

## Pin Down



The heart pumps blood with oxygen to the working muscles. Muscles use oxygen to produce energy. Doing activities that require the heart to pump faster for longer periods of time strengthens the heart. A stronger heart provides a person with more energy for work and play.

### Supplies:

- 11 Bowling Pins
- 11 Poly Spots
- Cone Designating Start of Student Line
- Foam Balls (preferably soccer balls or regular soccer balls)
- Signs posted designating different fitness activities (ex. Butterfly Stretch, Jumping Jacks, Sit-Ups, Push-Ups, Toe-Touches, Jogging in Place, Quad Stretch, etc.)

### How To:

1. Print off fitness signs and tape to 11 bowling pins. Print off one sign for each fitness component and designate a spot on the wall where that activity will be carried out.
2. Set up five pins on each side of the gym and place one in the center.
3. Count off 11 kids and instruct them to guard a pin.
4. Put foam balls in the center of playing area.

- 5.** On the signal to begin, kids will guard their pin while attempting to knock over other player's pins.
- 6.** Kids will observe soccer rules: Kids cannot touch the ball or the pin with their hands. Once the kids' pin is knocked down, they go to the matching component poster on the wall to complete the exercise and then return to the end of the line.
- 7.** The next kid in line goes to the pin that has been knocked down, sets it up and tries to knock down pins.
- 8.** Play continues until the leader designates stop time.