

DERBYSHIRE SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

The School Games Organiser network and Active Derbyshire are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, tennis, orienteering, athletics, cricket, gymnastics, boccia, netball and badminton. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit Active Derbyshire [website](#) or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we encourage you to have a go at it each day and aim for improvement. There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to derbyshireschoolgames@activederbyshire.org.uk

INTRODUCTION TO

GOLF



30mins

WRITE DOWN WHAT YOU KNOW ALREADY?

THE HISTORY OF THE GAME

Golf is a precision club and ball sport in which competing players, called golfers, use various clubs to hit balls into a series of holes on a course using as few strokes (shots, or swings) as possible. The oldest course is over 400 years old and the game may have been created as early as 2,000 years ago! Why not find out more about golf?

What is the oldest course in the world? _____

What is the longest course in the World? _____

How many holes on a golf course? _____

SOME FAMOUS PLAYERS

Want to find out more?
Watch this [BBC video](#) from Get Inspired.



Tiger Woods (USA)

Find out more....

How many major tournaments has Tiger won?



Rory McIlroy (Ireland)

Find out more...

Which was Rory's last tournament win?



Lee Westwood (England)

Find out more...

Where in England is Lee Westwood from?

CHIPPING THE BALL



PUTTING THE BALL



FROM TEE TO GREEN



SOME KEY WORDS IN GOLF

Find out what these words mean

Tee _____

Par _____

Chip _____

Putt _____

Drive _____

Bogey _____



SPORT THEME

GOLF

SECONDARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayhomestayactive #stayinworkout

MONDAY MOVERS

! Physical literacy/skills

Activity overview

Putting/Chipping Accuracy:
Lockdown Knockdown
Run the Gauntlet
Call the Shots

Equipment needed

Club: bat, racket, hockey stick, umbrella or homemade equivalent
Ball: small ball, tin foil ball, tin can or rolled up socks
Markers: buckets, containers, cereal boxes or plant pots
School Games value focus
Determination

TUESDAY CHALLENGE

! Personal challenge

Activity overview:

Create a golf course around the home
Create a mixture of Par three, four and five holes

Equipment needed

Club: bat, racket, hockey stick, frying pan, umbrella or homemade equivalent
Hole: mug, bowl or saucepan
Ball: small ball, tin foil ball, tin can or rolled up socks
Obstacles: Books, food tins
School Games value focus
Honesty

WEDNESDAY WORKOUT

! Links to numeracy

Activity overview

Physical & mental well-being
Fit 4 Golf
Target score

Equipment needed

Club: bat, racket, hockey stick, , frying pan, umbrella or homemade equivalent
Ball: small ball, tin foil ball, tin can or rolled up socks
Skittles: shoes, cereal boxes, plastic bottles or plant pots.
School Games value focus
Self-Belief

THURSDAY THINKING

! Problem solving

Activity overview

Putting Distance Control
Challenges:
Tunnel Ball, Building Bridges, Cliffhanger

Equipment needed

Club: bat, racket, hockey stick frying pan, umbrella or homemade equivalent
Ball: small ball, tin foil ball, tin can or rolled up socks.
School Games value focus
Respect

FRIDAY FUN

! Virtual competition

Activity overview

Design and draw a nine-hole golf course. It could be the course you used on Tuesday. The crazier, the better! When complete, submit your entry to the competition [here](#) before 9am Friday 8th May 2020. Earn points for your school and download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw.

Equipment needed

Paper, pencil, crayons, computer (optional)
School Games value focus
Passion

RESOURCE PRODUCED
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MONDAY MOVERS

PUTTING/CHIPPING ACCURACY



30mins

! Physical skills

ACTIVITY

LOCKDOWN KNOCKDOWN

- Place a line of markers moving further away from you
- 'Putt' or 'Chip' your ball aiming for the first marker, if you knock it down remove it and take aim at the next marker to repeat. See how many markers you can knockdown in ten shots.
- Repeat and try to beat your score
- Extend the Activity: This time use buckets or containers as markers, try to chip into the containers to remove them. If your practicing putting use mugs turned on their side

