



What's unique about Golf

The Golf Foundation's School Games offer is essential for any event calendar. The GolfSixes Mini League offers a true Golf course experience. Promoting 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. GolfSixes Mini League is adaptable for school site or local Golf club facilities and are complemented by the 'Unleash Your Drive for Schools' programme. This is a six-lesson scheme of work that develops skills required to play 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: 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

KS3 (11–14-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'
- 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 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 and rules, and ensuring smooth playing of the hole.



Progression

'Unleash Your Drive for Secondary 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.





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 or email 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.
- 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 in Primary Schools' programme. Visit 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 or email 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 www.golf-foundation.org/contact or email 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

Secondary schools can deliver the 6-lesson 'Unleash Your Drive for Secondary 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 6 of the programme is a sample of the School Games format '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. 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 Secondary Schools' programme and scheme of work, visit 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' to pave 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

- 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. To sign up visit www.golf-foundation.org/uyd.

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 or email development@golf-foundation.org.

Where to compete next?

An example player pathway:

- Local school engagement with the 'Unleash Your Drive for Primary 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 or email development@golf-foundation.org who can guide you and help establish connections with local clubs and Golf facilities.





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

KS3 (11–14-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.



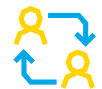
Target audience

GolfSixes Mini League welcomes all young people, enabling players of all abilities, including less sporty and inactive ones 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 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 Secondary Schools' is the Golf Foundation's curriculum offer. Over six lessons, students learn Golf skills and eight '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 or inter-school events.

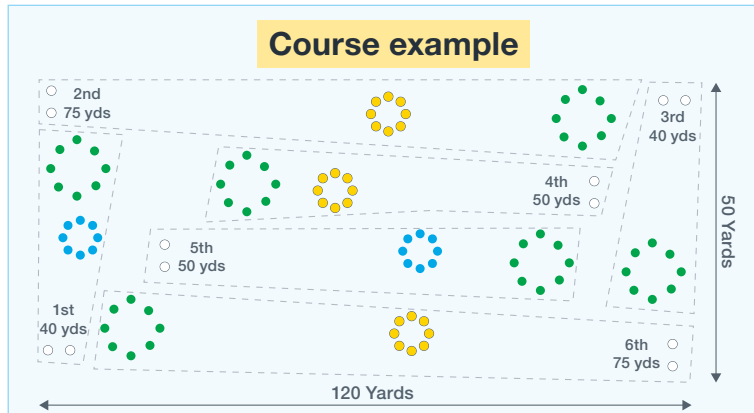




GolfSixes Mini League



SECONDARY



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?