



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Golf

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Driving the ball	<p>This activity is to practice a powerful stroke in golf called a drive. Depending on the size of your space see how far you can drive the ball.</p> <p>You can use a wall to drive the ball against too, see how far away from the wall you can drive the ball and still hit it.</p> <p>Close to the wall</p> <p>Medium distance from the wall</p> <p>Further away from the wall</p> <p>Teaching points (good stance, good grip, eye on the ball, smooth swing of club (broom)).</p>	If you have more than 1 person then you can see who can drive the ball the furthest.	<p>Golf club (broom stick)</p> <p>Ball</p> <p>Tee (something to hit the ball off)</p>	Distance measuring
10 – 15 mins	Putting the ball	<p>This activity is to practice putting the ball, find something to act as a hole that you can hit the ball in to and try to get it in as many times as you can.</p> <p>Get the ball in the hole 5 times</p> <p>Get the ball in the hole 10 times</p> <p>Get the ball in the hole 15 times</p>	<p>If you have more than 1 person you can see who can get the most balls in the hole.</p> <p>You can also see who can put the ball from the furthest distance.</p>	<p>Golf club (broom stick)</p> <p>Ball</p> <p>Hole (something to hit the ball in to)</p>	Counting



		Teaching points (good stance, good grip, not too hard, smooth swing).			
10 – 15 mins	Crazy golf	<p>For this activity you need to create your own crazy golf course using any objects you can find that are appropriate.</p> <p>Once you've created it give it a go and see how many shots you can do it in.</p>	If you have more than 1 person you can see who can get around the course in the least amount of shots.	<p>Golf club (broom stick)</p> <p>Ball</p> <p>Hole (something to hit the ball in to)</p> <p>Obstacles for course</p>	Counting