

Research and Developmental Benefits of Locomotor Play

Pop Bottle Bowling

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Materials /Space Needed:

- ~5 x 10 feet of space (indoors or outdoors - more if there is multiple children)
- 10 empty 2-litre pop bottles (more if you have multiple groups of kids)
- Sharpie to number the pop bottles
- Something to fill the bottom with (e.g., sand, water, beans, etc.)
- Different size balls (e.g., soccer balls, tennis balls, softballs, etc.)



Image source: <https://reusegrowenjoy.com/kids-outside-activity-plastic-bottle-bowling/>

How to Play:

- Fill approx. 2 inches of the bottom of the 2-litre pop bottles with material of choice (e.g., water)
- Set up pop bottles in a bowling pin formation
- Have children stand 5-10 feet away from the pop bottle pins and roll a ball at the pins
- Try to knock down as many as you can!

Adaptations:

- To make it easier, have children start off with a larger size ball, then gradually move to a smaller size ball to increase difficulty
- Increase or decrease the distance between the child and the pins to make it easier or more difficult
- Empty the bottles to make it easier for children to knock over or increase the amount of material in the bottles to make them more difficult to knock over
- Add tape to make "lanes," this may make it easier for children to visualize where the ball needs to go
- Instead of underhand rolling, have children kick the ball to knock over the pins - children can practice using their right and left foot to kick the ball