

GOLF



KEY INFORMATION

AGE GROUP: Years 7&8 **GENDER SPECIFICATIONS:** 5 Girls & 5 Boys **NUMBER IN A TEAM:** 10

DESCRIPTION

There will be 4 tasks to complete as part of this challenge. Please record the score for each activity on the score sheet, and the top 10 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

The 4 games are easy to setup using equipment you have at school. You will need to split your class into teams of 10 (5 girls and 5 boys). Every player takes 3 shots on each of the 4 games, this will give you a total team score.

Set out all 4 games so that they are all next to each other. With a safe area behind where children can rest if they are not taking part. The children rotate around each station at the end of the allocated game time.

If you get through to the county final, this will follow the same format.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



TASK #1: GRAND NATIONAL

HOW TO PLAY. Team of 5 on each tee (white cones). Chip the ball in the air over the 'fences' made from cones to score points. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own golf balls and always return to the safety area after collecting

(Safety note, please make sure that there is a safety zone behind the player so that no one standing behind will get hit).

SCORING Each player takes 3 shots and adds them together to the team score.

Over Blue = 1 point

Over Yellow = 5 points

Over Green before White = 10 points

Score from where the ball lands, not where it stops. Any shots landing over the white cones score 0 points.

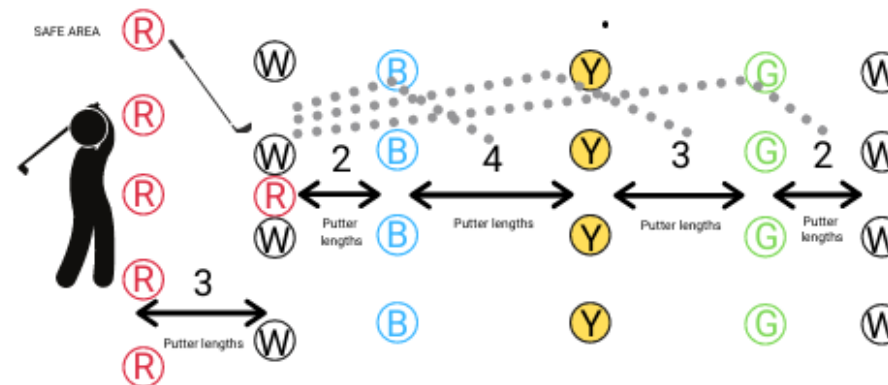
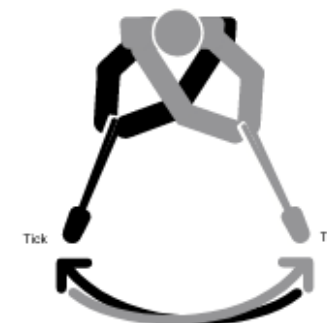
EQUIPMENT

1 x left and right handed chipper per team, 1 ball per team, cones.



Brush the ground to get the ball in the air

Tick toc equal swing



TASK #2: TUNNEL BALL

HOW TO PLAY

Team of 5 on each tee (white cones). Putt the ball down the tunnel towards the hoop without hitting any cones. Choose which tee you would like to play from – blue, yellow and green. The furthest tees will reward you with more points. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own golf balls and always return to the safety area after collecting. (Safety note, please make sure that there is a safety zone behind the player so that no one standing behind will get hit).

SCORING

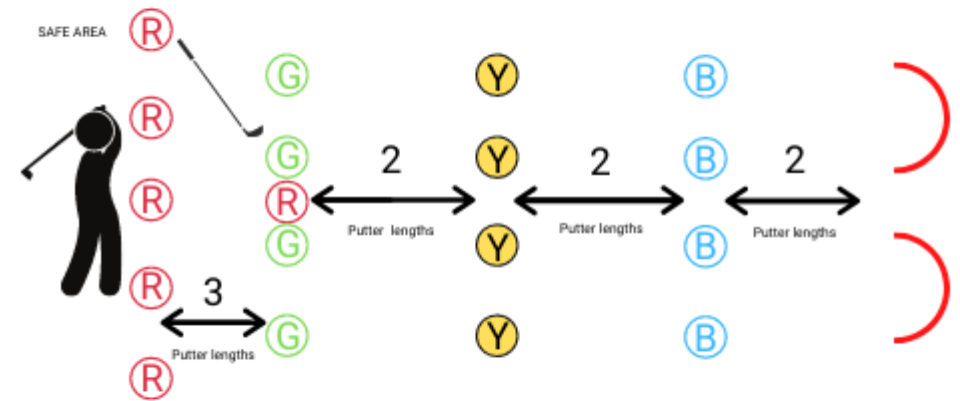
From Blue = 1 point

From Yellow = 5 points

From Green = 10 points

EQUIPMENT

1 x left and right handed putter per team, 1 ball per team, 2 half hoops, each made up from 3 sections, cones.



TASK #8: ZONE BALL

HOW TO PLAY

Team of 5 on each tee (white cones). Lay out the cones so that they all touch. Try to hit the green or yellow cones to score the highest. 2 minutes practice (if time allows), 5 minutes play.

