**Pinball**

Equipment Needed:

20 bowling pins

Cart of rhinoskin balls (foam soccer ball size)

Skills:

Rolling a ball

Aiming at bowling pins

Defense (stopping rolling balls with foot trap or with hands)

Set-Up:

Set up 10 bowling pins (spread out) along **each** end line.

Explanation of Game:

The goal of the game is to ROLL the balls to knock down the other team’s bowling pins. If a pin is knocked down, players must leave it down, do not stand pins back up until game is over.

There are two teams. Each team has their own side of the gym, so they can not cross the half court line.

Rules:

1) Balls are ROLLED, not thrown or kicked. No side arm rolls. Roll it like a bowling ball.

2) Do not cross the half court line.

3) Do not stand in front of pins to block them. Players may stand anywhere in FRONT of the yellowish colored line to block pins, but not right in front of pin.

4) Players are encouraged to STOP rolling balls anyway possible, with their hands, feet (trapping, not kicking balls), or sliding on the floor to stop a rolling ball.

5) Players begin the game standing on their team’s end line. If they have a ball, they put it BETWEEN their feet to begin. When teacher starts music, or says “GO” they may begin rolling balls.

Notes:

Teacher can stop the game at any point (time limit or when all the pins are knocked down). I usually play 4-5 minutes rounds and then see how has the most still standing. Then set them up and play another round of the game.

Penalties:

Players perform 10 reps of an exercise as a penalty for breaking a rule.