



Golf in Guernsey Primary Schools Curriculum Appendix

Additional Exercises

ADDITIONAL GAMES AND WET WEATHER CONTINGENCIES

The MyGolf Schools Program aims to be a versatile and adaptable program that can be implemented in a variety of school facilities, including school oval, basketball courts, gymnasium/hall or even the classroom. The following activities can be setup in a range of these environments if space, weather and other factors don't permit the suggested activities to be played.

STATION 1

Full swing at targets on the wall. **5 points** for outer target, **10** for middle target and **20 points** for inner target.



Score

STATION 2

Chipping into a target (i.e. bin). **20 points** for each ball that goes into the target on the full.



Score

STATION 3

Chip and catch (tennis ball). Partner 5 away. **5 points** for every catch.



Score

STATION 4

Chip and run with 7-iron between partner's legs. Partner 5m away. **5 points** each time ball goes between legs.



Score

STATION 5

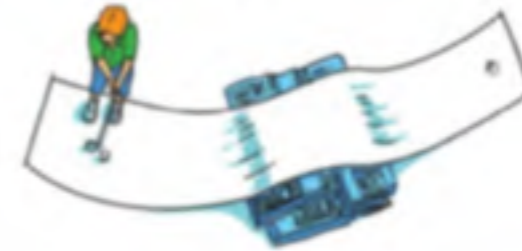
Pitch over hurdle/ obstacle to hoop or rope circle. **20 points** for landing and staying in circle. **10 points** for rolling through.



Score

STATION 6

Long putt with slope into zone of one metre diameter. **10 points** for every successful putt.



Score

STATION 7

Straight putt onto disc shoe on side. **5 points** for every correct putt.



Score

STATION 8

Pitching to basketball backboard. **10 points** for backboard, **25 points** for inside black square, **50 points** for net.



Score

ADDITIONAL GAMES – STREET GOLF PROGRAMME



Street Golf
Skills Challenge

Developed by
The Golf Foundation

Equipment:

- 1 x small football goal
- 2/3 x chippers (depending on number of groups)
- 6-12 x almost golf balls per group
- 2 x white cones per teeing area
- 1 x Astro matt and tee per group
- A minimum of 6 red cones for safety zone.

The Challenge:

Taking it in turns, chip a ball in the air towards the goal. Each team has five minutes to score as many points as they can.

Scoring:

10 points = ball goes straight into the goal

25 points = ball hits a post

50 points = ball hits the cross bar

0 points if the ball goes over the bar or wide of the goal.

(Try adding Velcro targets to the corners of the goal and try hitting mini tennis balls towards them to score 100 points)

Top Tips:

- Before hitting the ball make a practice swing that brushes the ground.
- Make sure your feet and shoulders are running parallel to the target.

Skills for Life: TEAMWORK

- Cheer and support your team and give positive advice to each other.

CROSSBAR CHALLENGE



Equipment:

- Flat path or line on an astro-turf/ court or similar
- 1 x putter
- Mini Tennis balls
- 1 x Velcro target
- 2 white cones
- 6 safety (red) cones
- 10 pairs of yellow cones (pair every 1 metre)

The Challenge:

Taking it in turns, putt the ball down the channel to the Velcro target. Score as many points as you can in 5 minutes.

Scoring:

- 2 points are scored for every pair of cones that the ball passes inside the channel. If the ball finishes on the Velcro target, 50 bonus points are awarded.

Top Tips:

- When holding the putter point both thumbs down towards the ball.
- Keep your feet glued to the floor during the swing

Skills for Life: HONESTY

- Be honest if your ball leaves the channel.



Equipment:

- 1 x Bench
- 1 x chipper
- Mini tennis balls
- 1 x hitting mat
- 1 x Velcro target
- 2 x white cones
- 2 x white cones
- 6 x red (safety) cones
- Green and blue cones optional to make river and green.

The Challenge:

Taking it in turns, try to chip the ball over the bench onto the Velcro

Scoring:

- 2 points for hitting the ball over the bench
- 10 points for hitting the Velcro target.

Top Tips:

- Smooth rhythm through the swing
- Position the ball in the middle of your feet.

Skills for Life: PERSEVERANCE

- Take the positives from every shot
- How can you change your method to achieve greater success?



KING OF THE COURT

Equipment:

- 1 x marked court (tennis/ badminton etc)
- 2 x chippers
- 1 x almost golf ball
- 1 x low net or yellow cones to mark net
- Green cones to mark the edges of the court

The Challenge:

- Working in two teams, with one person active per team at any time, chip the ball over the net into the court. Play continuously for 5 minutes, taking it in turns to hit the ball.

Scoring:

- 2 point if the ball goes over the net
- 5 points if the ball bounces inside the court

Top Tips:

- Make sure the club face is pointing at the target
- Swing the club back and through the same distance

Skills for Life: WORK AS A TEAM

- Nominate a captain to keep count of the points.
- An extra 10 points awarded for the most encouraging team.



Equipment:

- Flexible depending on the chosen challenge, but must include clear hitting and safety areas using the white and red cones.

The Challenge:

This game is designed to give the group some flexibility in choosing their sixth challenge in true StreetGolf fashion i.e. a bin, a rugby post, a shelter. NB: ensure that it is safe to aim at the target and that you have permission. The challenge must last 5 minutes and include the whole team

Scoring:

Your Game, Your rules!

Top Tips:

- Keep it safe and fun, and ensure you follow the tips from the other games.

Skills for Life: CREATIVITY

- How creative can your challenge be? Take a picture and send it to us on Twitter @golfrootshq



CALL THE SHOTS



Equipment:

- 1 x wall
- 1 x chipper
- Velcro golf balls
- 1 x Velcro target
- 2 x white cones to mark tee
- 6 x red (safety) cones
- Green cones to mark green (target)

The Challenge:

Chip the ball so it hits the wall and rebound to the target. How many points can your team score in 5 minutes?

Scoring:

- 5 points if the ball travels through the green
- 10 points if the ball hits the Velcro target.

Top Tips:

- Find the right spot on the wall by throwing the ball first
- Change the speed of the ball by changing the length of the swing.

Skills for life: TEAMWORK AND SAFETY

- Make sure the ball is rebounding in the right direction away from other games.
- Encourage each other to keep going, even if things aren't going well.



ADDITIONAL GAMES – TRI-GOLF PROGRAMME



Tri Golf Scheme of Work

Developed by
The Golf Foundation

Tri-Golf Lesson 1



Warm up game Simon Says
Pupils run to different parts of a golf hole: green, yellow sand bunker, blue water, white tee. Teacher tries to catch out pupils by omitting 'Simon Says'.

**Lesson objective**

By the end of the lesson pupils will be able to:

- Control the direction of the ball using both a putter and a chipper.
- Understand where to stand safely when playing Tri-Golf games.
- Identify how they were honest in today's lesson.

Set up for activities

Ideally, 8 teams of 4 players, or 6 teams of 5 players.

Lay out red cones for safety area and white cones for hitting area, 3 putter lengths away from red cones.

Same number of tunnels as teams, marked by cones and each 2 putters length wide.

Activity 1: Tunnel

Pupils start on the white cones and roll a ball down the tunnel, first using their hand then a putter. A stack of cones can be put at the end of each tunnel and if the ball travels through the tunnel without hitting the sides, the pupil can collect a cone from the stack. The first team to collect all the cones from the stack is the winner.

Skills award To keep 2 out of 3 putts in the tunnel.

Teaching point Aim – club face and shoulder point at target.

Activity 2: Tunnel Extension

Pupils start at the green cones at front of tunnel and putt the ball to hit stack of cones. Again, they can pick up the cone if successful. The game can be developed by the pupils aiming for the target from progressively further away.

Skills award To hit target stack of cones on 2 out of 3 attempts from 2 putter lengths away.

Teaching point Tick-Tock – swing same distance back same distance forward.

Activity 3: Runway

Pupils must chip the ball to land within the runway.

Skills award Land 2 out of 3 shots on the 'runway' which is 2 putter lengths wide.

Teaching point Bigger Tick-Tock swing and Brush the Ground.

Plenary

How do you aim the club?

Where should you stand when waiting for your turn?

How were you honest in today's lesson?

PE Assessment strands met during lesson

Strand	How introduced
Knowledge of Health	How do our bodies feel after playing?
Talents & Fitness	How do we play safely? All other games: How do you act responsibly with a club? Where should you stand when waiting for your turn?
Acquiring & Developing Skills	Tunnel/Runway – How to aim a putter and chipper (Club face) How to control distance in chipping (Tick-Tock)
Evaluating & Improving Performance	Tunnel/Runway – Can I identify other pupils who can aim a putter correctly? Am I better at putting or chipping? Why?

High Quality and Differentiation references – see appendices



Tri-Golf Lesson 1

Tri-Golf Lesson 2

**Lesson objective**

By the end of the lesson pupils will be able to:

- Control the distance of the ball using both putter and chipper.
- Recap on where to stand safely when playing Tri-Golf games.
- Identify how they cooperated with their team-mates to build each activity using cones and a putter as a unit of measurement.

Set up for activities

- Teacher lays out red safety cones and white tee cones.
 - Teacher demonstrates how to build a tunnel using a putter and cones.
 - Pupils lay out their own tunnels using cones and a putter.
- White cones – 3 putter lengths from red cones.
 Blue cones – 2 putter lengths away from white.
 Yellow cones – 2 putter lengths away from blue.
 Place a half hoop 2 putter lengths from yellow cones.

Activity 1: Tunnel Extension – half hoop

Pupils have to putt a ball so that it stops in the half hoop. Start on yellow cones and after a few practice goes run the Skills award target.

Skills award To stop a ball in the half hoop 2 out of 3 times from 2 putters lengths away – the yellow cones.

Teaching point Tick-Tock – distance controlled by length of the swing.

Activity 2: Three in a Row

Starting from yellow, pupils have to stop the ball in the half hoop from 3 different distances. Practise, and then run the Skills Award.

Skills award To stop 3 putts within the half hoop from 3 different distances (2 putters length, 4 putters length, 6 putters length).

Teaching point Tick-Tock swing – different distances require different lengths of Tick-Tock swing.

Activity 3: Grand National

From the white tee, pupils must land the ball on its first bounce between the last set of cones (yellow) and the half-hoop.

Skills award Land 2 out of 3 balls in an area between 4 and 6 putters lengths away.

Teaching point Bigger Tick-Tock swing and Brush the Ground

Activity 4: Grand National

Pupils must land a ball in each of the 3 zones laid out (i.e. between blue and yellow cones, between yellow and green cones, over green cones).

Skills award Land a ball in each of 3 zones from the tee (2 putters length, 4 putters lengths, 6 putters lengths)

Plenary

What happens to our tic toc swing to control distance?

How did you work together as a team today?

What colour is used to mark safe areas in Tri-Golf games?

PE Assessment strands met during lesson

Strand	How introduced
Knowledge of Health, Safety & Fitness	Divots - What colour is used for safe areas in games? All Other Games - How far do I need to swing the club?
Acquiring & Developing Skills	Turned 3 in a row - How to aim a putter How to control distance in putting. Grand National - How to aim a chipper How to control distance in chipping.
Evaluating & Improving Performance	All games with clubs - What aspect of putting/chipping do I need to improve upon?

High Quality and Differentiation references – see appendices

Tri-Golf Lesson 3

Warm up game Finders Keepers

Pupils or teacher lay out a safety zone with red cones and a hitting line with white cones, then scatter all the remaining cones on the floor in front of the tees. Taking turns, pupils putt to hit the cones. Any cones that they strike are collected until all of them have been collected. Players pick up only the cones that they have hit (**Honesty**) and the team counts them. They should remember their score and then scatter the cones out again to try and beat their previous score (**Perseverance**). Yellow cones can now be worth 10 points. Teacher asks at the end of the second round, "Did you beat your score?" Hopefully, all pupils have achieved success cooperating in teams, playing against themselves (**Task Mastery**) and developing more (**Self-Confidence**).



Lesson objective

By the end of the lesson pupils will be able to

- Control the distance of the ball in the air using a chipper.
- Identify how they showed respect for their teacher and peers.

Set up for activities

8 teams of 4 players, standing behind red cones.

Pupils to lay out challenges, including red safety and white hitting tees.

White cones for tees – 3 putters length from red cones.

Line of yellow cones – 8 putters length from white cones.

Line of blue cones – the river – 2 putters length from yellow cones.

Activity 1: Cliffhanger

Pupils have to throw the ball under-arm to land it before river. They can then use a blue chipper to have a go. This can be extended to stopping the ball before the river, a more challenging task.

Skills award 2 out of 3 shots to land 2 putters lengths from the river which is 10 putters lengths away.

Teaching point Recap on Tick-Tock and Brush the Ground

Activity 2: Over the River - extension

Pupils have to land the ball over a river 10 putter lengths away.

Skills award Hit 2 out of 3 shots over a line of cones 10 putters lengths away.

Teaching point Bigger Tick-Tock swing.

Activity 3: Down the Middle

Pupils to layout 3 fairways past river by laying down 2 lines of green cones at right angles to the river with a gap of 5 putters in between.

Pupils must land ball within the fairway in front of them and over the river.

Skills award Land 2 out of 3 shots in the fairway 5 putters lengths across and past a river 10 putters lengths away.

Plenary

How did you show respect for the teacher and your team mates today?

What aspect of chipping do you need to improve upon?

PE Assessment strands met during lesson

Strand	How introduced
Knowledge of Health, Safety & Fitness	All games – how well playing Tri-Golf help me improve my fitness?
Acquiring & Developing Skills	Cliffhanger/Over The River – How to control distance in chipping. Down the Middle – How to aim a chipper when using a full swing.
Selecting & Applying Skills	All Games – How to vary swing length to control distance.
Evaluating & Improving Performance	Cliffhanger/Over The River – Can I identify other pupils who can aim a putter correctly? Am I better at putting or chipping? Why?

High Quality and Differentiation references – see appendix

Tri-Golf Lesson 3



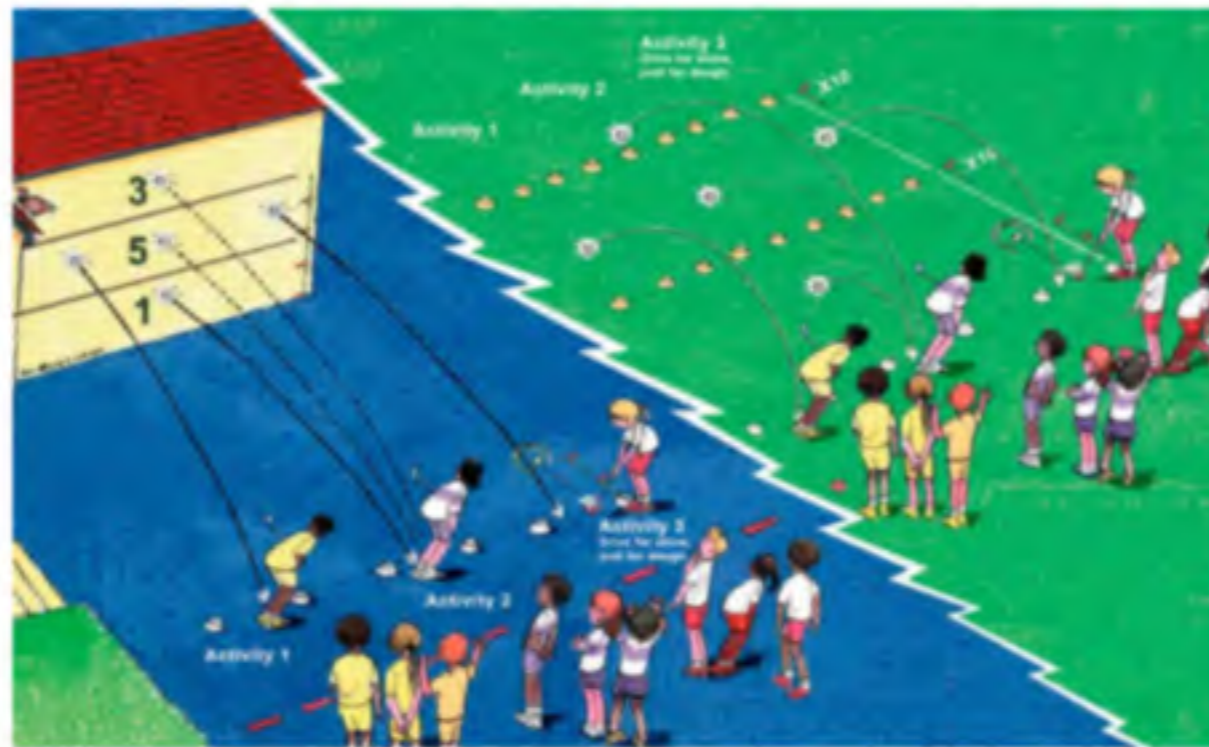
Tri-Golf Lesson 4

Lesson objective

By the end of the lesson pupils will be able to

- Control the distance and height of the ball using a chipper.
- Identify the importance of persevering on a task.

Warm up game Choose from – Simon Says or Finders Keepers or Divots.



Set up for activities

8 teams of 4 players facing

either a wall (10 putter lengths away from the white tees) with 3 zones marked on it by 2 horizontal lines

– 1 putter length height and 3 putter lengths height

or a field with 2 lines of cones

– 10 putter lengths away and 20 putter lengths away

Activity 1: High Five

Pupils have to hit ball above a line (1 putter high) on a wall or for a field over a line 10 putters away.

