Bowling

AGE/GRADE LEVEL: Adults and Older Adults

FORMATION: Seated or standing by chair

EQUIPMENT: Laminated paper bowling pins labeled with topics for the lesson; examples: Food Groups, Healthy Lifestyle Choices, Physical Activity, Shopping Tips, Food Safety, Oils, Fats, and Sodium

A set of 1-3 questions for each bowling pin (prepared in advance)

RULES/DIRECTIONS:
1. Begin the class with some warm-up bowling moves, seated or standing. Stop for bowling breaks at intervals during the lesson. Have all participants pretend to bowl (as if playing Wii bowling).
2. Ask one participant to pick a pin (by label); teacher will ask one question related to that pin (Food Groups or other topic).
3. For a correct answer, participants high-five each other; for an incorrect answer, stomp their feet in place.

VARIATION: Can use arm motions from other games, such as shuffleboard (pushing the paddle), curling (delivering the stone), or baseball (throwing the ball).