

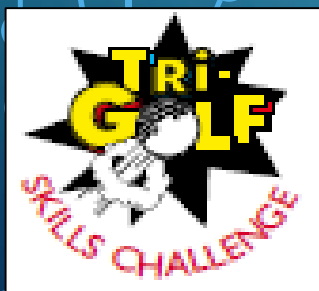


VIRTUAL SCHOOL GAMES

Intra School Competition Programme

GOLF

@TraffordSSP #TraffordVirtualSchoolGames



HOW TO GUIDE



The Tri-Golf Skills Challenge is designed for ks2 pupils although some activity stations (4, 5 & 6) would be suitable for ks1



It can be played both indoors or outdoors depending on suitable space available using standard TRI-Golf equipment.



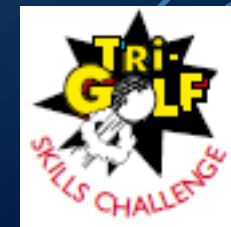
The skills challenge can be played as a TEAM or as an INDIVIDUAL challenge with Sports Leaders explaining and co-ordinating the stations



For a team challenge the recommended number of players in each team is 8 pupils (4 boys and 4 girls). Each team should play each station for 5 minutes to accumulate as many points as possible.



The challenge can be completed over 2 or even 3 sessions if space, the number of helpers and equipment is a constraint.



STATION 1: HIGH 5

Instructions Chip the ball into the marked areas to score points. The more accurate you are the more points you can 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

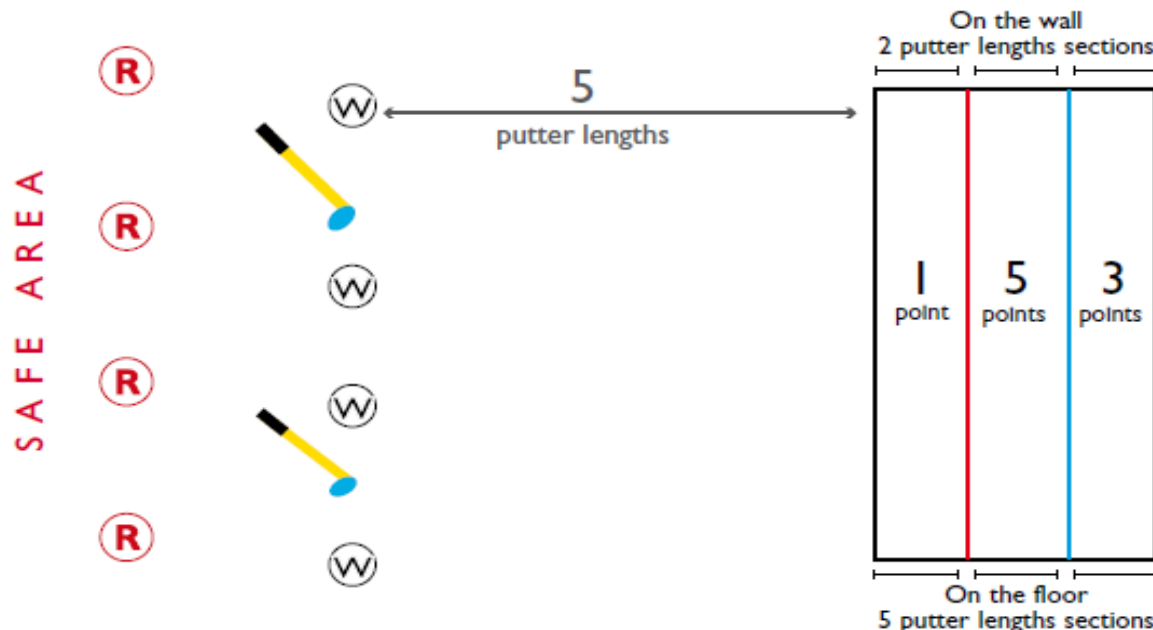
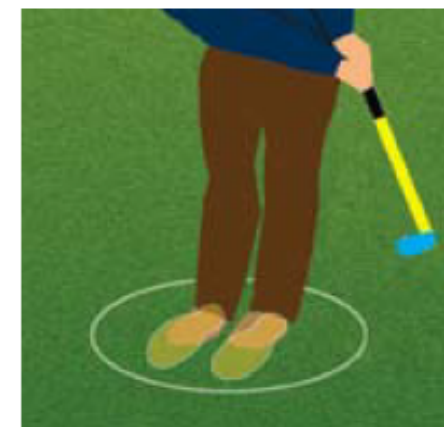
Use cones to mark the areas on the floor if not using a wall

