

STAY ACTIVE CHALLENGE!

PHYSICAL ACTIVITY

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CHALLENGE NAME

Crazy Golf

DURATION

20 minutes

EQUIPMENT NEEDED

9 pieces of paper or card

1 pair of rolled up socks or ball

Anything to make obstacles

CHALLENGE DESCRIPTION

This week's challenge is both creative and physical.

1. Number your paper 1-9 and place them on the floor around your playing area these are your holes, the further apart they are the more challenging your course is you could also use tins, shoes or household objects as obstacles.
2. Put your socks/ball at least 2m from number 1, using your foot you must try and get your socks or ball **ON** number 1 hole. This is then your starting point for hole 2, 2 your starting point for hole 3 and so on.

Challenges:

1. How many kicks does it take you to get around your whole 9 holes? Can you practice and improve?
2. How quickly can you get around your whole golf course time yourself?
3. Challenge your family! **You can use your hands to simplify or a broom handle to make this tougher.**

CHALLENGE OUTCOMES

This challenge will help individuals with their over all fitness due to the timed element involved but is also created to improve hand/eye and foot/eye coordination alongside accuracy as players must get their ball or socks **DIRECTLY ON** their hole before continuing to the next one.

Teachers/parents may want to make this challenge harder by having smaller paper or card for holes.

STAY CONNECTED

We'd love to hear how you got on with this and our other challenges. Engage with us on one of our social media platforms: TWITTER – brox_active_sch INSTAGRAM - @broxtoweactiveschools .

Remember to log your active minutes at www.broxtoweactiveschools.co.uk/active60 or ask your teacher for a log sheet.