Skills award Hit 2 out of 3 shots above or beyond the first line on a wall (2 putters in height) or over the line (10 putters away) on a field.

Teaching point Bigger Tick-Tock swing required and recap on Brush the Ground.

Activity 2: High Five – extension

Skills award To hit a shot into each of the 3 zones.

Teaching point As above.

Progression Give different points to each zone – 1 point for hitting below the bottom line, 5 points for the middle zone and 3 points for the top zone. Play pontoon – the first team to score 21 exactly wins. If a team goes over 21, they 'bust' and start from zero again.

Activity 3: Drive for Show, Putt for Dough

If pupils hit a ball above the first line, they can then have a putt for a half hoop 2 putters away.

Skills award Land a ball over a river 10 putters lengths away and then hole a putt from 2 putters lengths away.

Extend On 2 out of 3 attempts, land a ball over 10 putters lengths away and then hole a putt from 3 putters length away.

Teaching point Aim with clubface and shoulder, control distance with Tick-Tock.

Plenary

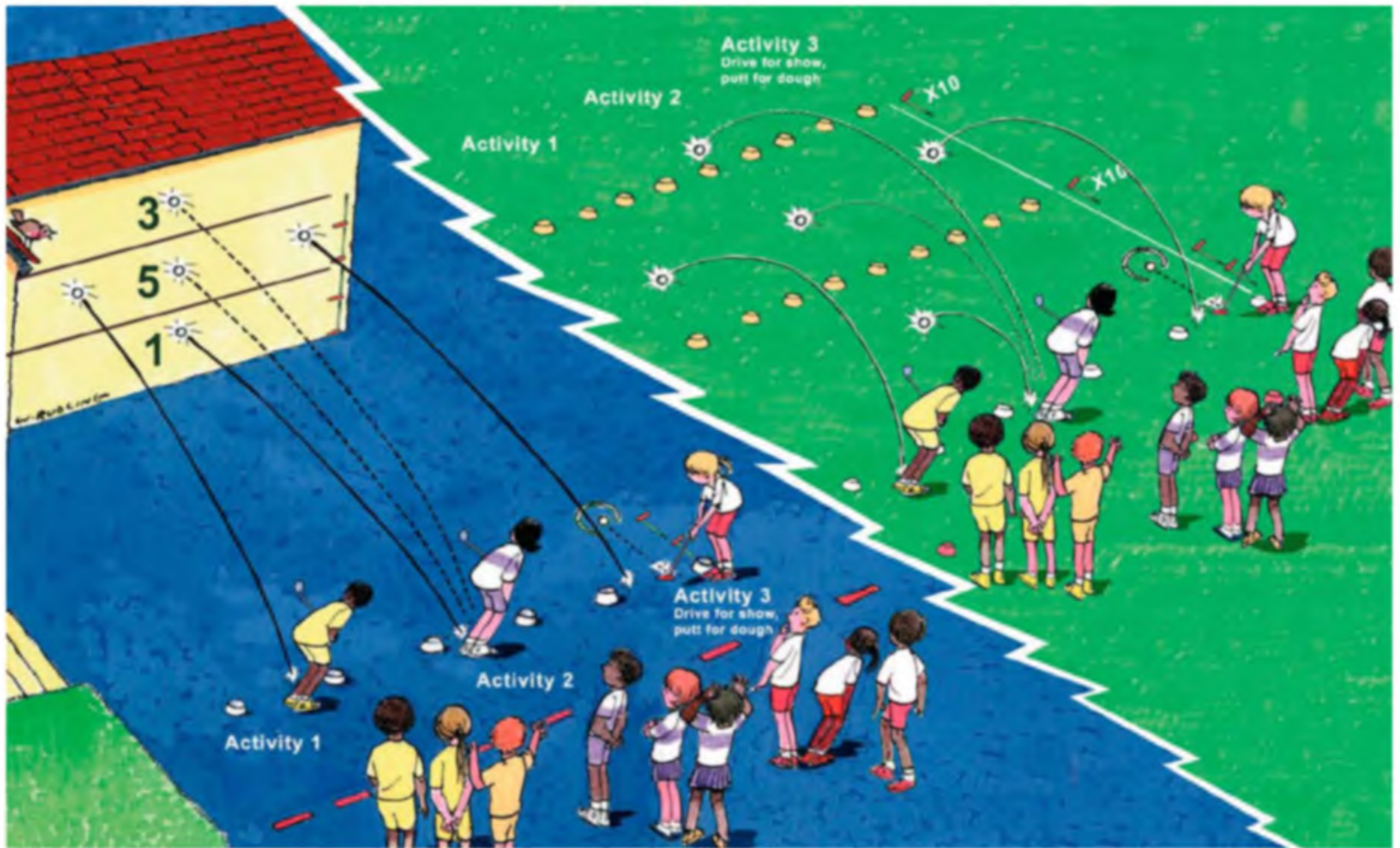
Can you identify areas for improvement in others performance? How did you stick with the task today? Why should you never give up?

PE Assessment strands met during lesson

Strand	How introduced
Knowledge of Health, Safety & Fitness	All games – Can I suggest other warm up activities/ games for Tri-Golf?
Acquiring & Developing Skills	High Five – How to control distance and aim in chipping/putt swing Drive for Show/ Putt for Dough – How to control aim and distance when putting
Selecting & Applying Skills	All Games – How to vary swing length to control distance
Evaluating & Improving Performance	All games with clubs – Can I identify areas for improvement in others performance? Can I suggest ways to improve performance?

High Quality and Differentiation references – see appendix

Tri-Golf Lesson 4



Tri-Golf Lesson 5

If lack of space is an issue, select 3 games only from the Skills Challenge and run them in lesson 5. Then in lesson 6, select the remaining 3 games.

Lesson objective

By the end of the lesson pupils will be able to:

- Work together as a team, measure out and build a challenge.
- Physically demonstrate a challenge to their peers.
- Demonstrate their understanding of aim and distance control through taking part in a number of skills challenges.
- Identify how they concentrated on a task.

Warm up game Instruct pupils to build their own challenge using the Skills Challenge scorecards in the Activator Manual.

Set up Follow the Skills Challenge – see Activator Manual and layout overleaf

Skills award The session can be used as an opportunity for pupils to have another go at some of the passport targets that they missed in earlier weeks.

Plenary

When would you use a putt, a chip and a long shot?

What skill can you improve upon?

What does concentration mean and how did you concentrate today?

PE Assessment strands met during lesson

Strand	How introduced
Knowledge of Health, Safety & Fitness	All games – Can I suggest activities/lead a warm up for the Tri-Golf Skills Challenge?
Selecting & Applying Skills	All Games – control of aim and distance during a game situation
Evaluating & Improving Performance	All games with clubs – Can I be the coach for my team?

High Quality and Differentiation references – see appendices

Sample scorecard from the Competition Toolkit.

TRI-GOLF SKILLS CHALLENGE

Cliffhanger

Station 2

Instructions Chip the ball over the bunker (yellow cones) and try get the ball to finish between the green cones and the river (blue cones).

Scoring

If the player hits the ball over the yellow cones (bunker) and the ball finishes between the green and blue cones = 10 points

Equipment

1 x Tri-Golf putter per team
1 x Tri-Golf chipper per team
10 balls per team
Cones as below

Key points for success

- Brush the ground to get the ball into the air
- Make an equal T-shaped swing

BRUSH

Team No	Ball colour	Player or Team name	Score	Total
Example	Blue	A Player or A Team	10, 10, 10, 10, 10, 10, 10, 10	80
1				
2				

Tri-Golf Lesson 5

Tri-Golf Lesson 5 - Layout

- Teacher builds central safety area using red cones.
- Teacher splits pupils into 6 equal teams and gives each team a scorecard to build a challenge.
- Each team builds its challenge and then demonstrates their game to the rest of the class.
- Pupils rotate around the challenges, spending approximately 5 minutes on each activity.

● = yellow cone
 ● = green cone
 ● = blue cone
 ● = white cone

Three-in-a-row

Building bridges

Drive for show

Finders keepers

High five

Cliffhanger

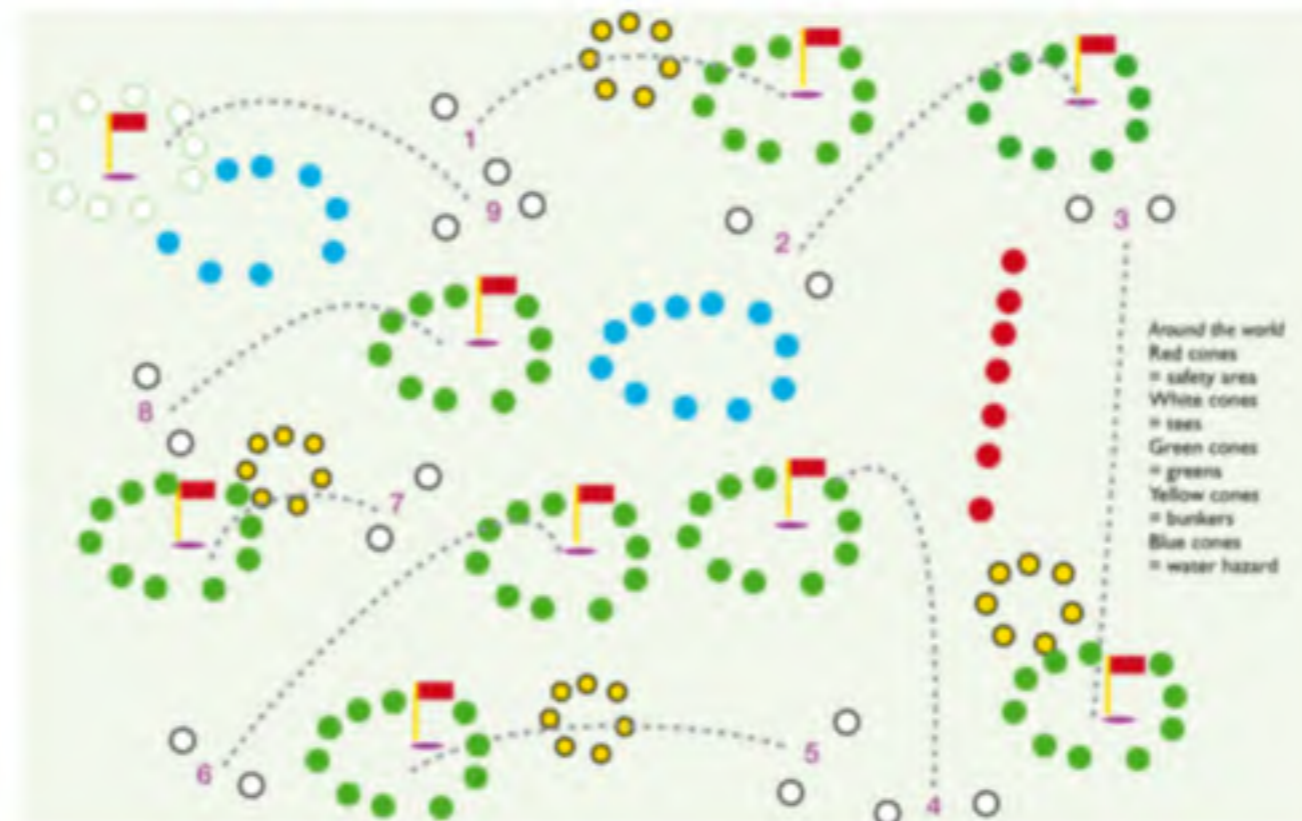
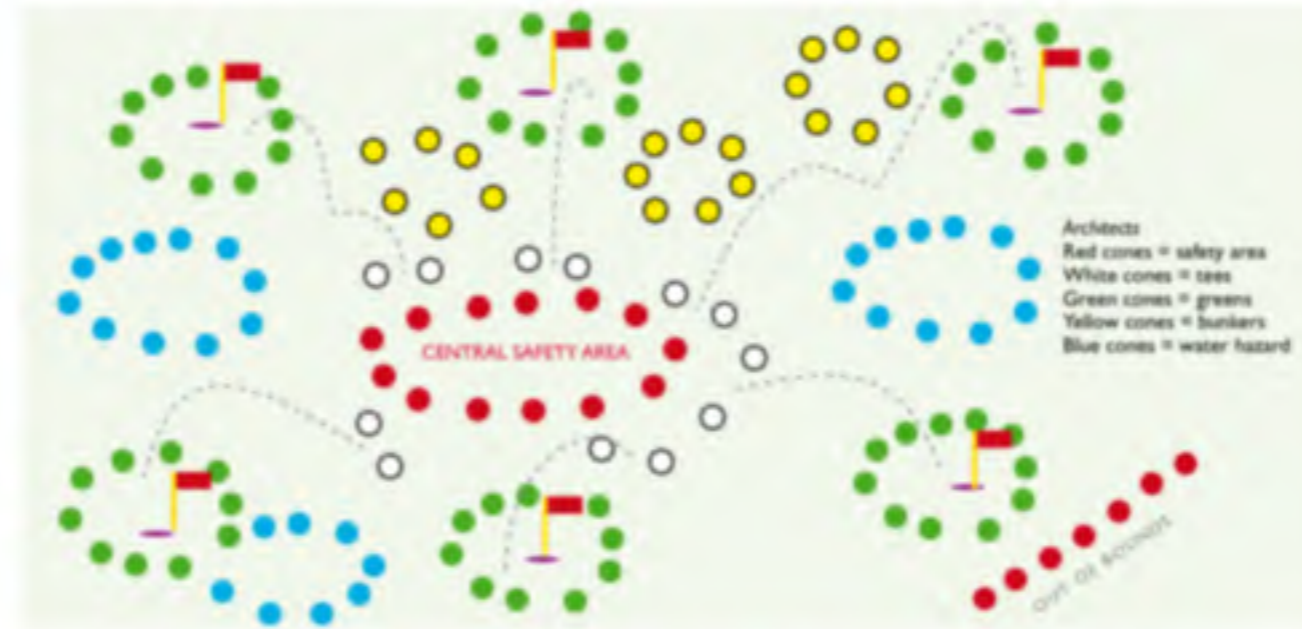
SAFE AREA

Tri-Golf Lesson 6

Suggestions from Teachers Notes

Some ideas for a 6th session

- Progress onto the Eagle section of the Skills Award with further games referenced in the Skills Award and found in the Tri-Golf equipment bag.
- Repeat earlier missed session.
- Repeat the Skills Challenge from lesson 5.
- Split the Skills Challenge into 3 games in lesson 5 and 3 games in lesson 6 if you have limited playing space in your school.
- Build a course by giving pupils in teams of 3 a putter and a chipper, a ball each, a hoop and cones (could be used for measurement in numeracy).
- Organise a visit to a local junior friendly golf course – contact your Regional Development Officer for help in setting up this visit.



ADDITIONAL GAMES – GOLF EXTREME SKILLS CHALLENGE

GOLF XTREME

Golf Xtreme is for use in secondary schools and builds on the success of the hugely popular Tri-Golf programme.



Key Benefits:

- Inclusive activity, ideal for disengaged groups or those not catered for by traditional team sports.
- Cost effective equipment including a safe, short-flight ball, distributed by Davies Sports.
- Easily delivered.
- Easily measurable targets mapped against the Junior Golf Passport (a national skills development programme) linked to the Schemes of Work, and education levels of attainment.



Resources and Training:

- Teacher's resource manual includes fun games and exercises.
- QCA standard KS3 and KS4 Schemes of Work.
- 3-hour inset training workshops run by the Golf Foundation development team.

Teacher Feedback:

- "Excellent concept... well resourced, makes it easy for teachers."
"Very deliverable... great fun."
"My disaffected Year 11 girls love it – no changing into PE kit – plus leadership opportunities and linking to lifelong activity"
"A natural progression from Tri-Golf. Great kit, fun training – ticks all the boxes."
"The workshop is great, fun, informative. Without Golf Xtreme, golf would not be delivered in my secondary school."
"So many cross curricular links: PE, PSHE, numeracy, science, design, technology, history, geography... the pupils love it."



For general information about Golf Xtreme contact: The Golf Foundation 01992 449830
To purchase a pack contact: Davies Sports 0870 6000 195

Golf Xtreme skills challenge

Developed by
The Golf Foundation



Equipment needed

Equipment	Qty	Notes	Contents of one Golf Xtreme Station Bag
Golf Xtreme putters	4		10
Golf Xtreme cones	12	4 x 1 set (yellow, green, blue, white)	30
Golf Xtreme Mini tennis balls	20		50
Yellow golf balls	20		50
Red cones	10	green cones for red tee	10
White cones	20	white cones or flags	10
Green cones	20	green cones or flags	10
Blue cones	20	blue cones or flags	10
Orange cones	20	orange cones or flags	10
Change hoop markers	2	one one of the other	5
Golf Xtreme station bags	2	one of each	1
Team scorecards	as required		
Whistle	one of each		
Stopwatch			

Suggested games and layout

6 games with 2 tees on each. Up to 3 team members per tee.
 Maximum 36 pupils – 3 children x 6 games x 2 tees.
 Play for a set time period. Allow time for an explanation, demonstration, practice and ball collection with team rotation.
 See individual game scorecards for game and scoring details.

