

NOTTS SCHOOL GAMES

#stayinworkout

#stayhomestayactive

The School Games Organiser network and Active Notts 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 Notts [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 would 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. 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 nottsschoolgames@activenotts.org.uk

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



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

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

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

PRIMARY

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



MONDAY MOVERS

! Physical literacy/skills

Activity overview

Putting Accuracy:
Finders Keepers
Dominoes
Zone Ball

Equipment needed

Club: bat, racket, frying pan, umbrella or homemade equivalent.
Ball: small ball, tin foil ball or rolled up socks.
Markers: shoes, cereal boxes, tin cans 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, frying pan, umbrella or homemade equivalent.
Hole: mug, bowl or saucepan
Ball: mall ball, tin foil ball or rolled up socks.
Obstacles: books, food tins
School Games value focus
Honesty

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Physical & mental well-being
Golf skittles workout
Golf Bingo

Equipment needed

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

#stayhomestayactive #stayinworkout

THURSDAY THINKING

! Problem solving

Activity overview

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

Equipment needed

Club: bat, racket, frying pan, umbrella or homemade equivalent
Ball: small ball, tin foil ball 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

! Physical skills

PUTTING ACCURACY



10mins

FINDERS KEEPERS

ACTIVITY

- Set out three lines of markers starting approx. 3m away from a players' line. Players 'putt' a ball aiming to hit one of the markers, if successful run to collect the first marker hit
- Markers on the first line are worth one point, the second line two points, the third line three points
- Each player gets five or ten shots, see how many markers you can collect. Repeat the game to see if their score can be beaten
- Extend the Activity: This time nominate some markers as 'bombs', if they are hit the player returns their collection

EQUIPMENT NEEDED

- Club: If you don't have a golf club try using a tennis racket, cricket bat, umbrella, saucepan or you could even make something
- Ball: any small ball, marble, crunched up tin foil or a rolled-up sock!
- Markers: shoes, plant pots, cereal boxes or plastic bottles

! TOP TIPS

- Swing the club back and through the same distance.
- Make sure there is no-one close to you when swinging your club, use a soft ball if playing indoors.

Why not try this now

- Complete the Dominoes and Zone Ball activities to move towards your 30 active minutes

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...

- Use a larger ball
- Move closer to the targets

MORE OF A CHALLENGE

- Move further away from the targets
- If you have the correct equipment try chipping the ball forwards by aiming for the bottom of your ball

MAKE IT INCLUSIVE

- Using a 'club' with a larger head, such as a broom, will make this easier
- You could try rolling/throwing the ball

LEAD OTHERS

- Could you come up with a new points scoring system for this game? What if some markers took points away?

TUESDAY CHALLENGE

! Personal Challenge

CREATE A COURSE



30mins

SCHOOL GAMES VALUE

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 'x' under or over par
- Repeat the course every day and try and beat your score

EQUIPMENT NEEDED

- Club: if you don't have a golf club try using a tennis racket, cricket bat, umbrella, saucepan or you could even make something
- Hole: mug, bowl or saucepan on their side
- Ball: any small ball, marble, scrunched up tin foil 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/1555/tri-golf-skills-festival-pack.pdf>

How can you demonstrate HONESTY throughout this challenge?

Make sure you keep a record of your score and make sure it 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

! [Links to numeracy](#)

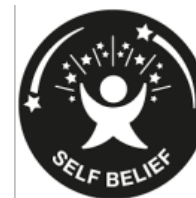
PHYSICAL & MENTAL WELL-BEING



30mins

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 skittles
- 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

- Roll a ball towards the skittles. Or arm/leg raises, seated shadow boxing, squats or seated shoulder presses are all great alternatives!

LEAD OTHERS

- Can you come up with fitness challenges for each person in your house? How would you change the activities to suit each person?

GOLF SKITTLES

ACTIVITY

- Set out ten markers or 'skittles' in a triangle (like ten pin bowling) & write a workout activity & number on paper inside each. E.g. ten push ups, five burpees, 15 sit-ups, 25 star-jumps etc
- Players take it in turns to putt or chip towards the markers – when a marker is hit players complete the activity for the stated number of repetitions before taking their next shot.
- Golf Bingo: Draw a grid to make a bingo card using all the numbers written on your skittles. When you hit a number cross it off your bingo card, who can get a line, row or full-house first?

EQUIPMENT NEEDED

- Club: if you don't have a golf club try using a tennis racket, cricket bat, umbrella, saucepan or you could even make something
- Ball: any small ball, marble, crumpled up tin foil or a rolled-up sock!
- Markers: shoes, plant pots, cereal boxes or plastic bottles.

! TOP TIPS

- Swing your club in a smooth, continuous motion.
- Think about what you have done today, how did it make you feel?

Why not try this now

- Why not research some exercises you haven't done before for your workout?

THURSDAY THINKING

! Problem solving

PUTTING CONTROL



10mins

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...

- Start on the tee closest to the semi-circle target – 2m
- Make the target larger and have some practice shots

MORE OF A CHALLENGE

- Start on the tee furthest away or create your own tee even further away
- Make the semi-circle target smaller

MAKE IT INCLUSIVE

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

LEAD OTHERS

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

ACTIVITY

TUNNEL BALL

- Play Tunnel Ball – set up a semi-circle or half a hoop to act as a target/hole
- Next, mark three tees in a straight line back from the target
- The first tee should be 2m from the target, the second tee 3m away and the third tee 4m away
- Choose which tee you would like to play from and score as follows:
2m = one point 3m = five points 4m = ten points
- The ball must stay in the semi-circle/half hoop to score
- See how many points you can score in five or ten shots

EQUIPMENT NEEDED

- Club: if you don't have a golf club try using a tennis racket, cricket bat, umbrella, saucepan or you could even make something
- Ball: any small ball, marble, scrunched up tin foil or a rolled-up sock!
- Semi-circle/half hoop: socks/clothes

! TOP TIPS

- Swing the club back and through the same distance
- Make sure the ball is in the middle of your feet before you swing

Why not try this now

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

FRIDAY FUN

! Virtual competition

DESIGN A COURSE



30mins

SCHOOL GAMES VALUE

ACTIVITY

- Design and draw on paper or on a 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

- For more great golf ideas, visit the Golf Foundation website: www.golf-foundation.org

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

- You could ask somebody to help you
- Describe it to somebody else and ask them to draw or create the course

LEAD OTHERS

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