

# Underhand Rolling/Bowling



## Team Pin Knockdown

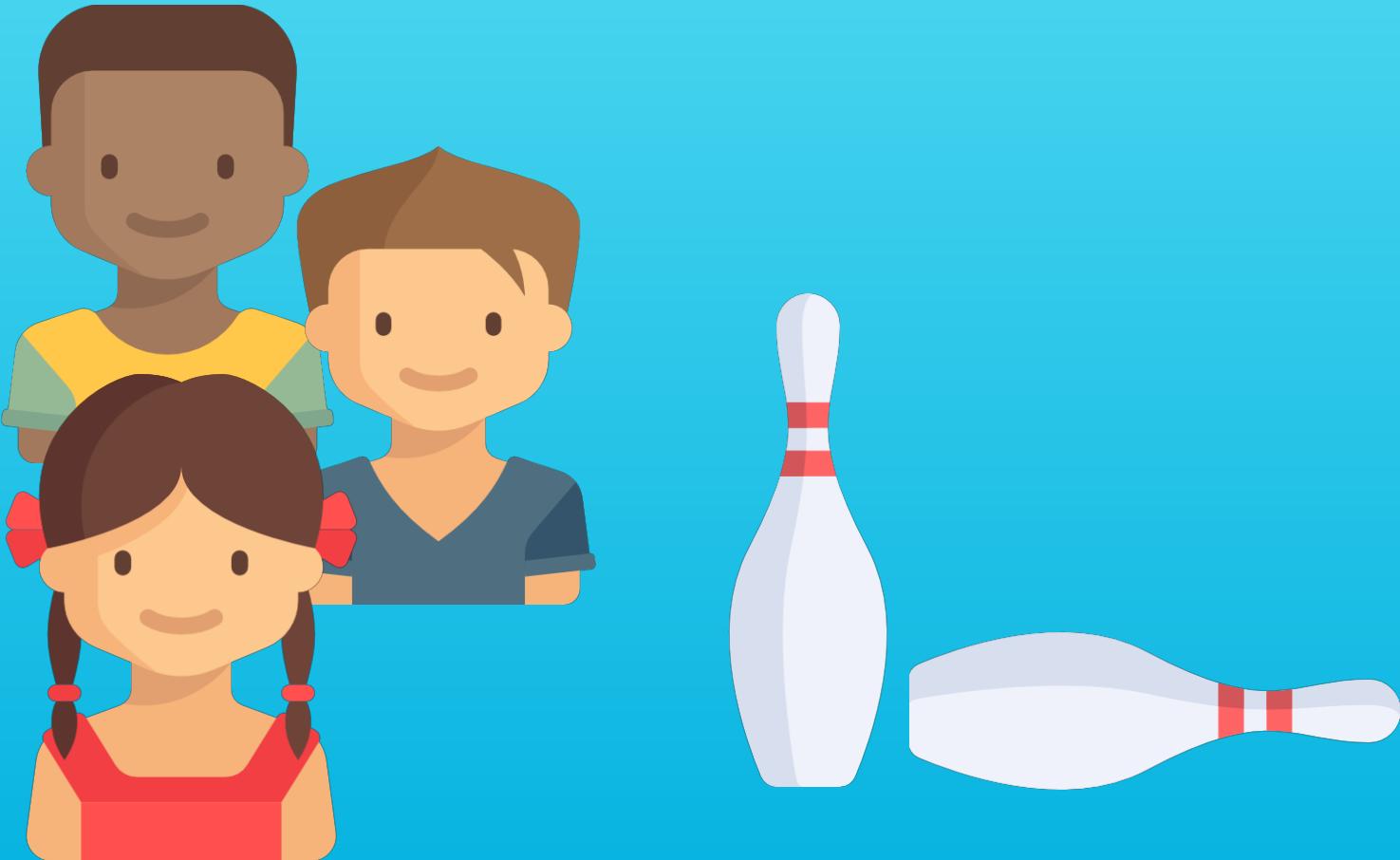
by Mike Graham  
@pe4everykid

**Equipment:** All the bowling pins you have divided equally between 2 teams, empty buckets/containers to put pins when they get knocked down, a bunch of Gatorskin balls (various sizes).

