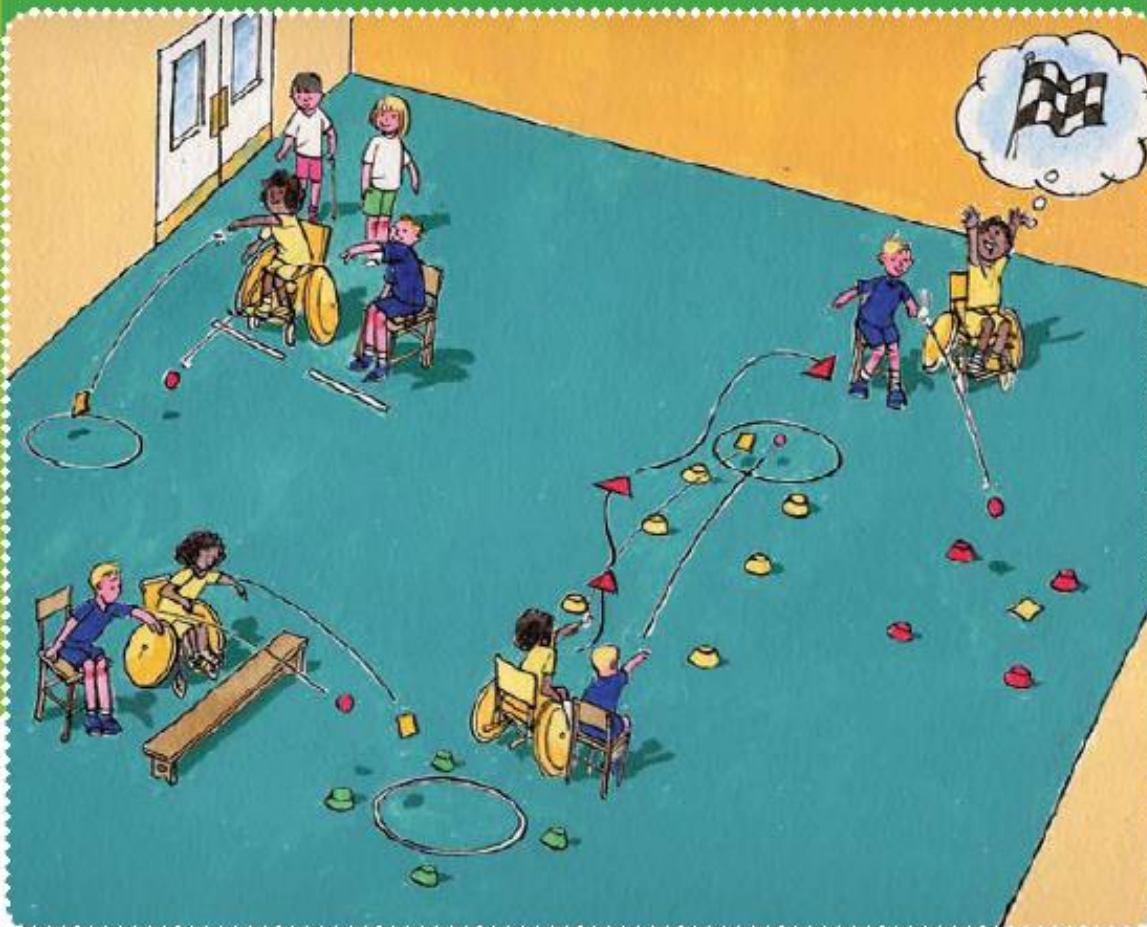


Fundamental skills

Target Golf



How to play

- » Split the group into 3 or 4 small teams.
- » Using a range of equipment set up a number of target games around the playing area. Each target will represent a hole.
- » All teams start at a different hole. Once they have successfully completed the hole by getting the ball/beanbag on target they move onto the next hole.
- » All holes are completed from a seated position.

Equipment needed

- » Hoops
- » Small balls
- » Beanbags
- » Cones
- » Chairs



STEPS

Target Golf

	Easier	Harder
S	» Reduce the distance to each hole	» Increase the distance to each hole
T	» Reduce the number of holes	» Increase the number of holes » Introduce bunker/rough areas
E	» Only use 1 piece of equipment per hole	» Use a wider range of equipment » Introduce obstacles to each hole
P	» As a team, they have to complete each hole	» Each team member must complete each hole
S	» No timescale to complete the course	» Each team is timed as to how long it takes them to complete the course

Impairment specific considerations:

Blind and partially sighted:

- » Use hi-visibility equipment
- » Use audible sound device

Deaf and hard of hearing:

- » Give demonstration for each hole

Physical Disability:

- » Use balls instead of beanbags, chute/ramp can then be used

Learning Disability:

- » Give demonstration at each hole
- » Ensure holes are challenging but not unobtainable