PE Wings Recreational Sports Info

**BOWLING**

One of the best qualities of bowling is that bowling is easy for people of all ages and fitness levels.

Both 5 pin and 10 pin bowling have different challenges. In five pin you throw three lighter balls per frame, where as in 10 pin you throw two heavier balls.  While you walk more bowling five pin, you gain more upper strength throwing 12 – 16lb balls.  Each form of bowling has its benefits.

Depending on how much you weigh and how much effort you use, a game of bowling can burn anywhere from 160 to 300 calories. The amount of calories burned may also depend on how competitive you are.

**PING PONG**

Ping Pong is played indoors allowing year-round competition and practice to be possible. A game requires at least two players and typically lasts around 30 minutes, enabling quick matches during breaks, etc.

Forms of Ping Pong have been documented as early as the late 1800s in England. The sport’s popularity grew around the world in the early 1900s. During this time, the official name of the sport was changed from Ping-Pong™ to table tennis. This was due to copyright conflicts with Parker Brothers, who owned the rights to the name and game of Ping-Pong™.

**LASER TAG**

Laser tag is a great workout for our increasingly health conscious society. Outdoor play brings children into fresh air for extended periods of great exercise while also providing a great mental workout. Indoor play provides the same cardio benefits and a great mental workout in a faster paced, thrilling adventure. Parents can be comfortable with this activity because, unlike paintball, laser tag is completely harmless.

Laser tag began in 1984 with the release of the Star Trek Electronic Phasers toy manufactured by the South Bend Electronics brand of Milton Bradley

<http://en.wikipedia.org/wiki/Laser_tag>

<http://www.laseradventures.com/experience.php>

<http://www.megaspin.net/info/>

<http://www.zbowl.com/zone/league-bowling/league-announcements/70-health-benefits-of-bowling>