

Footy Golf

Time: 20 minutes

Activity

Individual/partner/group

- Players aim to score by hitting a ball through goal posts.
- Set up the goals (use 4 sticks, as for Aussie Rules goals).
- Each player has five hits for goal using a full golf swing.
- Players retrieve their own balls only.
- As an alternative, make chalk markings on the wall for posts.
- 6 points for a goal (middle posts), 1 point for a behind (side posts).

Safety

- Ensure adequate space for the number of players.
- Players wait for others to finish their turn before moving onto the playing area.

Equipment

- Various objects for posts, such as:
 - cricket stumps, sticks, or flags
 - witches hats or markers
 - buckets or wheelie bins.
- Various objects for hitting, such as:
 - cricket bat and tennis ball (easier)
 - tennis racket or old broom
 - soccer ball or frisbee
 - golf club (harder).



Activity variations

- Vary the distance to the target and/or the distance between posts according to ability.
- Vary the goals used (both size and design (e.g. soccer or rugby goals) according to ability and interests).