1. Navigator

2. Cliffhanger

3. Jockeys Revenge

SAFE AREA

4. Down the Middle

5. Grid iron

6. Bullseye

Navigator

Station 1

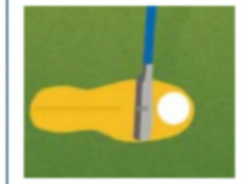


Instructions Up to 2 teams on their own station. The first team member plays from the blue tee and attempts to 'hole' the putt into the hoop or target. If successful the next team member can move to the yellow tee and so on. The team continue until all balls are played or time runs out. Up to 3 Navigator stations could be set up.

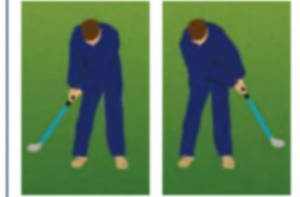
Scoring
 Holed putts score:
 From blue tee = 1 point
 From yellow tees = 3 points
 From green tees = 5 points
 From white tees = 10 points

Equipment
 1 x Golf Xtreme putter per team
 Golf Xtreme velcro target or hoop
 1 x mini tennis ball per team
 Cones as below

Key points for success
 1. Use the line on the putter to aim



2. Use Tick-tock swing to control the roll



Team No	Bib colour	School or Team name	Score	Total
Example	Blue	A School	1, 3, 5, 10, 1, 3, 5, 10, 1, 3, 5, 10	54
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Navigator

Station 1



Instructions Up to 2 teams on their own station. The first team member plays from the blue tee and attempts to 'hole' the putt into the hoop or target. If successful the next team member can move to the yellow tee and so on. The team continue until all balls are played or time runs out. Up to 3 Navigator stations could be set up.

Scoring

Holed putts score:

From blue tee = 1 point

From yellow tees = 3 points

From green tees = 5 points

From white tees = 10 points

Equipment

1 x Golf Xtreme putter per team

Golf Xtreme velcro target or hoop

1 x mini tennis ball per team

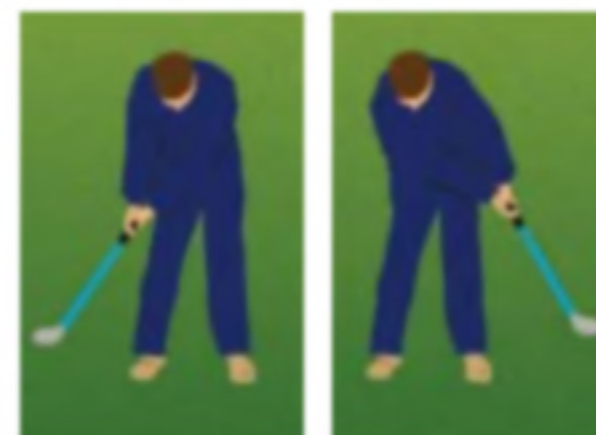
Cones as below

Key points for success

1. Use the line on the putter to aim



2. Use *Tick-tock* swing to control the roll



Cliffhanger

Station 2



Instructions Up to 2 teams on the station. Players start from the white cones and attempt to roll the ball at the correct speed to finish between the blue cones.

Scoring

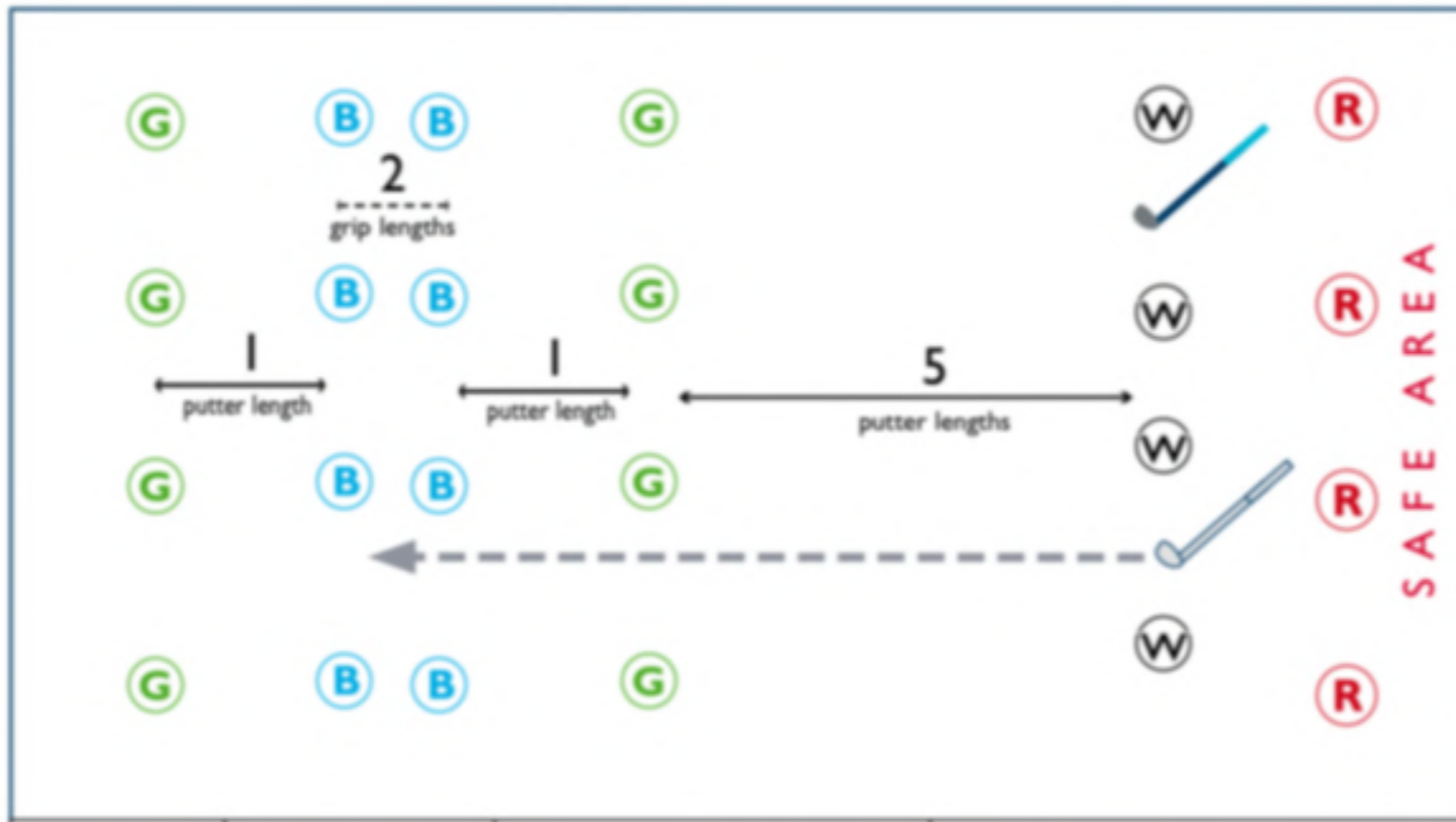
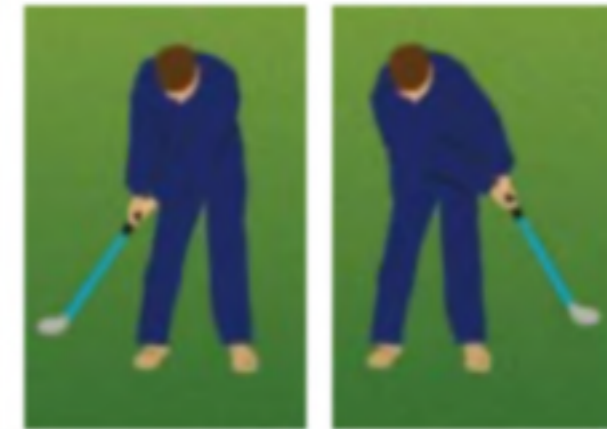
Landing in the zone:
Balls finishing between blue cones = 5 points
Balls finishing between green and blue cones = 1 point
No points for outside these areas

Equipment

1 x Golf Xtreme putter per team
5 x mini tennis ball per team
Cones as below

Key point for success

1. Use *Tick-tock* swing to control how far the ball rolls



Jockeys Revenge

Station 3



Instructions Up to 2 teams on the station. Players start from the white cones and try to chip the ball into the area and over the fences in turn. The next team member chips to the next zone if their partner was successful. Once a ball has landed in all 3 zones the team starts again to the first zone. Players should only collect balls once they have all been hit.

Scoring

Landing in the zone:

Blue to yellow = 2 point

Yellow to green = 5 points

Green to red = 10 points

Equipment

1 x Golf Xtreme iron per team

Golf Xtreme velcro target or hoop

5 x mini tennis ball per team

Cones as below

Key points for success

1. Brush the ground to get the ball into the air



2. Use Tick-tock swing to control how far the ball flies



Down the Middle

Station 4



Instructions Up to 2 teams on the station. Players start from the white cones and try to strike the ball in between the lines of green cones (fairway) and over blue cones (river) in turn. **Players should only collect balls once they have all been hit.**

Scoring

Over the river = 2 points
Over the river and in the fairway = 5 points
Extra bonus points can be scored for balance, technique or ball collection

Equipment

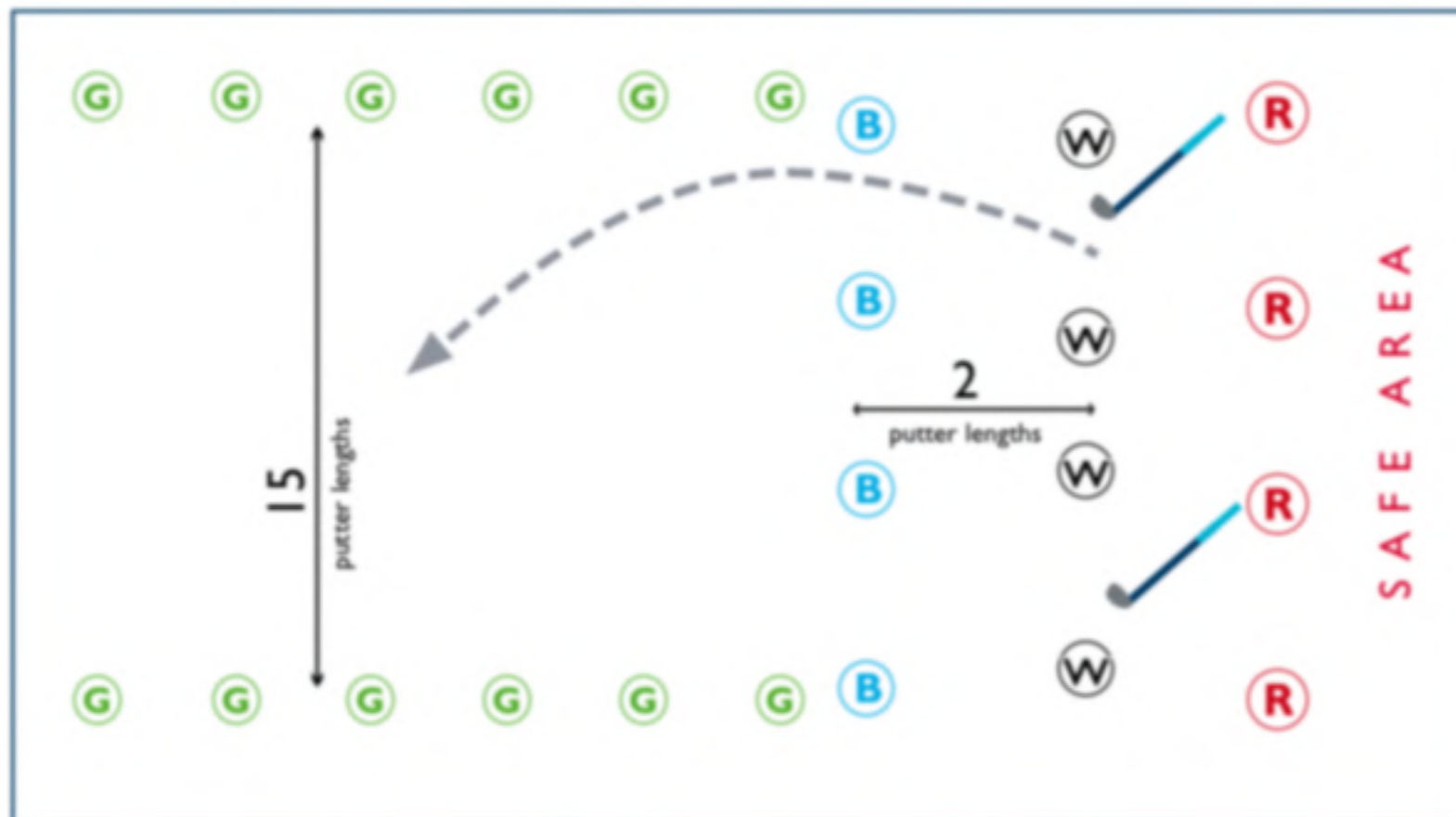
1 x Golf Xtreme iron per team
Golf Xtreme velcro target or hoop
5 x mini tennis ball per team
Cones as below

Key points for success

1. Brush the ground or Clip the tee to get the ball into the air



2. Players should count to 2 and hold their finish position



Grid iron

Station 5



Instructions Up to 3 teams on the station. Players start from the white cones and try to pitch the ball into the grid. Highest points for nearest the centre of the grid. The grid should be squares 5 x 5 putter lengths. **Players should only collect balls once they have all been hit.**

Scoring

As per the grid below
Extra points could be awarded for balance, technique or for getting the ball into the air for younger players.

Equipment

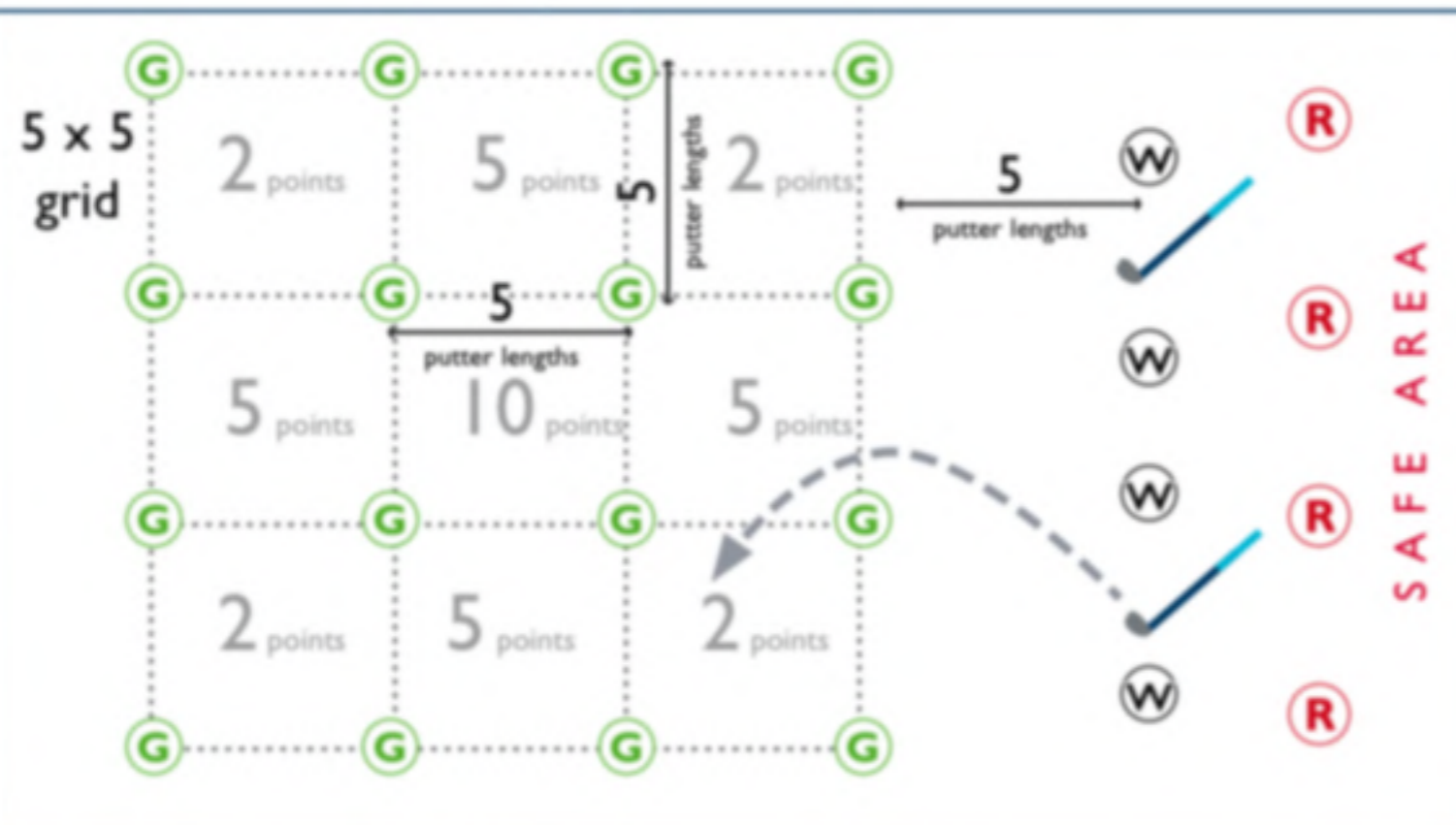
1 x Golf Xtreme iron per team
12 x almost golf balls per team
Cones as below

