

Bowling Bingo

Summary

The students will roll a ball from their half of the court at a pin on the opposite half of the court trying to knock it down. If a pin is knocked down, they retrieve it, bring it to their side of the court and place it on an empty poly spot to score bingo.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Materials

30 poly spots, 20 plastic bowling pins, 20-25 nerf, gator or foam balls.

Intended Learning Outcomes

The students will demonstrate the correct technique of rolling a ball with accuracy and force. They will also apply correct weight transfer and follow through.

Instructional Procedures

Organization:

Place 15 poly spots on each side of the half court line on the gym floor. Place only 10 plastic pins on the spots of each team, leaving five open spots to start the game. Nerf or foam balls are distributed equally to both teams. Designate an area for a penalty box to send players who block rolled balls.

Activity: Players from both teams roll the foam balls, attempting to knock down a pin(s) on the opposing team's side while staying on their half of the court. A player who knocks down a pin will run across the half court line, retrieve the pin and place it on an open spot on their own side. Once a team has 15 pins on 15 spots, the players yell out "BINGO!" Reset the pins and play again.

Rules:

Students stand on the end boundary line while waiting for a ball. When a ball comes to them, they may move to the front line pins and roll the ball from there.

If they knock a pin over, they run across the half court line, retrieve it and place it on an open spot on their own side.

If they roll the ball and miss a pin, they must go back to the end line, wait for a ball to come past the back line of pins before taking their next turn. (If the ball stops before it gets to the back line of pins, the player may go out to retrieve it.)

If they knock a pin over on their own side, they set it back up.

There is no blocking of rolled balls. The penalty for blocking is one minute in the penalty box.

Bibliography

Adapted from "Great Activities A Newspaper For Elementary & Middle School Physical Education Teachers" January/February, 2003

Authors

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