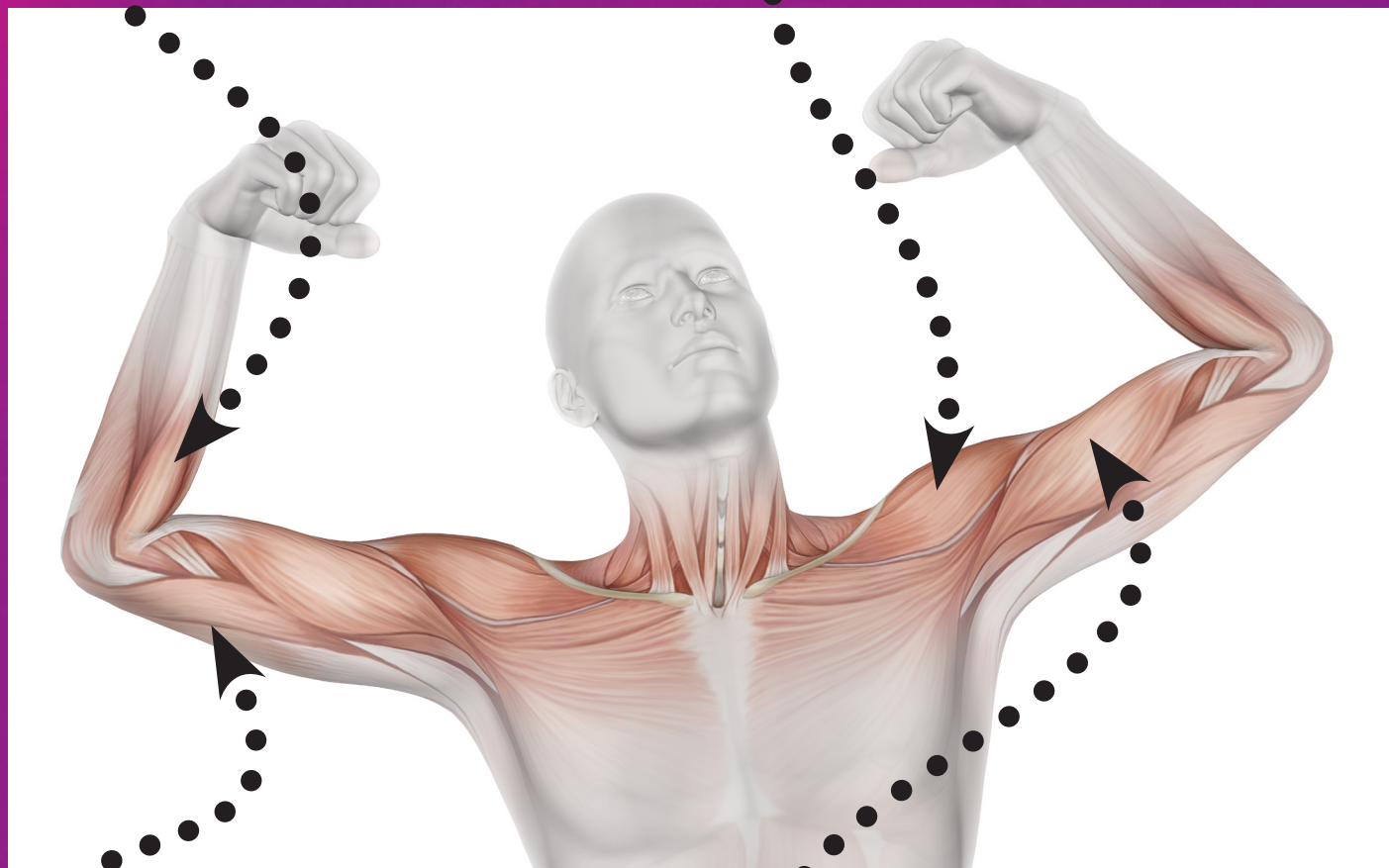
The muscles in our legs are so important for bowling. They help us to push off as part of the four step approach and help move the power from the lower body to the upper body. Our legs also help us to maintain our balance.

These muscles help to control the spin you put on the ball and the accuracy of your bowl.

Muscles in the shoulder help with precision and power when bowling.

1

2



3

4

This muscle is responsible for extending your arm when you release the bowling ball.

This muscle is important for the initial lifting motion when you bowl.

Muscles play a key role in bowling. Bowling can also help to strengthen our muscles and develop core strength too. Which muscles felt tired after you finished your game?



»»
DID YOU KNOW THE LARGEST BOWLING CENTRE IS IN JAPAN WITH 116 LANES?
««

PLAY FOR PRIZES!

Did you know that there is so much more than just bowling at our centres. You can play arcade games like air hockey, win toys on the grabber machines and collect tickets that you can exchange for a range of prizes!

What prizes can you get for less than 100 tickets?

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Which machines give out the highest potential number of tickets?

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How many tickets are you aiming for?

.....

Who earned the most tickets out of you and your friends?

NAME	TICKETS EARNED	TOTAL SPENT

If you divide the total spent by the number of tickets earned you can work out how much each ticket cost.

Whose tickets were the best value?



EAT, DRINK AND BOWL!

Ordering food and drink has never been easier, and all of our venues have a tasty menu for you to discover!

If you had £10 to spend on food and drink, what would you buy? And how much change would you have left over?

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There are 30 of you in a class. Each child orders a beef burger and a small milkshake. 12 of the children also want cheese on their burger. How much does this cost in total? (Use the kids menu)

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Design your own bowling menu. Make sure you think about prices!

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DESIGN YOUR OWN CUSTOM BOWLING PIN!



► STRIIIIIIIIIIKE! ◀

Can you design your own bowling pin that could be used on the lanes?

What will your theme be?

What colour scheme will you choose?

» DID YOU KNOW BOWLING PINS ARE MADE OF WOOD & COATED WITH PLASTIC? «

NOTES!

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