

Multi Skills Festival– Tri-Golf Putting

Learning Outcome:

By the end of the activity, pupils will be able to hit a ball using a golf putter and aim for a target.

Physical Outcomes:

Mobility ☒

Agility ☐

Speed ☐

Strength ☐

Power ☒

Fundamental

Movement Skills:

- Walking
- Pushing
- Striking
- Collecting
- Extending
- Bending

Personal Challenge:

With each attempt, can you hit more cones than you did the previous time.

Equipment Needed

- 4-5 Tri Golf Putter
- 4-5 Tri Golf Balls
- 15-20 Cones (Different Colours)

Safety Points

- Pupils who are not putting must wait behind the waiting line.
- Place the putter on the floor and do not take it with you to collect the ball.

Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Explain that the activity is going to focus on putting and hitting which is used in Tri Golf.
- Give a clear explanation of activity
- Provide a visual demonstration.
- Split pupils into small groups (4-5 pupils).
- Pupils stand in a line in their groups behind the waiting line.
- The first pupil in each of the groups picks up the putter and aims to hit one of the cones.
- The pupil puts the putter down and runs to collect their ball. If they hit a cone, they pick it up (if they hit more than one, they only collect the first).
- Pupils keep trying until all of the cones have been collected.
- For the second attempt, challenge the pupils to see which group can collect the most cones.

REMEMBER- SMILES

Safe: Participants feel physically and emotionally safe.

Maximum Participation: Participants are fully involved all of the time.

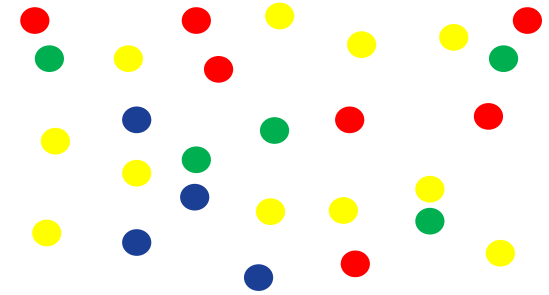
Inclusive: All participants can take part.

Learning: Participants develop personal, social, creative, thinking and physical skills.

Enjoyment: Activities recognise individuals personal needs and interests.

Success: Participants feel they are making progress and getting satisfaction.

Diagram



Coaching Points

- Feet behind the putting line
- Hold the putter with two hands with your dominant hand below your non-dominant hand.
- Swing the putter equally backwards and forwards (tick-tock motion).
- Stand sideways with your feet shoulder width apart.
- Aim for a specific cone.

Easier/Harder (STEP Principle)

- Space: Move the cones closer or further away from the putting line.
- Task: Aim for a specific colour of cones or award points for the number of cones hit.
- Equipment: Increase or decrease the number of cones.
- Participants: Increase or decrease the number of pupils on a team.