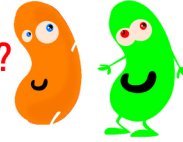




Warm up:

1 - Do you remember your beans from last week? See how many beans you can remember and make all the shapes of the beans?



2 - Star Jumps

* How many can you do in 30 seconds? Can you beat your score?



Main activity challenge: Bowling Bottles

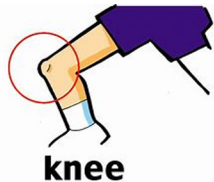
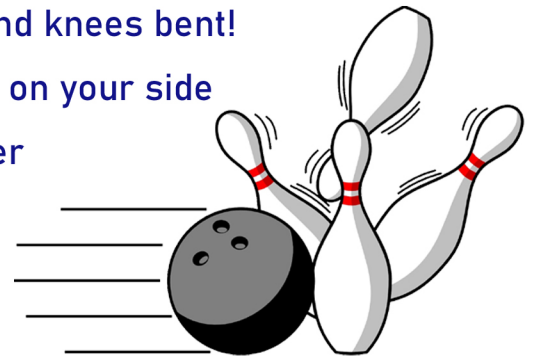
Equipment:

6 standing objects (e.g. bottles, teddy bears), 1 ball or similar object to bowl, this can be played outside or in a hallway



Coaching points:

- Stand opposite your opponent and set up 3 bottles each in front of you
- Player 1 bowls to try and knock down their opponents bottles
- Make sure you bowl with your opposite foot forward and knees bent!
- If you knock one down you win that bottle and set it up on your side
- The first player to end up with all 6 bottles is the winner



Differentiation:

- Make this harder by moving further away from each other
- Make this easier by adding in more bottles to hit
- Can you play kicking a ball instead of rolling?