EQUIPMENT NEEDED

- **Club:** if you don't have a golf club try using a hockey stick, cricket bat, umbrella, frying pan or you could even make something!
- **Ball:** any small ball, scrunched up tin foil, a tin can or a rolled-up sock!
- **Markers:** buckets, food containers, plant pots or mugs

! TOP TIPS

- Change the length of your swing as the targets get further away
- Aim for the bottom of your ball if your trying to chip it into the air

Why not try this now

- Have a go at [Run the Gauntlet](#) or call the shots from the [Street Golf Activity Pack!](#)

SCHOOL GAMES VALUE

How can you demonstrate DETERMINATION throughout this challenge?



This may be your first time trying Golf. Keep trying to improve your accuracy by repeating the challenge.

MAKE IT EASIER...

- Move closer to the targets or make the targets bigger

MORE OF A CHALLENGE

- Space your targets out or move further away

MAKE IT INCLUSIVE

- Using a 'club' with a larger head, such as a broom, will make this activity more accessible, or you could try rolling/throwing the ball.

LEAD OTHERS

- If you're doing this activity with younger siblings can you use the 'Top Tips' section to improve their score?

TUESDAY CHALLENGE

CREATE A COURSE



30mins

! Personal Challenge

ACTIVITY

- Create a golf course around your home – one hole per room
- Set the 'par' (expected number of shots to get the ball in the hole) for each hole, i.e. hole one: kitchen – par three, hole two: lounge – par four
- Go and play each hole and record your score
- Total up your score and try and give a total xx under or over par
- Try and beat that score

EQUIPMENT NEEDED

- **Club:** if you don't have a golf club try using a hockey stick, cricket bat, umbrella, frying pan or you could even make something!
- **Hole:** mug, bowl or saucepan on their side
- **Ball:** any small ball, scrunched up tin foil, a tin can or a rolled-up sock!
- **Obstacles:** furniture, books

! TOP TIPS

The more you play, the better your score will get
Be creative - you could design inside and outside courses

Why not try this now

- For more Golf activity ideas, visit the Golf Foundation toolkit:
<https://www.golf-foundation.org/media/1556/streetgolf-skills-challenge-pack.pdf>

SCHOOL GAMES VALUE

How can you demonstrate HONESTY throughout this challenge?

Make sure you keep a record of your score and that this is done accurately



MAKE IT EASIER...

- Make it easier by widening the target/hole (cup v saucepan)
- Use less obstacles and shorten the length of the holes

MORE OF A CHALLENGE

- Add lots of obstacles and make the target/hole smaller
- Use your non-dominant hand/grip

MAKE IT INCLUSIVE

- Design holes based on ability, age and experience
- Remove obstacles to create clear access around each hole

LEAD OTHERS

- Can you show your siblings or parents your course and challenge them?

WEDNESDAY WORKOUT

PHYSICAL & MENTAL WELL-BEING



30mins

! Links to numeracy

ACTIVITY

FIT 4 GOLF

- Set out ten markers, or skittles in a triangle (like ten pin bowling) and write a workout activity and number on a piece of paper inside each. Make sure to use a range of activities and numbers, e.g. 20 push-ups, ten burpees, 30 squats, two side planks, ten crunches and so on...
- Players take it in turns to putt, or chip towards the markers – when a marker is hit players remove that target, complete the activity for the stated repetitions before taking their next shot
- Extend the Activity: Set yourself a numerical target which is a multiple of five e.g. 150. Use the numbers on your targets and choose a maths symbol each time to hit your target, e.g. $20 \text{ push-ups} + 10 \text{ burpees} \times 10 \text{ crunches} \div 2 \text{ side planks} = 150$.

EQUIPMENT NEEDED

- **Club:** if you don't have a golf club try using a hockey stick, cricket bat, umbrella, frying pan or you could even make something!
- **Ball:** any small ball, scrunched up tin foil, a tin can or a rolled-up sock!
- **Markers:** shoes, plant pots, cereal boxes or plastic bottles.

