



TABATA BOWLING BATTLE

STUDENT TARGETS

- **Skill:** I will roll the ball with control with a focus on accuracy and safety.
- **Cognitive:** I will discuss ways to create a positive learning environment.
- **Physical Activity:** I will actively participate and follow the rules of the game.
- **Personal & Social Responsibility:** I will demonstrate respect for the physical education equipment.

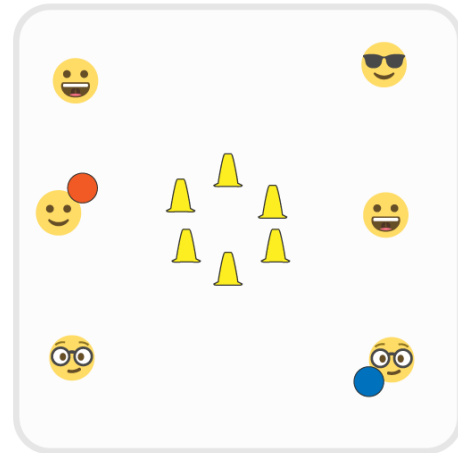
EQUIPMENT & SET-UP

Equipment:

- 1 cone per student
- 1 foam ball per team
- [Tabata Music](#)

Set-Up:

- Create circles of 6 to 10 cones (1 circle per 2 teams).
- Create teams of 3-5 students. 2 teams will begin at each circle of cones. One team on one side of the circle and the other on the opposite side.
- Each team begins with a foam ball.



ACTIVITY PROCEDURES

1. Today we are going to work on our bowling skills during the Tabata Bowling Battle!
2. When the music begins, one student from each team will roll their ball trying to hit a cone. If a cone is hit, the roller runs to collect the cone and the ball, passing the ball to the next student for a turn. If no cone is hit, retrieve the ball and pass it to the next student. Every student on the team must have a turn to roll the ball before anyone can roll a second time.
3. The goal is to collect as many cones as possible in 20 seconds before the music stops.
4. When the music stops, quickly reset the cones to set up for the next round. But remember, you will only have 10 seconds to get the cones back into place.
5. When the music starts again, continue rolling the ball and trying to hit and collect as many cones as possible for your team.
6. Teams will continue until the end of the 4-minute Tabata cycle.

GRADE LEVEL PROGRESSION

Level 1: Add a second ball after students demonstrate the rules and etiquette of the game.

Level 2: Use larger targets and assign 1 student to be the ball retriever during each round of play.

ACADEMIC LANGUAGE

Equipment, Positive Learning Environment, Respect

PRIORITY OUTCOMES

Etiquette:

Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance.

DISCUSSION QUESTIONS

- In this challenge, how did you demonstrate respect for equipment (things we use)?
- How does respecting equipment help to create a positive learning environment?