**Beanbag Bowling Relay**

**Grade Level:** K-6

**Skills:** Sliding an object, teamwork and cooperation

**Objective:** **Standard 5.HF.1:** Define SMART goal and identify how SMART criteria improve the effec­tiveness of a goal.

**Equipment:** One beanbag and one plastic bowling pin or empty tennis can for every three to five students

**Organization:** Divide the class into teams of three to five students. Give each team one beanbag and one bowling pin. Set the pin upright on one end of the activity area. Line the teams up facing their pin on the opposite end of the activity area.

**Activity:** On the “go” signal the first student on the team slides the beanbag toward their team’s pin. If the pin is knocked down, they run to the pin and reset it, then they slide the beanbag back to the next student in line. If they miss the pin, they run to the beanbag and slide it to the next student in line. The next student in line can attempt to hit the pin as soon as they have the beanbag in their hand. Repeat this process for a pre-determined number of minutes or until a team has reached a certain number of points.

**Variations:** Roll a ball, slide a hockey puck, throw a football, etc.

**Closure:** How did your team work together in this activity?

**Health:** Who can tell me what a SMART goal is. What do we know about SMART criteria and how it can improve the effectiveness of a goal? (specific, measurable, attainable, realistic, trackable) Choose one goal that you would like to achieve. Match each SMART criteria with your goal.

**Piloted at:** Eagle Bay