

# Underhand Rolling/Bowling

## Bowling with the Champs

@pe4everykid

**Equipment:** 20 poly spots/dots (in pairs of matching colors – 2 red, 2 green, etc), 10 deck rings (matching colors to the paired spots), 10 bowling balls (matched colors if available), 20 bowling pins (matched colors if available), some cones for boundaries.

**Set-up:** No matter class size, you always want a few students in line. The rest of the students are either standing at a pin on the Challenger's side or on the Champion's side.

**Game Play:** Students take turns rolling the ball back and forth trying to knock down the person's pin that is across from them – Challengers roll first. They continue to roll until a pin gets knocked down. Whoever knocks the pin down is the winner – we call them the Champion. When a person's pin gets knocked down, they must do three things:

1. Set up the pin on the poly spot
2. Return the ball to the deck ring
3. Travel around the outside of the bowling lanes (follow the bold arrows on the diagram) to return to the start line

As soon as the first person in the start line sees that there is a ball in a ring, they know that the lane is empty and they may leave the line and go bowl there. The object of the game is for the Challengers (people that start with the ball) to try and knock down a Champion's pin and become the new Champion. If a Champion knocks down a pin, they stay in on the Champion's side and play the next challenger.

**Note:** Stress the importance of returning the ball to the ring so the people in line know where to play next. Also, remind the students to step with their opposite foot when rolling the ball. There is also NO guarding the pin by standing in front of it or blocking the ball before it hits the pin.



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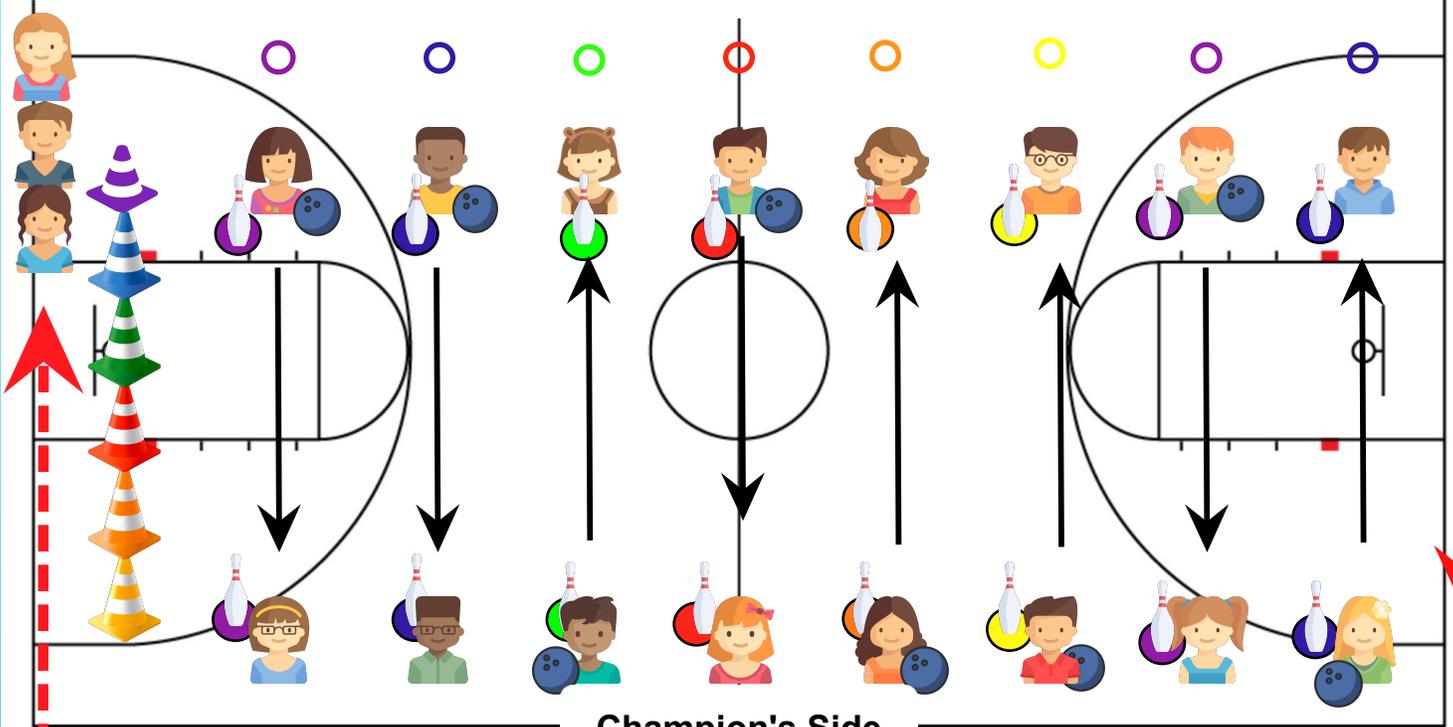
### Gym Set Up



Line Starts Here

Challenger's Side

Champion's Side



### Legend

-  Deck Ring
-  Poly Spot
-  Bowling Pin
-  Bowling Ball