

# NORFOLK SCHOOL GAMES

## VIRTUAL COMPETITIONS

### GOLF

#### Who for?

Year 1/2/3/4/5/6 classes

#### Where?

Indoors (school hall) or outdoors (playground or field)

#### How to get involved?

1. Familiarise yourself with all 5 challenges
2. Set up challenges
3. Split class into groups of 5 pupils
4. Allow pupils to practice each challenge
5. Record each pupil's best score for each challenge
6. Calculate class average
7. Submit scores on website  
([www.norfolkschoolgames.co.uk/virtualcompetitions](http://www.norfolkschoolgames.co.uk/virtualcompetitions))

#### Equipment Needed

- 6 x tri golf putters
- 6 x tri golf chippers
- 6 x tri golf balls
- 1 x half hoop
- Cones
- Stopwatch

#### Sports Leadership

Think about how pupils could be used to help staff run the competition. What roles could they help with?

#### COVID-19 Safety

The Norfolk School Games Virtual Competitions should be completed in accordance with your schools COVID-19 PE policy.

#### Safeguarding

Please note that the virtual competitions are covered by the Norfolk School Games safeguarding documents and policies  
([www.norfolkschoolgames.co.uk/information](http://www.norfolkschoolgames.co.uk/information)).

#### School Games Values

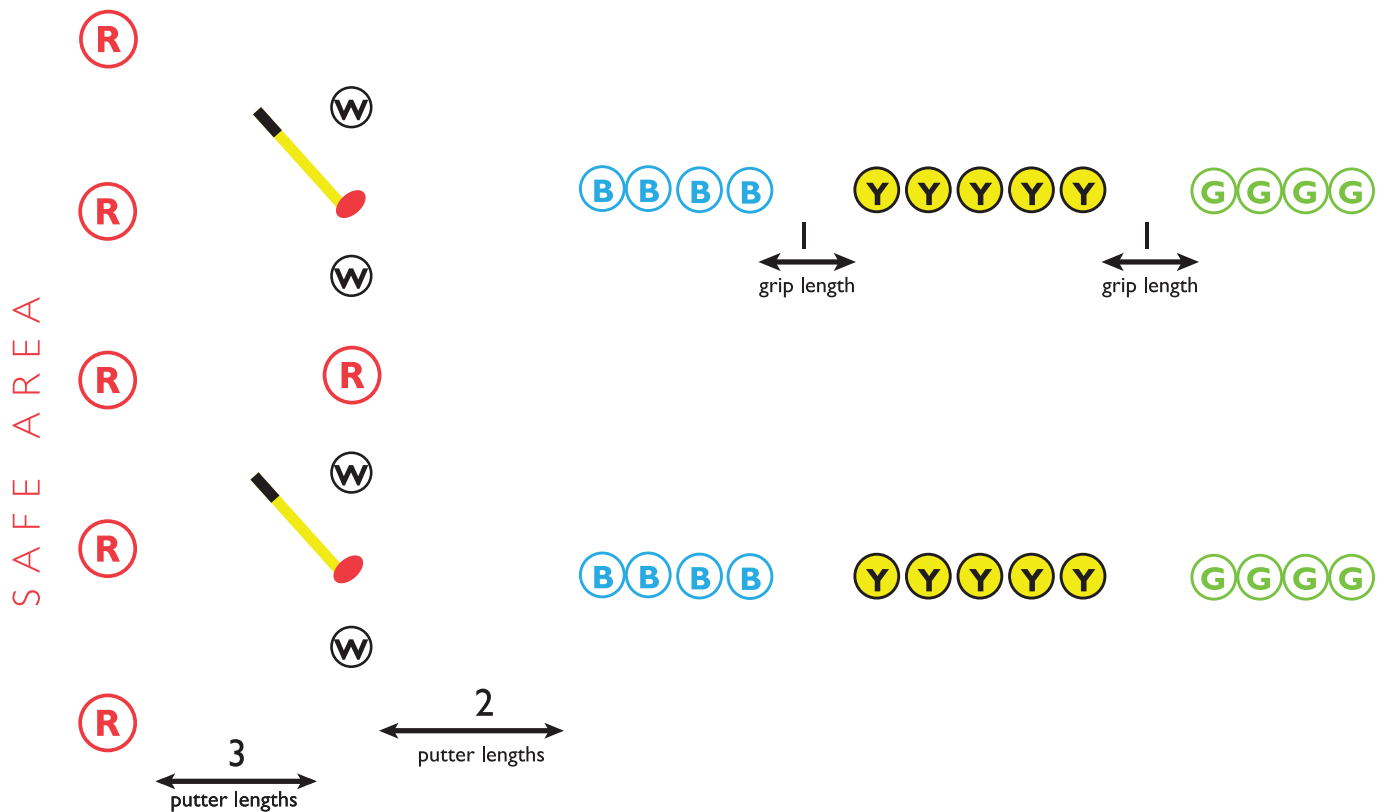
During each of the competitions pupils are challenged to demonstrate the School Games values;

