

Grade: 2

Lesson Title: Underhand Rolling

NYS Learning Standard: 1 and 2

Activity: Bowling

Challenge: How many points can you score?

Equipment Needed

- 10 plastic water bottles (any size)
- Ball
- Score sheet, pencil and music (optional)

Activity Cues

- Face the target
- Step with your opposite foot towards the target (Ex –right-hand roll, step with your left foot)
- Swing your arm back to prepare and release the ball
- Follow through with your hand pointing towards the bottles

Directions

- Encourage a family member to participate with you
- Clear a floor space in your house (such as a hallway)
- Set up the 10 water bottles in a triangle (4,3,2,1)
- Select a foul line
- Roll the ball on the floor and try to knock over the bottles
- Bowl 10 times and record your score
- Play another game and try to improve your score
- Add some music and HAVE FUN!

Scoring

- Use the score sheet to record your score
- Mark off 1 point for each bottle that is knocked down

Variations

- Change the game rules
- Increase or decrease the distance of the foul line
- Change the set-up of the bottles
- Add obstacles
- Try sending the ball with the inside of your foot (instep).

Name

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	72	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

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