Key points for success

1. Players should check their aim and body alignment before the shot



2. Turn and point for an accurate shot



Bullseye

Station 6



Instructions Up to 2 teams on the station. Players start from the white cones and try to strike the ball into the circles of cones. Points are scored for where the ball finishes. **Players should only collect balls once they have all been hit.**

Scoring

Inside the blue circle = 2 Points

Inside the yellow circle = 5 Points

Inside the green circle = 10 points

Extra points could be given for good balance, technique or for getting the ball in the air for younger groups

Equipment

1 x Golf Xtreme iron per team

12 x almost golf balls per team

Hoop and flag

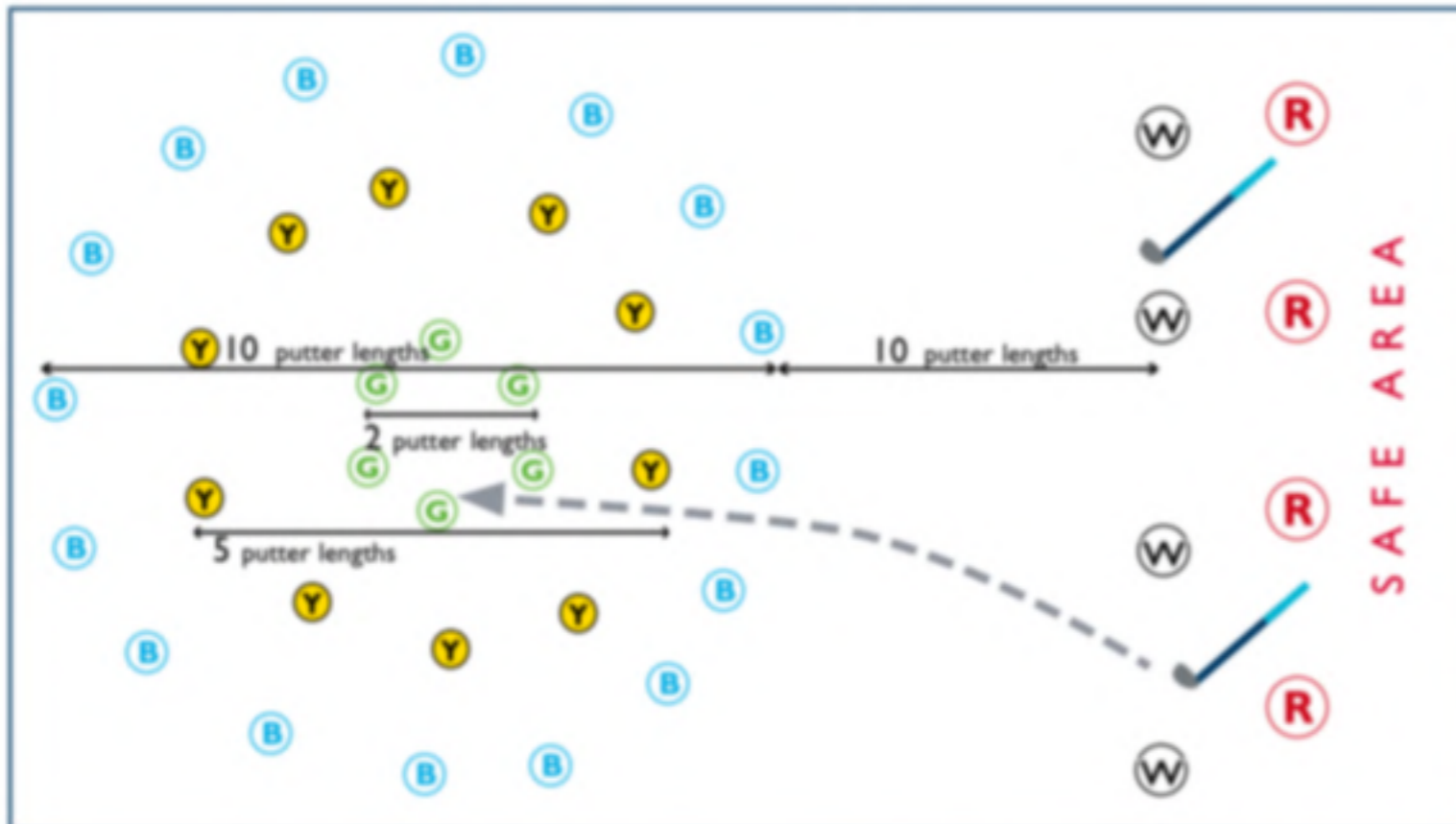
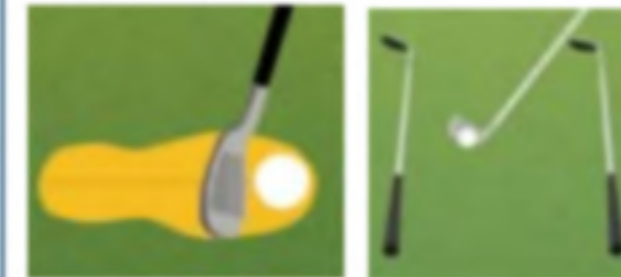
Cones as below

Key points for success

1. *Brush the ground or Clip the tee* to get the ball into the air



2. Players should check their aim and body alignment



Penalty Shoot Out

Station



Instructions Up to 3 teams on the station. Players start from the green cones and try to putt into the hoop. The next team member putts from the next line of tees if their partner was successful. Once a ball has been 'holed' from all 4 tees the team starts again from the green tees.

Scoring

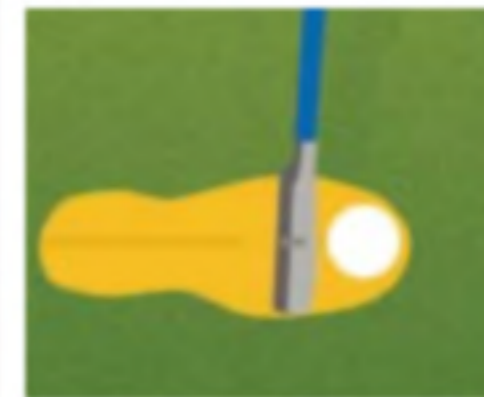
Holed putt from the:
Green tees – 1 point
Yellow tees – 3 points
Blue tees – 5 points
White tees – 10 points

Equipment

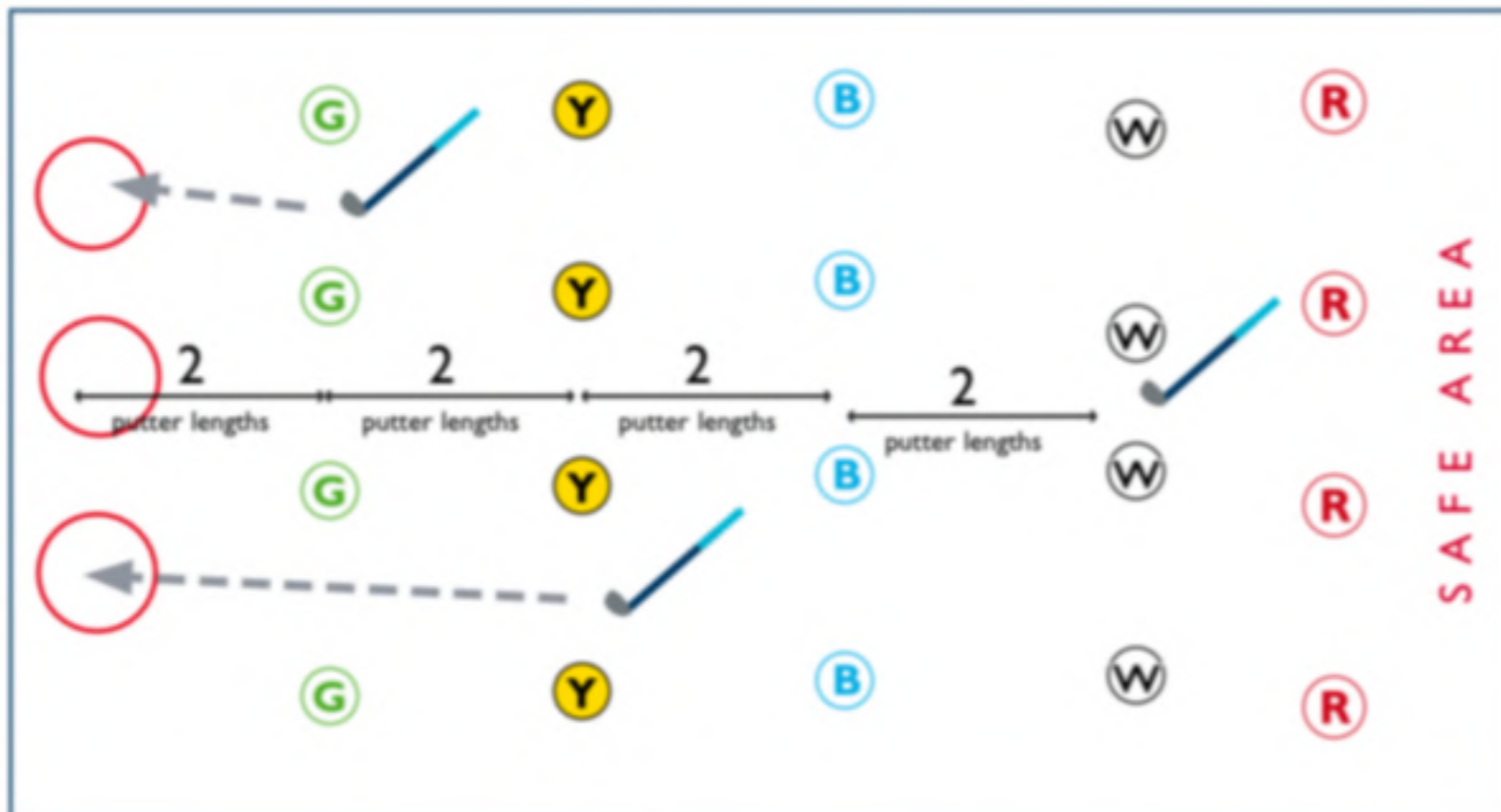
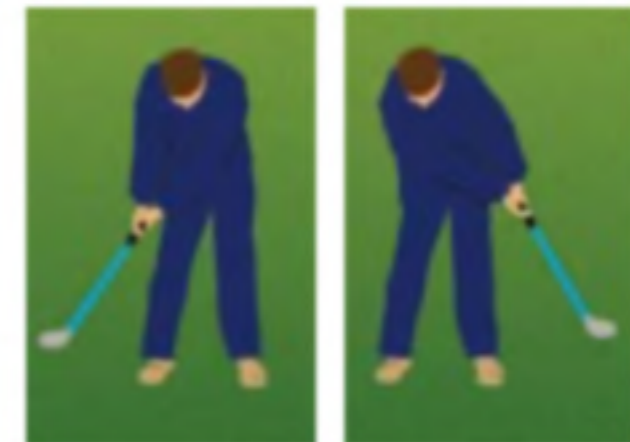
1 x Golf Xtreme putter per team
Golf Xtreme velcro target or hoop
1 x mini tennis ball per team
Cones as below

Key points for success

1. Use the line on the putter to aim



2. Use *Tick-tock* swing to control the roll



Bunker Stop

Station:



Instructions This is a rest point. It is important to have rest intervals whilst taking part in any physical activity including golf.

Scoring

Bonus points for the best behaved team whilst in the bunker stop

Pupils could be encouraged to think about their favourite game and why as well as recapping on things learnt

Alternatively players could be given the guess the player sheet

Equipment

Table with water for each team member

Benches and seating if required

Leader supervisors

Key point for success

Hydration (keeping the right levels of fluid) in your body is important in all sport in order to do your best

BENCH

BENCH



SAFE AREA

Slalom

Station



Instructions Up to 3 teams on the station. Players start at the white cones and putt through the gates into the hoop in as few strokes a possible. Hitting a purple cone or going outside the cones scores minus one point. The ball should be placed back in the centre of the cones where it went out.

Scoring

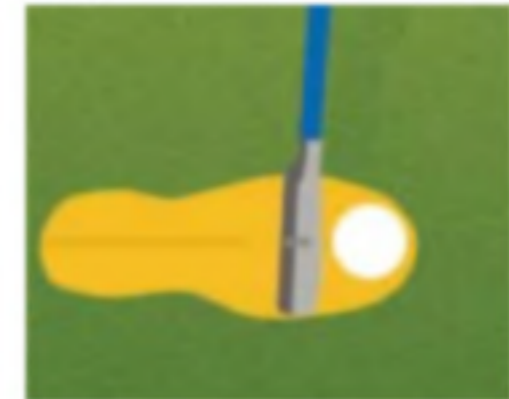
5 points for each course completed in 3 strokes or less

Equipment

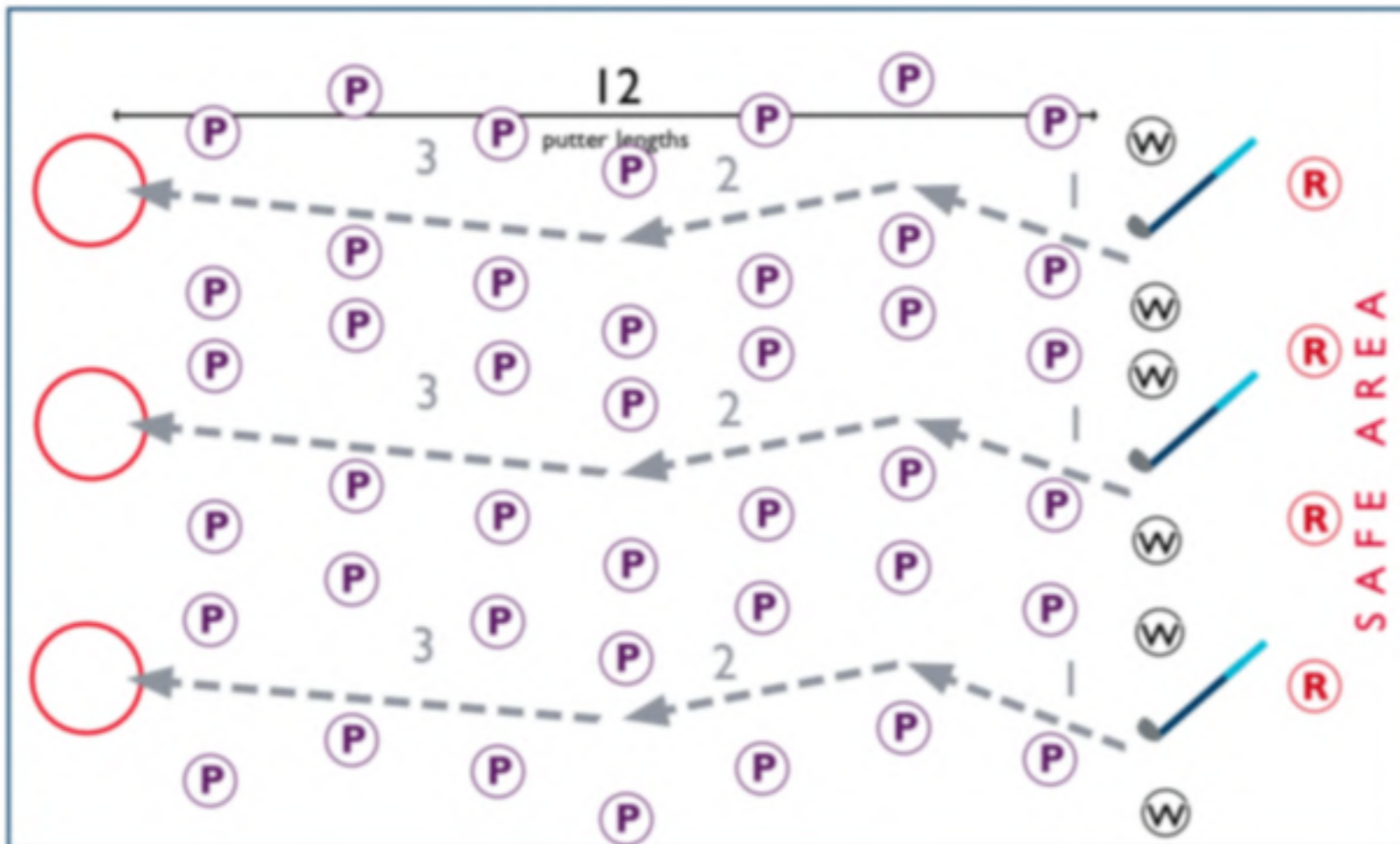
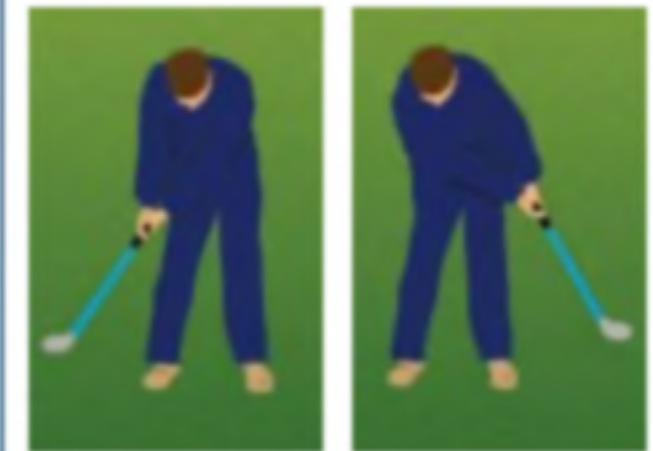
1 x Golf Xtreme putter per team
Golf Xtreme velcro target or hoop
1 x mini tennis ball per team Cones as below

Key points for success

1. Use the line on the putter to aim



2. Use *Tick-tock* swing to control the roll





Using velcro targets, flags, and cones, allow each team to design and set up their own hole in the area. Different teams should set up 'Par 3', 'Par 4' and 'Par 5' holes of different lengths and with different hazards.