! TOP TIPS

- Swing your club in a smooth continuous motion
- Make sure there is no one close to you while swinging your club, use a soft ball if playing indoors

Why not try this now?

- Research some exercises you haven't done before for your workout?

SCHOOL GAMES VALUE

How can you demonstrate SELF BELIEF throughout this challenge?

Challenge yourself by writing high targets for each exercise, push yourself to achieve them!



MAKE IT EASIER...

- Move closer to the markers/skittles or reduce the number of repetitions for each activity.

MORE OF A CHALLENGE

- Practice your putting by using mugs turned on their side – this time your ball must go into the mug to count!

MAKE IT INCLUSIVE

- Arm/Leg raises, seated shadow boxing, squats or seated shoulder presses are all great alternatives!

LEAD OTHERS

- Include exercises to work on a specific fitness component or body part for maximum impact

THURSDAY THINKING

PUTTING CONTROL



10mins

! Problem solving

ACTIVITY

- Play Run the Gauntlet – Select the largest room or space indoors
- Set up two lines of cones/objects running parallel to each other with a distance of 0.5m between each cone or object and the first object 1m away from the 'tee' area
- The two lines need to be approximately 1m apart, creating a tunnel or channel effect
- Record how many times it takes you to putt the ball level to the first cone/object – use an imaginary line
- When you have achieved this, see how many times it takes you to do the same with the second cone/object
- Repeat for the remaining cones/objects and total your score

EQUIPMENT NEEDED

- **Club:** racket/saucepan/cereal box/bat
- **Ball:** small ball/socks/wrapped up foil
- **Cones/ objects** to act as markers

! TOP TIPS

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

Why not try this now?

- Now try playing two more putting games – [Tunnel Ball](#) and [Cliffhanger](#)
- Both can be found at the back of this resource and should take 10 mins to set up and play

SCHOOL GAMES VALUE

How can you demonstrate RESPECT throughout this challenge?

If playing against someone else in the house, congratulate them when they play a good shot and don't worry if you don't win



MAKE IT EASIER...

- Place the tee closer to the first cone/object and reduce distance between cones/objects
- Take some practice shots before playing for real

MORE OF A CHALLENGE

- Make the two lines of cones/objects narrower
- Increase distance from tee to first object and subsequent distance between cones/objects

MAKE IT INCLUSIVE

- Ensure the playing space is clear of obstacles and adjust the distance according to age, ability and experience

LEAD OTHERS

- Can you show your siblings or parents the games and challenge them?

FRIDAY FUN

DESIGN A COURSE



30mins

! Virtual competition

ACTIVITY

- Design and draw on paper, or computer a nine-hole golf course
- It could be based on the course you used for Tuesday's Personal Challenge or you could make it up or use any past experiences of crazy golf.
- The course could be indoors at home or outdoors using a proper golf course
- Think creatively, the crazier the better!!
- When complete, submit your entry to the competition [here](#) before 9am Friday 8th May 2020.

Earn points for your school and download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw.

EQUIPMENT NEEDED

- White piece of paper
- Pencils, crayons, computer (optional)

! TOP TIPS

Think of any golf courses/crazy golf course you have played – What was special about them?

Why not try this now

- Visit the Golf Foundation website for lots of golf ideas: www.golf-foundation.org

SCHOOL GAMES VALUE

How can you demonstrate **PASSION** throughout this challenge?

Use your inspiration to achieve and succeed by entering the virtual competition



MAKE IT EASIER...

- Reduce the number of holes you design – e.g. it could be a six-hole course

MORE OF A CHALLENGE

- Can you create a 3D version, e.g. using sculptures for obstacles such as bunkers?

MAKE IT INCLUSIVE

- Design holes based on ability, age and experience
- Remove obstacles to create clear access around each hole

LEAD OTHERS

- Can you work with someone else in your family to create a joint golf course?

RUN THE GAUNTLET



RUN THE GAUNTLET

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.

CALL THE SHOTS



CALL THE SHOTS

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.

