



# Golf



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## **Basketball Golf**

By: Ian Johnson

The full gym is transformed into a six hole course. Each net represents a hole. Par for each hole is posted at the hole. Each hole has a maximum of 6 shots per contestant. Every contestant is given a scorecard. Each hole is monitored by a Marshall who demonstrates the shot and records the scorecard. Rankings are posted. Winners are announced based on age and gender (ie. Girl's Junior Winner is...)

### **Hole 1 (In the Dark) (Par 4)**

- Blind folded shot

Materials Needed: Blindfold, Basketball

### **Hole 2 (The Super Ball) (Par 3)**

- Bounce the ball off of the floor and in

Materials Needed: Basketball

### **Hole 3 ("Been a Long Day" Shot) (Par 4)**

- Shot while sitting in a chair

Materials Needed: Basketball, chair

### **Hole 4 ("The Cold Shoulder" Shot) (Par 3)**

- Back to the net, from the free throw line

Materials Needed: Basketball

### **Hole 5 ("Why Make Things Complicated" Shot) (Par 2)**

- Standard free throw

Materials Needed: Basketball

### **Hole 6 ("Downtown" Shot) (Par 3)**

- Shot from 3 point range

Materials Needed: Basketball

More Hole Options by: Chris Wilson

### **Hole 7 ("Old Folks" Shot) (Par 3)**

- Granny Shot(Between the legs like a beginner bowler)

Materials Needed: Basketball

### **Hole 8 ("Catch you on the rebound" Shot) (Par 5)**

- Shot that must rebound off a wall and then go in the net

Materials Needed: Basketball



## Hula Golf

A.K.A. Frisbee Golf

By: Theresa Galea

**Topic:** Low Organizational Target Game

**Grade Level:** Grade 3+ (depends on how challenging the layout of the course is)

### **Expectations:**

#### Overall

PAV.01: Demonstrate personal competence in applying movement skills and principles

ALV.01: Demonstrate safe practices regarding the safety of themselves and others

LSV.03: Use appropriate social skills when working collaboratively with others

#### Specific

PA1.01: Use and combine movement skills in a variety of physical activities

PA2.01: Demonstrate understanding of specific rules and guidelines for participation in recreation and sport including team, group, dual, and individual activities

PA2.03: Explain appropriate strategies or tactics that enhance performance in specific situations and conditions

AL3.01: Apply guidelines and procedures related to safe participation in physical activity

LS3.01R: Contribute to the success of the group verbally and non-verbally

### **Assessment:**

As the game is being played, the teacher should observe and provide verbal feedback on technique and strategy. It may be necessary to review the skills involved in throwing and aiming for a target. Students are meeting the expectations if they are successfully hitting the targets, getting exercise, working together, playing safe, and having fun!

### **Equipment:**

9 hula hoops, 9 pylons, 9 Frisbees (OR tennis balls, large/small nerf balls, rugby balls, birdies, rubber chickens, etc.), score cards and pencils, playing field (soccer, football) OR gymnasium

### **Description of the Activity:**

Once the layout of the nine holes are determined, a group of four head to their designated hole to start. Rotating holes in natural progression, players (individually or collaboratively) must throw a Frisbee to hit (or land in) the hula hoop in the least possible number of attempts (similar to golf). To ensure everyone is active, players must jog/speed walk between shots. Also, each player must do a fitness activity (eg. Pushups, crunches, star jumps, etc.) at the end of each hole based on their score from that hole.

**Rules of Play:**

1. All players must play with the same equipment.
2. Count the number of throws it takes to hit the target.
3. Must play Frisbee/ball from where it lands.

**Scoring:**

Once all teams have played an equal number of holes, the score cards are added up and the player/team with the least number of throws wins!

**Strategy:**

Players may watch others and adjust their own technique between throws. Players should also alter their throw due to weather conditions (eg. if windy, throw lower). If the game is set up like a Scramble, teammates must decide. Who should take the first shot? Who is most accurate? Who gets most distance?

**Safety Concerns:**Generic

According to:

4a) of the Physical Education Safety Guidelines (Secondary-Curricular), the teacher must ensure the playing field is free from hazards prior to the start of the game. This can be incorporated into the set up of each hole. If there are potential hazards, students and administration must be aware of them (goal posts, uneven ground, etc.)

3b) All jewellery must be removed or taped to cover.

Specific

Since Hula Golf is not in the Safety Guidelines, golf is the activity that resembles it the most. Appropriate clothing and running shoes must be worn. Be sure to avoid 'crossing fairways' when planning the course layout. This activity requires on-site supervision.

**Possible Modifications/Adaptations:**

1. Students can work with a partner and alternate shots or use the best score (Scramble or Best Ball format).
2. The distance between targets and the number of targets can be adjusted depending on the time and ages involved.
3. An indoor version could be created using birdies instead of Frisbees.
4. Injured or special needs students may travel around the course as a 'caddy' for a team and provide assistance and guidance to teammates.
5. Modify throwing styles (opposite hand, through legs, make up own.)
6. Redo hole if waiting for the next 'tee' to open.



## Noodle Golf

This game comes from page 65 in CIRA Ontario's book: *Oodles of Noodles*.

Equipment: One large noodle for every player, 18 pylons, one ball for every player

Objective: To complete the "golf" course, taking as few shots as possible.

### Instructions:

- Create a golf course using pylons as targets or "holes." It can be set up indoor or outdoor equally well.
- Give every player a large pool noodle and a ball. The size of the ball can vary, depending on the age and skill level of the group. A smaller ball is more difficult to hit, but it goes further.
- Players move around the golf course, using their noodles as clubs and keeping track of the number of shots taken. The player who takes the fewest shots wins.



## Tournament Version: Golf

By: Chris Wilson

I am looking for a large number of activities that could be run as one time tournaments. One for every Friday of the school year is my goal. So far I have:

- Four Square(Quick hands, Pele & Pairs)
- **Golf( Frisbee, Fox Tail, Soccer & Basketball)**
- Bump
- Two ball
- Ping Pong
- Decathalon

Do an event each week.