Suggested hole lengths:
 Par 3 = 40 club lengths
 Par 4 = 75 club lengths
 Par 5 = 115 club lengths

Avoid holes that cross over one another and try to keep some space between greens and the next tee.

Use green cones in a circle around the hole for the 'green', the area where the putter will be used (8 putter lengths diameter).

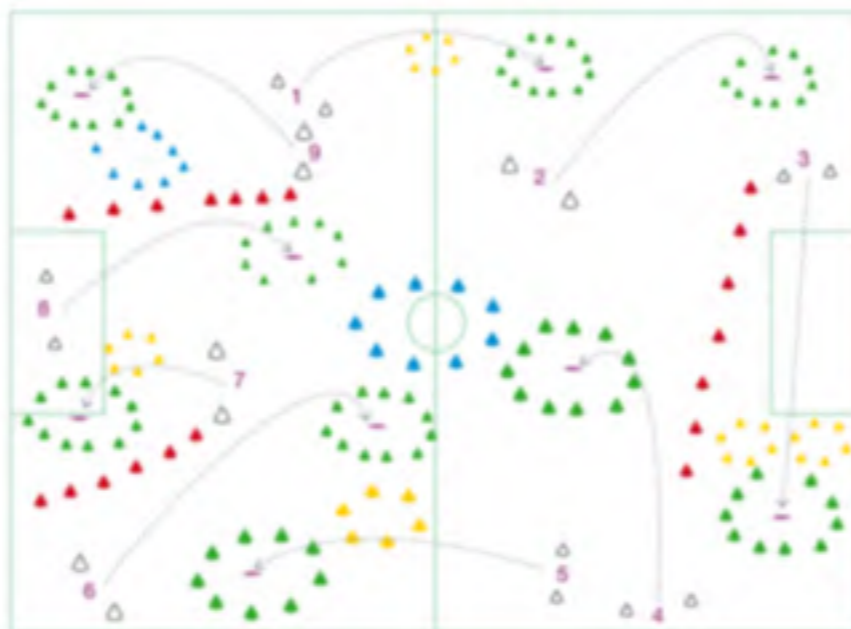
Use white cones for a 'tee'.

Use yellow cones for a 'bunker' – any ball finishing in the bunker the player puts the ball in an up turned yellow cone and strikes it out.

Use blue cones for a 'water hazard' – any ball finishing in the water hazard the player drops the ball out to the side of the hazard (not nearer the hole) and adds a one stroke penalty.

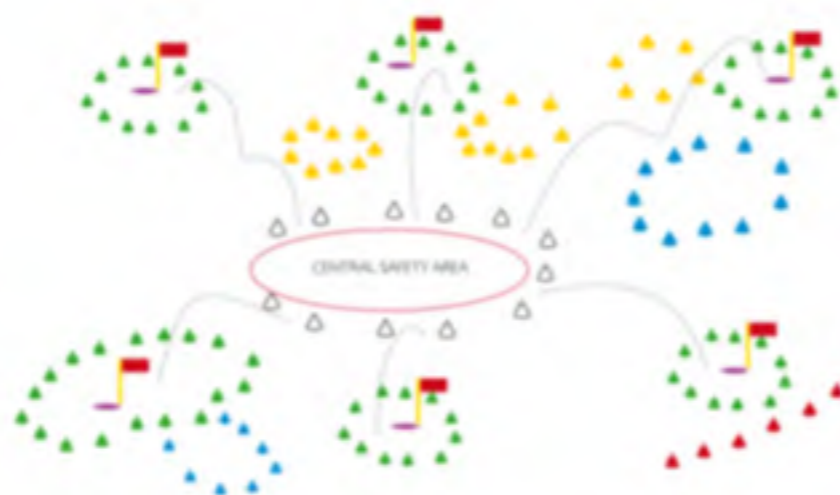
Use red cones as 'out of bounds' areas – if the ball crosses these areas on a hole the player must play another ball from the place the previous stroke was played from adding one penalty shot.

Teams can play their own hole and challenge other teams to better their score.



Five steps back and 'Safe'

Players reach their ball, take 5 steps back directly away from the target, place the spare club on the ground and shout 'Safe'. Upon the command of 'Safe', the player whose turn it is steps up to the ball and takes their shot.



ADDITIONAL GAMES – TRI GOLF SKILLS CHALLENGE

Tri – Golf skills challenge

Developed by
The Golf Foundation

TRI-GOLF

Tri-Golf

is a 'mini' version of golf designed specifically for young children in infant, primary and junior schools.



Equipment
The adapted equipment is:

- safe and easy for children to use
- affordable for schools to buy
- suitable for both indoor and outdoor use

The clubheads for the irons and putters are over-sized to make contact with the ball easier.
The weighting of the irons means that children experience the 'feel' of a golf club.
The loft of the irons will help to promote instant success in terms of ball flight.
The clubheads are colour-coded in line with the games and activity cards.

Resources
A resource pack gives ideas for games and activities.
The colour-coded cards include warm-up games, putting activities and chipping activities.
Each card gives a detailed description of the activity as well as easy-to-understand diagrams and drawings.
Where possible adaptations are given so that those with special needs are able to participate.

Tri-Golf packs
A Tri-Golf pack consists of:

- 7 right-handed irons
- 1 left-handed iron
- 7 right-handed putters
- 1 left-handed putter
- Tri-Golf balls
- Games cards

All of the equipment is contained in a carrying bag.



Training
Training on how to organise safe and enjoyable golf sessions using Tri-Golf is available, delivered by the Golf Foundation development team.
The 2½ hour workshop covers:

- an introduction to the pack
- use of the games and activity cards
- more variations for games and activities
- organising sessions in the school setting

For general information about Tri-Golf contact The Golf Foundation 01992 449830
To purchase a pack contact: Davies Sports 0870 6000 195

www.golf.foundation.org

Building Bridges

Station:



Instructions Team members start in turn at the white cones and putt through the blue cones. Each successful player stands behind the blue cones with their feet as wide as the cones until a bridge of 3 players is formed. Then proceed to the green cones etc. If cones or feet are hit the team must restart.

Scoring

Each completed bridge scores 10 points

Equipment

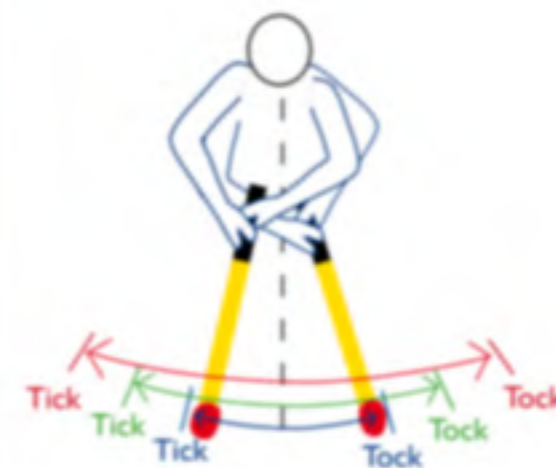
1 x Tri-Golf putter per team
1 ball per team
Cones as below

Key points for success

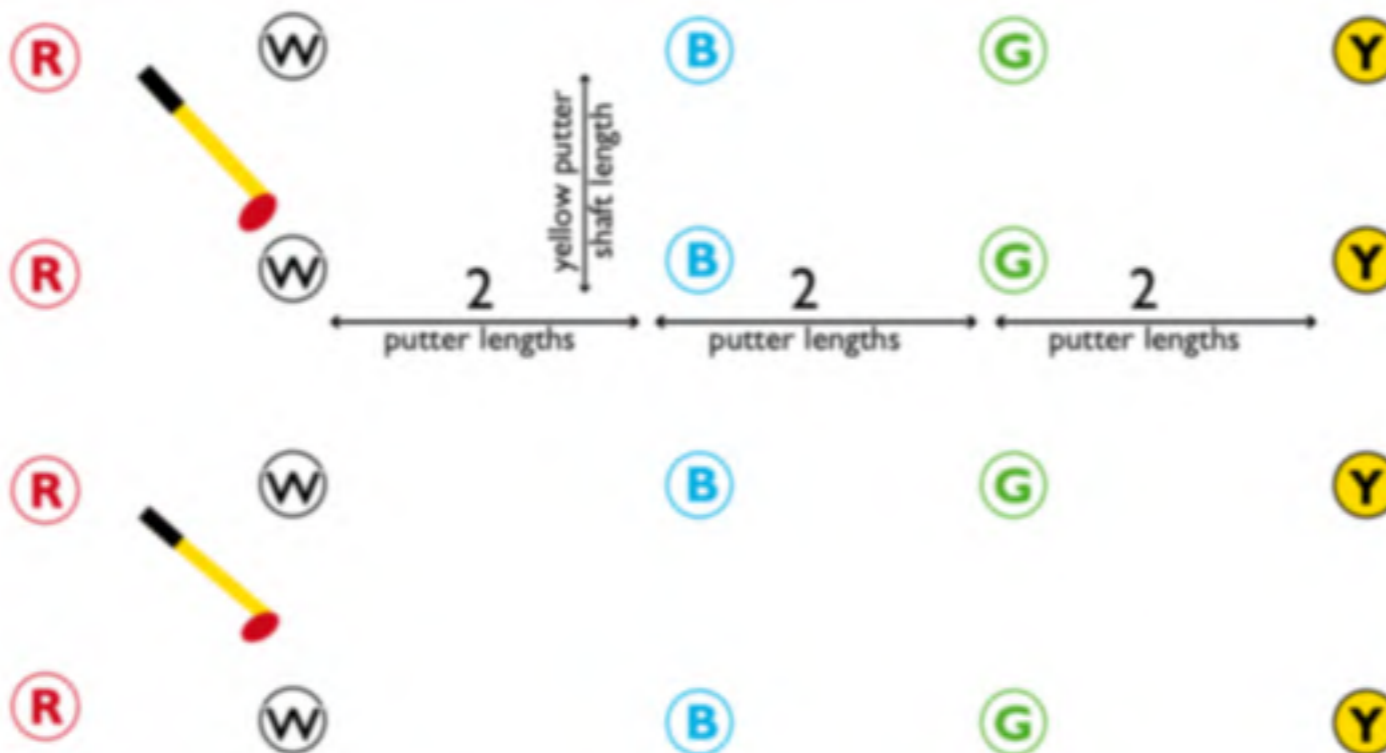
1. Club ready and aim using the red part of the club



2. Use *Tick-tock* swing to control the roll



SAFE AREA



Cliffhanger

Station:



Instructions Putt the ball and try get it to finish between the green cones and the river (blue cones).

Scoring

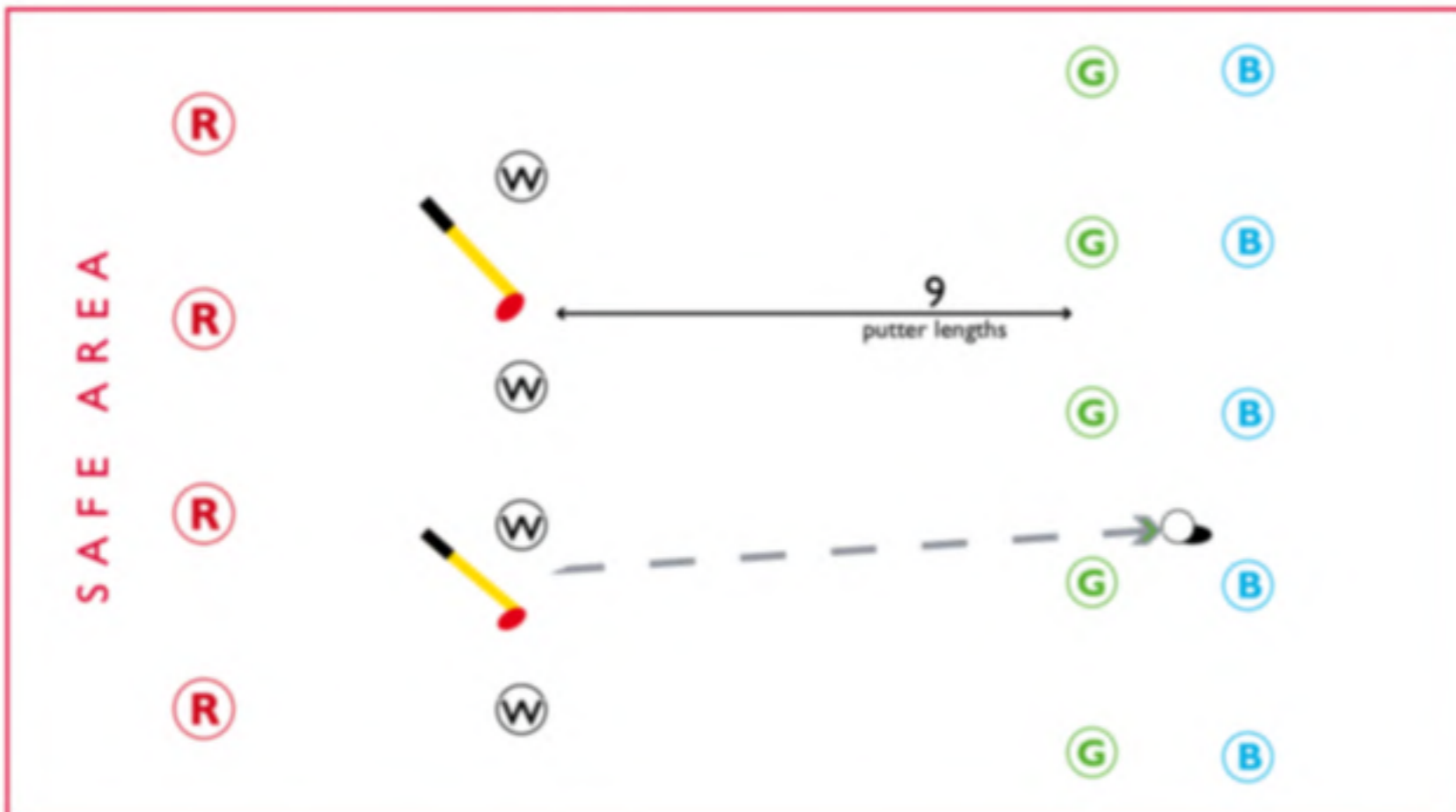
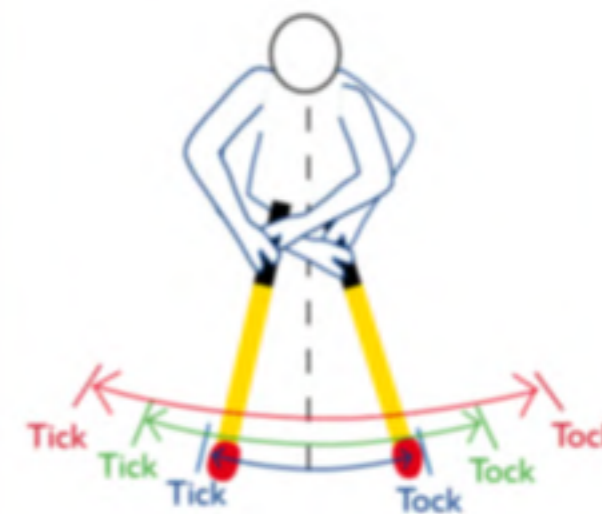
If the player putts the ball to finish between the green and blue cones they score 10 points

Equipment

1 x Tri-Golf putter per team
1 x Tri-Golf chipper per team
10 balls per team
Cones as below

Key point for success

1. Concentrate on the size of your *Tick-tock* swing



Dominoes

Station:



Instructions 8 cones of the same colour are in a straight line from the player. Players try to roll the ball with the putter to hit the cone nearest to them, if the player hits the cone they collect it.

