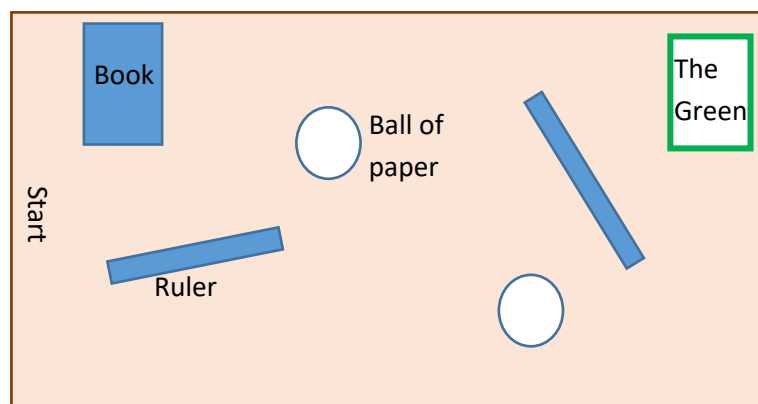


# Table Golf

## How to set up:

- ✓ Give players a selection of household equipment.
- ✓ Work in pairs to create a 'Golf Course' on the table.
- ✓ Each table must have an A5 piece of paper at the end (this will be 'The Green').

Example Table Golf Course



## Equipment:

- ✓ Table Tennis Ball.
- ✓ Household Equipment:  
Rulers  
Spoons  
Books  
Balls of paper  
etc.

## How to Play:

- ✓ Players take turns to **flick** or **roll** their Table Tennis Ball.
- ✓ They must attempt to manoeuvre their ball around the 'course'.
- ✓ The ball must not be bounced over the course.
- ✓ If the ball leaves the table, that player must start from the beginning.
- ✓ Allow the pairs a few minutes to attempt to complete the course.

## How to score:

- ✓ Score 1 point each time they touch their ball before it reaches the Green.
- ✓ The aim is to get the least amount of points.

# Table Golf

## The National Curriculum

**By practicing this activity, your child will develop the following skills:**

- ✓ Problem solving
- ✓ Accuracy
- ✓ Ball control
- ✓ Hand-eye coordination

### **National Curriculum Criteria:**

#### **Key Stage 1 (Years 1 & 2)**

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

#### **Key Stage 2 (Years 3 to 6)**

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.