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



STATION 2: CLIFFHANGER

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

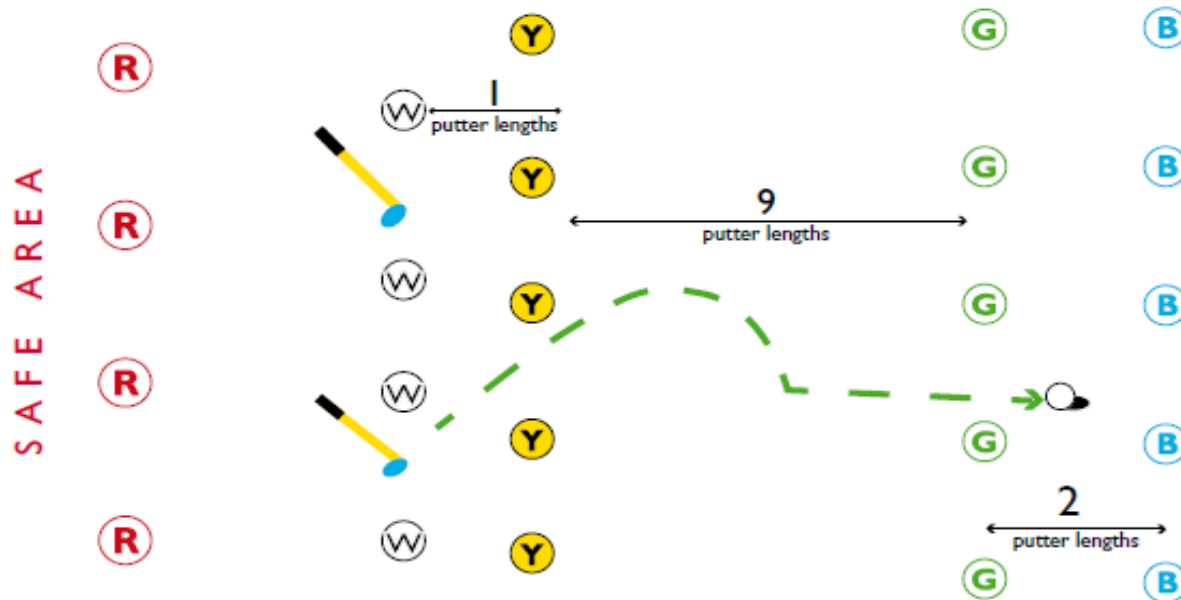
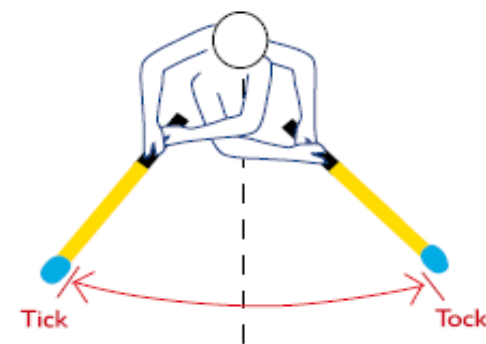
1 x Tri-Golf putter per team
1 x Tri-Golf chipper per team
10 balls per team
Cones as below

