



### What's unique about Golf

The Golf Foundation's School Games offer is essential for any event calendar. The Golf Foundation's Skills Festivals are perfect for mass participation, while the GolfSixes Mini League offers a true Golf course experience. Both promote teamwork and individual skills, developing life skills through 'Mental Toughness Tools' in a fun, inclusive setting so they can be used with more targeted intent. Both formats are adaptable for school sites or local Golf club facilities and are complemented by the 'Unleash Your Drive for Schools' programme. A six-lesson scheme of work that contains elements from both formats and provide the ideal preparation for School Games events.

### What is the intent of your format



Build social skills and connections (i.e. sense of belonging)



Improve health and wellbeing (i.e. 60 active minutes)



Engage new/target groups of young people (tackling inequalities)

Our offer teaches basic Golf skills that boosts confidence when put to the test. The formats include 'Mental Toughness Tools' to help participants stay focused, embrace challenges and handle setbacks. The fun activities promote teamwork and let players succeed on their own and as part of a team, building social skills and friendships. The formats create positive experiences that make participants feel good about themselves and their achievements. Young leaders play a vital role delivering activities and mentoring participants. Through this, they develop leadership and life skills. The Golf Foundation's School Games offer supports our mission to provide young people with a fun & inclusive introduction to Golf.

### Target group benefits



All young people

The Golf Foundation School Games formats are designed to be inclusive, ensuring all young people can participate. With Golf being an individual sport and using formats that can be adapted, it can cater for those with behavioural challenges, boys and girls. Additionally, the formats can be tailored for students with Special Educational Needs and Disabilities (SEND) and other targeted groups. This inclusive approach promotes a sense of belonging and ensures everyone, regardless of their background or circumstances, can engage in and benefit from the School Games Golf activities.

### It's just not Golf if you...

1

Take away the challenge

2

Don't bring out etiquette and values associated with Golf

3

Don't have fun with friends





### How to run inter-competition: Golf Foundation 8-Game Skills Festival



#### How to set up

The Golf Foundation 8-Game Skills Festival features a carousel of eight putting and chipping Golf games designed for fun and engagement.

Each game has easy-to-follow cards and supporting videos to aid setup. Players rotate through the eight games in their teams, aiming to score points during a five-minute period.

Eight Mental Toughness Task Cards are included to help players during the games (and in their wider lives), develop resilience and personal growth.



#### Age group

KS2 (7-11-year-olds)



#### Gender

Mixed (5 girls and 5 boys)



#### Participant numbers

Teams of 10 with one team on each station = up to 80 participants.

Plus 4 rest stations (if more teams) = 120 children.

There is more flexibility on numbers in our intra-competition.



#### Target audience

This festival format welcomes all children, enabling players of all abilities, including less sporty and inactive to participate together, encouraging inclusivity and enjoyment for everyone.



#### Benefits for YP

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience by learning and applying 'Mental Toughness Tools'
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions through breathing techniques
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
- Learn how to set realistic goals and work towards achieving them through the goal setting task
- Aspire to improve and challenge themselves
- Have confidence in their abilities
- Learn eight 'Mental Toughness Tools' to use during the festival and in their wider lives.



#### Roles for YP

Young leaders are crucial to this festival format. At least one, ideally two should be deployed to each station to provide game explanations, demonstrations, and keep score.



#### Progression

'Unleash Your Drive for Primary Schools' is the Golf Foundation's curriculum offer. Over six lessons, students learn Golf skills and nine mental toughness tools, preparing them for the eight-game Skills Festival. Ensuring players are familiar with the games for inter-school events. Find out more in the additional support section.





### How to run inter-competition: GolfSixes Mini League



#### How to set up

This format involves setting up six Golf holes using the Golfway adapted equipment. Teachers or young leaders can follow available guidance to set up the course.

- Teams of 6 players split into 3 pairs
- Each player in a pair hits a shot, picks the best shot, and that counts as one stroke
- Both players then play from the best spot, repeating until the ball goes into the hole
- The better the score, the more points won on that hole
- Each pair adds their total score to the other pairs' scores for an overall team score
- The team with the highest score wins.



#### Age group

KS2 (7–11-year-olds)



#### Gender

Mixed (3 girls and 3 boys)



#### Participant numbers

Teams of 6 playing in 3 pairs on each of the 6 holes = 36 participants.

There is more flexibility on numbers in our intra-competition.



#### Target audience

GolfSixes Mini League welcomes all children, enabling players of all abilities, including less sporty and inactive to participate together, encouraging inclusivity and enjoyment for everyone.



#### Benefits for YP

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience by learning and applying mental toughness tools
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- Aspire to improve and challenge themselves
- Have confidence in their abilities
- Learn eight 'Mental Toughness Tools' to use during the festival and in their wider lives.



#### Roles for YP

Young leaders are not essential but can be helpful with GolfSixes Mini League. One leader on each hole can provide guidance, help with scoring, rules, and ensuring smooth playing of the hole.



#### Progression

'Unleash Your Drive' for Primary Schools is the Golf Foundation's curriculum offer. Over six lessons, students learn Golf skills and nine mental toughness tools, preparing them for GolfSixes Mini League. Playing a Golf hole is 'lesson 6', ensuring players are familiar with the games for inter-school events. Find out more in the additional support section.





