

Seniors

STRIKE!



GET
ADVENTUROUS



1 HOUR +



PREPARATION
NEEDED

AIM

Head out of your meeting space for a night of ten-pin bowling. Along the way learn a little more about the sport as well as take on some mini competitions during the activity.

WHAT YOU'LL NEED

> Ten-pin Bowling Alley

GET ADVENTUROUS: STRIKE!

THEME: VISITS & TRIPS



LEADER PREPARATION

This activity requires little leader preparation, as it can be led from start to finish by young people, with access to their phones.



GETTING INTO THE ACTIVITY

Take a trip to play ten-pin bowling, learning a little bit about the sport along the way.

- 1 Did You Know?** Before heading to your local bowling alley, learn a little about the sport. Challenge everyone to come up with one or two 'True or False' statements around ten-pin bowling, by using the internet to find out facts. We've provided some example facts to get you started.
- 2** Everyone should take turns to read out their statement. The rest of the group should then vote on if they think it is true or false. Can you fool the group into guessing incorrectly?
- 3 Plan Your Trip:** As a group of Seniors, plan your trip to a bowling alley. When will you go? How much will it cost and how will it be funded? Will you do anything else whilst you are there? Who will book the visit with the bowling alley?
- 4 Time to Bowl:** Head to the bowling alley and enjoy your game of bowling. Whilst there, consider taking on one or more of the below competitions to add to the experience.
 - Highest scoring individual
 - Fastest bowl (if the alley records this)
 - Highest number of strikes
 - Closest person to their estimated score (this will need to be predicted before you start)
 - Most creative way of bowling a ball (safely!)



DID YOU KNOW?

- **Bowling** is thought to be **thousands of years old**.
- Ten-pin bowling (using 10 pins) dates to around **1840**.
- A bowling lane is **18.2m (60ft) long**.
- A perfect game would score you **300 points** and involve 12 consecutive strikes.
- Scoring three strikes in a row is called a **'turkey'**.
- Players who score a strike on their **10th frame** can bowl **two additional balls** to score bonus points. Players who get a spare can bowl **one additional ball**.



IDEAS TO TAKE THIS FURTHER...

Enjoyed your game of ten-pin bowling? Why not consider entering the BB National 10 Pin Bowling Championships in October? For more details visit <https://sites.google.com/view/bbnat10pin>



KEEPING EVERYONE SAFE

A leader should ensure they have seen the group's plan for the trip and are happy the trip has been organised safely and in line with risk assessments etc.