

TRI – GOLF PRIMARY PUTTING

WHAT YOU WILL NEED

1. 'Golf Club' (this could be a racket, mop, hockey stick etc)
2. Golf Ball (could be a golf or tennis ball, rolled up pair of socks etc)
3. The Hole (a bowl, bucket, target areas etc)
4. Something to measure with

INSTRUCTIONS

1. Create your 'golf course' (as pictured in the diagram on the next page) using anything you have available.
2. Place your ball on the tee and attempt to hit the ball into one of three scoring zones, with the aim of hitting it into the hole at the end.
3. After each go, collect your ball and return to the start to have your next go.
4. You will have 5 attempts to create a total score by adding the points of all 5 attempts together.

Good Luck!

DIFFICULTY ADJUSTMENTS

To make it easier

- Try making the scoring zones wider or longer depending on where your shots are landing
- Try to use a larger object to act as the hole

To make it harder

- Try making the scoring zones shorter or narrower
- Try to use a smaller object to act as the hole
- Try to use your weaker arm/hand to hit the ball
- Try taking points away from your score if they finish outside of the scoring zones
- Try moving the starting tee further away from the scoring zones.

SCORING

Points will be awarded dependent on where the ball comes to a stop.

- ✓ Area 1 = 1pt
- ✓ Area 2 = 3pts
- ✓ Area 3 = 5pts
- ✓ Area 4 (The hole) = 10pts

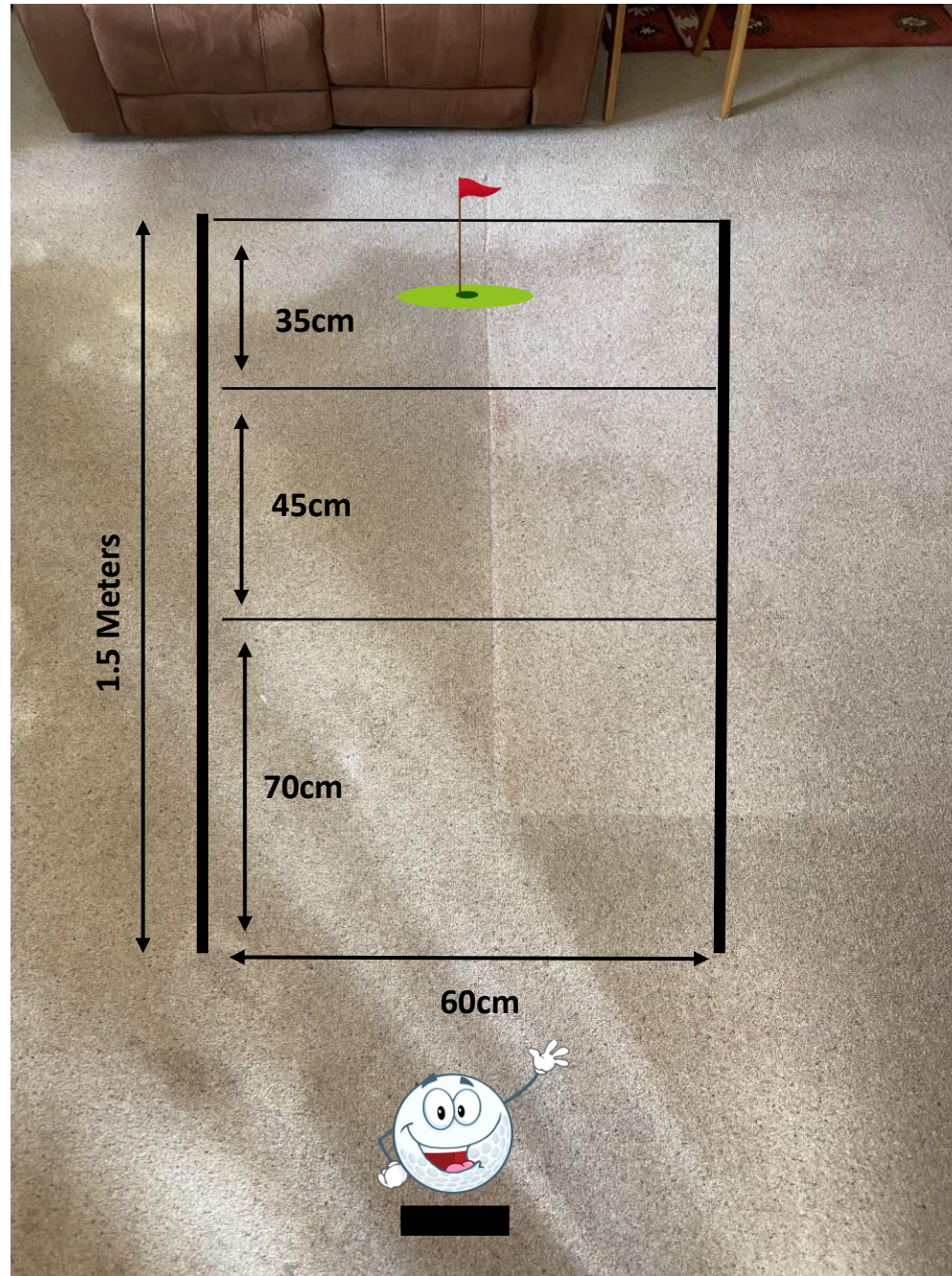


OUR TOP TIPS

- Try to keep your eye on the ball until you hit it
- Try to balance yourself and not to fall as you swing



TPI - GOLF PRIMARY



TRI – GOLF PRIMARY CRAZY GOLF

WHAT YOU WILL NEED

1. 'Golf Club' (this could be a racket, mop, hockey stick etc)
2. Golf Ball (could be a golf or tennis ball, rolled up pair of socks etc)
3. The Hole (a bowl, bucket, target areas etc)
4. Obstacles! (Anything you have available to you can be used)

INSTRUCTIONS

1. Create your crazy golf course (example on the next page) using anything you have available.
2. Place your ball on the tee and attempt to hit the ball into the hole at the end of the course. The aim is to get the ball into the hole with as small a number of shots as possible.
3. After you have hit your ball into the hole, collect your ball, mix up your obstacle course, by moving items, changing items or even changing rooms and try again!
4. Your total score is the number of shots it takes to get into the hole.

Good Luck!

DIFFICULTY ADJUSTMENTS

To make it easier

- Try having less obstacles on the course or using smaller obstacles.
- Give yourself one 'try again' per go if you make a mistake

To make it harder

- Try using larger or more complex obstacles to get the ball around.
- Try to introduce an 'out of bounds' area where you must go back to the beginning if the ball lands there

SCORING

Your score will be the number of shots it took to get the ball in the hole so the smaller the score the better!

OUR TOP TIPS

- Try to plan your route through the course before you start
- Try to bring the skills you have learnt from the putting challenge into this challenge



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