



4-hole course

Instructions:

Welcome to the 4-hole IRGolf course. To play, choose your ability level and complete each hole of the course. Press 'Just row' on the monitor and get as close to the distance as you can in the number of strokes i.e. on a 62m par4 hole, it is 62m over 4 strokes.

If you are a newcomer choose the **blue holes**, if you've played before try the **red holes**, if you are really good try out the **black holes**. You can play individually, or against others. How high a score can you get?

Scoring:

If a player gets within:
5m of the hole = 1 point.
2m of the hole = 2 points
Spot-on target = 3 points

Hole 1, Par4

Blue hole = 62m

Red hole = 80m

Black hole= 100m

Hole 3, Par3

Blue hole = 44m

Red hole = 67m

Black hole= 72m

Hole 2, Par5

Blue hole = 80m

Red hole = 103m

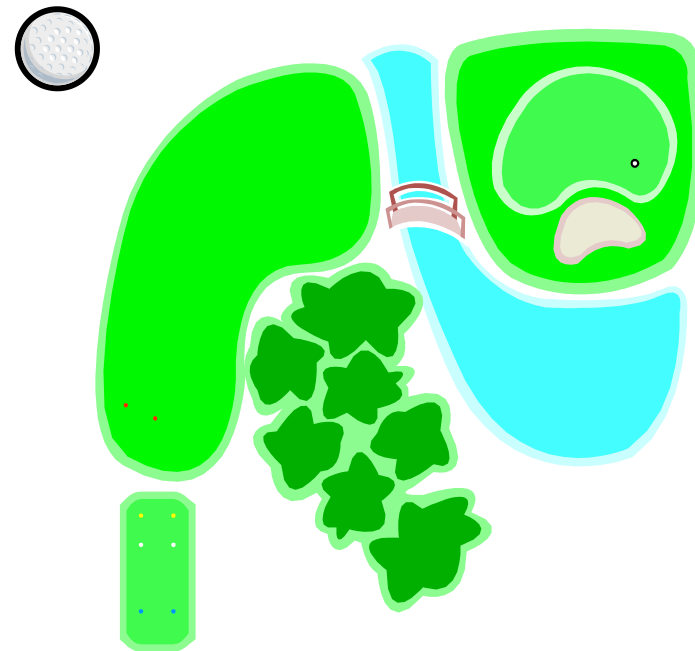
Black hole= 128m

Hole 4, Par4

Blue hole = 65m

Red hole = 85m

Black hole= 107m



Objectives:

Understand the relationship between distance travelled and power of a stroke.
Use maths skills (addition and subtraction) in PE time.

Resources:

Differentiated holes from attached sheet (or designed by teachers), rowing machines

Lesson:

Set the group the challenge of the golf course. Pupils can work independently, pairs or in small groups on a machine. If the group has been split, half could be completing a fitness training circuit of your choice. Sample exercise ideas can be found on the Circuit Exercise Sheet provided in the pack.

Variations:

- You can construct your own holes or course. Some schools have their own IRGolf course on display, and a notice board where pupils and teachers can post their scores.
- Some schools have added water hazards and bunkers where pupils would lose their ball if it stopped there, i.e. between 10m and 15m there is a stream so if you land there, you must take your next stroke from the 0m point (i.e. zero the monitor).
- To work out a new hole, get a strong stroke (driver) and a light stroke (chip shot) sample from a pupil who would be playing that colour hole. To calculate a new hole, choose how many driver shots and how many chip shots you want and add those distances together.

Plenary:

The game is great for getting pupils to challenge themselves. It works really well in clubs and in lesson time too. Remind pupils that the ones with the best technique will go far.

Group sizes

solo



Pairs



3-4



5+