Key points for success

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



2. Make an equal Tick-tock swing



STATION 3: DRIVE FOR SHOW

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

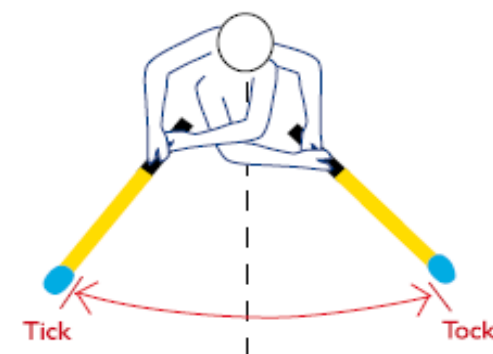
2 balls per team

1 hoop per team

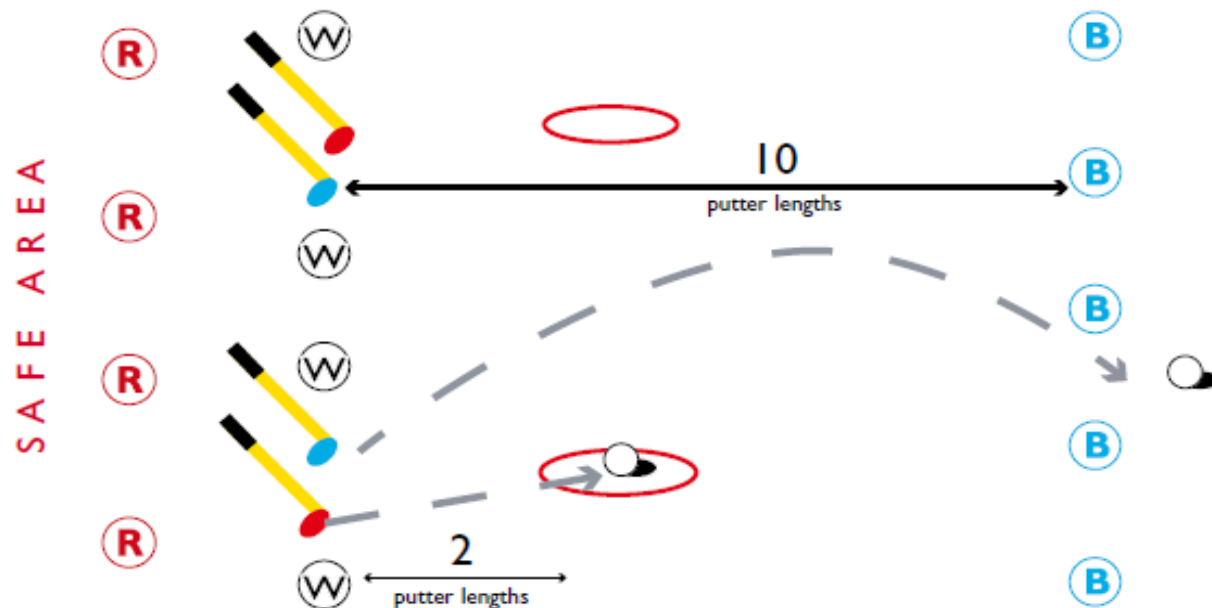
Cones as below

Key points for success

1. Make an equal *Tick-tock* swing



2. Practice and play for success



STATION 4: BUILDING BRIDGES

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 apart 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 bridge scores 10 points

