

Spar Lancashire School Games

Learn!

Skill 4: Target Games - Tri-Throlf

Equipment: paper, sellotape, socks, cap, bowl, basket, books, household furniture and objects

Aim: To make a Tri-Throlf course and targets.

Video Demonstration

As in golf, a course with 'holes' is created around the house.

Task 1 - Draw the Outline of your Tri-Throlf course and create the targets (holes). (Could use map from previous Learn card)

You need: at least three targets but can create a longer course if you have room (i.e both inside and outside.)

- Target 1 is *into a target* on the floor
- Target 2 is *onto a flat target* on the floor
- Target 3 is *into or onto a target* at a height
- Additional targets to be decided by players.

Examples of targets

- Into a target on the floor



- Onto a target on the floor



- Onto a Target at a height



Task 2 - How to Play

1. Each player needs a ball (i.e. socks or crumched-up paper and tape makes a good ball - See How to make a paper ball below)
2. A player can throw (underarm, overarm) or roll the ball towards the target.
3. Players send (roll or throw) the ball from a start line ('tee') next to each target.
4. The next shot is taken from where their ball (socks or paper) lands until it lands in the hole. Count how many throws and/or rolls it took.
5. Move onto the next target, at the start line.

Scoring

Score = the total number of throws to reach all the targets and finish the course. The winner is the player with the lowest score. Remember - The lower the score the better.

How to make it Easier

How to make it Harder

- Shorter distances
- Bigger targets
- Longer distances
- Smaller targets
- Add obstacles or barriers - See Task 3

Points to help improve sending the ball (throw or roll)

- Step forward with opposite foot to throwing or rolling arm
- Follow through with your arm towards the target after releasing the ball.

When rolling the ball remember to also

- Bend your knee and release the ball close to the floor

Review

- How did you decide which way to send the ball?
- Which was the most accurate? Why do you think that is?
- What could you change to be more accurate in your sending techniques?

Task 3 - Create a crazy tri-golf course

Use everyday objects to create obstacles and barriers to make the course more difficult.

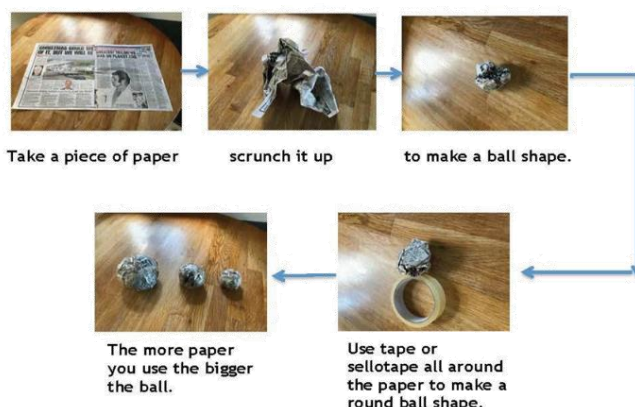
Create the equivalent of water hazards and bunkers (e.g. a blue blanket for a water hazard or a coat for a sand bunker).

Adapt the rules so you need to use both rolling a throwing at the same hole.

Vary the distance from the throwing line ('tee') to the target.

Set a maximum number of throws per target and/or the whole course (like 'par' in golf).

How to make a ball out of paper and tape



Videos and photos posted on social media with the **#LancsGames20** will be entered into a prize draw to win some Amazon vouchers! Please let us know which district you are from.

Spar Lancashire School Games

Stay at Home Heroes Challenge

Linked to Learn! 4 - Target Games

Are you ready to take part in our Lancashire School Games Hero Challenge?

Tri-Golf - Putting Practice!

You will need:

1 small ball such as a tennis ball or scrunched up piece of tin foil

1 item such to act as your golf putter. Such as a broom, plank of wood, umbrella, cricket bat. If you have a putter, hockey stick, great, they can also be used.

1 stopwatch/phone

Can you make a put? Can you hit the targets?

- Line up 10 items - for example water bottles, tins, shoes etc. These are your 'golden eggs'
- Include 3 random items that are 'bad eggs'



- Set a 'tee' up 3m from the targets
- You have a total time limit of 60 seconds to collect as many golden eggs as possible.
- Every time you hit a 'golden egg' run out and collect the egg(s) you have hit.
- Every time you hit a 'bad egg' return **2** of your 'golden eggs' to the line.
- At the end of 60 seconds count up how many golden eggs you have.
- If you have hit all the golden eggs before your 60 seconds is up, set up the eggs again, keeping track of your score and continue to add up your eggs.

Make it harder: Move your tee further away or add in more 'bad eggs'

Make it easier: Move your tee closer or take out the 'bad eggs'

Make it inclusive: Sit down and or use your hand to roll the ball or foot to kick the ball to the target.

[Video Demonstration](#)

Other activities for you to 'tri'-golf:

Golf Skittles

Set up 10 items in a triangle formation like a Ten Pin bowling formation

You have a maximum of 5 shots, what is your total score?

Create a Course

Create a golf course around your home - one hole per room, for example.

For your holes, use mugs, bowls or saucepans on their sides.

- Set the 'par' (expected number of shots to get the ball in the hole) for each hole, for example:
 - par 1, hole one: Bathroom
 - par 2, hole two: kitchen
 - par 3, hole three: lounge
 - par 4, hole 4: Garden ...
- Go and play each hole and record your score
- Total up your score and try and give a total 'x' under or over par
- Repeat the course every day and try and beat your score