

Alpha-Bet You Can

K-5

OBJECTIVE:

Alpha-Bet You Can throw or roll a ball to knock over a bowling pin is a fun, fitness-based game that will allow students the opportunity to practice and develop ball manipulation and throwing/rolling for accuracy. Alpha-Bet You Can also provides a great way to introduce alphabet letter and money recognition and the practice of counting money.

EQUIPMENT:

- Super 70 balls or foam tennis balls (50+. Super 70 balls are 2.75" in diameter (approximately the size of a baseball), and are sold in sets of six different colors (red, blue, green, purple, orange, and yellow) at S&S Worldwide; see Figures 1 and 2).



Figure 1: Super 70 Ball



Figure 2: Foam Tennis Ball

- 2 sets of Alphabet Poly Spots (see item # W10710 for letters A-Z from S&S Worldwide/www.ssw.com).
- Bowling pins (26 pins; one for each letter of the alphabet)
- Play Money: (26 total bills: 10 - \$100 bills; 8 - \$50 bills; 5 - \$20 bills; 3 - \$10 bills. I use EC1109 Pack of 300 Play Money Bills. Each pack contains (100) \$1 play money bills, 50 each of \$5, \$10, and \$20 play money bills, and 25 each of \$50 and \$100 play money bills.
OPTIONAL: Double the alphabet poly spots, bowling pins and play money requirements to increase the length of time to play the game.
- Traffic cones: enough to create a wall/perimeter around the bowling pin targets

PROCEDURE:

Set up the game by creating a large, coned off boundary with traffic cones. Dump all of the balls outside of the boundaries. Randomly spread out one set of the alphabet poly spots within the boundaries. Place one bowling pin on top of each alphabet poly spot (See Figure 3 and Diagram for Set up). Somewhere outside the boundaries, (preferably on a stage or small area where the teams are not playing) randomly spread out the 26 bills on the ground while using the other set of alphabet poly spots to cover each bill (See Figures 4 and 5).

The **object** of the game for each player is to throw or roll a ball, attempting to knock over the bowling pins in order to earn the spot under that bowling pin to determine what money prize will be awarded. **To Begin:** Each player, while standing behind the coned off boundaries, may begin throwing or rolling balls at different locations and distances to knock over the bowling pins (See Figure 6). Upon knocking over a bowling pin, that player must go and retrieve the poly spot from

underneath the knocked down bowling pin. The player will immediately go to the other set of alphabet poly spots located somewhere outside the boundaries and find its matching letter to uncover the money he or she has won. *Note: after picking up the money, place the letter spot on its matching letter.* Before returning back to the game to begin throwing balls, the player must jog two laps around the boundaries. *Note: remind joggers to avoid throwers when jogging laps.*



Figure 3: Pin on alphabet spot



Figure 4: Cover money with alphabet spot



Figure 5: Spots spread out-money underneath



Figure 6: Stand behind cones to throw balls

The game will continue until all bowling pins have been destroyed or the time has expired. When the time has expired or all pins have been destroyed, give each player 1 minute to calculate his or her cash to determine the following award amounts: *Note: mentioning levels/prizes is just for fun and obviously not real. Feel free to change, omit, and or alter the prizes. I typically celebrate the earning of money and don't mention levels with Kindergarten and First Grades.*

\$0 – Elementary Throwers (but A+ for never quitting!!!!)