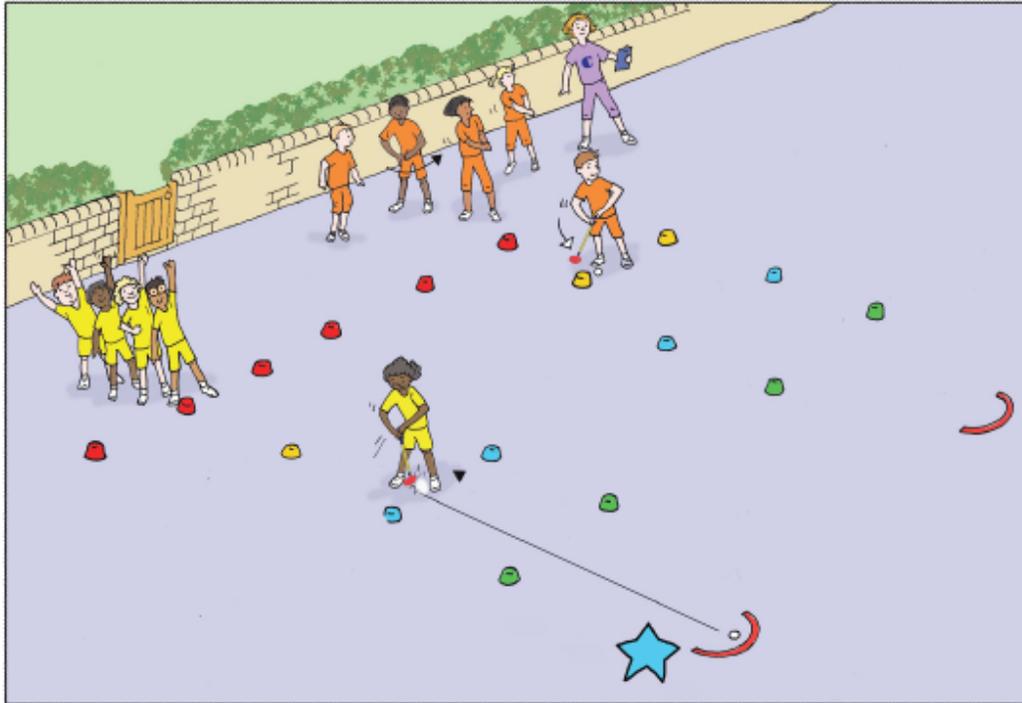
Skills for Life: CREATIVITY

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

Tunnel Ball

Equipment

1 x Tri-Golf putter per team, 1 ball per team, 1 half hoop (made from 3 sections in the Tri-Golf Bag), 2 yellow, 2 blue, 2 green cones, red markers for safe zone.



Think Inc.

Players with vision impairments may need additional guidance to gauge the distance and verbal feedback. Some players may need shortened distances for putting and may need more time to practise to achieve success with this activity.

Distance putting challenge – In the Hoop!



Set Up

- > Players place the half hoop as the target.
- > Players set out the tees at 2 putter lengths intervals from the hoop.
- > The green tee is closest, blue tee is in the middle, yellow tee is furthest (6 putter lengths) from the hoop.
- > The safe zone of red markers is a minimum of 3 putter lengths from the yellow tee.
- > Each pair/team has one putter and a ball.

Activity - How it works

- > The players take turns to try to putt the ball so that it lands and stays within the hoop.
- > Players choose which colour tee to start from, the further away the tee the more points can be scored.
- > Green tee = 1 point; blue tee = 5 points; yellow tee = 10 points.
- > The ball should roll from the chosen tee towards the hoop without touching any other cones.

STEP

- S - Space** – Increase the size of the hoop to make it easier and shorten the tee distances. Increase the putting distance to the target hoop and make the tunnel of tees narrower to make the challenge harder.
- T - Task** – Play Tunnel Ball with additional tees so that the tunnel is longer and increases the challenge of putting the ball for distance without touching any other cone. The activity leader sets the total number of points to be achieved; the team decides how they will score the total ensuring everyone has their fair number of turns but also planning a strategy to achieve the total.
- E - Equipment** – Allow a choice for some players to practise without a putter rolling the ball by hand to help to improve their accuracy.
- P - People** – Teams of 4 play each other, in a time limited game. The teams keep points tally for each shot that successfully lands in the hoop.

