



- The P.E Spot -

P.E Lesson

“Miniature Bowling”

Objective: Students will be able to demonstrate proper form for rolling & kicking an object, and accurately land/hit a stationary target.

Skills Developed:

- Rolling
- Kicking
- Accuracy
- Strategy

Materials:

- Pool Noodles
- Water bottle
- Hula Hoop
- Ball
- Tape

Directions:

- Students will participate in a fun DIY PE Game Miniature Bowling.
- Students will need to roll and kick a ball using proper form and technique.
- Students must successfully roll/kick a ball, bank it off a wall, and make it land in a hula hoop/knock down a water bottle.

1st Frame

- Students will stand behind the bowling lane and line.
- Students will need to roll using their dominant hand and try to make the ball inside of a hula hoop or knock down the water bottle.
- Students will get 2 turns each per frame.
- If the student makes the ball land in the hula hoop they will receive 1 point, if they knock down the water bottle they will receive 3 points.
- If you have more than one person this process will repeat with the next student.

2nd Frame:

- Students will stand behind the bowling lane and line.
- Students will need to roll using their non-dominant hand and try to make the ball inside of a hula hoop or knock down the water bottle.
- Students will get 2 turns each per frame.
- If the student makes the ball land in the hula hoop they will receive 1 point, if they knock down the water bottle they will receive 3 points.
- If you have more than one person this process will repeat with the next student.

3rd Frame:

- Students will stand behind the bowling lane and line.
- Students will need to kick using their dominant foot and try to make the ball inside of a hula hoop or knock down the water bottle.
- Students will get 2 turns each per frame.
- If the student makes the ball land in the hula hoop they will receive 1 point, if they knock down the water bottle they will receive 3 points.
- If you have more than one person this process will repeat with the next student.

4th Frame:

- Students will stand behind the bowling lane and line.
- Students will need to kick using their non- dominant foot and try to make the ball inside of a hula hoop or knock down the water bottle.
- Students will get 2 turns each per frame.
- If the student makes the ball land in the hula hoop they will receive 1 point, if they knock down the water bottle they will receive 3 points.
- If you have more than one person this process will repeat with the next student.

5th Frame: (Bonus Frame) Student Choice

- Students will stand behind the bowling lane and line.
- Students will need to select if they'd like to use their dominant hand, non dominant hand, dominant foot, and non-dominant foot.
- Students will need to try to make the ball inside of a hula hoop or knock down the water bottle.
- Students will get 2 turns each per frame.
- If the student makes the ball land in the hula hoop they will receive 1 point, if they knock down the water bottle they will receive 3 points.
- If you have more than one person this process will repeat with the next student.

YouTube Video of Lesson: <https://youtu.be/KlQQieKl0Yk>

"At The PE Spot, the fun never stops" - Mr. Garcia

Until next time,
Take care!



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