

Beat the Clock Bowling

Two or more players. Age range: 6-10

Items needed: 6 plastic (or paper) cups and one tennis ball (or rolled up sock)

Before You Start:

Make a pyramid on a flat surface using 6 cups. (Place 3 on the bottom, 2 in the middle, and one on the very top)

To Play:

1. Player 1 moves 8 steps back, from the pyramid to designate the starting line (space permitting)
2. Player 2 says "Go" and keeps time as Player 1 rolls the ball at the pyramid to try to knock down the cups.
3. Player 1 then hops to the cups and rebuilds the pyramid. He or she then returns to the Starting Line and continues to roll until 25 cups in total have been knocked down. Their final time is recorded.
4. Player 2 (and any additional players) then takes a turn to see who can knock down 25 cups the fastest.



Game Variations:

- Use your opposite hand to bowl
- Move back further (if space permits)
- Instead of hopping, skip, trot or hop on one foot when retrieving the ball
- Do 10 jumping jacks before each roll

NOTE: If you live in an apartment and have people living below you, please be courteous to them when playing the game.