Equipment

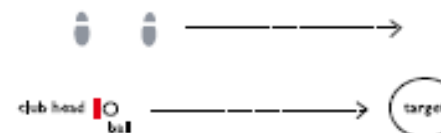
1 x Tri-Golf putter per team

1 ball per team

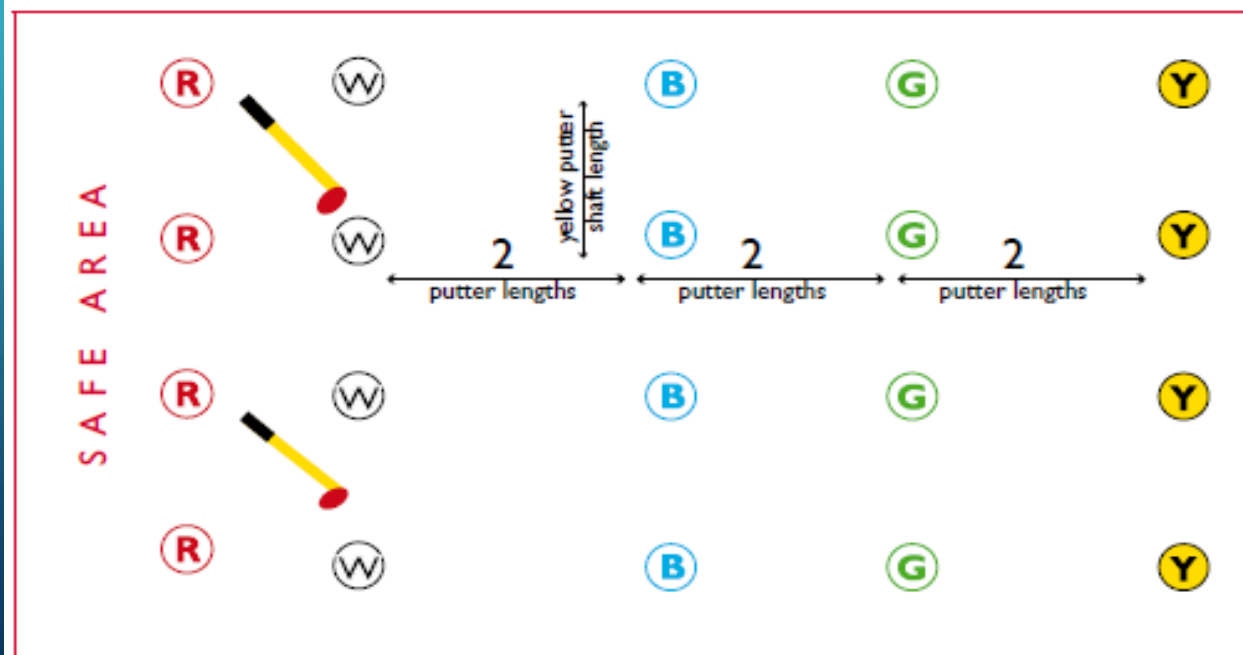
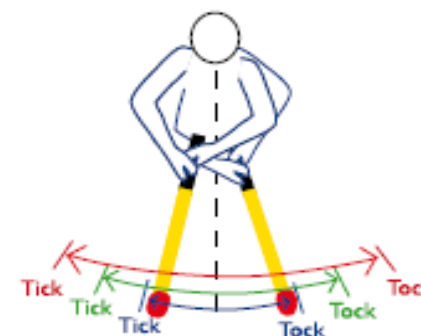
Cones as below

Key points for success

1. Club face behind ball and pointing towards target



2. Use Tick-tock swing to control the roll



STATION 5: THREE IN A ROW

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

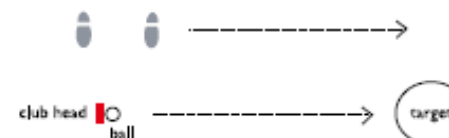
10 points if 3 putts in a row are holed

Equipment

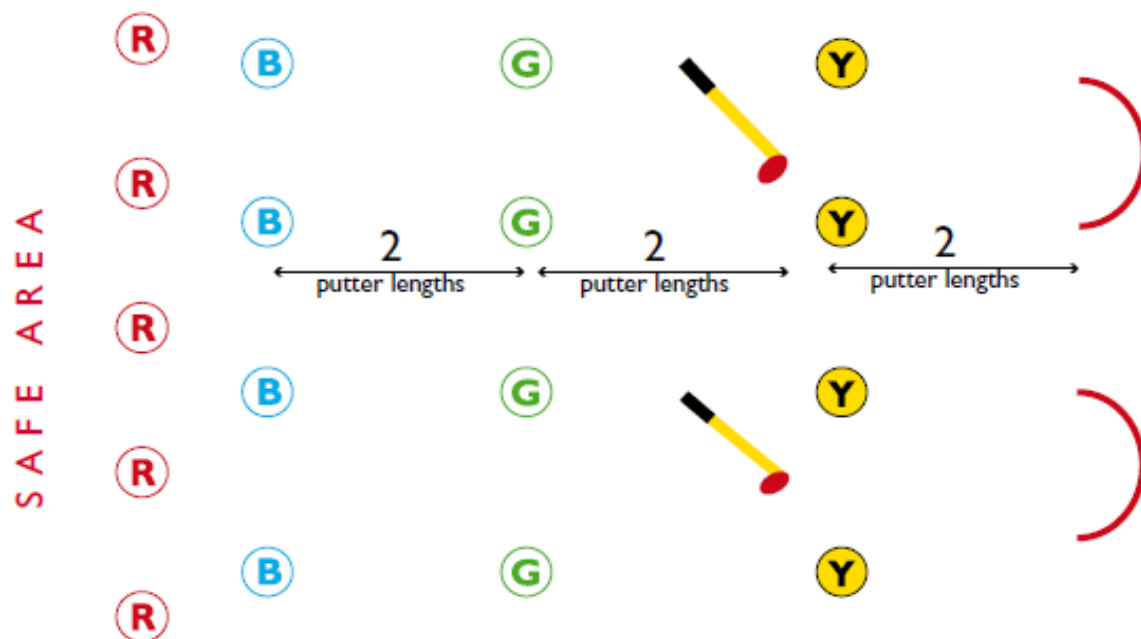
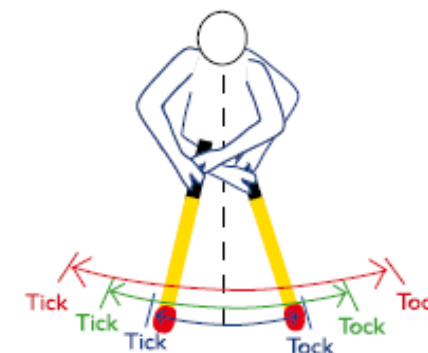
1 x Tri-Golf putter per team
1 ball per team
Half hoop per team
Cones as below