### Additional support

#### NGB regional contacts

The Golf Foundation Regional Development Officers are available to support and advise School Games Organisers on any Golf Foundation School Games format. We are here to assist with any questions you may have, provide guidance on where to purchase equipment, suggest suitable formats, connect you to a local 'Unleash Your Drive Hub', and help deliver young leader training. For more information or to get in touch with your Regional Development Officer by visiting [www.golf-foundation.org/contact](http://www.golf-foundation.org/contact) or email [development@golf-foundation.org](mailto:development@golf-foundation.org).

#### Personal development

The Golf Foundation offers various training opportunities for teachers and young leaders:

- To support the delivery of the 8-game Skills Festival, the Golf Foundation provides a 2-hour School Games Golf Leaders Workshop for £200, accommodating up to 20 leaders. These leaders must support ongoing activities, such as inter-school events. Contact your regional development officer to book
- The 6-lesson 'Unleash Your Drive for Primary Schools' programme includes online training for teachers, covering both curriculum and extra-curricular sessions, along with the mental toughness programme. This training is exclusively available to schools that sign up for the 'Unleash Your Drive for Primary Schools' programme. Visit [www.golf-foundation.org/uyd](http://www.golf-foundation.org/uyd) to register as an individual school.

#### Where to participate next?

The Golf Foundation supports a network of 'Unleash Your Drive Hubs', Golf clubs, and facilities, offering pathways for children and young people to get involved in Golf. These hubs engage with schools and community groups to promote the sport. To find out more speak with your Golf Foundation Regional Development Officer by visiting [www.golf-foundation.org/contact](http://www.golf-foundation.org/contact) or email [development@golf-foundation.org](mailto:development@golf-foundation.org).

#### Where to compete next?

The Golf Foundation encourages inter-school competitions to be played at Golf clubs or facilities, introducing children from various schools to a local 'Unleash Your Drive Hub'. If this isn't possible, competitions can be held at a central venue such as a secondary school or community facility. School Games Organisers are crucial in making this happen, and the Golf Foundation Regional Development Officers are available to provide advice and support who you can contact by visiting [here](#) or email [development@golf-foundation.org](mailto:development@golf-foundation.org).

To progress to 'real' Golf, encourage young people to join through a club's regular junior Golf programmes and pathway. To find a local club or facility please contact your local Regional Development Officer via the links above.





### Why Golf for your school?

Golf benefits schools and children in many ways. By using the Golf Foundation's carefully developed School Games formats, children benefit by enhancing physical fitness, teaching mental toughness, promoting teamwork, and encouraging sportsmanship, leading to improved overall wellbeing and social skills.

### How to use activities in curriculum time

Primary schools can deliver the 6-lesson 'Unleash Your Drive for Primary Schools' programme and benefit significantly from its dual elements of skill acquisition then applying them in a challenge. The 6-lesson Golf programme introduces students to Golf while teaching Golf skills and mental toughness tools. These lessons promote physical activity, focus, and resilience and develop G.A.S.P (Grip, Aim, Stance and Posture). Lesson 5 and 6 of the programme are samples of the School Games formats; Skills Festival and GolfSixes Mini League which means pupils will be well prepared for any intra-school events.

The School Games formats can be used in curriculum time. Games 1-4 in the 'Skills Festival' make up a skills challenge which is great for personal best or a friendly team competition. With GolfSixes Mini League, schools can build their own 6-hole Golf course and comfortably play a round of Golf in a PE lesson without leaving the school site.

### Additional support

#### NGB regional contacts

If your school is interested in delivering the 6-lesson 'Unleash Your Drive for Primary Schools' programme and scheme of work, visit [www.golf-foundation.org/uyd](http://www.golf-foundation.org/uyd). The Golf Foundation offers comprehensive resources and has a team of dedicated Regional Development Officers ready to support you every step of the way. Empower your students with essential Golf skills and 'Mental Toughness Tools', paving the way for participation in our exciting Skills Festival. Join us in fostering physical and mental development through the engaging and inclusive sport of Golf.

#### Personal development

The Golf Foundation offers various training opportunities for teachers and young leaders:

- To support the delivery of the 8-Game Skills Festival, the Golf Foundation provides a 2-hour School Games Golf Leaders Workshop for £200, accommodating up to 20 leaders. These leaders must support ongoing activities, such as inter-school events. Contact your regional development officer to book

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#### Where to participate next

The Golf Foundation supports a network of 'Unleash Your Drive Hubs', Golf clubs, and facilities, offering pathways for children and young people to get involved in Golf. These hubs engage with schools and community groups to promote the sport. To find out more speak with your Golf Foundation Regional Development Officer by visiting [here](#) or email [development@golf-foundation.org](mailto:development@golf-foundation.org).

#### Where to compete next?

An example player pathway:

- Local school engagement with the 'Unleash Your Drive for Schools' programme
- Intra-competition using the Skills Festival or GolfSixes Mini League School Games format on a school site
- Inter-competition using the 8-Game Skills Festival or GolfSixes Mini League, ideally hosted at a local Golf club
- Progress to 'real' Golf, joining through a club's regular junior Golf programmes and pathway. Contact your Golf Foundation Regional Development Officer by visiting [www.golf-foundation.org/contact](http://www.golf-foundation.org/contact) or email [development@golf-foundation.org](mailto:development@golf-foundation.org) who can guide you and help establish connections with local clubs and Golf facilities.





