



Indoor Bowling (using plastic bottles as pins and a ball):

Objective: To promote hand-eye coordination, aiming skills, and teamwork.

Materials:

- Empty plastic bottles (set up as pins).
- Ball (e.g., soft foam or plastic ball).

Procedure:

1. Set up the indoor bowling alley by arranging the plastic bottles in a triangle formation at the end of a clear space.
2. Divide the participants into teams or take turns bowling individually.
3. Explain the rules of bowling and demonstrate how to roll the ball toward the pins.
4. Start the game and have participants take turns bowling, aiming to knock down as many pins as possible with each roll.
5. Keep track of each player's score, either using a scoring system or tallying the number of pins knocked down.
6. Encourage teamwork and good sportsmanship throughout the game.

Variations:

- Add challenges or obstacles to the bowling alley to increase the difficulty.
- Create themed bowling games with different setups or objectives.