

Physical Education Enrichment Activity Lesson

Title: Superhero Fitness and Bottle Bowling

Grade: 3-5

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

Materials: Internet access, a ball, 1-10 water bottles, two chairs, a door mat, 6 medium size books, a broom or mop handle, one sock. Optional: cape (tuck a towel in your shirt)

Fitness: Superhero Fitness- Follow Batman and Spiderman's fitness moves.

1. Before starting, place your hand on your chest and notice how soft your heart is beating. Can you find your pulse at your neck or wrist? When you finish the Batman workout, notice how your heart beat changes.
2. <https://video.link/w/XaC4>
3. Increasing the time you exercise will increase your fitness level too! Follow Spiderman now!
4. <https://video.link/w/wcC4>



Time to Move!

Bowling Challenges



1. Practice rolling
 - a. Step and roll toward one water bottle
 - b. Change how far you stand from the water bottle and practice rolling
 - c. Roll toward 3 water bottles set up in a triangle
 - d. Roll toward 6 water bottles set up in a triangle
 - e. Roll toward 10 water bottles set up in a triangle



2. Station Bowling: Click this link and watch the video and choose 6 station challenges to try. <https://video.link/w/qdC4>
 1. Two handed bowling

2. Roll between two pins
3. Roll with non-dominant hand (Opposite of your writing hand)
4. Roll down a ramp (Build a small ramp with a door mat and some books underneath)
5. Roll through an obstacle (Use two chairs and a broom across them)
6. Roll a sock ball or beanbag
7. Roll down a hill (Use a door mat and some books to make a small hill)
8. Backward bowling
9. Create your own bowling challenge!



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 one of the following logs and explore these additional links and resources.

- Record your 60 minutes of physical activity on a daily log.
- Frozen outdoor bowling: <https://video.link/w/eFN4>