



# BERKSHIRE VIRTUAL SCHOOL GAMES



## Week Four – Footgolf – KS1, 2 & 3 Challenges

There are 3 Challenges for you to practice and **SEND IN YOUR BEST SCORES** to your teacher.

**KS1- Years 1 & 2- Level 1**

**KS2- Years 3,4,5 & 6-Level 2**

**KS3- Years 7,8 & 9- Level 3**

### CHALLENGE ONE: PRECISION – BULLSEYE

#### What you will need?

**1 x Marker** – if not a Can or cup or tin.

**Football x 1** – if not balls from different sports or Tennis ball or Sock ball.

**Towel x 1** – If not a Rug or Bed sheet.

**T-shirt x 1** – if not a Jumper or coat or jacket.

**Pair of Socks x 2** – if not a use 4 x markers (tins or cans or cups)- Bullseye

#### Level 1 (KS1 Scoring)

#### Level 2 (KS2 Scoring)

#### Level 3 (KS3 Scoring)

- Start by setting up your 3 Targets in a straight line starting with the biggest target -Towel; then T-shirt then a box using the 2 pairs of socks.
- Using your marker or can take 3 paces away from the 1<sup>st</sup> target this will be your **Tee**.
- When ready, kick the ball attempting to stop the ball on 1 of the 3 targets to score points.
- You score points if the ball stops on the following.
  - Towel = 1 point
  - T-Shirt = 3 points
  - Bullseye (Socks) = 5 points
- You will have 10 attempts (Go's) to score as many points as possible.
- KS1 do not forget to **record your best score!**

- Using the equipment from level 1 move the Towel and T-shirt either side of the Bullseye target.
- Using your marker or can take 5 paces from the bullseye target this will be your **tee**.
- When ready, kick the ball attempting to stop the ball on 1 of the 3 targets to score points.
- You score points if the ball stops on the following.
  - Towel = 1 point
  - T-Shirt = 3 points
  - Bullseye (Socks) = 5 points
- You will have 10 attempts (Go's) to score as many points as possible.
- KS2 do not forget to **record your best score!**

- Using the Tee and Bullseye from Level 2, (take away the towel and T-shirt targets).
- When ready, kick the ball in line with your **tee** attempting to stop the ball in your Bullseye target.
- You score 5 points every time the ball stops in the Bullseye target (Socks).
- You will have 10 attempts to score as many points as possible.
- KS3 do not forget to **record your best score!**

#### IF I NEED SUPPORT...

- Increase the size of targets used within each level.
- Move your tee closer to the targets to increase success.
- Try rolling the ball instead of kicking in each level.

#### IF I NEED A CHALLENGE...

- Use smaller targets to increase difficulty (items of clothes).
- Change the positioning of targets to create different angles.
- Use your non-dominate foot when attempting each level.



## CHALLENGE TWO: PUTTING – HOLE IN ONE

**Marker x 6** – If not Cans or Plastic Cups or Socks.

**Football x 1** – if not balls from different sports or Tennis ball or Sock ball.

**Footgolf Hole -Laundry Basket x 1** – If not a Box or a bin or wheelie bin or a target your ball will fit in to.

### Level 1 (KS1 Scoring)

- Set your laundry basket (**footgolf hole**) lying on its side on the ground then using your markers create **tees** from the following distances.
  - 1<sup>st</sup> tee** = 2 paces away
  - 2<sup>nd</sup> tee** = 4 paces away
  - 3<sup>rd</sup> tee** = 6 paces away
- On "Go" choose a **tee** to **putt** from, attempting to **putt** the ball in to your **Footgolf hole** to score a **hole in one**.
- Points are scored if you score a **hole in one** from:
  - 1<sup>st</sup> tee = 1 point
  - 2<sup>nd</sup> tee = 2 points
  - 3<sup>rd</sup> tee = 3 points
- You will have 10 attempts (Go's) to score as many points as you can.
- KS1 do not forget to **record your best score!**

