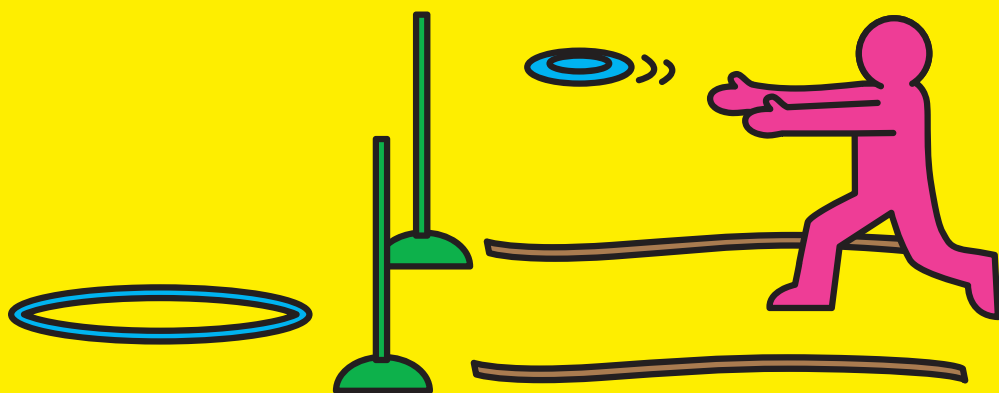


target golf

Complete the golf course in as few 'shots' as possible



Supporting your school to provide 30 of the daily 60 active minutes recommended

how to play



Using boxes, hoops, rope, string, cones, benches, buckets etc players design a golf course with bunkers, 'water hazards' and holes to be navigated.

The aim is to get round the course in as few 'shots' (throws) as possible using a throwing scarf, soft ball or even a Frisbee as a 'golf ball'. You can include penalty shots (extra shots) for throwing your ball into a bunker or water hazard... just like real golf!

Each player throws their 'golf ball' while standing sideways and using a pendulum throwing action across the body. They work their way round the course and count how many throws it takes at each hole. Add them all together for a final total. The lowest score wins!

Safety: play in a safe area, select safe equipment as golf balls. If more than one player is on the course at once, make sure there's enough space between them.

equipment



Boxes, hoops, rope, string, marker cones, benches, flat markers, buckets, beanbags, balls or koosh balls for throwing, wipe-clean score board, Frisbee, throwing scarves

sporting connection



This activity helps you improve aim and control from a distance. These are skills needed in several sports including bowls, boccia and golf.

did you know?

Golf will be an Olympic sport at the 2016 Games in Rio de Janeiro. It was last played in the games in 1904.

wider club activities

target golf

Skills

Example

Thinking me

We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?

Social me

Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club and maybe we could do a school assembly.

Healthy me

Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.

Physical me

During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.

Creative me

During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

space

Make the course bigger/smaller

Create shorter or longer distances between each tee and hole

Use barriers to encourage balls/Frisbee to be thrown higher using the space above

Make sure that anyone who needs to roll the ball can play around the obstacles

task

Complete a round using underarm throws only

Complete the course just by rolling the ball

Design a new hole for each round

equipment

Be as imaginative as you can!

Consider using equipment you may have laying around nearby that you could recycle

Try using a Frisbee as the 'golf' ball - the skill required for this is judging flight distance as each time the Frisbee is thrown it must travel in the air

people

Play as an individual

Play in a pair

Play as a team

Do alternate throws with a partner to encourage teamwork