

SCHOOL GAMES

RESOURCES

BUCKS
AND MK



Whilst the School Games can't take place as usual at the moment, the network of School Games Organisers, together with Leap are working hard to bring you exciting ideas to help young people get and stay active, develop their skills and achieve their personal best. Activity challenges include:

ATHLETICS

CRICKET

GYMNASTICS

TRI-GOLF

BOCCIA

FOOTBALL

TENNIS

Flexible and adaptable games that can be completed at home or in school.

- Read the instructions for each challenge in the following pages.
- Practice and improve before you record your scores.
- Once you feel confident, record your score using guidance on the pages
- Instruction videos are available via the link at the bottom of each page
- The School Games is for everyone, for adaptations please contact your local SGO. (Contact details at the end.)



www.leapwithus.org.uk/bucks-mk-virtual-school-games

TRI-GOLF

Challenge 1 -Putting

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EQUIPMENT

- Something to strike a ball with (eg racquet, mop etc)
- Tennis ball 
- Tape to mark out scoring zones and Tee 
- A Timer and Measuring Device



INSTRUCTIONS

1. Mark out your scoring zones and 'Tee', with the first 1m away from your tee. Each progressive zone gets smaller and there are 3 zones. (See next slide for set up dimensions and diagram)
2. Place your ball behind the starting 'Tee' and strike your ball, aiming to make it stop within one of the zones.
3. Collect your ball, and record your score.
4. Repeat steps 2 and 3 until your minute has run out. Add up all your points and there is your total!

SCORING

Points are awarded for the area in which the ball stops in ; Area 1 = 1pt, Area 2 = 2pts, Area 3 = 3pts

If a ball is partly in and area, then take the higher score.

TOP TIPS

- Collect your ball as quickly as you can so you don't lose time
- Stay balanced and stable as you swing, do not rock back and forth
- Do not hit the ball too hard, it will go quicker than you think.

