#StayInWorkOut

Dominoes (Putting)

Primary and secondary challenge card

Place 8 objects (about the size of a cone) in a straight line one behind the other. Standing 3 metres back from the line of targets, try rolling the ball with a putter and hit the nearest target at the front of the line. If you hit it, collect the object. Collect the ball then repeat. How many targets can you hit and collect in 1 minute? Don't reset the cones once collected. Maximum points is 8.

S T T E P

Ideas on how to adapt the activity in a national lockdown.

S — Space

- Reduce the distance between first target and hitting position.
- Reduce the distance between the objects.
- This can be played either indoors or outdoors.

T — Task

- Place the smallest objects the closest and the biggest objects as the targets furthest away.
- Stand sideways from the direction of the putt, with your feet about shoulder width apart.

T — Time

- Play for 1 minute or until all the objects have been hit in order, what's your quickest time?

E — Equipment

- If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object you can find.
- If you don't have a ball, get creative and use a scrunched up paper ball, a pair of socks, or any other object you can find.

P — People

- This challenge can be done from a sitting position rolling the ball with your hands.
- The whole family can play, make the objects smaller or bigger depending ontheir ability.

Activity video link:
Golf Foundation TV - Dominoes

www.yourschoolgames.com

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