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



STATION 6: FINDERS KEEPERS

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

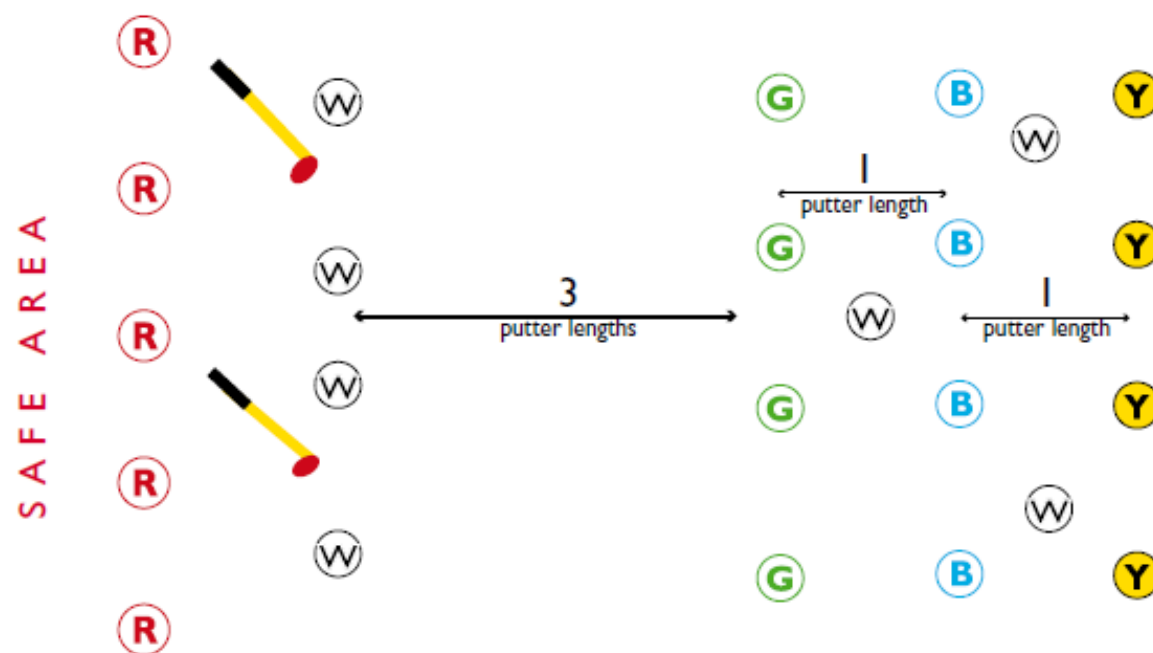
Yellow hit = 10 points
Blue hit = 5 points
Green hit = 1 point
White hit = minus 2 points

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



TEAM SCORE CARD



SCORECARD			
Team Name			
Team No	Game	Score	Total
1	High Five		
2	Cliffhanger		
3	Drive for Show		
4	Building Bridges		
5	Three-in-a-row		
6	Finders Keepers		
	Grand total		
	Signature		

