

Day Fifteen: May 15, 2020

BOWLING SCHOOL



Overview

Duration: 15 Mins

Ages: 9 - 15

Fundamental Movement Skill(s): Object Control, Targeting

Equipment: Balls (sock balls, tennis balls), Bowling Pins (cardboard boxes, lego towers, toilet paper rolls), Start line markers (chalk, painters tape, cones, towel)

Environment: field, backyard, hallway

Activity Instructions

- In level one, set up one pin and start approximately 2m away from the pin (or appropriate distance for space available and age of participants).
- One person rolls the ball trying to knock over the pin.
- The other participant stands in a safe area, retrieves the ball and rolls it gently back to the roller.
- Rollers get two rolls and then the other person tries.
- If a participant succeeds at knocking the pin over they graduate to the next level.
- If they do not knock down the allotted pins they stay in that level for their next turn until they can graduate to the next level.
- Create 10 levels that get progressively more challenging by increasing the distance, number of pins or type of throw used.
- The first participant that gets to level 10 and knocks down all the pins wins the game.
- Ask questions such as what strategies can you use to help improve your accuracy? Did moving back further make it more difficult to hit the target? If so, what strategies did you use to improve accuracy.

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