- **Determination** - Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self discipline to overcome obstacles, commit to your goals and keep working everyday to become the very best you can be. Don't hold back!
- **Passion** - Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.
- **Respect** - Respect for the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect everyday, for every sport and everyone.
- **Honesty** - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win, not the best cheat.
- **Self Belief** - You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.
- **Teamwork** - Treating everybody equally, supporting each other and working together to achieve at your very best level. Celebrate each others successes and be a positive team player.



**Challenge 1 – Dominoes**

Resources and images courtesy of the Golf Foundation



**Instructions**

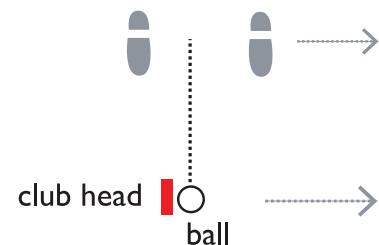
- Set up equipment as per diagram (above)
- Team of 5 on each tee (white cone)
- 13 cones in a straight line from the players
- Pupils should try to roll the ball with the putter to hit the cone nearest to them, if they hit it they collect it.
- The cones must be hit in order
- Each pupil has a turn and then joins the back of their teams' line
- 5 minutes practice
- 5 minutes play, to score as many points as possible as a team

**Scoring**

- Teams aim to score as many points in 5 minutes as possible.
- Score 1 point for hitting each blue cones, 5 points for yellow cones, 10 points for green cones.
- 69 points maximum per team of 5