### How to run intra-competition: Golf Foundation Skills Festival



#### How to set up

The Golf Foundation Skills Festival is a series of activities which can be selected and adapted depending on space, numbers, ability etc. It can be delivered indoors or outside, and fit into a break/lunchtime, within the curriculum or co-curricular.

Choose which activities you want to provide and set up one station per activity. Each activity runs simultaneously and should be centrally timed before rotating teams around stations (five-minutes per station is appropriate).

Teams aim to score points per station, which should be totalled at the end.

Eight 'Mental Toughness Task Cards' are included to help players during the games (and in their wider lives), develop resilience and personal growth.



#### Age group

KS2 (7-11-year-olds)



#### Gender

Mixed



#### Participant numbers

The Golf Foundation Skills Festival is flexible and can be adapted for any number of participants or space, with games 1-4 commonly used for 'personal best' challenges, though any combination of games and team sizes is suitable for school or class level activity.



#### Target audience

This festival format welcomes all children, enabling players of all abilities, including less sporty and inactive to participate together, encouraging inclusivity and enjoyment for everyone.



#### Benefits for YP

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience by learning and applying mental toughness tools
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions through breathing techniques
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- Learn how to set realistic goals and work towards achieving them through the goal setting task
- Aspire to improve and challenge themselves
- Have confidence in their abilities
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#### Roles for YP

Young leaders are crucial to this festival format. At least one, ideally two should be deployed to each station to provide game explanations, demonstrations, and keep score.



#### Progression

'Unleash Your Drive for Primary Schools' is the Golf Foundation's curriculum offer. Over six lessons, students learn Golf skills and eight 'Mental Toughness Tools', preparing them for the 8-Game Skills Festival. Ensuring players are familiar with the games for intra-school events. Find out more in the additional support section.





### How to run intra-competition: GolfSixes Mini League



#### How to set up

This format involves setting up six Golf holes using the Golfway adapted equipment. Teachers or young leaders can follow available guidance to set up the Golf holes.

Teams of 6 players split into 3 pairs. Each player in a pair hits a shot, picks the best shot, and that counts as one stroke. Both players then play from the best spot, repeating until the ball goes into the hole.

The better the score, the more points won on that hole. Each pair adds their total score to the other pairs' scores for an overall team score. The team with the highest score wins.



#### Age group

KS2 (7–11-year-olds)



#### Gender

Mixed



#### Participant numbers

GolfSixes Mini League can be tailored to the number of participants by using fewer holes and smaller teams or as an individual challenge. However, standard format is 6 participants playing in 3 pairs on each hole = 36 participants.



#### Target audience

GolfSixes Mini League welcomes all children, enabling players of all abilities, including less sporty and inactive to participate together, encouraging inclusivity and enjoyment for everyone.



#### Benefits for YP

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience by learning and applying mental toughness tools
- Understand and demonstrate the importance of respect for others
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- Win with pride and lose with grace
- Learn how to set realistic goals and work towards achieving them through the goal setting task
- Aspire to improve and challenge themselves
- Have confidence in their abilities
- Learn 'Mental Toughness Tools' to use while playing Golf and in their wider lives.



#### Roles for YP

Young leaders are not essential but can be helpful with GolfSixes Mini League. One leader on each hole can provide guidance, help with scoring, rules, and ensuring smooth playing of the hole.



#### Progression

'Unleash Your Drive for Primary Schools' is the Golf Foundation's curriculum offer. Over six lessons, students learn Golf skills and nine mental toughness tools, preparing them for GolfSixes Mini League. Playing a Golf hole is 'lesson 6', ensuring players are familiar with the games for intra-school events. Find out more in the additional support section.





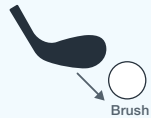
# Station 1: Bullseye

PRIMARY



## Key points for success

Tick Tock brush the ground to get the ball into the air



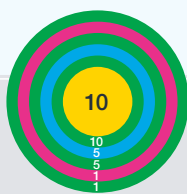
Practise and then play for success



Practise...

...and play

2m



5 Putters lengths

3 Putters lengths

Option to create the bullseye target using cones

## How to make it easier

- Move the target closer
- Make the target bigger

## How to make it harder

- Move the target further
- Make the target smaller

## Spirit of the Games



- Can showing determination help you do your best with each shot in this game?



- After completing each shot or the whole game, can you ask yourself 'what went well' and what could have been 'even better' if?

## How to play

Team of 5 on each tee (white cones). If possible, elevate the target by resting it on a chair so that it faces the pupils at an angle. Chip the ball in the air aiming at the centre of the target. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

### Scoring

- Yellow inner = 10 points
- Inside green = 10 points
- Blue circle = 5 points
- Middle green = 5 points
- Red circle = 1 points
- Outer green = 1 point

Score is taken from where the ball finishes, not where it hits.

### Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the 'Mental Toughness Tool Task Card' alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

### Equipment required

- 1 chipper per team
- 1 x 2m pop up target (cones could be used if you do not have a target)
- 5 Velcro balls per team
- Cones shown in the diagram

### Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

### Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

### Difficulty level





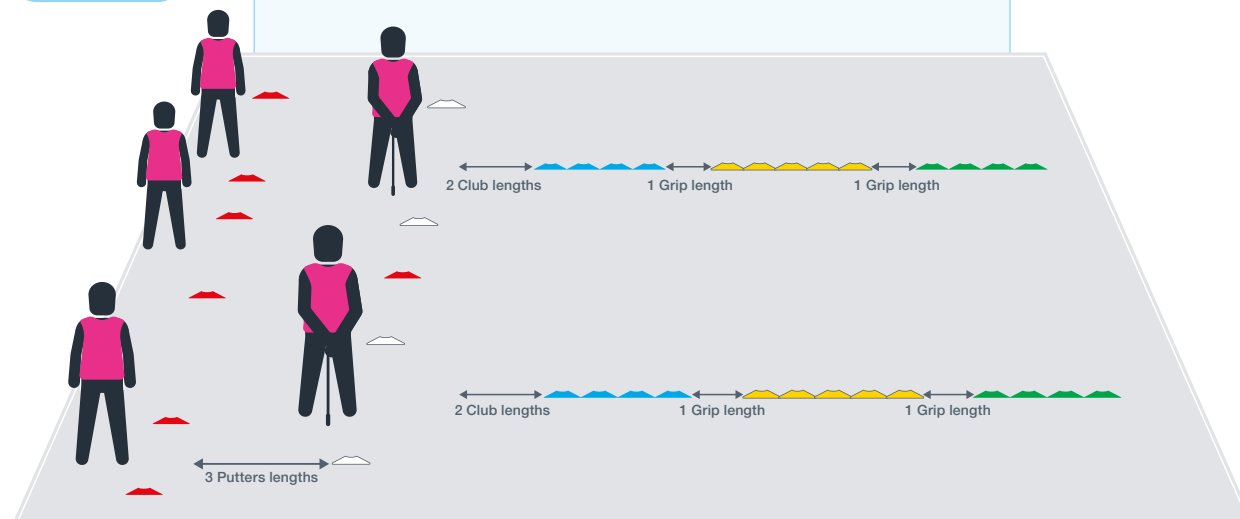
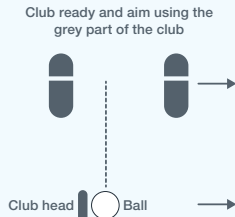


# Station 2: Dominoes

PRIMARY



## Key points for success



## How to make it easier

- Move the target cones closer
- Play with a bigger ball

## How to make it harder

- Move the target cones further away

## How to play

Team of 5 on each tee (white cones). Players hit the ball with the putter and attempt to hit the cone nearest to them, if the player hits the cone, they collect it (move it to one side). The cones must be hit in order closest to furthest. 2 minutes practice (if time allows), 5 minutes play. Don't reset the cones once they are all collected. Players must collect their own Golf balls and always return to the safety area after collecting.

## Scoring

- 1 point per blue cone
- 5 points per yellow cone
- 10 points per green cone
- If all cones are cleared = 138 points!

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 putter per team
- 1 ball per team
- Cones shown in the diagram

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



## Spirit of the Games



- Why is it important to be honest about your scores and performance during this game?



- Imagine standing inside a square of concentration during your shot. How can using your square of concentration help you focus on each shot in this game?



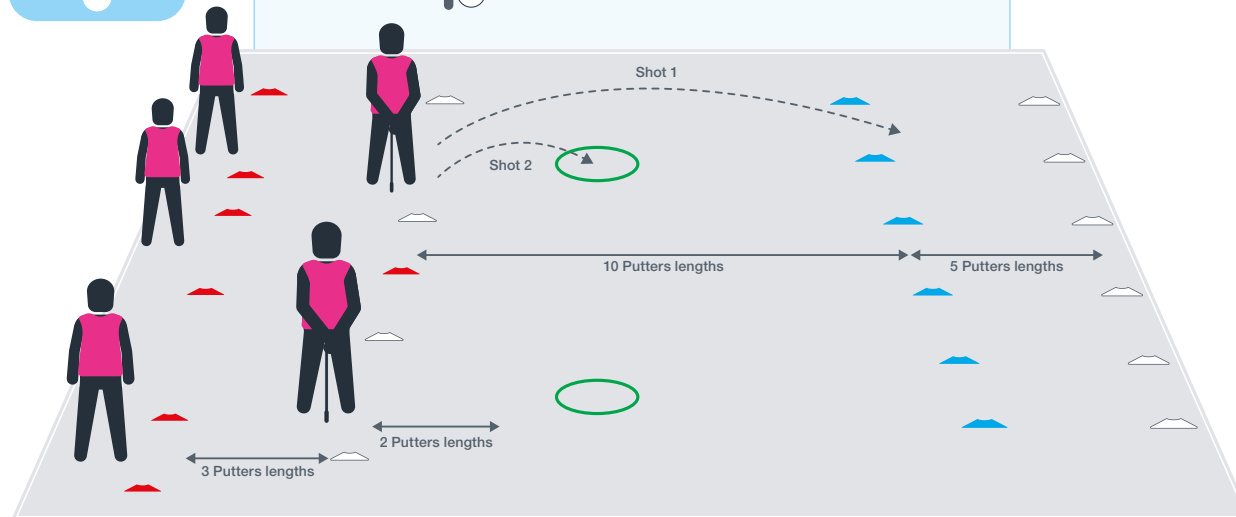
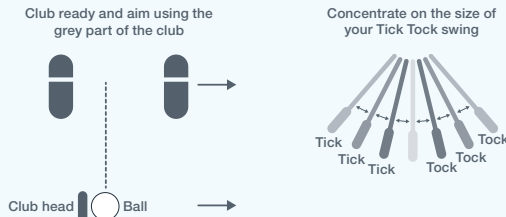


