

## ACTIVITY WRITE-UP

### Name of Activity: **Bowling**

Type of modality	Adapted Sport
Type of play	
Interaction pattern	Extraindividual (if they are the only ones playing) Interindividual (if someone else is playing against them)
# of participants required	1+
Equipment/supplies	<ul style="list-style-type: none"><li>• Ball ramp (if needed)</li><li>• “Poss-I-Bowl” (if needed)</li><li>• Ball pusher</li><li>• Aid (if needed)</li><li>• Bowling ball grip handle (if needed)</li></ul>
Facilities required/environment	Bowling Alley
Precautions	<ul style="list-style-type: none"><li>• Make sure you are using the proper adaptive equipment needed for the activity</li><li>• Do not use heavy items that could cause injury</li><li>• Allow bowler to have enough room to swing the ball. Make sure you are not in the way where you can get hit</li><li>• Make sure player is holding ball correctly so they do not drop it on themselves or someone around them</li></ul>

### Directions

1. Warm-up
2. Stretch Arms by swinging them back & forth
3. If needed, go through the delivery approach without the ball
4. Make sure all adaptive equipment needed is set up (e.g. Ramps, ball grip, ball pusher, aid)
5. Observe the lane
6. Approach ball return from correct side
7. Identify his/her own ball
8. Pick up ball correctly from ball return
9. Cradle the ball in one arm & move to his/her starting position on the approach
10. Locate starting position on approach for first ball
11. Make sure you are lined up with the lane & the equipment
12. Assume correct stance with eyes focused on bowling pins or target arrows/dots down the lane
13. Place ball on ramp/ground
14. Roll ball down ramp, push ball with ball pusher
15. If no equipment is needed follow the next few steps

16. Perform pendulum swing with swing and slide
17. Deliver ball without going over the foul line
18. The goal is to knock over as many pins as you can!
19. The game is over once you hit the allotted number of frames

### Activity Analysis

Category	Skills
Primary body position	Sitting, standing
Part of the body required	Arms, hands, neck, head, upper torso, legs
Movement	Bending, stretching, grasping, reaching, picking up, releasing, stretching, turning/twisting hands
Physical	Balance, core, flexibility, gross muscle coordination, motor control, muscle strength, AROM (upper/lower), visual
Cognitive	Speaking publically, self-control, touch, sight, hearing, following directions, sustaining attention, concentration, decision making (simple), alertness, sequencing,
Social	Maintaining social space, regulating behavior (behavior), relationships (forming), self-expression, social conduct, social cues, showing respect and warmth
Perception	Auditory, visual, tactile
Communication/language	Reception of spoken language, reception of body language, expression of spoken language, producing body language
Self-care	NA
Psychological/emotional (possible)	Excitement, guilt for not hitting any pins, fear of not hitting any pins (embarrassed)

#### How to Simplify the Activity

To simplify this activity the participant could use a ball ramp. They could also use the ball ramp with the “Poss-I-Bowl” option as well.

#### How to Make the Activity More Complex

- One way to make this activity more difficult is if the player is using bumpers take the bumpers off.

#### Other Comments

- In addition to taking the bumpers off to make the activity more difficult this may upset the participant if they continue to get gutter balls. They will need to work on controlling their emotions more.