Scoring

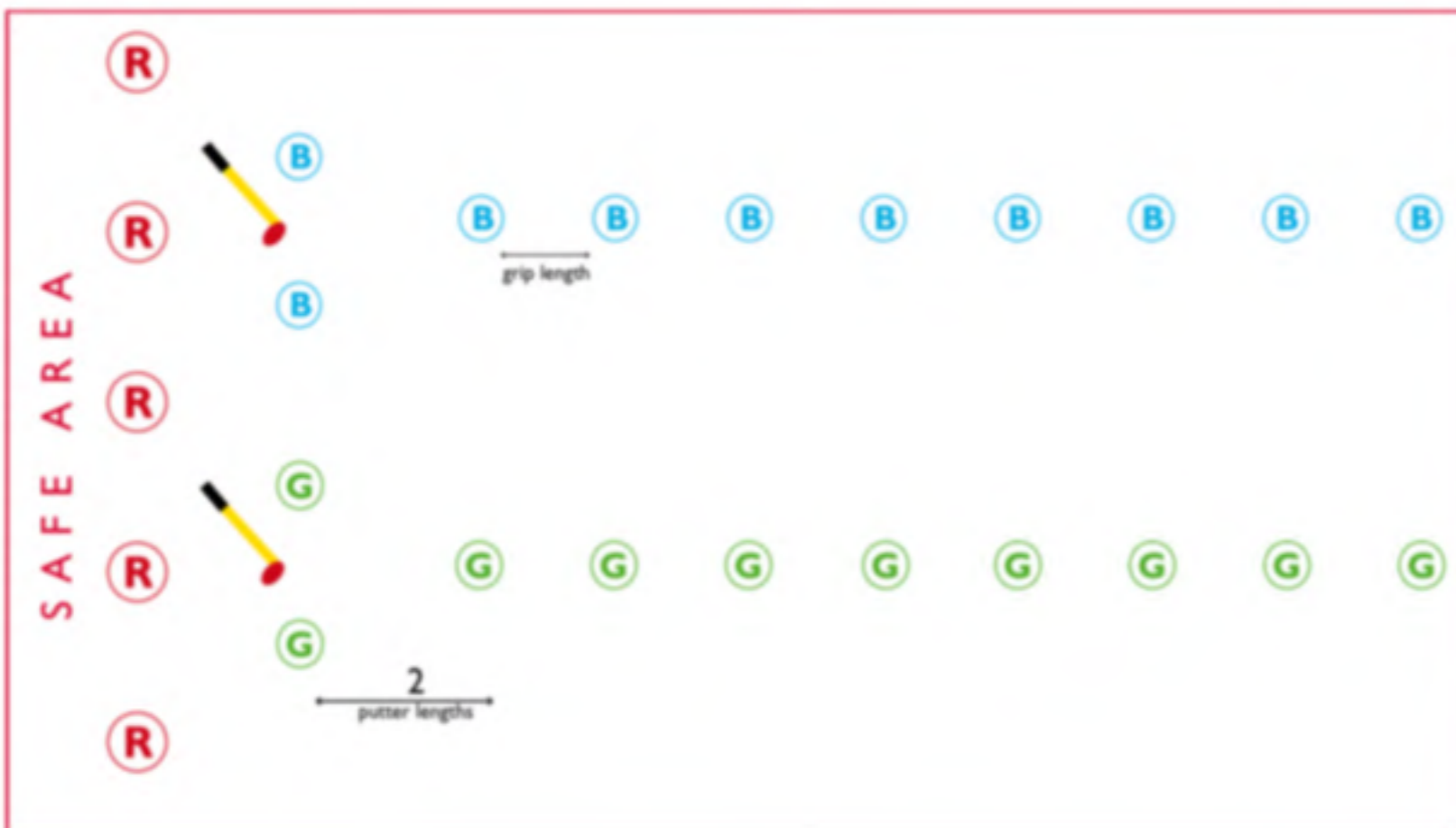
Team continues until all cones are hit
One point for each cone. If all cones are hit then the team scores 10 points
Play for a set number of goes per team or for set time period

Equipment

1 x Tri-Golf putter per team
1 ball per team
Cones as below

Key point for success

Club ready and aim using the red part of the club



Drive for Show, Putt for Dough

Station:



Instructions Chip the ball over the river and score by putting the ball into the hoop.

Scoring

If the player hits the ball over the river (blue cones) they attempt a putt into the hoop.
Each successful drive = 5 points
Each successful putt = 5 points

Equipment

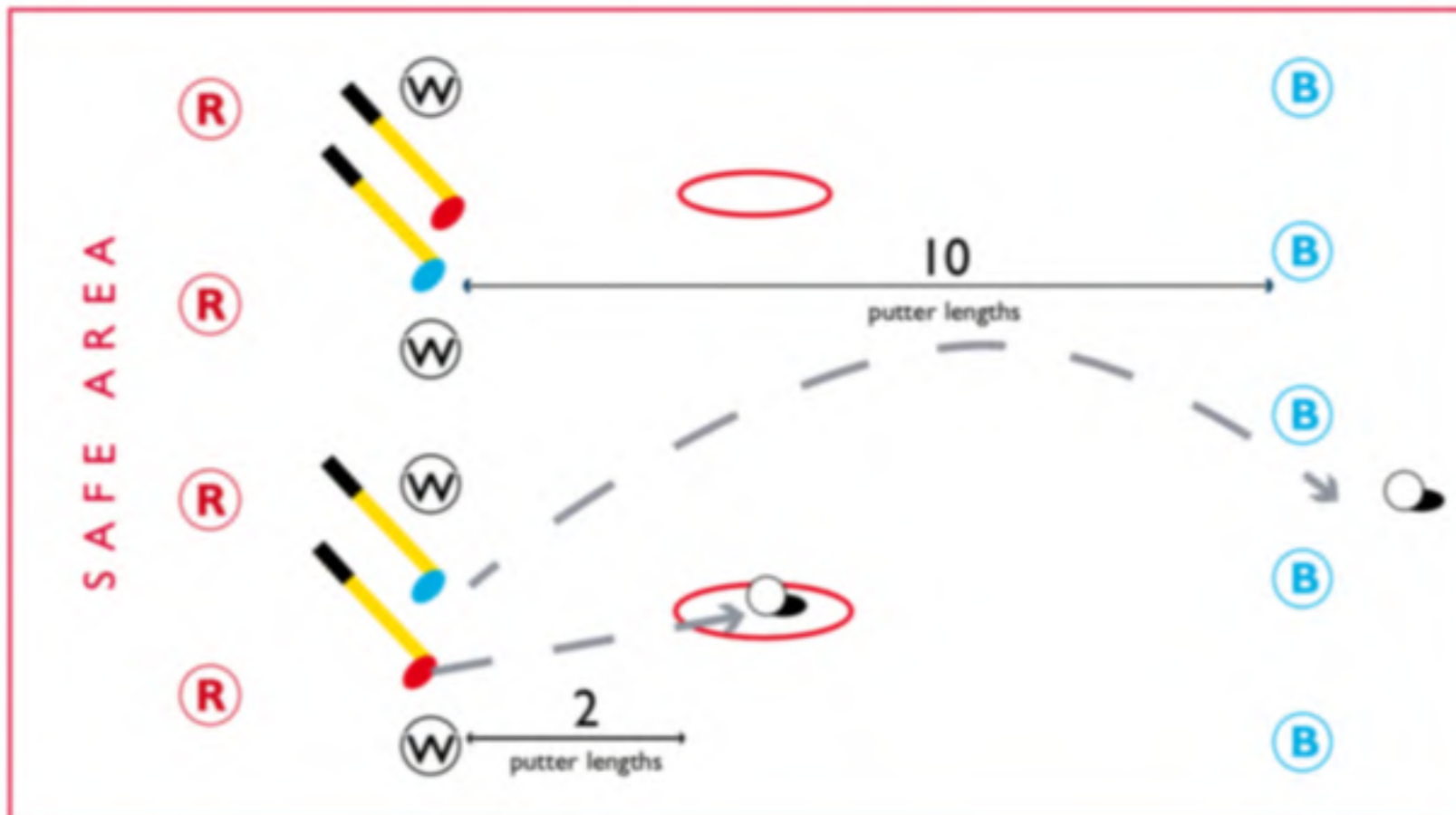
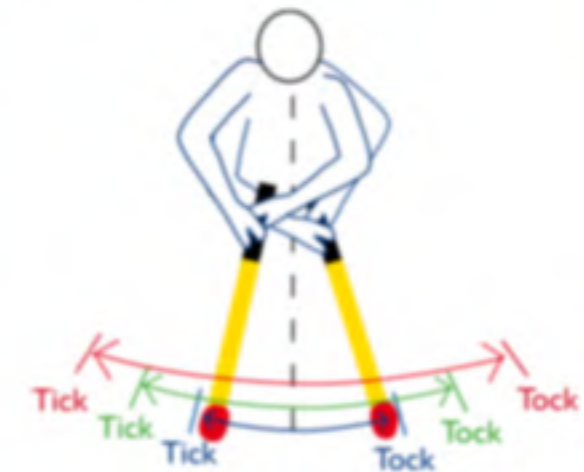
1 x Tri-Golf putter per team
1 x Tri-Golf chipper per team
2 balls per team
1 hoop per team
Cones as below

Key points for success

1. Practice... and play



2. Concentrate on the size of your *Tick-tock* swing



Driving Range

Station:



Instructions Drive the ball down the fairway (between the green lines of cones). The further down the fairway the more points you score.

Scoring

- Green zone = 1 point
- Yellow zone = 2 points
- Blue zone = 5 points
- Missing the fairway – No points

Equipment

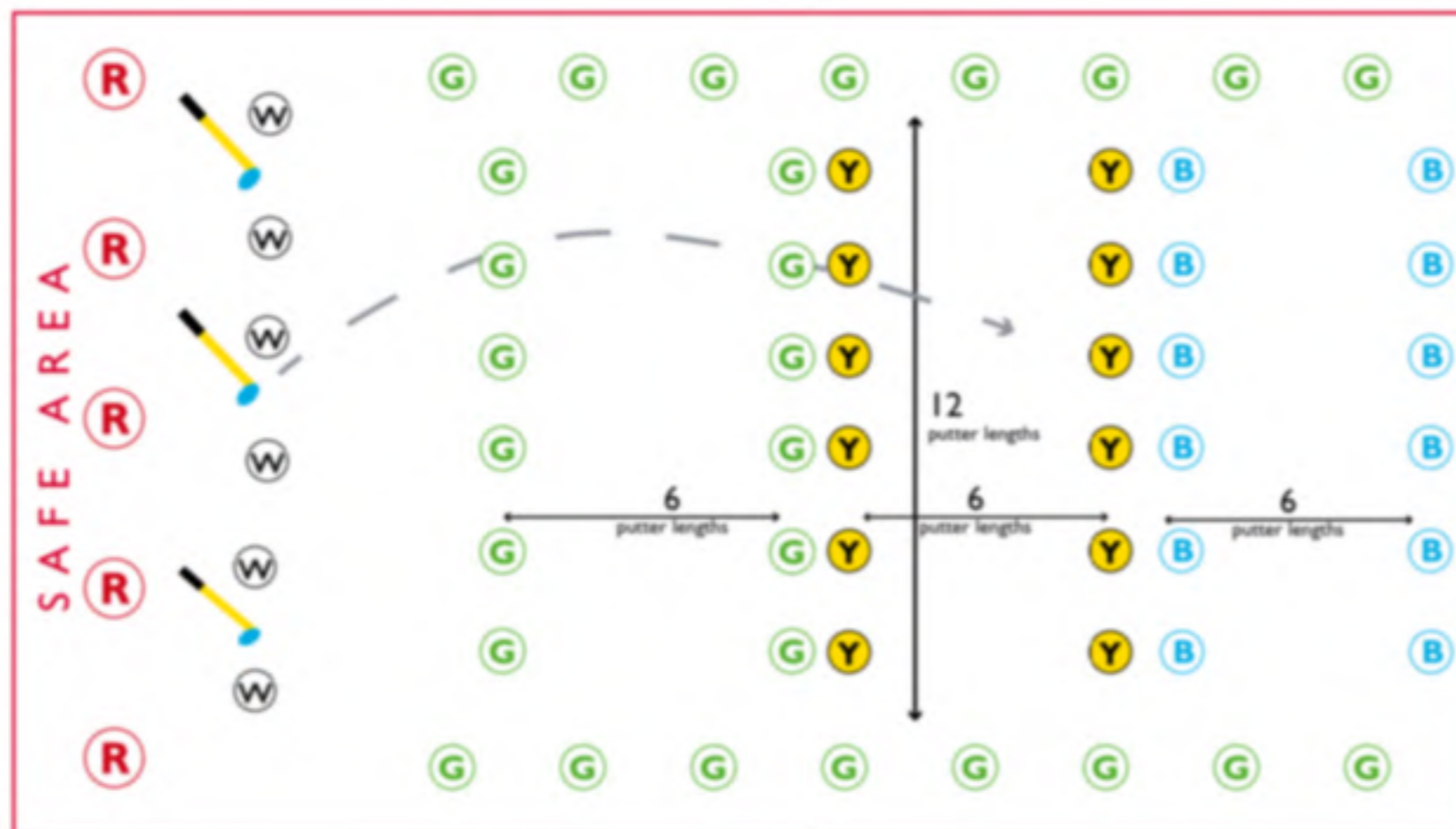
- 1 x Tri-Golf chipper per team
- 1 ball per team
- Cones as below

Key points for success

1. Brush the ground to get the ball into the air



2. Hold balance at the end of the swing for a count of two



Finders Keepers

Station:



Instructions Putt the ball towards the cones, the first cone the ball hits, the player collects with the ball and returns it to the team. Avoid the white 'out of bounds' cones if you can! If all cones are hit within the time limit scatter again and continue.

Scoring

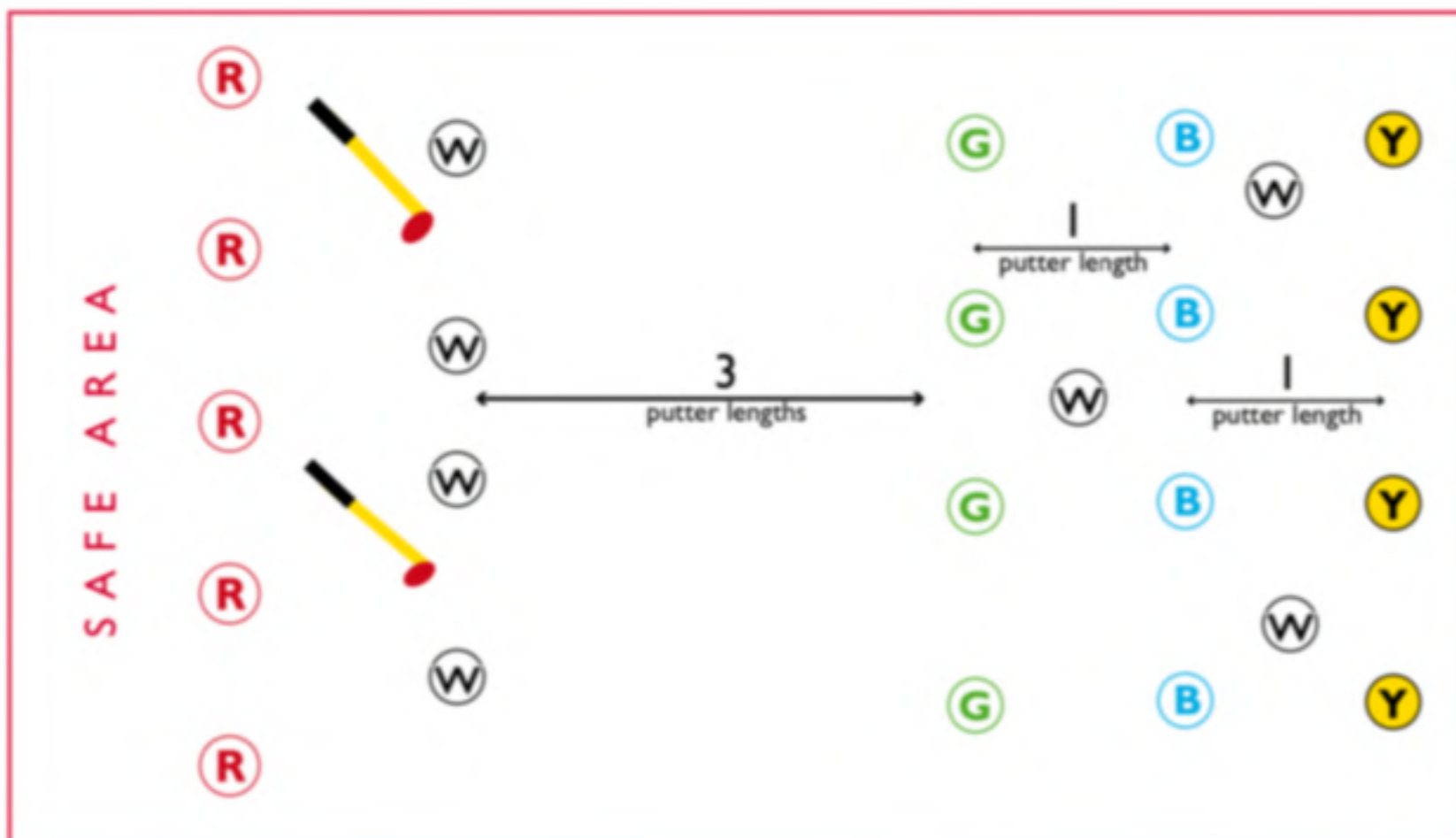
Yellow hit = 10 point
Blue hit = 5 points
Green hit = 1 point
White hit = minus 2 points

Equipment

1 x Tri-Golf putter per team
1 ball per team
Cones as below

Key points for success

1. Choose a cone to try to hit then get your aim
2. The waiting players can act as a coach and give encouragement



Grand National

Station:



Instructions Chip the ball in the air over the 'fences' in turn to score points. Play for set number of goes per team, or for set period of time.