Players must collect their own golf balls and always return to the safety area after collecting. (Safety note, please make sure that there is a safety zone behind the player so that no one standing behind will get hit).

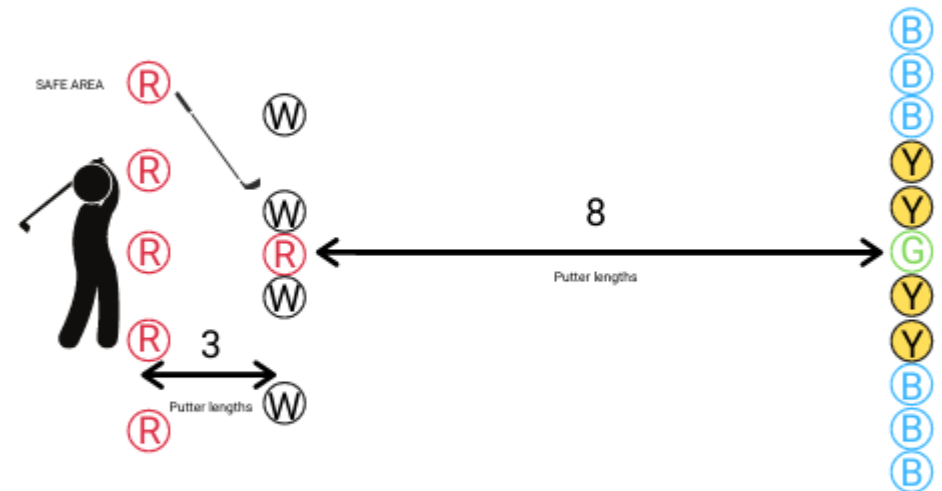
SCORING

Blue = 1 point

Yellow = 5 points

Green = 10 points

The ball must stay in the hoop to score



EQUIPMENT

1 x left and right handed putter per team, 1 ball per team, cones (which must be touching).



TASK #4: GO FOR THE GREEN

HOW TO PLAY

Team of 5 on each tee (white cones). Players start from the white cones and try to strike the ball onto the green target. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own golf balls and always return to the safety area after collecting. (Safety note, please make sure that there is a safety zone behind the player so that no one standing behind will get hit).

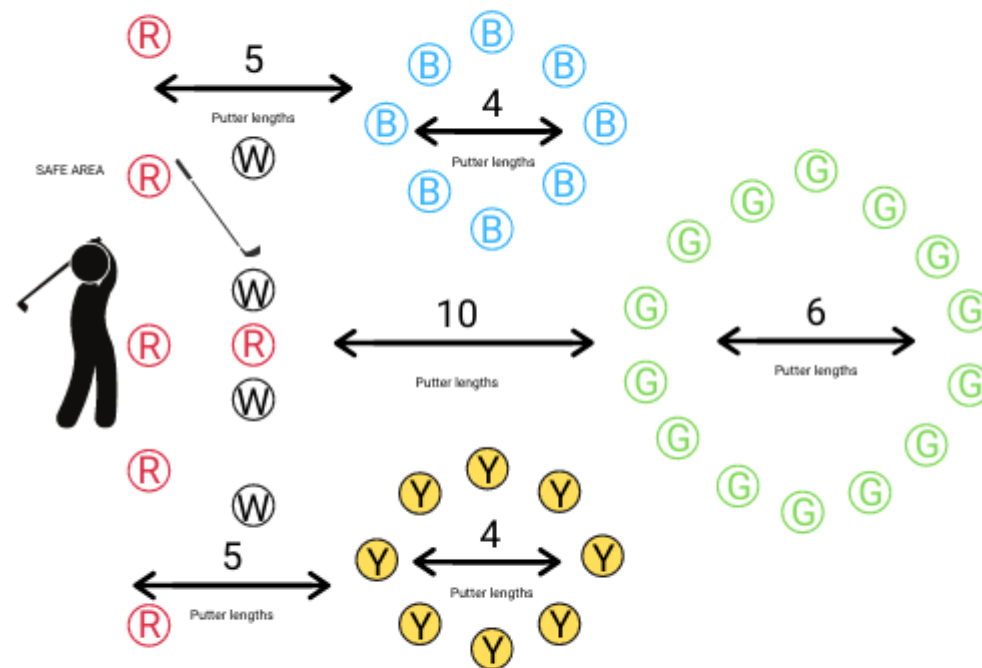
SCORING:

Finishes in Blue target = 1 point

Finishes in Yellow target = 5 points

Finishes in Green target = 10 points

Score from where the ball lands if game isn't on grass.



EQUIPMENT 1 x left and right handed chipper per team, 1 ball per team, cones.

INCLUSIVE

Change the distance between the cones, move them closer to make it easier.

Use a larger ball or a different coloured ball to make it easier to hit and see.

Change the size of the targets to make it easier to land within.

Try rolling the ball if you are unable to use a club.

RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

SPIRIT OF THE GAMES

VALUES

SELF BELIEF You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best. Really believe you can hit the centre of the target.

PASSION Show you care. Put your heart and soul into the game and never give up. Passion gives you the desire to play your best. Be passionate for you and your team the whole 5 minutes of the game