Skills for Life



- > How will you celebrate and congratulate a teammate on a good shot?
- > Did you stay calm before each shot? Did you take a risk and think 'I can do this?'

Peer assessment: Who would you give a Skills for Life sticker to for Confidence today?

Self Assessment: How would you rate yourself for your Cooperation in

Tunnel Ball today?

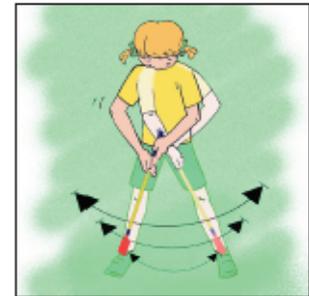
Tri-Golf Links

Ideas for **L**iteracy and **N**umeracy

- L - Team talk** – Decision making and strategy. What choices does the team have? How will you decide which tees to putt from? Who will take a risk? Who will stretch themselves? What is the team's plan? Linking to the Skills for life – Confidence and Cooperation.
- L - Positive Self Talk** – What options do I have? I can be successful if I practise first. I will try at least one longer tee shot. I am not going to take the easy option. I will concentrate and think of the key points. Linking to the Skills for Life – Confidence.
- N - Tee Values** – Assign different number values to each tee to bring a challenge to keeping score for example counting in 5s, 8s, 10s or fractions and decimals.
- N - Target Total** – Assign number values to the tees and set a team target total to achieve. Can be time limited.

Key Points for Success

- > Get the putter ready and aimed using the red part of the club.
- > Practise the tick-tock action then swing to control the roll of the ball.
- > Concentrate on how big a tick-tock you need to play for the distance to be covered – swing same distance back and same distance forward.



"It's in the hoop, I score 5 points!"

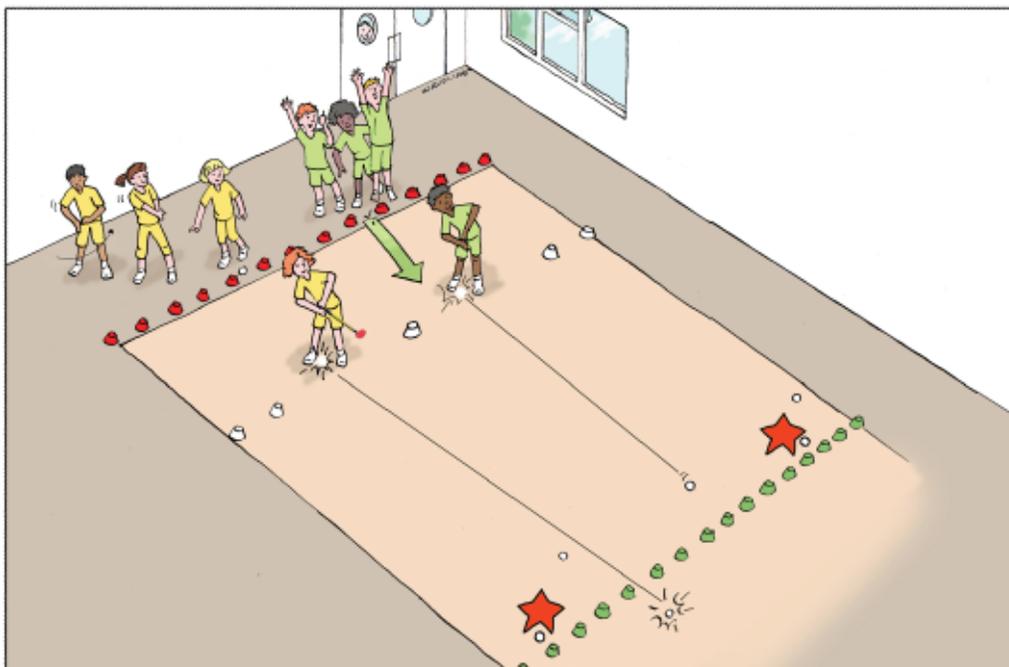
"Oh! The ball didn't reach the hoop; I know what to do next time!"

