

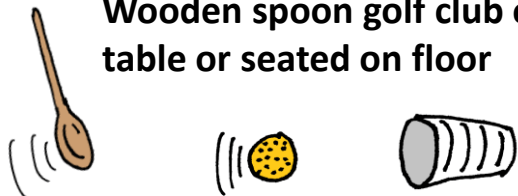
Golf

Primary / Secondary

These fun golf activities are great for developing lots of different skills. Give them a go at home!

You can use any of the following methods for each of these activities. Better still, why not try each activity using a few different methods, and see which one works best for you?

Wooden spoon golf club on table or seated on floor



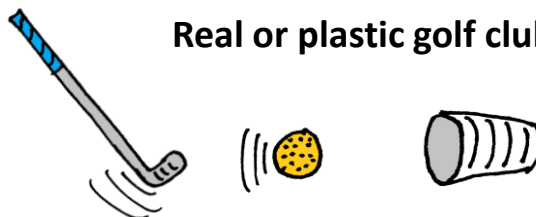
Rolling with hands



Wrapping paper golf club



Real or plastic golf club



SAFETY POINT: Golf clubs can be dangerous if not used carefully. Make sure that you **do not swing the wooden spoon / wrapping paper or real / plastic golf club until you are sure that there is nobody around you.** With all the methods above, make sure there is nobody in front of you when you hit or roll your ball.

GET IN THE CUP!

- Find a suitable space or table to do this activity. You can use an outdoor or indoor space, but ensure that there is nothing around you that you could damage.
- Mark a tee (where you will hit / roll the ball from) and then lie a plastic or paper cup down with the open end facing the tee.
- The aim is to hit your ball with your club towards the cup, attempting to get it to roll inside the cup. If you miss, simply try again.
- Start with the cup close and move it further away as you get better. You could even stand the cup up, and attempt to “chip” your ball in to it.

You will need:

- a plastic or paper cup
- a small ball or rolled up paper
- your choice of golf club or your hands



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DOMINOES

- Find a suitable space or table to do this activity. You can use an outdoor or indoor space, but ensure that there is nothing around you that you could damage.
- Mark a tee (where you will hit / roll the ball from) and then set up your dominoes (toilet rolls / jars / tins / bottles) in a straight line, one behind the other, in line with your tee. The first domino in the line should be a short distance away from the tee.
- The aim is to hit each of the dominoes in order by hitting the ball with your club (or rolling) from the tee.
- Once you hit a domino you can collect it. If you miss, simply try again.
- Why not see how quickly you can hit all of your dominoes, and then challenge someone else at home or try to beat your own time.

You will need:

- toilet rolls / jars / tins / bottles
- a small ball or rolled up paper
- your choice of golf club or your hands

GO FOR THE GREEN

- Find a suitable space or table to do this activity. If you have an outdoor space that would be best.
- Mark a tee (where you will hit / roll the ball from) and then create three target zones with your hoops / cones / skipping ropes, at different distances from your tee.
- Give each target zone a different score. The closest target may be worth 5 points; the next closest worth 10; and the furthest target worth 20.
- Hit the ball with your club (or roll) and see if you can land it in one of the target zones. See how many points you can score in total with 5 goes.

You will need:

- hoops / cones / skipping ropes
- a small ball or rolled up paper
- your choice of golf club or your hands

