

Body Bowling

Targeting development in:

Body awareness, muscle tone, trunk control.

Other areas that may benefit include:

Turn taking, group co-operation.

Equipment

One set of bowling skittles, masking tape.

Set-up

Using the masking tape, make a corridor (bowling alley) approximately two metres wide and 5 - 10 metres in length. Set up the skittles at one end of the alley.

How to play

Each child has a turn at being the bowling ball. This involves lying across the bowling alley with arms above the head and log rolling to the end, knocking the skittles over. The challenge is to keep the body within the alley. The group assists each child by calling out to them if they go outside the bowling alley. The child can then correct their direction.

Different ways to play

Easier:

1. Make the bowling alley wider.
2. Make the bowling alley shorter.
3. Teacher gives assistance as necessary.

Extension:

1. Group does not give verbal assistance and child self monitors.