### Level 2 (KS2 Scoring)

- Using the same set up as level 1 remove the 1<sup>st</sup> **tee**.
- So, the remaining **tees** are
  - 2<sup>nd</sup> **Tee** = 4 paces away
  - 3<sup>rd</sup> **Tee** = 6 paces away
- On "Go" choose a **tee** to **putt** from, attempting to **putt** the ball in to your **Footgolf hole** to score a **hole in one**.
- Points are scored if you score a hole in one from:
  - 2<sup>nd</sup> tee = 2 points
  - 3<sup>rd</sup> tee = 3 points
- You will have 10 attempts (Go's) to score as many points as possible.
- KS2 do not forget to **record your best score!**

### Level 3 (KS3 Scoring)

- Use the same set up as level 2 but start on the closet **tee** to the **hole** (2<sup>nd</sup> tee = 4 paces away).
- On "Go" attempt to score a **hole in one** from the closet **tee** if you succeed you can move to the furthest **tee** for your next go.
- If when you move to the 3<sup>rd</sup> **tee** you miss, then you move back to the 2<sup>nd</sup> **tee** and repeat.
- Points are scored if you score a **hole in one** from:
  - 2<sup>nd</sup> tee = 2 points
  - 3<sup>rd</sup> tee = 3 points
- You have 10 attempts to score as many points as possible.
- KS3 do not forget to **record your best score!**

### IF I NEED SUPPORT...

- Move your tees closer to your footgolf hole.
- Use a larger target (footgolf hole).
- Start from the closest tee each level to gain confidence.
- Try rolling the ball instead of kicking the ball.

### IF I NEED A CHALLENGE...

- Increase the distance between your tee markers and your target (footgolf hole).
- Move your tees in to different positions to create angles to putt towards the hole.
- Use different surfaces of your foot to putt with and how it will affect your putting.

## CHALLENGE THREE: DECISION MAKING – RISKY BUSINESS

**Stopwatch** – If not a Phone or iPad/tablet or Clock/watch.

**Marker x 6** – If not Cans or Plastic Cups or Socks- bunkers

**Towel x 1** – If not a Rug or Bed sheet- obstacle

**Football x 1** – if not balls from different sports or Tennis ball or Sock ball.

**Laundry Basket x 1** – If not a Box or a bin or wheelie bin or a target your ball will fit in to. Footgolf hole

### Level 1 (KS1 Scoring)

- Place down your footgolf hole, then pace out your tee using a maker 3 paces away.
- Place your rolled-up Towel (obstacle) halfway between your hole and tee.
- On "Go" attempt to get the ball in the hole choosing the route you think is best (chip over the obstacle or go round?)
- 1 point is scored each time you finish the hole, 1 bonus point if you score a hole in one!
- You have 5 minutes to score as many points as possible.
- KS1 do not forget to **record your best score.**

### Level 2 (KS2 Scoring)

- Using the same set up as level 1 move your tee 5 paces away from the footgolf hole.
- Add 2 markers on to the course (bunkers) if the ball touches these you must restart the hole.
- On "Go" attempt to get the ball in the hole choosing the route you think is best (chip over the obstacle or go round?)
- 1 point is scored each time you finish the hole, 1 bonus point is you score a hole in one!
- You have 5 minutes to score as many as possible.
- KS2 do not forget to **record your best score.**

### Level 3 (KS3 Scoring)

- Using the same set-up as Level 2.
- Add another 2 markers (4 in total) on to the course (Bunkers) if the ball touches these you must restart the hole.
- On "Go" attempt to get the ball in the hole choosing the route you think is best (chip over the obstacle or go round?)
- 1 point is scored each time you finish the hole, 1 bonus point if you score a hole in one!
- You have 5 minutes to score as many points as possible.
- KS3 do not forget to **record your best score.**

### IF I NEED SUPPORT...

- Remove the bunkers and obstacles from each level to increase success.
- Use a larger target (footgolf hole) such as a wheelie bin which can count if the ball hits it.
- Attempt each level by rolling the ball.

### IF I NEED A CHALLENGE...

- Move your tee marker further away from your footgolf hole.
- Use your non-dominate foot when playing each level.
- Change the positions of your obstacle each attempt.

**ENJOY YOUR CHALLENGES AND DO YOUR BEST  
DON'T FORGET TO SEND YOUR BEST SCORES TO  
YOUR TEACHER**

**With thanks to  
MNR Coaching  
for the  
production of  
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