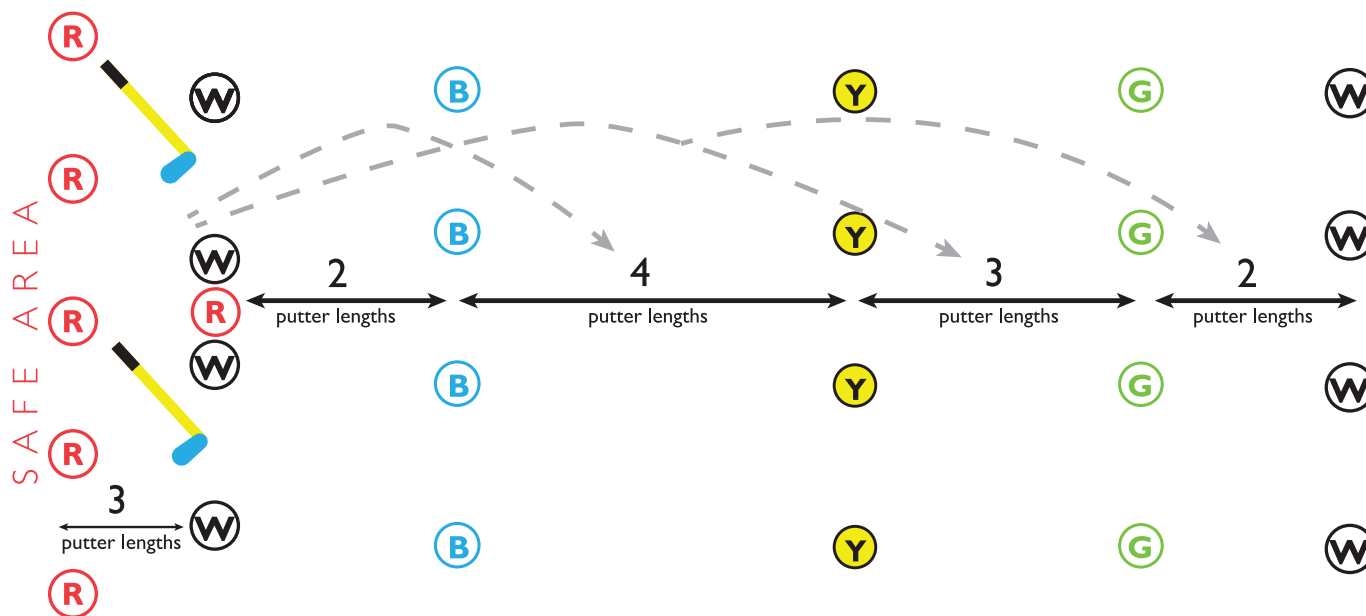
**Top Tip**

- Club ready and aim using the red part of the club



**Challenge 2 – Grand National**

Resources and images courtesy of the Golf Foundation



**Instructions**

- Set up equipment as per diagram (above)
- Team of 5 line up behind each tee (white cone)
- Pupils chip the ball in the air over the 'fences' made from cones to score points
- Each pupil has a turn and then joins the back of their teams' line
- 5 minutes practice
- 5 minutes play, to score as many points as possible as a team

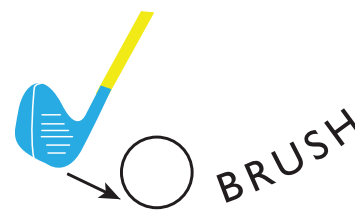
**Scoring**

- Over blue = 1 point
- Over yellow = 5 points
- Over green and before white = 10 points

Score from where the ball lands and not where it stops. Any shot landing over the white cones score 0 points.

