#OneMinuteChallenge - Bowling

Equipment – Ball, 3 Markers

* Use 2 markers to make a target zone about 1 metre wide (ideally against a wall)
* Set the 3rd marker 10-15 steps away
* Bowl the ball and try to get it through the target area (remember to keep your bowling arm straight!!)
* Finding it too easy/difficult?
* Make the target zone smaller/bigger
* Adjust the distance of the bowling marker from the target area

**Challenge – How many times can you bowl the ball through the target area in one minute?**

**Share your best efforts with us via our social media pages (Facebook/Twitter)**