



BEAN BAG BOWLING

Participants

- Divide participants into evenly numbered teams.
- At a minimum you want 3 participants on each team and no more than 5.

Time Allotment

5+ Minutes

Activity Level

High

Materials

- 5 bowling pins preferably all different colors (substitutes: water bottles, solo cups, or cones)
- 5 bean bags
- Cones

Method

- Use cones to make a 30-40ft circle. Place one bowling pin in the center the 30-40ft circle. The other four pins will be placed evenly around the outside of the circle.
- One participant from each team will be on the outside of the circle standing next to and slightly behind their team's bowling pin. Each participant is given one bean bag. Participants must keep the bean bag with them at all times until it is time for them to slide them across the floor and attempt to knock down the center pin.
- Starting at their team's pin, when the facilitator signals, the participants will run clockwise around the outside of the circle until they complete 1 lap and reach their team's pin. Once they complete the lap they will stand at their pin and slide their bean bag across the floor in an attempt to knock down the central pin. If they miss the central pin they must retrieve the bean bag and return to their team's pin before attempting to slide their bean bag at the center pin again.
- The first team to knock down the center pin gets 1 point. The facilitator will set the central cone back up and the next team member on each team will line up to do this process all over again.
- Continue until all team members have had a chance to play. The team with the most points at the end is the winner.

Regulation Modification Options

Use the option most appropriate for the youth's level of regulation:

- If you wish to slow the game down and work on the youth's ability to focus try having the youth balance the bean bags on their head while they run around the circle.
- After the participants run the circle they must do a breathing regulation technique with a teammate prior to sliding the bean bag.
- Every time a participants knocks the central pin over that participant will lead the entire group in a regulation technique.
- Every time a participants knocks the central pin over that participant will lead the group that was just throwing the bean bags in a regulation technique as the next group begins.