



WILTSHIRE VIRTUAL SCHOOL GAMES: Tri-Golf



THE CHALLENGES

Putting Practice

- Place a bucket, tub or waste paper bin on its side to use as a target
- Put markers at 1 metre intervals from the target (at 1m, 2m, 3m and 4m)
- Putt your ball from each marker in turn (1m, 2m, 3m, 4m, then back to 1m, 2m, 3m, etc.) and try to get it in your target
- Score 1 point every time you get the target
- How many points can you score in 2 minutes?

Frisbee Golf Target

- Mark a target on a wall/fence at shoulder height
- Mark a starting line 5 metres away from your target (roughly 5 large strides)
- Stand behind the starting line and try to hit the target with your frisbee
- How many times can you hit the target in 2 minutes?
- To add a creative challenge, can you make your own frisbee and decorate it?

Find demonstration videos and more advice on our website

WHAT YOU WILL NEED

Space

Inside or outside. You will need a flat, even surface for Putting Practice and a wall/fence for Frisbee Golf

Task

In Putting Practice, if you miss the target just move on to the next marker. You can do 1 task or both.

People

You may need someone to time you and to video you doing the challenges

Equipment

Putting Practice: You will need a target (bucket, tub or waste paper bin), one ball (any kind is fine), a golf club (or you could use a hockey stick, umbrella or similar) and 4 markers (e.g. chalk marks, items of clothing, paper, cones).

Frisbee Golf Target: You need a frisbee (or you can make one out of 2 paper plates stuck together) and a target 50cm wide (this could be chalk on a wall, a pinned up banner or poster, or a natural feature)

For advice on how to make these activities more inclusive, visit our website

SEND US YOUR VIDEO ENTRY

Submit your video before 3pm on Friday 19th June at:

www.wiltssport.org/virtual-school-games

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