

# Spar Lancashire School Games

## Stay at Home Heroes Challenge

### Linked to Learn! 4 - Target Games

Are you ready to take part in our Lancashire School Games Hero Challenge?

### Tri-Golf - Putting Practice!

Can you make a put? Can you hit the targets?

#### You will need:

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 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 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 foot to kick the ball to the target.

## Video Demonstration

### Share your videos and photos with us:

We want to see you trying this challenge at home, please share your videos and photos to;

[Twitter- @LancSchoolGames](#)



[Facebook- @LancSchoolGames](#)



[Instagram- @lancshireschoolgames](#)



### Other activities for you to 'tri'-golf:

#### Golf Skittles

Set up 10 items in a triangle formation like a Ten Pin bowling formation

You have a maximum of 5 shots, what is your total score?

#### Create a Course

Create a golf course around your home - one hole per room, for example.

*For your holes, use mugs, bowls or saucepans on their sides.*

- Set the 'par' (expected number of shots to get the ball in the hole) for each hole, for example:
  - par 1, hole one: Bathroom
  - par 2, hole two: kitchen
  - par 3, hole three: lounge
  - par 4, hole 4: Garden ...
- 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