



Specsavers Virtual Sussex School Games 2020  
Sport Challenges

<b>Sport</b>	Golf
<b>Challenge 1 Title</b>	Dominoes
<b>Challenge Description</b>	<p>Place 8 cones, or objects of a similar size, in a straight line behind one-another.</p> <p>Standing 2 metres from the nearest cone, roll the ball with a putter to try and hit the nearest cone (target at the front of the line).</p> <p>If you hit the cone, remove it and move on to the next cone. Your starting point does not move, so with each cone removed, the putt becomes longer.</p> <p>You should only use <b>one ball</b>, collecting it between shots.</p> <p>You must hit the cones in order, and can only remove it once you have successfully hit it.</p> <p>How many targets can you hit and collect in <b>1 minute</b>?</p>
<b>Scoring</b>	<p>How many targets can you hit and collect in <b>1 minute</b>?</p> <p>If you hit all 8 cones, you can earn <b>bonus points</b> for every 10 seconds you can save on the timer.</p> <p><b>Bonus Points:</b></p> <p>Hit all 8 within 41-50 seconds = 1 bonus point 31-40 seconds = 2 bonus points 21-30 seconds = 3 bonus points 11-20 seconds = 4 bonus points 1-10 seconds = 5 bonus points</p> <p><b>Maximum Score: 13 (8 points plus 5 bonus points)</b></p>
<b>Video Example</b>	<a href="#">Click here for video example</a>

Submit your scores at [www.sussexschoolgames.co.uk](http://www.sussexschoolgames.co.uk) before midday (12pm) on Friday.



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<b>Suggested Adaptations for Space/Equipment</b>	<p>If you don't have a golf club, use a cricket bat, tennis racket, badminton racket, or any other suitable object you can find.</p> <p>A tennis ball, ping pong ball, or any small ball will work. 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.</p> <p>Shoes or tins are perfect alternatives for cones.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be done from a seated position, rolling the ball with your hands.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Stand sideways from the direction of the putt, with your feet about shoulder width apart</li><li>2. Place the ball a comfortable distance away from your feet, in a central position</li><li>3. Keep arms and wrists firm when you putt the ball</li></ol>



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<b>Challenge 2 Title</b>	Grand National
<b>Challenge Description</b>	<p>Roll up 5 towels to create fences, and place them on the ground in front of you. The first should be 1 metre from you, and then 1 metre apart from one-another.</p> <p>Chip the ball over the fences to score points. If your ball goes over the fifth fence then this is 0 points as it is out of bounds.</p> <p>You can use as many balls as you like, and a partner can retrieve the ball for you.</p> <p>How many points can you score in <b>30 seconds</b>?</p>
<b>Scoring</b>	<p>Score from where the ball first bounces, not where it stops.</p> <p>1<sup>st</sup> fence = 1 point 2<sup>nd</sup> fence = 2 points 3<sup>rd</sup> fence = 3 points 4<sup>th</sup> fence = 4 points 5<sup>th</sup> fence = 0 points (out of bounds)</p> <p>How many points can you score in <b>30 seconds</b>?</p>
<b>Video Example</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>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, for example a tennis ball on a cone.</p> <p>If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object to hit the ball with.</p> <p>Any small ball will do. 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.</p> <p>If you don't have 5 towels, a t-shirt, skipping rope, line of cones etc is fine.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be done from a seated position pushing or throwing the ball.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Brush the ground to get the ball into the air</li><li>2. Make an equal swing back and forward ('Tick Tock')</li></ol>

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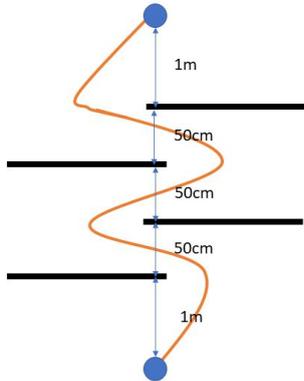


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<b>Challenge 3 Title</b>	Lockdown Knockdown
<b>Challenge Description</b>	<p>Place 4 objects (baked bean can size) in a line on a slightly raised area (such as a chair or bench) approximately 50cm off of the ground.</p> <p>Standing 3 metres away, chip the ball trying to hit the objects.</p> <p>You should only use one ball, and retrieve it between shots. You do <b>not</b> need to remove the target after hitting it, and can hit each target multiple times. If your targets fall over, you or a partner can replace them between shots.</p> <p>Make sure that your target objects aren't breakable, and that you are chipping away from windows, greenhouses etc.</p> <p>How many targets can you hit in <b>1 minute</b>?</p>
<b>Scoring</b>	How many targets can you hit in <b>1 minute</b> ?
<b>Video Example</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>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, for example a tennis ball on a cone.</p> <p>If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object.</p> <p>Any small ball will do. 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.</p>
<b>Adaptation for Inclusivity</b>	This challenge can be done from a seated position pushing or throwing the ball.
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Brush the ground to get the ball into the air</li><li>2. Make an equal swing back and forward ('Tick Tock')</li></ol>

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<b>Challenge 4 Title</b>	Crazy Golf
<b>Challenge Description</b>	<p>Set up 2 cones and 4 barriers (rolled up towels, skipping rope etc) as per the diagram below.</p>  <p>Starting from one cone, putt through the course and hit the other cone, in as few shots as possible.</p> <p>You must follow the course of the orange line in the diagram. You cannot chip over, or putt around the course.</p>
<b>Scoring</b>	<p>How many shots did you take?</p> <p>You will be awarded points based on the number of shots that you take.</p>
<b>Video Example</b>	<p><a href="#">Click here for video example</a></p>
<b>Suggested Adaptations for Space/Equipment</b>	<p>If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object.</p> <p>Any small ball will do. 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.</p> <p>If you don't have 4 towels, a t-shirt, skipping rope, line of cones etc is fine.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be done from a seated position rolling the ball with your hands.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"> <li>1. Stand sideways from the direction of the putt, with your feet about shoulder width apart</li> <li>2. Stand a comfortable distance away from the ball, in a central position</li> <li>3. Keep arms and wrists firm when you putt the ball</li> </ol>



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**Scorecard**

<b>Name</b>	
<b>School</b>	
<b>Year Group</b>	
<b>Sport</b>	
<b>Challenge 1 Score</b>	
<b>Challenge 2 Score</b>	
<b>Challenge 3 Score</b>	
<b>Challenge 4 Score</b>	

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