

LEARN TO BOWL

A PHYSICAL EDUCATION PROGRAM FOR SCHOOLS

GOAL:

To introduce youth across Canada to a sport which can be played throughout their lifetime.

ABOUT THE PROGRAM:

This program offers teachers a complete guide on "How to Bowl." It teaches the fundamental movement skills: balance, motor skills, stability, locomotion, manipulation, sliding etc. and can be used as a cross-curriculum program touching on physical education, math and history.

WHY LEARN TO BOWL?

- This is an ideal sport that promotes physical activity at any age.
- No equipment is required.
- No one is left out.
- Everyone participates equally.

HOW DO I LEARN MORE ABOUT THIS PROGRAM?

All you have to do is contact Sue at Roseland Bowl at 905-634-9805 or bowling@roselandbowl.ca

We can offer free instructional material and guide you with a program to suit your school's needs.



www.canadabowls.ca

