Bowling Assessment

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Block\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bowling

Four Step Approach Assessment

Feedback (Check off the type of feedback used)

\_\_\_\_\_ Teacher Feedback

\_\_\_\_\_ Partner Feedback

\_\_\_\_\_ Video Analysis

\_\_\_\_\_ Picture Feedback

Observations

* Step 1 – Right hand and foot push forward at the same distance
* Step 2 – Let the ball fall into the swing
* Step 3 – Ball should be at the top of the backswing
* Step 4 – Release and follow through

Reflection

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