

## Knock Down

Objective: Develop Physical Fitness

Level: Grade 3 and up

Equipment: Either bowling pins or cones

### Procedures:

- 1) Divide class into two teams.
- 2) One team will be the team which knocks down the pins or cones. The other team will be in charge of picking them up.
- 3) Time students for two minutes.
- 4) The team with more cones up or down depending on their job WINS!