



## Human Bowling

By IAN Staff on 03/02/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

In this variation on bowling game children are pins and attempt to avoid being tagged by a ball rolled on the floor.

**Group Size:** 5-10

**Location:** Gym

**Estimate Time for Lesson:** 30 minutes

**Estimated Time for Planning:** 15 minutes

- Subject(s) Check all that apply:
  - Healthy Eating and Physical Activity (HEPA)

#### Other:

- Grade(s) Check all that apply:
  - Kindergarten
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6

#### Materials/Resources Needed:

1 large ball

#### Lesson Objective #1:

To practice agility and coordination

#### Lesson Objective #2:

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

Who would like to play a game called Human Bowling? What kind of game do you think it is?

#### Instructions:

1 player is the Bowler and 1 is the Ball Return. The other 4+ players are Pins. Make a line a few meters away from where the Pins are standing in a cluster. The Bowler stands behind the line away from the Pins.

Pins can pivot on 1 foot in order to avoid being hit, but must always keep the pivot foot on the ground.

The Bowler has 3 rolls of the ball and tries to hit as many Pins as possible. He gets 1 point for each Pin hit.

All Pins hit by the ball are out and move off the field until the next Bowler's turn.

The Ball Return gets the ball and gives it back to the Bowler after each roll of the ball.

After the Bowler finishes his turn (has rolled 3 balls), he becomes the Ball Return.

The Ball Return becomes a Pin. The first Pin out becomes the Bowler.

Play continues until all players have been a Bowler. The winner is the player with the most points.

**Checking for Understanding:**

Observe game play to make sure students are following the rules.

## Lesson Adaptations

**Time Adaptations:**

This game can be as long or short as needed based on time and size of group.

**Location Adaptations:**

This game can also be played on the playground.

**Age Adaptations:**

Change the number of Pins or number of rolls the Bowler is allowed

## Learning Style Adaptations

**Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students:**