

Mission:

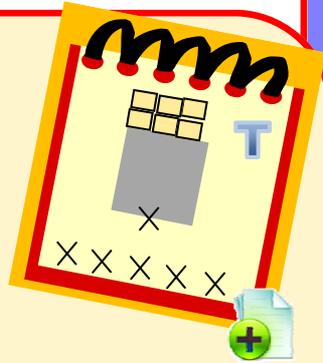
25. Body Bowling

ORGANIZATION:

Materials: At least 8 to 10 cardboard brick blocks OR 8 to 10 bowling pins, a series of pictures (i.e. nursery rhymes, life cycle pictures) with one taped to each block or pin, gymnastics mat or carpeted area for rolling OR ball for bowling.

Books: *Whose Nest* illustrated by Guy Troughton; *Ready, Get Set, Go!* by Stan & Jan Berenstain; *The Carrot Seed* by Ruth Krauss; *From Caterpillar to Butterfly* by Deborah Heiligman; *The Very Hungry Caterpillar* by Eric Carle

Set up: Lay gymnastics mat out flat, put bricks vertically at one end with pictures facing child who is rolling down the mat.



Using cardboard brick blocks, stack blocks vertically (like a wall). Divide a picture of a nursery rhyme, life cycle, or similar picture/puzzle to be reassembled. Blocks/pictures are then stacked at the end of a gymnastic mat or at the end of a four to six foot "lane". Children perform a log roll down the mat and use their body to knock down the blocks/bricks. Once blocks are knocked down, children must reassemble the blocks so pictures (nursery rhymes, life cycles) are in correct order.

VARIATIONS:

Use bowling pins and ball instead of mat and blocks. Vary pictures.

EXTRA TIPS:

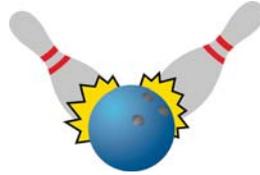
If you are using body bowling, encourage children to extend arms and legs so they perform a good log roll while rolling down the mat. The supporting material in this activity were used from: www.preschool.mom.com.

Body Bowling

CHOOOSE:

Children could choose body bowling or regular bowling. Children might also choose a nursery rhyme or life cycle puzzle.

ASSESS:



Development and Learning Objectives:

- TSG 25 - Science and Technology (living things)
- Early Learning Standard 12.6 - Measurement, Benchmark 1
Physical:
- TSG 4a - Rolls/Walks, 6a - Throws
- Early Learning Standard 8.2 - Large Motor Development, Benchmarks 1 & 2

RELATE:

One way for children to interact would be for one child to roll down the mat and then the “roller” and next person in line work together to put puzzle back together (or reset bowling pins in order).

ENERGIZE THE BRAIN
(EF):

Children must wait for their turn, wait until all pins are set up in order, and children must remember the order in which pictures fit together.