Scoring

Over fence 1 (between green-yellow) = 2 points
Over fence 2 (between yellow-blue) = 5 points
Over fence 3 (between blue-red) = 10 points

Equipment

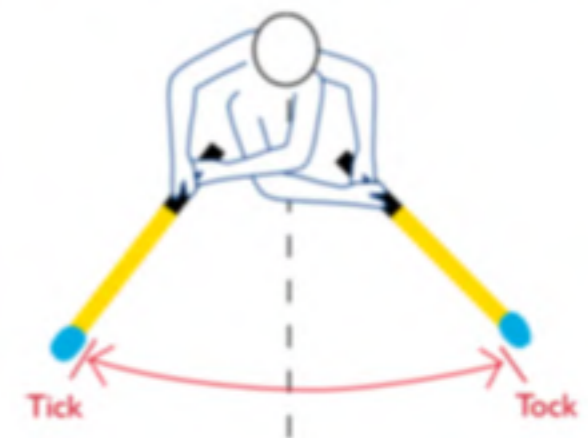
1 x Tri-Golf chipper per team
1 ball per team
Cones as below

Key points for success

1. Brush the ground to get the ball into the air



2. Make an equal Tick-tock swing



High Five

Station:



Instructions Chip the ball into the marked areas to score points. The more accurate you are, the more points you score!
Pupils should not collect the balls until all balls have been hit.

Scoring

Below red line = 1 point
Above red and below blue = 5 points
Above blue line = 3 points

Equipment

1 x Tri-Golf chipper per team
2 x Tri-Golf balls per team member
Cones as below
Use cones to mark the areas on the floor if not using a wall

Key points for success

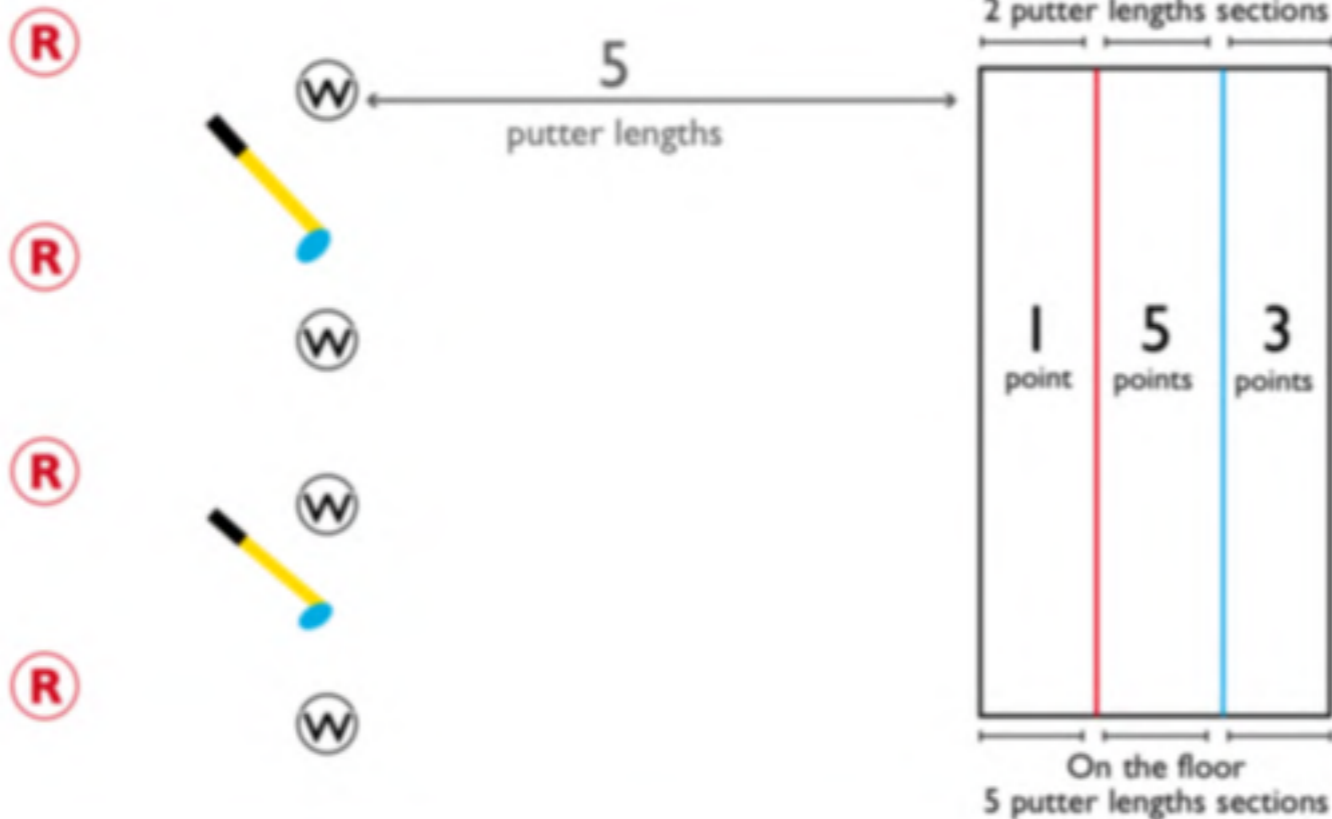
1. Brush the ground to get the ball into the air



2. Keep feet still for good balance through the swing



SAFE AREA



Play the Course

Station:



Instructions Chip the ball onto the target to score points but avoid the obstacles that you will find on a real golf course such as bunkers and water hazards!

Scoring

Green area on target (fairway)
= 15 points

Blue or yellow area on target
(the water hazard or bunker)
= 1 point

Equipment

Double-sided 2m Tri-Golf pop-up target
plus stick on bunkers and water hazard
(could be marked with cones)

1 x Tri-Golf chipper per team

1 x velcro ball per team member

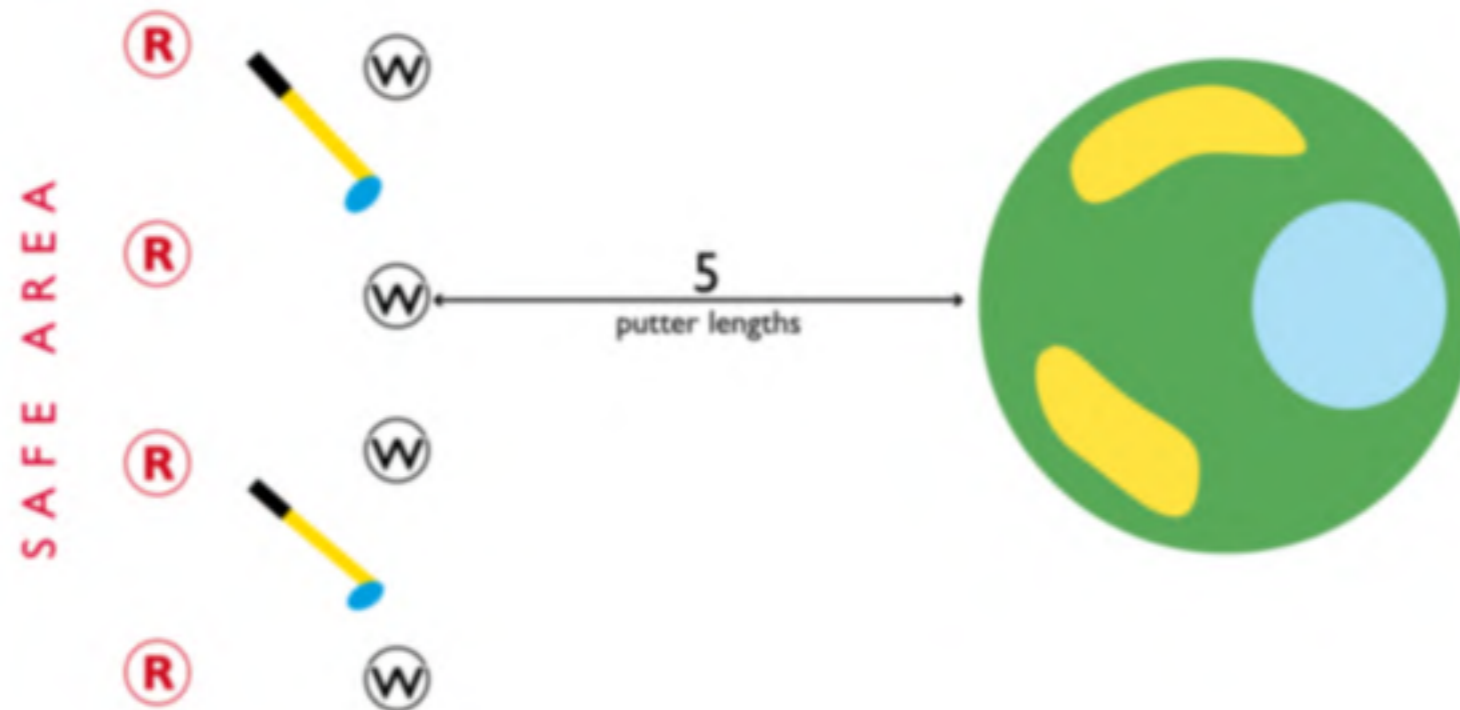
Cones as below

Key points for success

1. *Brush the ground* to get the ball into the air



2. Point the blue part of the club towards the pool when you hit the ball



Shootout

Station:



Instructions Chip the ball in the air over the obstacle and try and score a goal.

Scoring

5 points for a successful goal
2 points if ball is chipped over the bench but goal is missed

Equipment

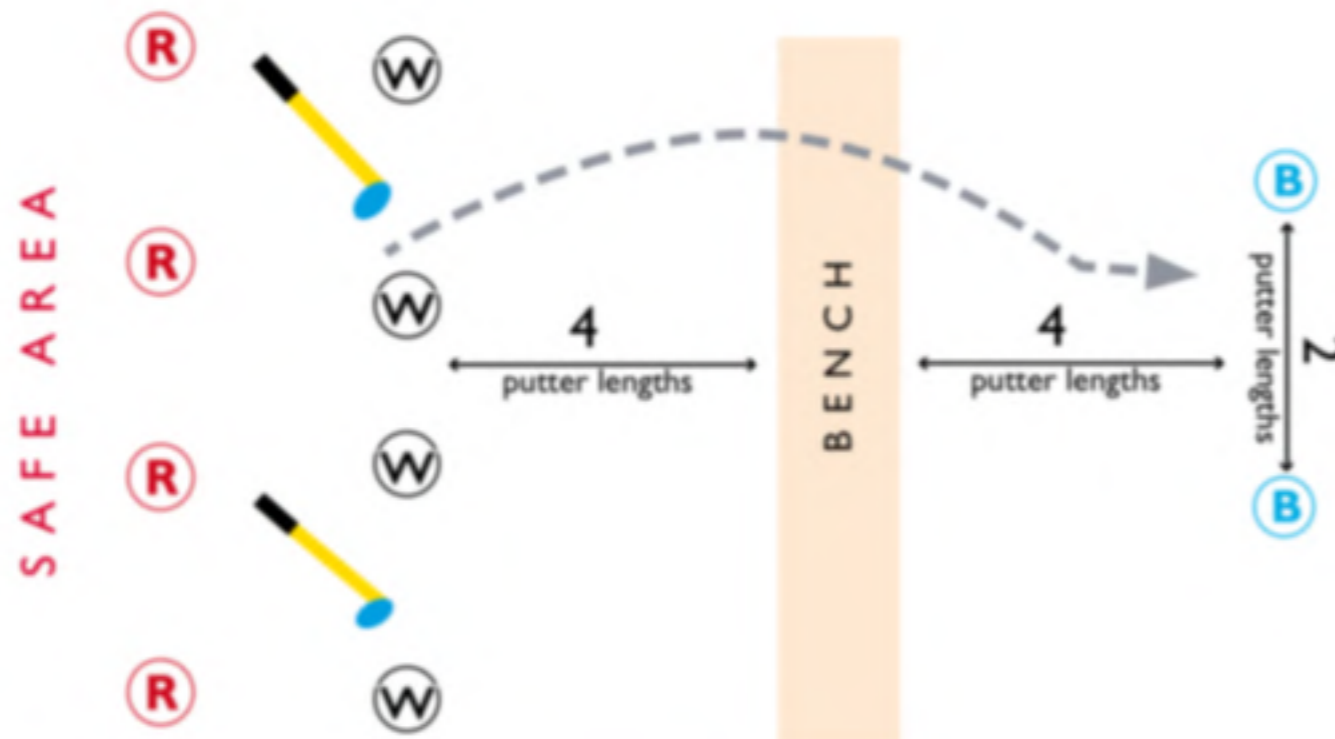
1 x Tri-Golf chipper per team
1 x Tri-Golf ball per team member
Bench Cones as below
Suitable goal, cones or wall markings

Key points for success

1. *Brush the ground* to get the ball into the air



2. Practice and then play for success



Splashdown

Station:



Instructions Chip the ball into the paddling pool. On the course chipping the ball into water is not so good but this is fun!

Scoring

5 points for a successful splash – ball needs to land in the pool
2 points if ball is chipped over the bench but misses the pool

Equipment

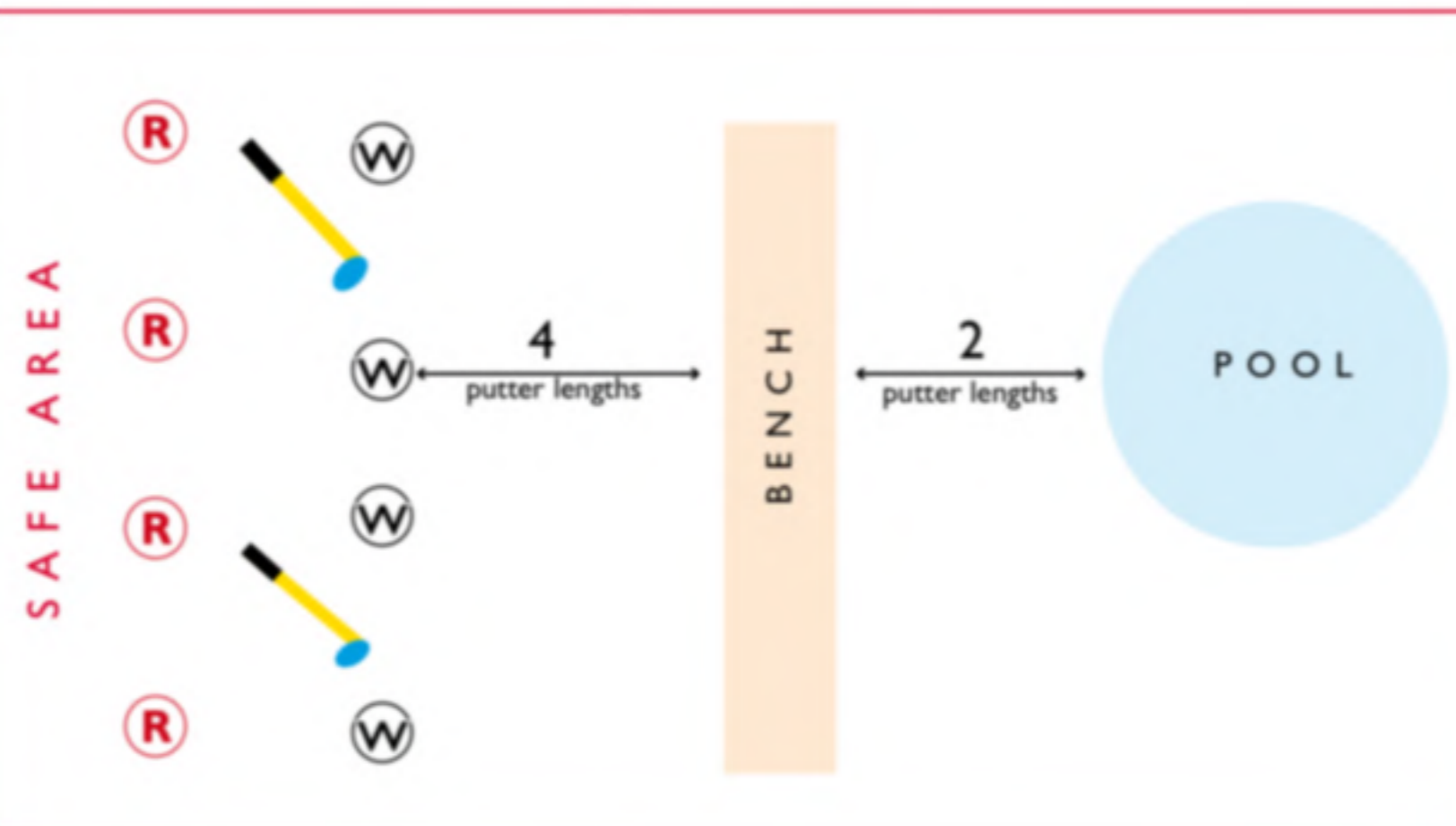
1 x Tri-Golf chipper per team
1 x ball per team member
Paddling pool, or gym mat or circle of blue cones
Bench
Cones as below

Key points for success

1. *Brush the ground* to get the ball into the air



2. Point the blue part of the club towards the pool when you hit the ball



Three-in-a-row

Station:



Instructions The team starts at the yellow cones. The first player will attempt to roll the ball into the hoop. If successful the next player will attempt putting from the green cones and then blue. If a player misses a putt from any level, then the next player will attempt from that same level.

