Mr. Paul Mackinnon’s K-2 Physical Education Classes

Activities for Today: Monday, November 8th, 2021

I hope you are doing well and taking advantage of this run of beautiful days to get outside!

It looks like it is going to be another beautiful day outside today! It is a great day to head outdoors for another little game developed at the beginning of the pandemic. It is called “Aerobic Bowling”, which is basically setting up a simple bowling lane with one wide pin and you run each time to retrieve the ball. It can be another way to practice targeted rolling and build in some moderate physical activity. You do not need a partner for this one, however, it would be a way more fun to play it with a friend or sibling. Have fun with Aerobic Bowling!

Use the link below to get a little inspiration to use create your bowling lane (outdoors preferably) in your own play space: (Only the first 1 min and 2 seconds features Aerobic Bowling!)

<https://youtu.be/4e0wegaoFlo>

Set up of the game in a nutshell:

If playing with a friend, rock, paper, scissors can decide who goes first. First shooter stands back a reasonable shooting distance (10-30 feet depending on age, skill and width of pin) from the bucket pin. Second player waits to retrieve the shot. Once first shooter rolls the ball, they run up to stand by and hopefully reset the pin. Meanwhile, the second shooter should have retrieved the ball and ran back to the shooter line to take their first shot. As you keep trading places back and forth your heart rate should start to increase dramatically! Keep up the intensity and track of your score. Record your number of strikes (touches) in ten shots! Can you improve your score? If too easy move the shooting line further back!

If playing by yourself you would need to reset your own pin if toppled and retrieve your own toss and then run back. So having a second pin set up on the other end might make more sense if playing by yourself!

All you need: A decent sized ball (soccer/basketball -if smaller go with a smaller ‘pin’

A bucket or small garbage can (something you can knock over)

An open space that is relatively flat (-a narrow spot works fine!)

Aerobic Bowling is great for hand-eye coordination and getting your heart rate up!

Have fun Aerobic Bowling!

-Mr. Mackinnon