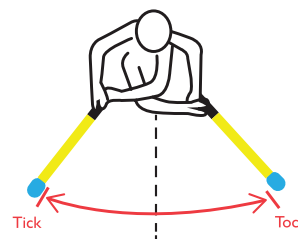
**Top Tip**

- Brush the ground to get the ball into the air



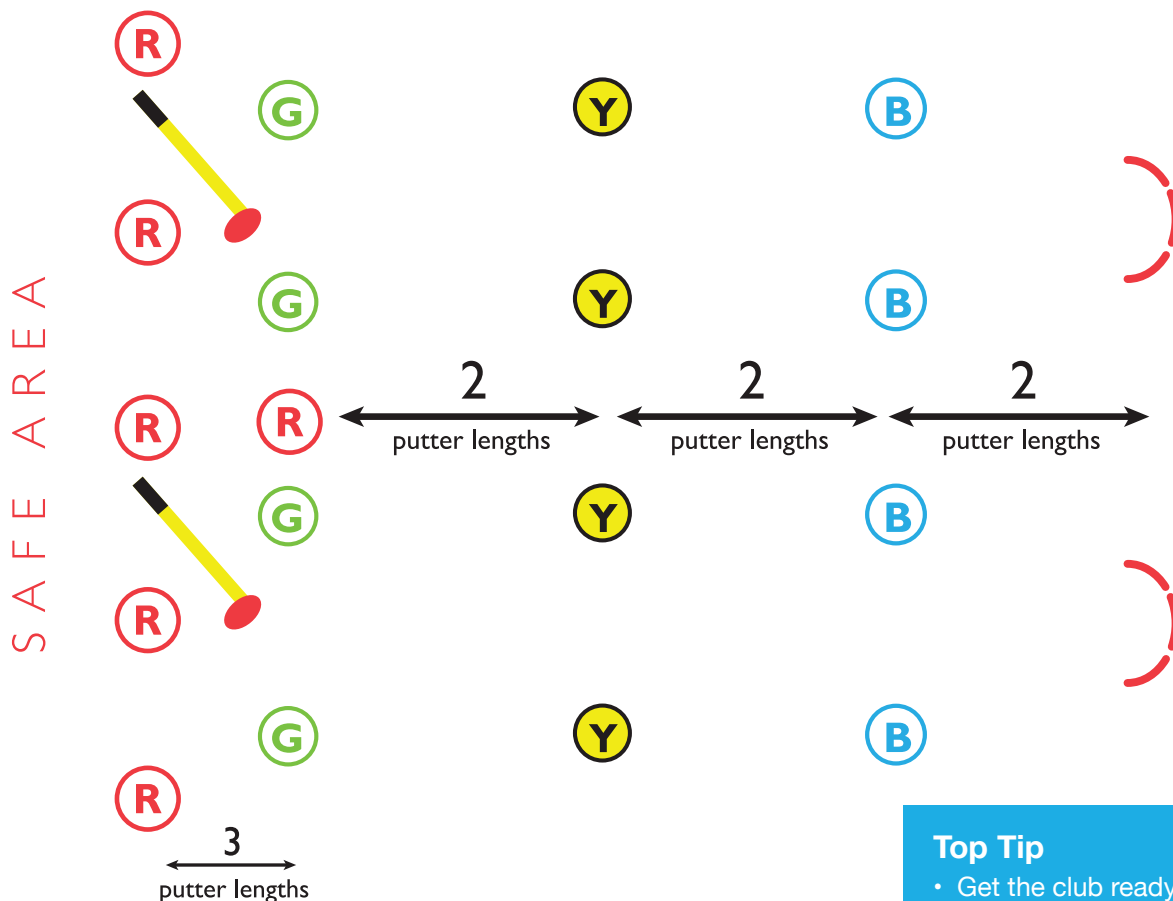
**Top Tip**

- Make an equal Tick Tock swing



**Challenge 3 – Tunnel Ball**

Resources and images courtesy of the Golf Foundation



**Instructions**

- Set up equipment as per diagram (above)
- Team of 5 line up behind each tee (white cone)
- Pupils putt the ball down the tunnel into the half hoop without hitting any cones
- Pupils choose which tee they would like to play from – green, yellow or blue
- The furthest tees reward you with more points
- 5 minutes practice
- 5 minutes play, to score as many points as possible as a team

**Scoring**

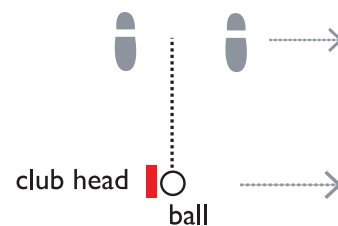
Putting the ball into the hoop

- From blue tee = 1 point
- From yellow tee = 5 points
- From green tee = 10 points

