

Lockdown Kockdown (Chipping)

Primary and secondary challenge card



Space

- Reduce the distance between the target and hitting position.



Equipment

- If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object you can find.
- If you don't have a ball, get creative and use a scrunched up paper ball, a pair of socks, or any other object you can find.



Task

- You can set up a tee to hit the ball off by placing the ball on top of something so it is slightly raised off the ground.
- Start with bigger objects stacked if tin cans are too small e.g. buckets or plastic plant tubs.



Time

- Play for 1 minute or see how long it takes to knockdown all 6 objects and try and beat your time for a new personal best.

Stack 6 objects on a slightly raised area about 1/2 metre off the ground and 3 metres away. Try and chip the ball to knock the objects down. How many targets can you hit over in 1 minute?

STEP

Ideas on how to adapt the activity in a national lockdown.



People

- This challenge can be done from a sitting position rolling the ball with your hands.
- The whole family can play, make the objects smaller or bigger depending on their ability.



Activity video link:
[Golf Foundation TV - Lockdown Knockdown](https://www.golf-foundation.com/lockdown-knockdown)

www.yourschoolgames.com