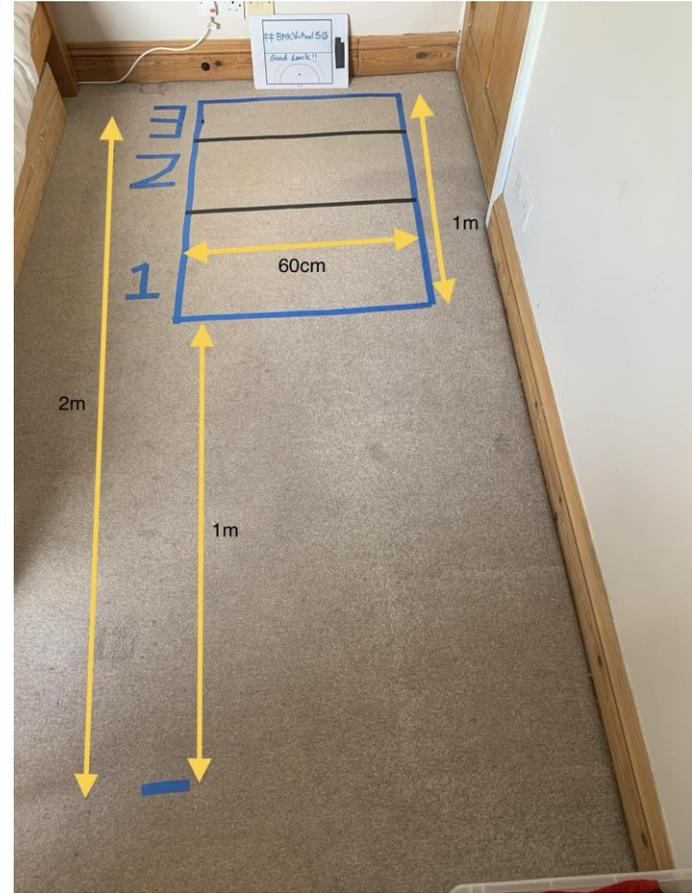
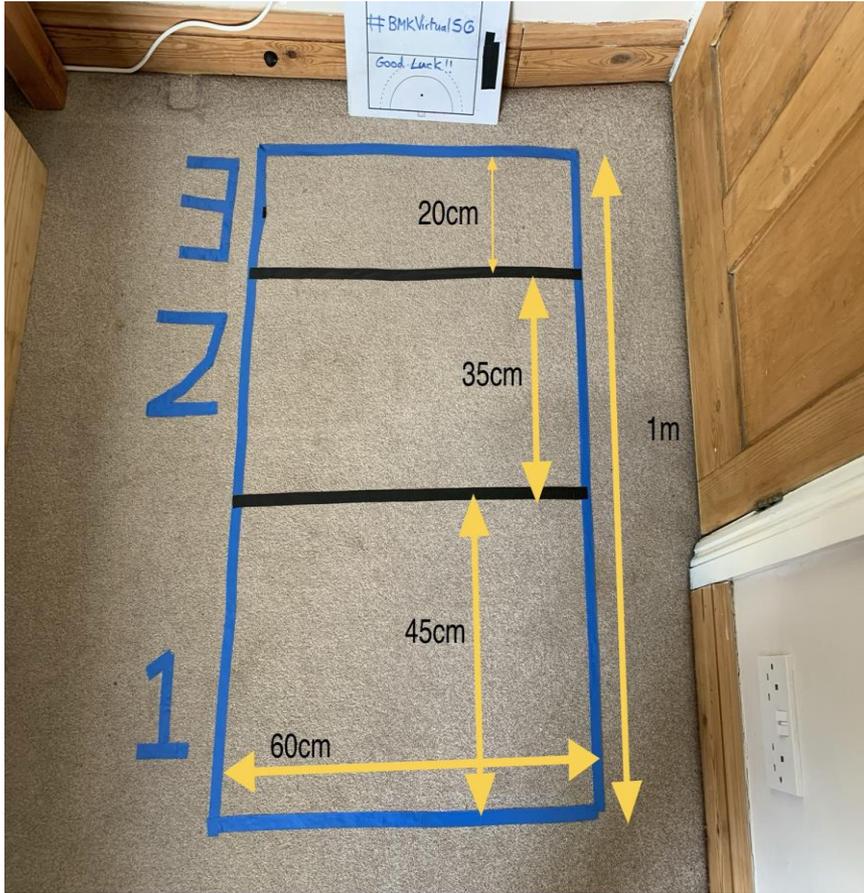


TRI-GOLF

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Challenge 1 - Putting Challenge Set Up



TRI-GOLF

Challenge 2 - Chipping

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EQUIPMENT

- Something to strike a ball with
- A tennis ball
- Items to make a ramp with (eg: folder, box lid, plank of wood, empty ice cream tub)
- Item to act as a hole (eg: pan, box, clean bin)



SCORING

You get 1 point every time you get the ball in the hole.
You have 1 minute to get as many points as you can.

INSTRUCTIONS

1. Create your ramp and make sure its sturdy! (See example on next slide)
2. Mark out your 'Tee' and hole points. The 'Tee must be 1m away from the start of the ramp
3. Strike the ball from the 'Tee' up the ramp and into the hole to score a point.
4. Reset the ball on the Tee and repeat step 3 as many times as you can in 1 minute

TOP TIPS

- Stay balanced in the entire movement
- Get the ball back as quick as you can
- Keep your eyes on the ball when swinging your 'club'
- Keep your feet and hips still throughout the swing



TRI-GOLF

Tri-Golf Chipping Challenge Ramp Examples

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Enter your best scores in the Virtual School Games competition

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Teachers and parents can enter the scores of young people in their care for any of the challenges via our online form.

The young people will then be in with the chance to win a School Games metal and virtual certificate.

To submit an entry for any of these resource challenges:
[please click here to complete the competition entry form.](#)

For additional games and challenges, video demonstrations, please visit:
www.leapwithus.org.uk/bucks-mk-virtual-school-games



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These School Games activity resources have been developed by the network of School Games Organisers (SGOs) and collated and hosted by Leap.

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The School Games is for everyone, for adaptations to these activities, please contact your relevant School Games Organiser (SGO.)

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