The ball must stay in the half hoop to score points

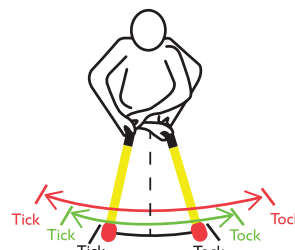
**Top Tip**

- Get the club ready and aimed using the red part of the club



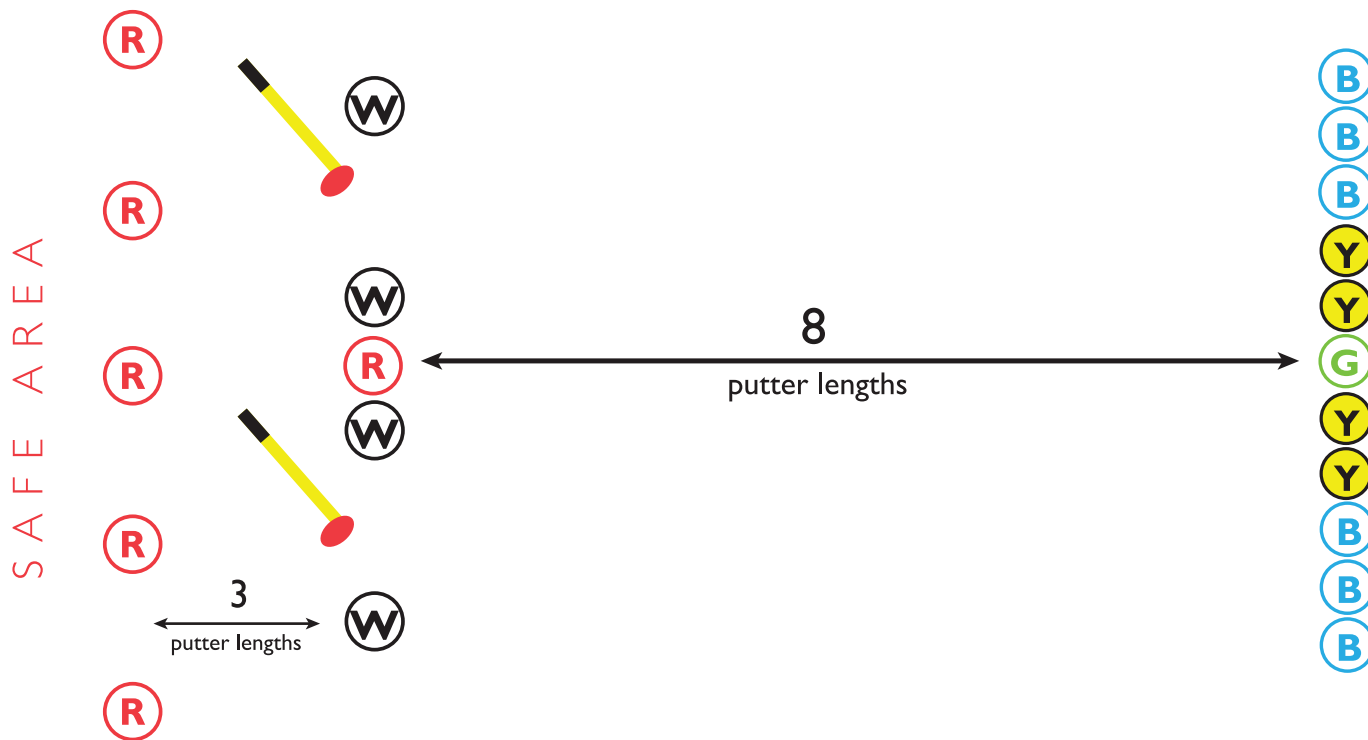
**Top Tip**

- Use a Tick Tock swing



**Challenge 4 – Zone Ball**

Resources and images courtesy of the Golf Foundation



**Instructions**

- Set up equipment as per diagram (above)
- Lay out the cones so they all touch
- Team of 5 line up behind each tee (white cone)
- Pupils putt the ball to hit the cones
- Try to hit the green or yellow cones to score the highest points
- 5 minutes practice
- 5 minutes play to score as many points as possible as a team

**Scoring**

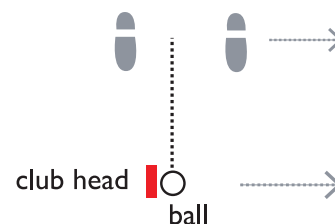
Pupils are score the following points for hitting cones.

- Blue = 1 point
- Yellow = 5 points
- Green = 10 points

Pupils should collect their own ball after each attempt. Cones should not be collected.