# Station 3: Drive for Show, Putt for Dough

PRIMARY



## Key points for success



## How to make it easier

- Move the blue cones (chip line) closer
- Move the hoop closer
- Make the hoop bigger

## How to make it harder

- Move the blue cones (chip line) further away
- Move the hoop further away
- Make the hoop smaller

## How to play

Team of 5 on each tee (white cones). Each player will have 1 chip and 1 putt on their turn. The aim is to chip the 1st ball in the air over the blue line and land before the white line of cones. Then the player uses the putter to putt the 2nd ball into the half hoop, the ball must stay in the half hoop to score. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

### Scoring

- Drive over white cones = 0 points
- Drive rolls through blue cones along the floor = 1 point
- Drive over blue cones in the air, land before white = 5 points
- Putt into target (hole or hoop) = 5 bonus points
- Score each individual shot and not the chip and putt combined score. i.e. '1 and 5' and not a '6'

### Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

### Equipment required

- 1 putter and chipper per team
- 2 balls per team
- 1 half hoop per team (3 sections)
- Cones shown in the diagram

### Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

### Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

### Difficulty level



## Spirit of the Games



- How can your passion for Golf help you and your team stay motivated during this game?



- How can using a breathing technique before each shot help you stay calm and focused?



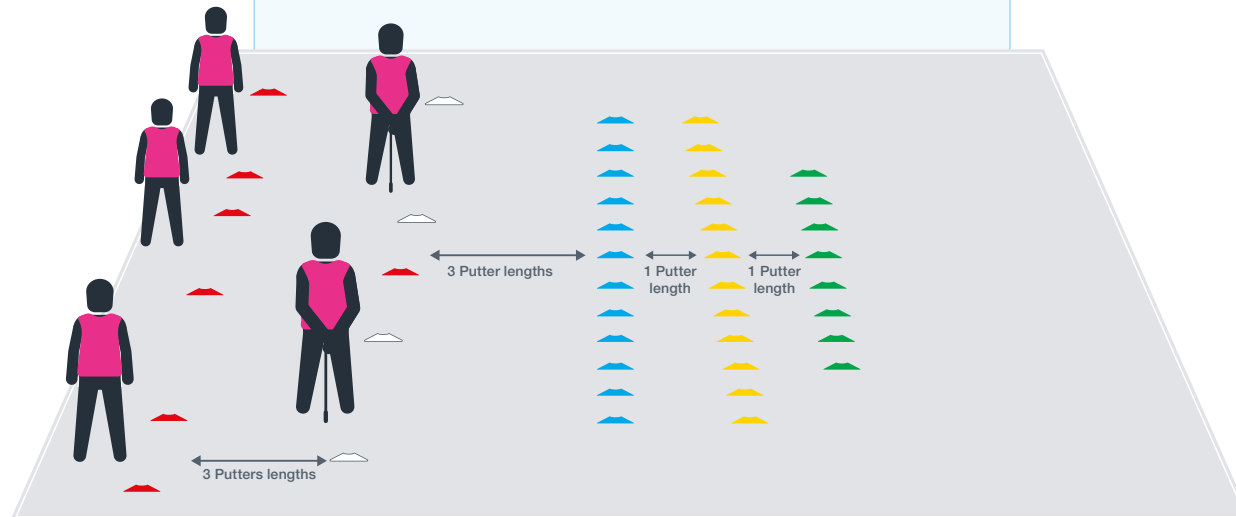
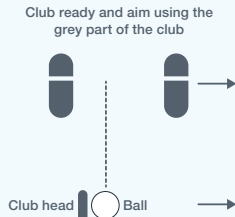


# Station 4: Finders Keepers

PRIMARY



## Key points for success



## How to make it easier

- Move the target cones closer
- Have more target cones
- Use a larger ball

## How to make it harder

- Move the target cones further away
- Space the cones out

## How to play

Team of 5 on each tee (white cones). Putt the ball towards the cones, the first cone the ball hits the player collects with the ball and returns it to the tee. Pick up only 1 cone at a time and once all cones have been collected the game stops. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

## Scoring

- Blue cone = 1 point
- Yellow cone = 5 points
- Green cone = 10 points

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 putter per team
- 1 ball per team
- 12 blue cones, 12 yellow cones and 6 green cones

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



## Spirit of the Games



- How can you show respect to your fellow players during this challenge?



- How can imagining yourself successfully completing each shot help improve your performance?