\$10 - \$20 = Middle School Throwers

\$21 - \$50 = High School Throwers

\$51 - \$100 = College Throwers

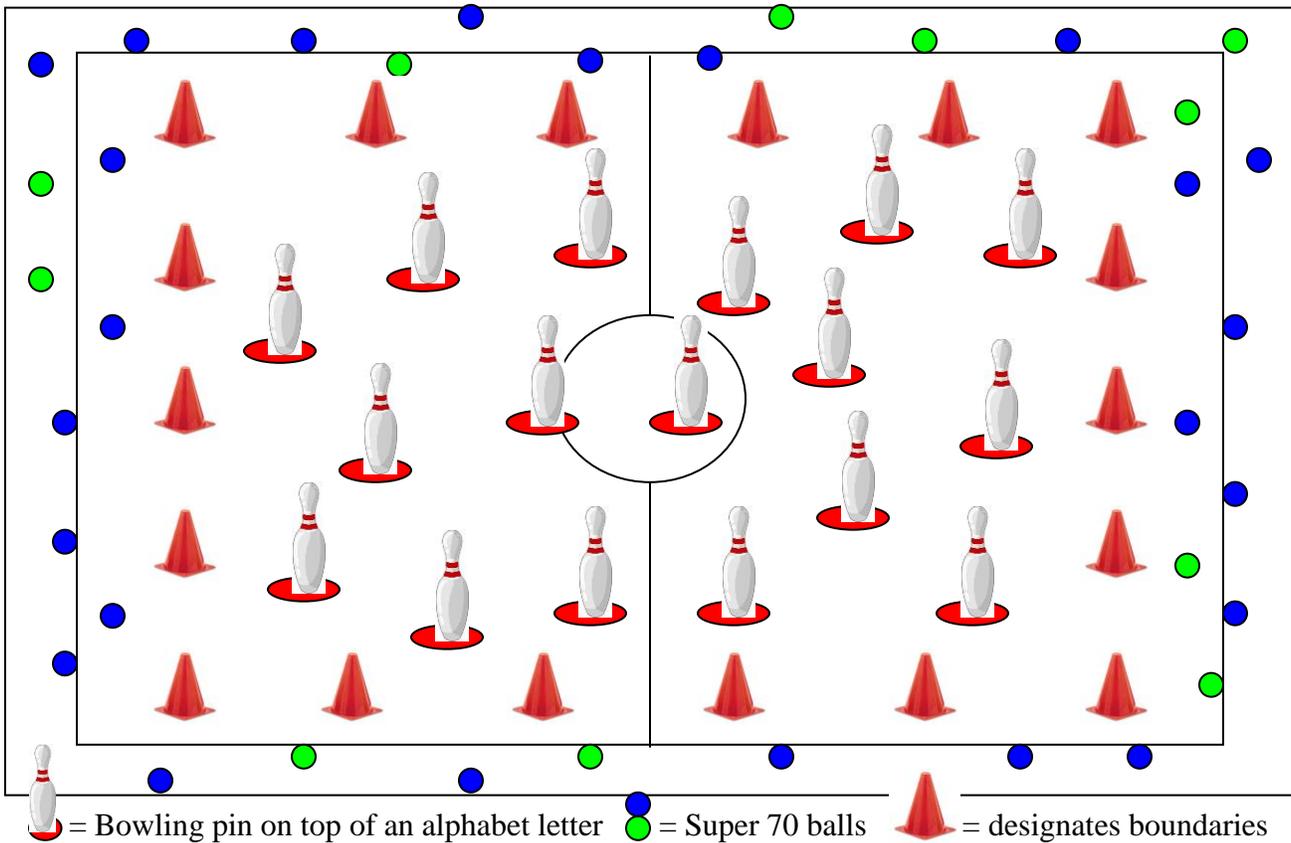
\$101+ = Professional Throwers!!!!

RULES AND SAFETY:

1. Each player must clearly stand behind the traffic cones when throwing or rolling balls.
2. Each player may retrieve up to 3 balls from the ground. Any ball located inside the boundaries may be picked up, but players must get behind cones before throwing again.

3. Any bowling pin accidentally knocked over when retrieving balls must be returned to its upright position.
4. No defense, blocking or stopping another player's thrown/rolled ball when retrieving balls from inside the boundaries.
5. Sometimes players will arrive at a knocked over bowling pin, each thinking they knocked it over. To avoid arguments, all of these disputes must be settled by playing Rock, Paper, Scissors.

DIAGRAM:



VARIATIONS:

1. Optional, but highly recommended to add more excitement to the game. This idea will add four more bowling pins to the game. Use any four poly spots that have a matching poly spot. For example, use poly spots numbered 1-4. Spread the four additional spots out along with the 26 spots with a bowling pin on top. Print and laminate the shapes included in the lesson plan. Place one shape under one of the four matching numbers.
 - Find the **STAR** and earn a prize from the teacher at the end of class. Examples include stickers, charms, pencils, etc.
 - Find the **Smiley Face** and you get to double your final total when the game is over.
 - Find the **Sun** and each teammate gets a \$20 bill. Play money of course.....lol.
 - Find the **Triangle** and you earn a \$100 bill plus you get to walk over and knock down any bowling pin in the upright position to take its alphabet spot.
2. Substitute/add alphabet poly spots with numbered poly spots. For example, use numbers 1-36. This will allow you to use 30 bowling pins on spots instead of 26 bowling pins.

