

GOLF – DRIVE FOR SHOW, PUTT FOR DOUGH

Quick introduction

This chipping and putting challenge can be used with 30 players and includes an exciting river obstacle.

Getting started

- Split the class into six teams and put two teams on each game.
- Lay out the game using the diagram on the game card. Players should measure and lay out the challenges using a putter as a unit of measurement.
- Explain the reason for the safety area.
- Chip the ball over the river (10 putter lengths away) for the chance to putt the ball into the hoop (two putter lengths away).
- If players hit the ball over the river (blue cones) they attempt a putt into the hoop.
- Each successful drive = 5 points.
- Each successful putt = 5 points.

Health and safety

- Ensure all young people know when to stand in the safe area.
- Discuss rules for the retrieval of balls.

Equipment required

- 2 x Tri-Golf putter per game.
- 2 x Tri-Golf chippers per team.
- 2 balls per game.
- 2 hoops per game, cones as below.



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PHYSICAL ME

- Control the distance with a tick-tock swing.
- Aim with the clubface and shoulders.

SOCIAL ME

Leading and volunteering

- Team managers/Captains should motivate and encourage the team and individuals. Ensure that all teams play to the rules and respect others.
- Equipment managers can ensure all equipment is set up correctly and available throughout the event.
- Skills for Life Ambassadors can focus on honesty and tell the pupils to keep their own score honestly. At the end of the game give each team a rating out of 10 for showing this skill.

Think inclusively (STEP)

Space

- Adjust the distance to the 'river' or to the target hoop.
- Narrow the gap (i.e. space between the blue cones).

Task

- If chipping is not possible (initially), this skill could be substituted with a distance putt through a target 'gate' marked by cones.

Equipment

- A tee can be used to assist players with chipping.

People

- Players can have a buddy or 'caddy' who can assist them with targeting the ball; for example, to assist young players who have vision impairments.

THINKING ME

- How can I roll a ball with the putter into a target hole?
- How can I get the ball to lift over the river?
- How can I become more reliable and make the ball do what I want two times out of three?

SPORTING ME

Spirit of the Games:

Excellence through Competition



Keep your own score when your ball lands over the river or stays in the hoop and report your total score at the end of the game.

TACTICAL ME

Where should I place my first shot to give myself the best chance of a good putt?



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GOLF – FINDER'S KEEPERS

Quick introduction

This is a progressive putting challenge where players try to hit targets further and further away.

Getting started

- Set out the course with:
 - green markers three putter lengths away
 - blue markers four putter lengths away
 - yellow markers five putter lengths away
 - white markers marking out of bounds.
- Players select a marker to aim for.
 - yellow hit = 10 points
 - blue hit = 5 points
 - green hit = 1 point
 - white hit = minus 2 points.
- Split the class into six teams.
- Put two teams on each game with one team behind each tee.
- Allow children as many putts as possible.
- Putt the ball towards the cones, the first cone the ball hits, the player runs out and collects the ball, then returns it to the team. Avoid the white 'out of bounds' cones. If all cones are hit within the time limit scatter again and continue.
- Players can pick up more than one cone if they hit more than one cone.

Health and safety

- Ensure all young people know when to stand in the safe area.
- Discuss rules for the retrieval of balls and markers.

Equipment required

- 2 Tri-Golf putters per game.
- 2 balls per game.
- Cones as shown in illustration.



GOLF – FINDER'S KEEPERS

PHYSICAL ME

- Choose a cone to hit then take aim.
- Use a tick-tock action to control the distance.

SOCIAL ME

Leading and volunteering

- Record keepers can record the score for each team, keeping a count of each players score and adding this together for a team score. They will then update the teams score card.
- Inclusion officers can ensure all participants are prepared for the weather conditions before and during the event. They will ensure that young disabled people are able to compete in the event. This should take place during the planning of the event and on the day.
- Skills for Life Ambassadors can emphasise to pupils that they should be honest and only pick up the cones that they have hit. At the end of each game give each team a rating out of 10 for showing this skill.

Think inclusively (STEP)

Space

- Increase or reduce the distance to the target cones, or the spaces between the cones, depending on ability.

Task

- Adjust the time limit; for example, some players can have more time to complete the challenge.

Equipment

- Vary the size of the targets; for example, use larger cones or foam skittles.
- Enable players to use different kinds of club; for example, shorter, or an alternative, for example, a plastic hockey stick.

People

- Teams can discuss who goes for specific targets.

THINKING ME

- How should I choose the targets?
- How can I control the direction of a ball with a putter?
- How can I make the ball go the distance I want it to?

SPORTING ME

Spirit of the Games:

Excellence through Competition



I will only pick up the cones I have actually hit.

TACTICAL ME

How can I maximise my score?



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GOLF – GRAND NATIONAL

Quick introduction

Players chip the ball over 'fences' made from cones to score points

Health and safety

- Pupils should not collect the balls until all balls have been hit.

Getting started

- Layout lines of cones on the floor.
- The challenge is about where the ball first lands, as it is easier to land a ball in an area than stop it.
- Players try to land the ball (not stop the ball) in the high scoring areas:
 - between blue and green cones = 1 point
 - above green and yellow cones = 5 points
 - between yellow and white cones = 10 points
- chip the ball into the marked areas to score points.
- The more accurate, the more points are scored.
- Players should not collect the balls until all balls have been hit.

Equipment required

- 1 x Tri-Golf chipper per team.
- 2 x Tri-Golf balls per team member.
- Cones as below.



GOLF – GRAND NATIONAL



PHYSICAL ME

- Brush the ground to get the ball into the air.
- Keep feet still for good balance through the swing.

SOCIAL ME

Leading and volunteering

- Warm-up leader can plan and deliver a simple warm up that includes a pulse raiser and stretching activities specific to this activity.
- Equipment managers can ensure all equipment is set up correctly and available throughout the event.
- Skills for Life Ambassadors can emphasise to players that they should be quiet when a team mate is playing a shot. At the end of each game give each team a score out of 10 for showing this skill.

Think inclusively (STEP)

Space

- Vary the distance to the targets.
- Widen the gap between the target lines.

Task

- Change the target to one line; players score one point below the line and three points if they chip above it.

Equipment

- Some players can use a tee, adapted cone or plastic cricket tee to assist them with chipping.

People

- Some players may need to be orientated towards the target; for example, young people who have vision impairments.

THINKING ME

- How can I control the distance and height of a ball?
- How can I lift the ball in the air over a distance?
- How can I control the height of the ball?

SPORTING ME

Spirit of the Games:

Excellence through Competition



Players should be quiet when someone else is playing a shot.

TACTICAL ME

I try each area first, and once I know where I am most accurate, I aim for that area.



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