"That was too short; I must tick-tock swing a little harder."

Cliffhanger

Equipment

1 x Tri-Golf putter per team, 1 ball per team, 2 white cones (tee), a line – rope, chalk, line markers or cones.



Think Inc.

Players with vision impairments may need additional guidance to gauge the distance and verbal feedback. Some players may need additional stability support and shortened distances for putting.

**Control the putt:
Can I stop the ball going over the edge?**

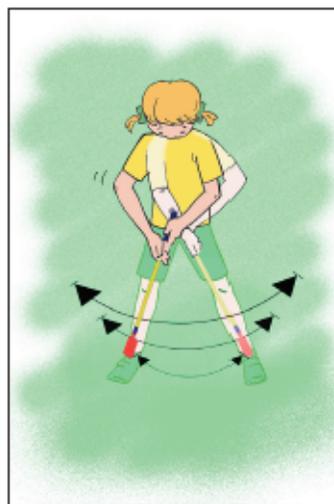
Set Up

- > Players lay out a hitting line with 2 white cones for tee and a safety zone with red markers a minimum of 3 putter lengths behind the tee.
- > A line is placed at a set distance from each team.
- > Each pair or team has one putter and a ball.



Activity - How it works

- > The players take turns to try to putt the ball as close to the target line as possible but without going over it.
- > Players and teams score Cliffhanger points for being the closest to the line.



STEP

- S - Space** – Reduce the hitting distance to the line or mark out a zone to make it easier. Increase the putting distance to the target line to make the challenge harder.
- T - Task** – Play Cliffhanger so that players are encouraged to putt the ball over the line or as close to it as possible. Alternative variation to play Boules or Bowls with each player putting towards a 'jack' (a large ball rolled to a distance from the tee).
- E - Equipment** – Allow a choice for some players to practise without a putter rolling the ball by hand to help to improve their accuracy.
- P - People** – Teams of 4 play each other, taking turns. The opponents challenge each other in pairs and the player who putts closest to the line scores a point for their team.

Skills for Life



- > How well did you cope with the challenge? Did you learn from each attempt you made?
- > How hard did you concentrate before each shot?
- > Did you stay calm before each shot? Did you think... 'I can do this!'

Peer assessment: Who would you give a Skills for Life sticker to for Confidence today?

Self Assessment: How would you rate yourself for your Perseverance in Cliffhanger today?

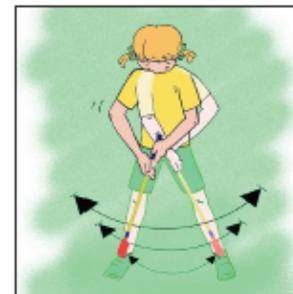
Tri-Golf Links

Ideas for **L**iteracy and **N**umeracy

- L - Cliffhanger Stories** – Describe the putts each player makes articulating how close the shot was to the cliff edge using adjectives, similes, metaphors.
- L - Coaching Cliff** – Players take the role of Coach Cliff for their team giving simple feedback using the key points for success and understanding of estimation. How close did your players get?
- N - How far?** – Distance problems and estimation. How far away is the target/cliff edge? How far short was the shot? Estimate and compare to actual distance.
- N - Balancing Act** – Each team has to balance the number of shots that stay in front of the line with those that go beyond the line. If the cliff line is an equals sign, use each of the shots to build simple equations according to a cue card.

Key Points for Success

- > Get the putter ready and aimed using the red part of the club.
- > Practise the tick-tock action then swing to control the roll of the ball.
- > Concentrate on how big a tick-tock you need to play for the distance to be covered – swing same distance back and same distance forward.



"I'm the closest, I score a point!"

"Oh! It's gone over, I know what to do next time!"

"That was too short, I must swing through a little harder."