Scoring

Yellow cone = 1 point
Green cone = 3 points
Blue cones = 5 points

Equipment

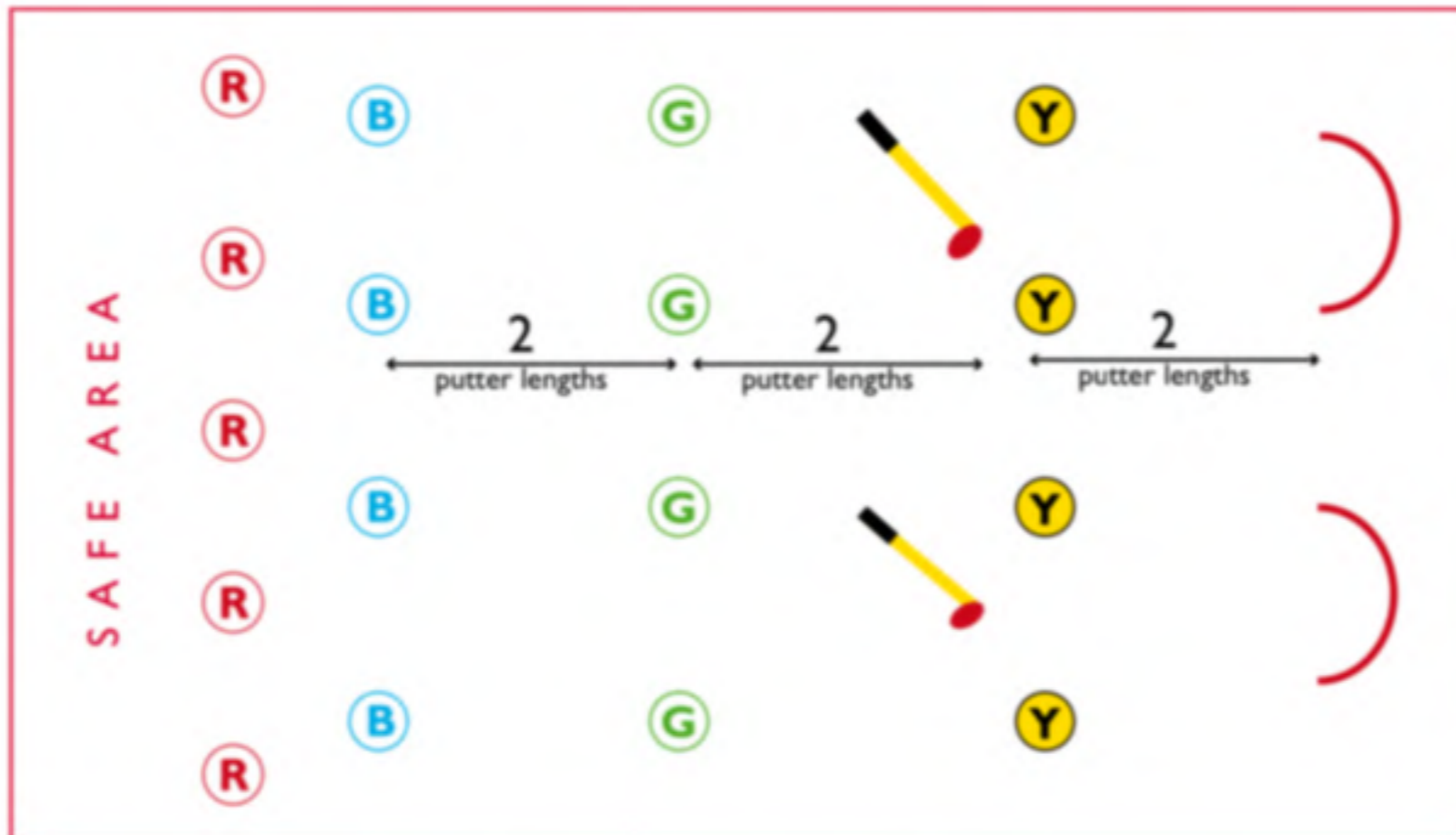
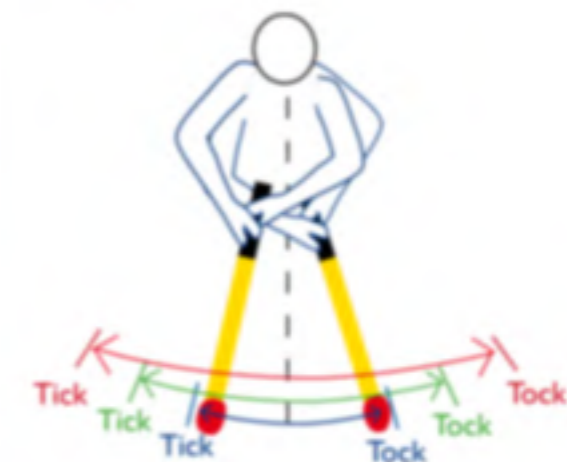
1 x Tri-Golf putter per team
1 ball per team
Half hoop per team
Cones as below

Key points for success

1. Club ready and aim using the red part of the club



2. Use *Tick-tock* swing to control the roll



Tunnel ball

Station:



Instructions Putt the ball down the tunnel towards the hoop without hitting any cones. Choose which tee you would like to play from. The furthest tees will reward you with more points.

Scoring

	Hit hoop	In hoop
Blue	1 points	2 points
Yellow	3 points	6 points
White	5 points	10 points

Equipment

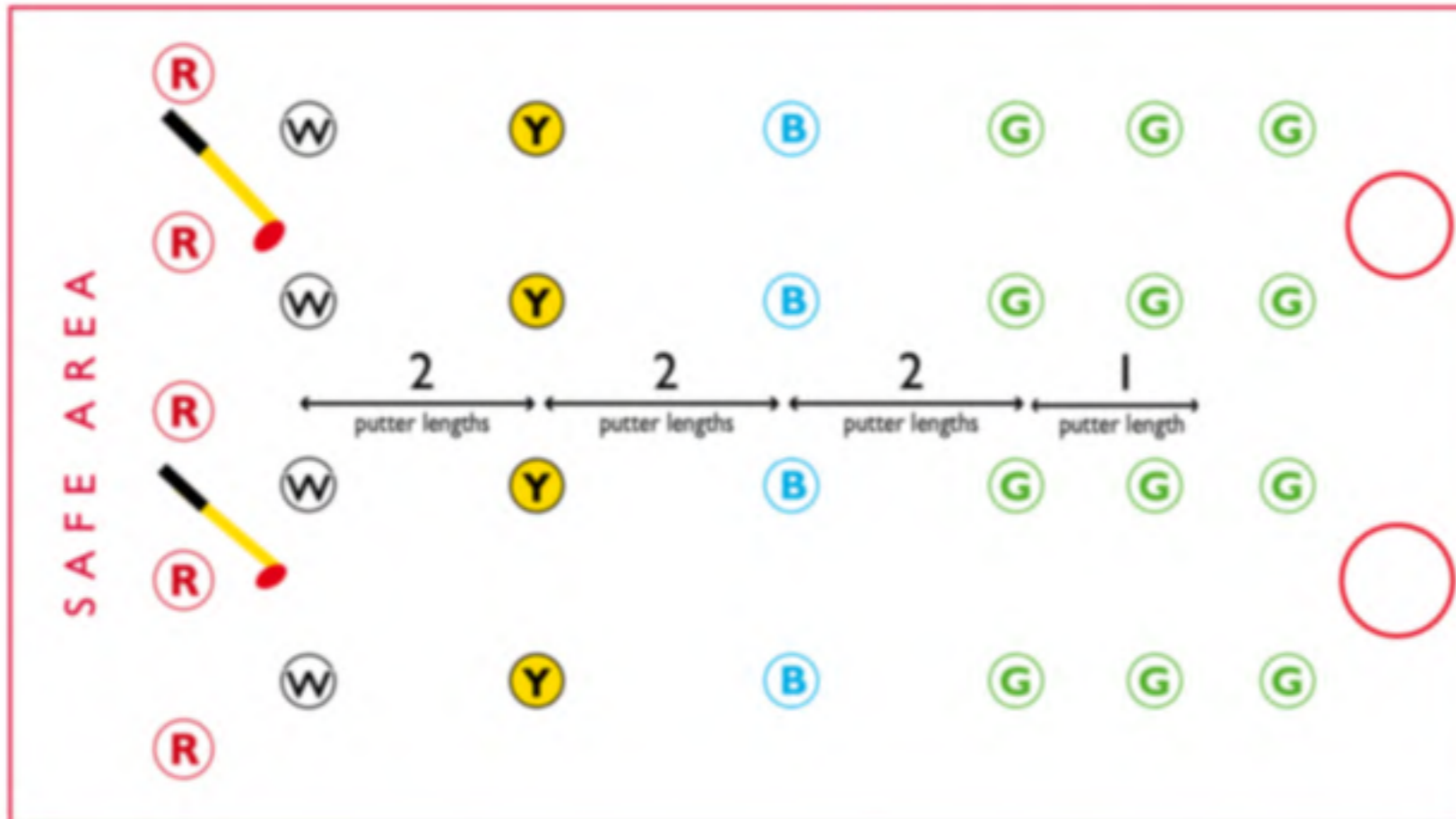
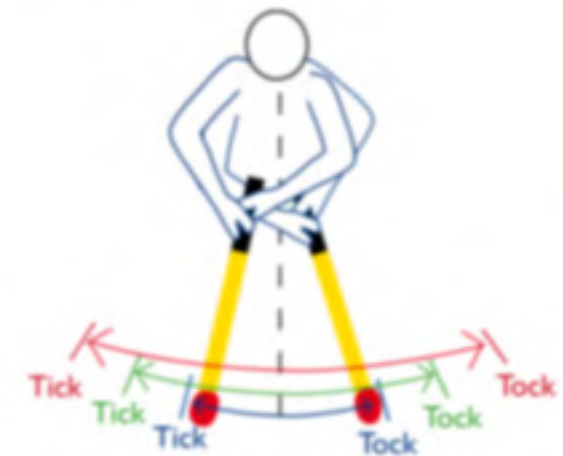
1 x Tri-Golf putter per team
 1 ball per team
 Hoops as below
 Cones as below

Key points for success

1. Get the club ready and aimed using the red part of the club



2. Use *Tick-tock* swing to control the roll



Zone ball

Station:



Instructions Using a putter, how accurate can you be with a long putt? Try and roll the ball as straight as you can towards the yellow cone. The closer you get to it, the more points you will receive.

Scoring

Yellow cone = 5 points

Blue cone = 3 points

Green = 1 point

Equipment

1 x Tri-Golf putter per team

1 ball per team

Cones as below

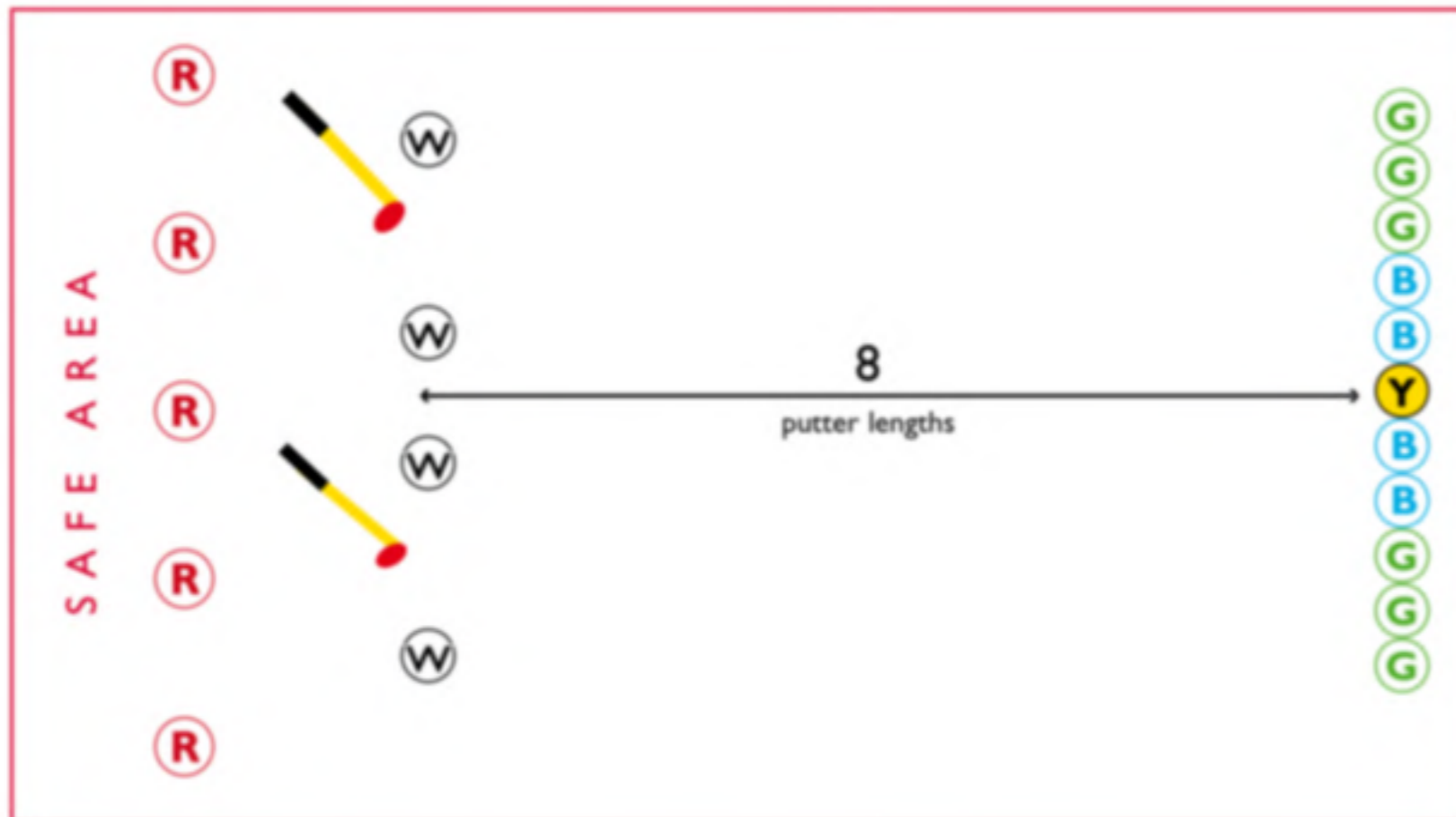
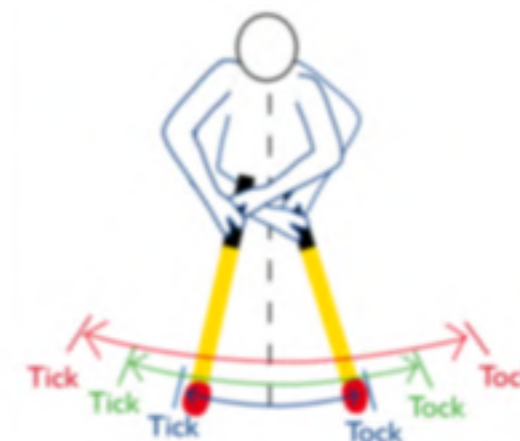
Key points for success

1. Get the club ready and aimed using the red part of the club



club head | ○ ball

2. Use *Tick-tock* swing to control the roll



Additional Game	Appendix Page	Program	skill	Location
Wet Weather Games	2	Golf Australia	All	Indoors
Crossbar Challenge	4	Street Golf	Chipping	Indoor/outdoor
Run the Gauntlet	5	Street Golf	Putting	Indoor/outdoor
Fly the Bench	6	Street Golf	Chipping	Indoor/Outdoor
King of the Court	7	Street Golf	Chipping	Indoor/Outdoor
Call the shots	8	Street Golf	All	Indoor/Outdoor
Rebound	9	Street Golf	Chipping	Indoor/Outdoor
Navigator	24	Golf Extreme	Putting	Indoor/Outdoor
Cliffhanger	25	Golf Extreme	Putting	Indoor/Outdoor
Jockeys Revenge	26	Golf Extreme	Chipping	Indoor/Outdoor
Down the middle	27	Golf Extreme	Chipping	Indoor/Outdoor
Gridiron	28	Golf Extreme	Chipping	Indoor/Outdoor
Slalom	32	Golf Extreme	Putting	Indoor/Outdoor
Penalty Shootout	30	Golf Extreme	Putting	Indoor/outdoor

Additional Game	Appendix Page	Program	skill	Location
Building Bridges	35	Tri Golf	Putting	Indoor/Outdoor
Dominoes	37	Tri Golf	Putting	Indoor/Outdoor
Drive for show putt for Dough	38	Tri Golf	Chipping/putting	Indoor/Outdoor
Driving Range	39	Tri Golf	Chipping	Indoor/Outdoor
Finders keepers	40	Tri Golf	Putting	Indoor/Outdoor
Grand National	41	Tri Golf	Chipping	Indoor/Outdoor
High Five	42	Tri Golf	Chipping	Indoor/Outdoor
Play the course	43	Tri Golf	Chipping	Indoor/Outdoor
Shootout	44	Tri Golf	chipping	Indoor/Outdoor
Splashdown	45	Tri Golf	Chipping	Indoor/Outdoor
Three in a row	46	Tri Golf	Putting	Indoor/Outdoor
Tunnel Ball	47	Tri Golf	Putting	Indoor/Outdoor
Zone Ball	48	Tri Golf	Putting	Indoor/Outdoor