

TABATA BOWLING BATTLE



LEARNING 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 following rules of the game.
- **SEL:** I will demonstrate respect for physical education equipment.

TARGET VOCABULARY:

- Equipment, Positive Learning Environment, Respect

EQUIPMENT NEEDED:

- Tabata Music; 1 cone per student; 1 foam ball per team

ORGANIZE:

- **Space:** Create circles of 6 to 10 cones (1 circle per 2 teams)
- **Students:** Create teams of 3 to 5; 2 teams to a 1 circle of cones. One team on one side of the circle and the other on the opposite side. Each team with a foam ball.

PROCEDURES:

- **The Object:** To collect the cones that your team hits with a rolled ball.
- **The Process:** Music On: Teams roll their balls trying to hit a cone. If a cone is hit, the roller runs to collect the cone and the ball, passing the ball to a new student for a turn. If no cone is hit, retrieve the ball and pass to a new student. Collect as many cones as possible in 20 seconds. Music Off: Cones are quickly reset and made ready for the next round.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Add a second ball after students demonstrate the rules and etiquette of the game.
- Use larger targets and assign 1 student to be the ball retriever during each round of play.

DISCUSSION STARTERS:

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

