



SPAR Lancashire School Games

Stay at Home Heroes – Tri Golf

Challenge yourself, and your friends, to see who is a pro at **'putting practice'**

How to play:

1 small ball such as a tennis ball or scrunched up piece of tin foil

1 item such to act as your golf putter. Such as a broom, plank of wood, umbrella, cricket bat. If you have a golf putter, hockey stick, great, they can also be used.

1 stopwatch/phone

- Line up 10 items – for example water bottles, tins, shoes etc. These are your 'golden eggs'
- Include 3 additional random items that are 'bad eggs'
- Set a 'tee' up 3m from the targets
- You have a total time limit of 60 seconds to collect as many golden eggs as possible.
- Every time you hit a 'golden egg' run out and collect the egg(s) you have hit.
- Every time you hit a 'bad egg' return 2 of your 'golden eggs' to the line.
- At the end of 60 seconds count up how many golden eggs you have.
- If you have hit all the golden eggs before your 60 seconds is up, set up the eggs again, keeping track of your score and continue to add up your eggs.

Make it harder: Move your tee further away or add in more 'bad eggs'

Make it easier: Move your tee closer or take out the 'bad eggs'

Make it inclusive: Sit down and or use your hand to roll the ball or try using your foot to kick the ball to the target.

Video Demonstration

Time yourself climbing (crawling) the route and send a by **15th June (please note some areas will have their own deadline, contact your School Games Organiser for details)** and post your attempts on social media use the hash tags when posting on any social media; #LancsGames20 and #GolfChallenge and state your name, district and the school you are from.

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using your School Games Organiser contact details.

We will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

By sending in your entries you are consenting to us using any videos and images. If this is not the case, please make that clear on your replies.