

## TUESDAY CHALLENGE

# CREATE A COURSE



30mins

**i** Personal Challenge

### 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

### **i** 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>

SCHOOL GAMES VALUE

### 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?