



# ***OPEN GOLF GAMES***

***HOW MANY WAYS CAN YOU PLAY?***

## **Why Golf?**

Golf (or even mini golf) is a challenging game that is played in the environment that the player is in. There isn't a standard field or court. Every golf course is different and has to include natural (or manmade) obstacles. Well, whether you're in your bedroom, backyard, or basement – you can create a golf game to make the best of the space you have!

Golf can be a great game for improving our physical activity levels and overall wellness. Players who walk on a golf course can get hours of physical activity. It's also a great game to enjoy with family and friends.

Like with many games, we can change golf to make it more (or less) active. For example, players who ride on a golf cart don't get nearly the amount of physical activity as players who walk the course. The Golf Games in this packet are similar. We know you don't have a giant golf course in your home. So, we've created games to help you have fun and get some exercise too.



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## HOW MANY WAYS CAN YOU PLAY?

### Laundry Basket Golf

**Number of players:** 1 to 4

**What you need:** 1 sock ball (or beanbag) per player, 1 laundry basket, a scoresheet (or piece of paper), and a pencil.

**How to play:**

- The object is to toss the sock ball into the laundry basket in as few tosses as possible. This is a 4-hole game.
- Move the laundry basket far enough away from where you'll start tossing to make it a challenge to land the sock ball in 1 toss. Take turns tossing your ball at the basket. The youngest player tosses first on hole number 1. After that, the player who wins the hole gets to go first on the next hole.
- If you miss, the player furthest away from the basket takes a turn from the spot where the sock ball stopped rolling.
- After each hole, do the exercise listed and then take turns moving the basket around to begin a new hole.

Players' Names	Hole 1 At the end of the hole do 1 perfect push-up	Hole 2 At the end of the hole do 2 perfect burpees	Hole 3 At the end of the hole hold plank 15 seconds	Hole 4 At the end of the hole do 25 jumping jacks
Player 1:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 2:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 3:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 4:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>

*When you're finished – play again!*



# OPEN GOLF GAMES

## HOW MANY WAYS CAN YOU PLAY?

### Fitness Coin Golf

**Number of players:** 1 to 4

**What you need:** 1 Coin per player, a scoresheet (or piece of paper), and a pencil.

**How to play:**

- The object of the game is to flip the coin and land on heads the number of times that is equal to the hole number being played. For example, 1 head on hole 1; 2 heads on hole 2; 3 heads on hole 3. This is a 4-hole game.
- Do this in the fewest number of flips as possible. If you land on tails, add a flip to your score and then continue flipping.
- In real golf you must walk to your ball after each shot. In Fitness Coin Golf you must do 5 jumping jacks after each flip.
- After completing each hole, do the exercise listed and then begin flipping for the next hole.

Players' Names	Hole 1 (Flip 1 Head) At the end of the hole do 1 perfect push-up	Hole 2 (Flip 2 Heads) At the end of the hole do 2 perfect burpees	Hole 3 (Flip 3 Heads) At the end of the hole hold plank 15 seconds	Hole 4 (Flip 4 Heads) At the end of the hole do 25 jumping jacks
Player 1:	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>
Player 2:	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>
Player 3:	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>
Player 4:	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>

*When you're finished – play again!*



# OPEN GOLF GAMES

## HOW MANY WAYS CAN YOU PLAY?

### Bucket (or Cup) Golf

**Number of players:** 1 to 4

**What you need:** 1 ball or sock ball per player, 1 bucket or plastic cup, a scoresheet (or piece of paper), and a pencil.

**How to play:**

- Use a bucket and a ball if you're playing outside. Use a plastic cup and a sock ball if you're playing inside.
- Move the bucket (or cup) to a spot on the ground that far enough away from where you'll start tossing to make it a challenge to hit in 1 toss. Take turns tossing your ball at the bucket. The youngest player tosses first on hole number 1. After that, the player who wins the hole gets to go first on the next hole.
- If you miss, the player furthest away from the bucket takes a turn from the spot where the ball stopped rolling.
- After each hole, do the exercise listed and then take turns moving the bucket around to begin a new hole.

Players' Names	Hole 1 At the end of the hole do 1 perfect push-up	Hole 2 At the end of the hole do 2 perfect burpees	Hole 3 At the end of the hole hold plank 15 seconds	Hole 4 At the end of the hole do 25 jumping jacks
Player 1:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 2:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 3:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 4:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>

*When you're finished – play again!*



# OPEN GOLF GAMES

## HOW MANY WAYS CAN YOU PLAY?

### Create Your Own Golf Game

Number of players:

What you need:

How to play:

- Step 1:
- Step 2:
- Step 3:
- Step 4:

Players' Names	Hole 1 At the end of the hole do 1 perfect push-up	Hole 2 At the end of the hole do 2 perfect burpees	Hole 3 At the end of the hole hold plank 15 seconds	Hole 4 At the end of the hole do 25 jumping jacks
Player 1:	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>
Player 2:	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>
Player 3:	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>
Player 4:	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>

*When you're finished – play again!*