

Physical Education Enrichment Activity Lesson

Title: Superhero Fitness and Bottle Bowling

Grade: K-2

Summary: Workout with Batman and have fun with rolling and bowling. This can be done inside or outside. Wear sneakers! This should take about 30 minutes.

Materials: Internet access, a ball, either a hoop or a string/tape/chalk to make a circle on the ground, 1-6 water bottles. Optional: cape (tuck a towel in your shirt)

Fitness: Superhero Fitness: Follow Batman's fitness moves.

1. Before starting, place your hand on your chest and notice how soft your heart is beating. When you finish the Batman workout, notice how your heart beat changes.
2. <https://video.link/w/nSB4>
3. Repeat if you want a challenge.



Time to Move!

Rolling and Bowling



1. Practice rolling:
 - a. Sit and roll toward a wall (10 times)
 - b. Stand and roll into a circle or at a water bottle (10 times)
 - c. Change how far you stand from the target (10 times)
2. Hallway bowling: <https://video.link/w/MVB4>
 - a. Set up 6 water bottles in a triangle
 - b. See how many you can knock over with one roll
 - c. Practice at close, medium and far distances
 - d. Invite your family to bowl with you



Modifications:

Students may use any size ball and may start as close to the target as necessary to be successful. If holding the ball with one hand is difficult, then practice with two hands. Wheelchair students could use a ramp to roll the ball down. A ramp could

be constructed from a flat piece of wood or two long sticks placed about two or more inches apart, depending on the size of the ball. (Sticks from brooms or mops could be used.)

Congratulations! You completed this PE Enrichment Activity Lesson! Remember to clean up and put away all your materials. 😊

Extra Choices - Enrichment:

- Record your daily physical activity on a log.
- Frozen outdoor bowling: <https://video.link/w/wXB4>