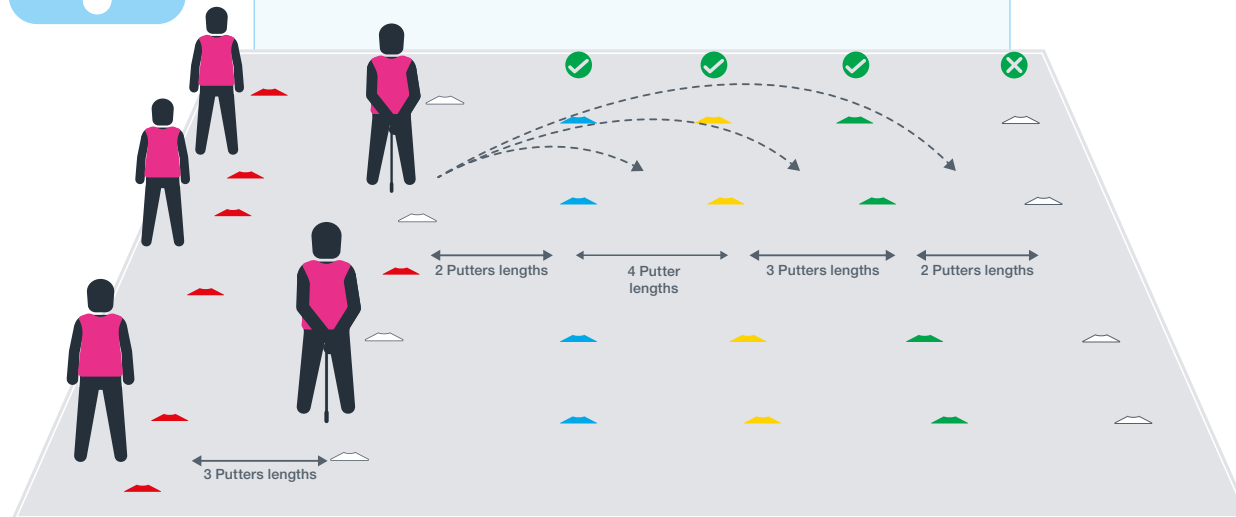
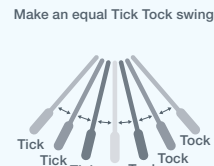
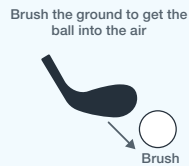


# Station 5: Grand National

PRIMARY



## Key points for success



## How to make it easier

- Move the 'fences' closer
- Make the spaces between the 'fences' bigger

## How to make it harder

- Move the 'fences' further away
- Make the spaces between the 'fences' smaller

## How to play

Team of 5 on each tee (white cones). Chip the ball in the air over the 'fences' made from cones to score points. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

### Scoring

- Over blue = 1 point
- Over yellow = 5 points
- Over green before white = 10 points

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 chipper per team
- 1 ball per team
- Cones shown in the diagram

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



## Spirit of the Games



- How can believing in your ability to succeed help you perform better in this game?



- What positive things can you say to yourself before and after each shot to boost your confidence?



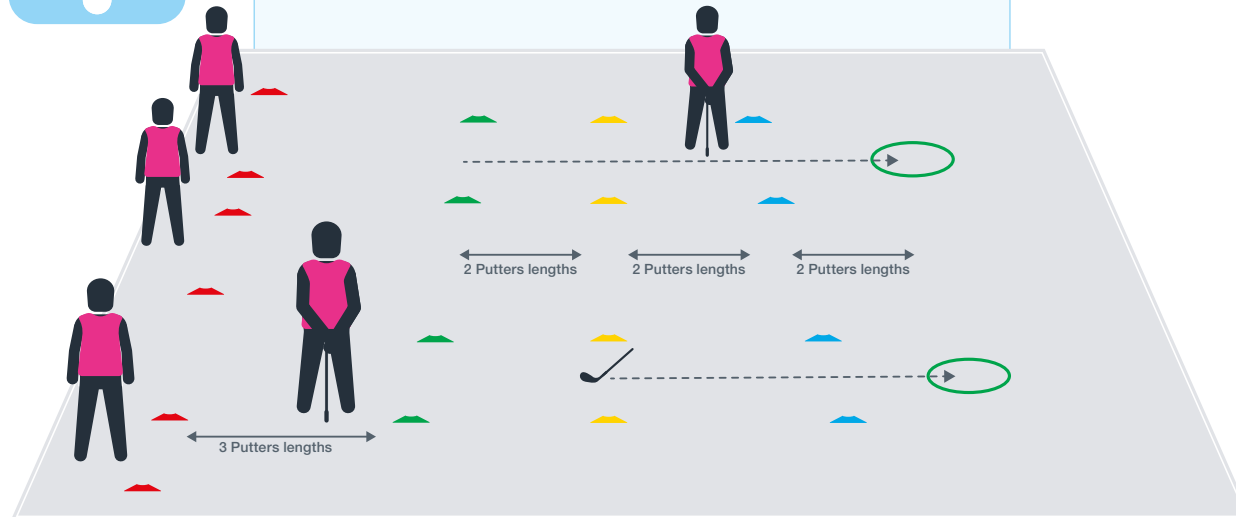
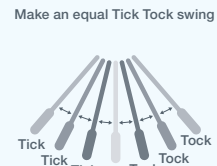
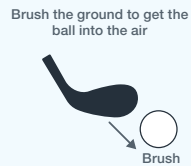


# Station 6: Tunnel Ball

PRIMARY



## Key points for success



## How to make it easier

- Make the spaces between the cones wider
- Move the 'tunnels' closer together
- Make the target at the end bigger
- Use a bigger ball

## How to make it harder

- Make the spaces between the cones smaller
- Move the 'tunnels' further apart
- Make the target at the end smaller

## Spirit of the Games



- How can working together with your teammates help you all improve during this game?



