

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
