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| Activity  | Plastic Bottle Bowling  |
| Materials  | 5-10 empty plastic bottles, soccer or playground ball, tape  |
| Skills Targeted  | Strength, coordination, balance  |
| Instructions:  | 1. Create a home bowling alley in a hallway, or backyard.
2. Use tape (or string) to mark where the bottles should go.
3. Roll or kick the ball toward the “bottle bowling pins.”

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