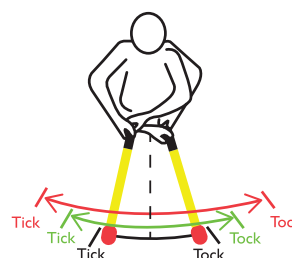
**Top Tip**

- Get the club ready and aimed using the red part of the club



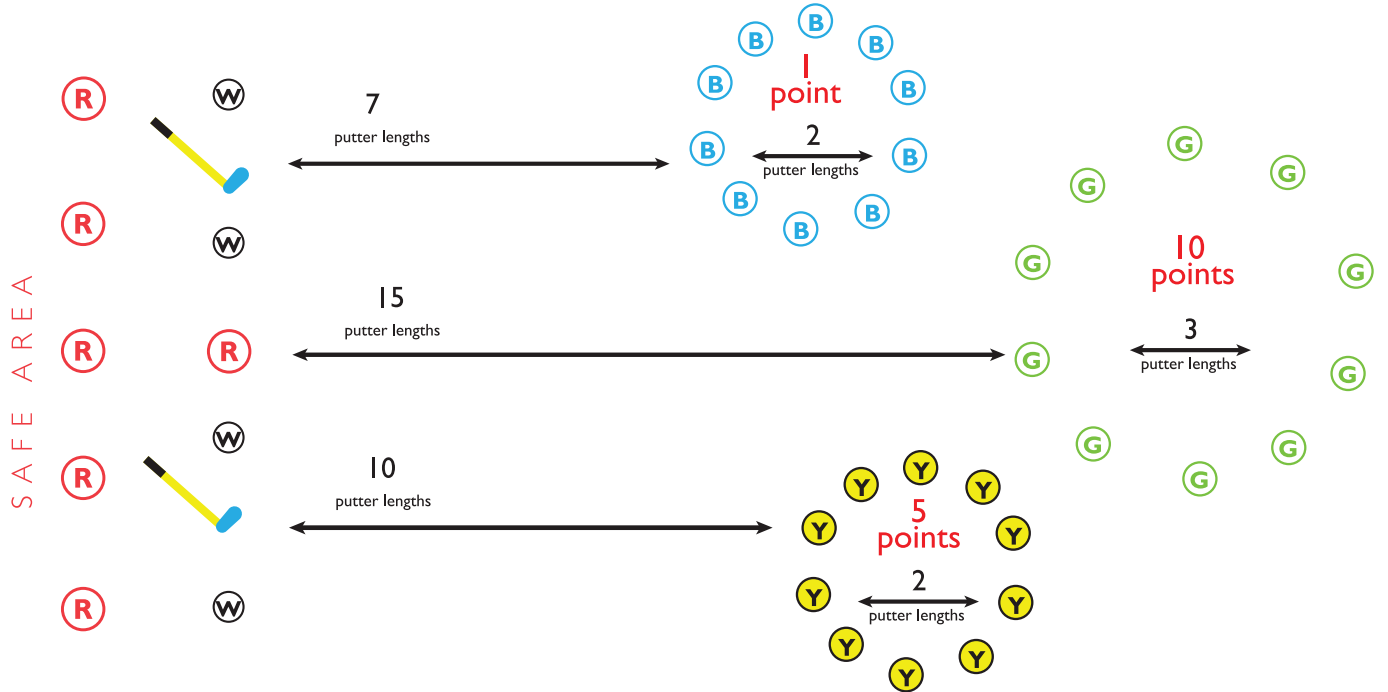
**Top Tip**

- Use Tick Tock swing



**Challenge 5 – Go for the Green**

Resources and images courtesy of the Golf Foundation



**Instructions**

- Set up equipment as per diagram (above)
- Team of 5 line up behind each tee (white cone)
- Pupils start from white cones and try to strike the ball on to the targets (greens)
- 5 minutes practice
- 5 minutes play to score as many points as possible as a team

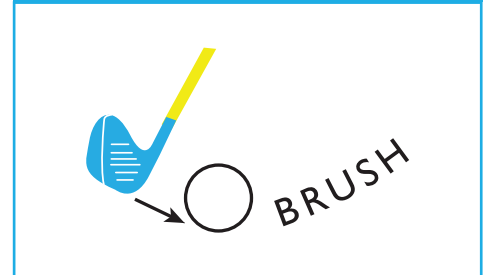
**Scoring**

Pupils score the following points depending on where their ball finishes.

- Finishes in Blue target = 1 point
- Finishes in Yellow target = 5 points
- Finishes in Green target = 10 points

**Top Tip**

- Brush the ground to get the ball into the air



**Top Tip**

- Hold balance at the end of the swing for a count of two



## How to enter

Record pupils scores for each challenge on the class score sheet. Calculate how many points pupils have achieved for each challenge (see points table). Calculate your class average score.

Submit your class average score at [www.norfolkschoolgames.co.uk/virtualcompetitions](http://www.norfolkschoolgames.co.uk/virtualcompetitions). Deadline for entries is 5pm on Friday 11th December

## Download a Certificate

Schools can download and print a Participation Certificate for each pupil that has taken part. They can also download a Sportsmanship Award Certificate for pupils who have demonstrated the School Games Values whilst participating in the virtual competitions. To download certificates visit [www.norfolkschoolgames.co.uk/virtualcompetitions](http://www.norfolkschoolgames.co.uk/virtualcompetitions).

**Score Card**

Team Name			
	Challenge	Score	
1	Dominoes		
2	Grand National		
3	Tunnel Ball		
4	Zone Ball		
5	Go for the Green		
		<b>TOTAL</b>	

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Team Name			
	Challenge	Score	
1	Dominoes		
2	Grand National		
3	Tunnel Ball		
4	Zone Ball		
5	Go for the Green		
		<b>TOTAL</b>	

**Class Results Table**

School name .....

Class name ..... Year group .....

	Team Name	Total Points
1		
2		
3		
4		
5		
6		
<b>Class Total Points</b>		
<b>Average Points (Class Total Points ÷ Number of Groups)</b>		