- How can being kind to yourself after a missed shot help you stay positive and focused?

## How to play

Team of 5 on each tee (white cones). Putt the ball down the tunnel towards the hoop without hitting any cones. Choose which tee you would like to play from – blue, yellow or green. The furthest tees will reward you with more points. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

### Scoring

- Blue = 1 point
- Yellow = 5 points
- Green = 10 points

### Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment.
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult.
- If the leader or teacher shouts STOP, all activity must stop immediately.

### Equipment required

- 1 putter per team
- 1 ball per team
- 2 x Golfway holes or 2 x Golfway sticky target or 2 x hoops
- Cones shown in the diagram

### Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

### Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

### Difficulty level



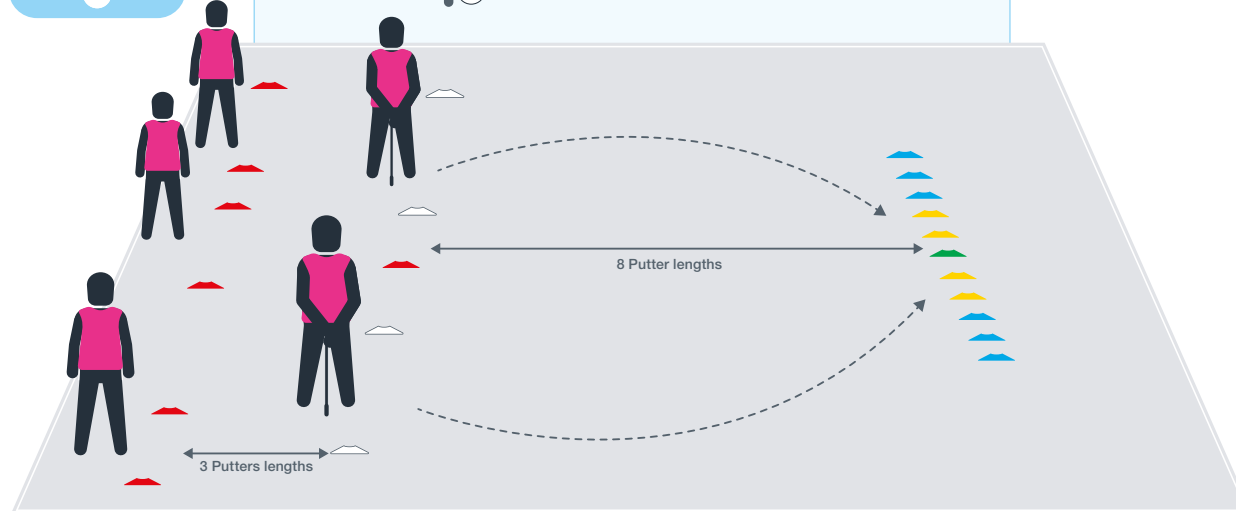
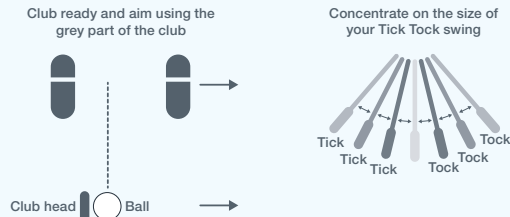


# Station 7: Zone Ball

PRIMARY



## Key points for success



## How to make it easier

- Move the tee (white cones) closer to the target cones
- Make the target cones bigger
- Use a bigger ball

## How to make it harder

- Move the tee (white cones) further away from the target cones
- Spread the target cones out

## How to play

Team of 5 on each tee (white cones). Lay out the cones so that they all touch. Try to hit the green or yellow cones to score the highest. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting. Cones stay in place and are not collected.

### Scoring

- Blue = 1 point
- Yellow = 5 points
- Green = 10 points

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 putter per team
- 1 ball per team
- Cones shown in the diagram

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



## Spirit of the Games



- How can determination help you keep trying even if you miss a few shots?



- What score would you like to achieve in this game, and how can you break that goal down into smaller, achievable steps?