**Set-Up:** Divide students into 2 teams. Have teams spread out their pins inside the boundaries on their side of the gym. Place all the balls on the floor across the center line. Place a few empty buckets at the end line or against the back wall for students to place pins in when they get knocked down.

**Game Play:** Students can choose to defend pins or knock down pins. They can change positions anytime during the game and they can have as many players at a position as they want. On your signal, students get the balls and start rolling them into the other team's side of the gym in an attempt to knock down a pin. If the ball knocks down a pin, a player from the opposing team will pick it up and go place it into a bucket, removing it from the game. When all the pins are gone, the round is over. Or, when time is up, count the number of pins standing and the team with the most up wins the round. Have students take the pins back out to the playing area and spread them out to get ready to play another round.

**Note:** Remind students to rolls the balls...no kicking or throwing them. Students must also remain on their side of the centerline when rolling a ball. Also, if a player who is guarding a pin bumps it and it falls over, they must place it in a bucket...no standing pins back up even if you knock down your own pin on accident.

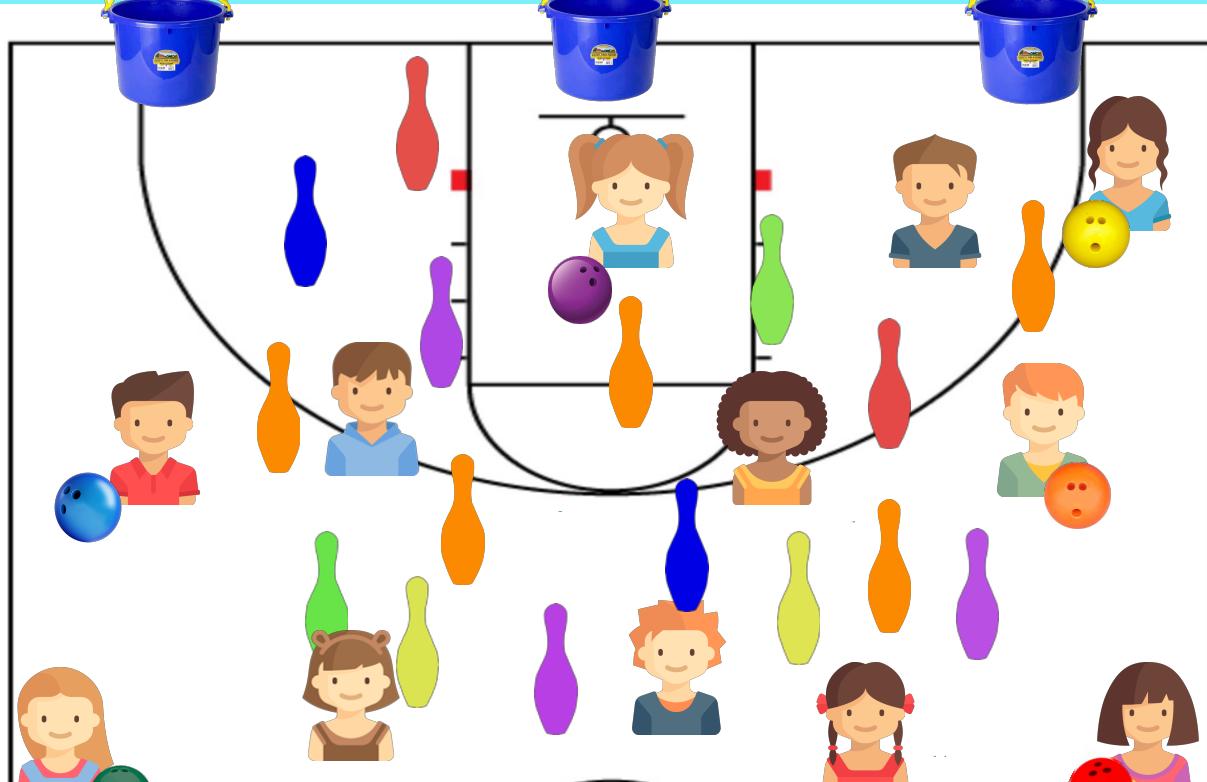


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## GYM SETUP



NO CROSSING THIS LINE

