

Get up &
go!

How to play

This game is played outdoors.

Split yourselves into two teams - a bowling and a kicking team.

Mark out four bases in your playing area using jumpers or towels.

The bowler stands in front of the kicker and throws the ball underarm.

The kicker must try to kick the ball as far as they can and run around the bases.

Take turns to be the bowler and kicker.

The player who makes the most runs wins.

Make physical activity a regular part of your day!

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TWEAKS
TO IMPROVE YOU

Equipment

A ball or rolled up socks.

Foot rounders