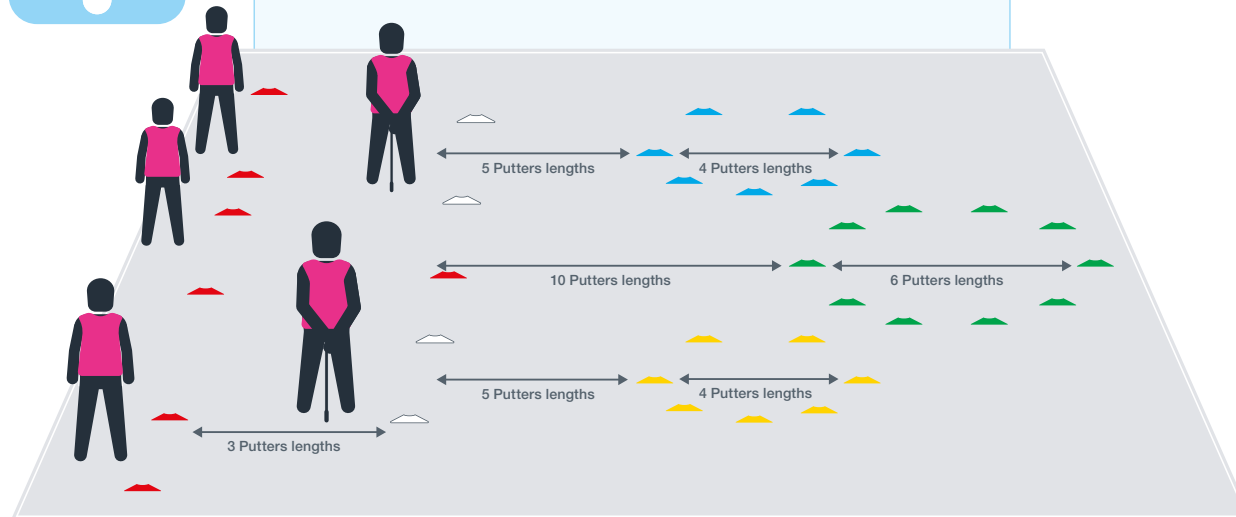
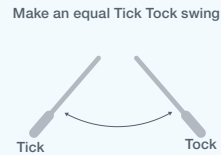
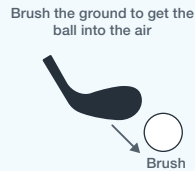


# Station 8: Go For The Green

PRIMARY



## Key points for success



## How to make it easier

- Make the circles of cones bigger
- Move the target circles closer to the tee

## How to make it harder

- Make the circles of cones smaller
- Move the target circles further away from the tee

## How to play

Team of 5 on each tee (white cones). Players start from the white cones and try to strike the ball onto the green target. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

### Scoring

- Blue = 1 point
- Yellow = 5 points
- Green = 10 points

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 chipper per team
- 1 ball per team
- Cones shown in the diagram

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



## Spirit of the Games



- How can you show respect to the game and equipment during this game?



- How can focusing on improving your own score rather than comparing yourself to others help you enjoy the game more?

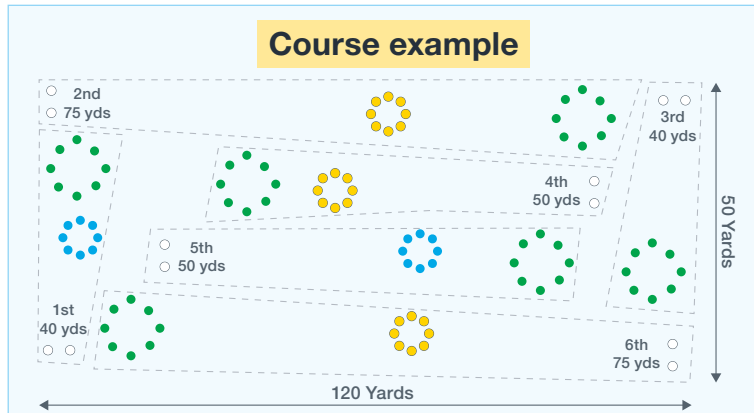




# GolfSixes Mini League



PRIMARY



## How to play

In GolfSixes Mini League, teams of six play in three pairs. Ideally, each pair plays with another school's pair starting on one of the six holes. However, all pairs from the same school can play together if not even number of pairs. Both players in the pair hit a ball each and pick the best shot, counting as one. Both players then play from the best shot, repeating until the ball goes into the hole. Add a penalty shot for balls in blue cones, hit from an upturned cone if in yellow cones, and use putters only on the green. The fewer strokes (shots) taken; the more points won:

Strokes	1	2	3	4	5	6	7	8	9	10
Points	10	9	8	7	6	5	4	3	2	1

## Safety

- To ensure a safe GolfSixes Mini League environment, space holes apart and avoid hitting towards other players
- Use Golfway adapted equipment, checked for safety
- Limit equipment to one chipper per pair, leaving putters on the green
- Place a red safety cone three paces from the player hitting the ball, with all non-players behind it
- Pack excess equipment in the bag.

## Equipment required

GolfSixes Mini League Pack from Golfway

## Space required

- 100m x 45m approximately the size of a football pitch
- Grass is the preferred surface for GolfSixes Mini League.

## Estimated set-up time

- 20 minutes

## Difficulty level



## How to make it easier

- Remove water hazards and bunkers
- Make the greens bigger
- Make the distance between tee and hole shorter

## How to make it harder

- Add in more water hazards and bunkers
- Make the greens smaller
- Make the distance between tee and hole longer

## Spirit of the Games



### Tee Shot

- How can believing in yourself and imagining a successful tee shot help you perform better?



### Playing from the Fairway

- How can using your square of concentration to focus on your next shot and showing determination help you navigate the fairway effectively?



### On the Green and Putting

- How can showing respect to your playing partners and equipment help your performance? Can using a breathing technique to stay calm help you with your putting?



### Bouncing Back after a Penalty Shot or Going into a Bunker

- How can being kind to yourself and reflecting on what went well and what could be improved help you bounce back after a penalty shot or a bunker mistake?