

Flying Colors® Putting Cups

Item #15362



- **Overview.** Start a game of miniature golf course anywhere! Flying Colors Putting Cups simulate a real golf setting for the user. It's simple to develop putting skills and teamwork skills with this brightly colored set! It includes six 14"-dia. rubber putting cups with removable numbered flags, one each in red, blue, green, yellow, orange and purple. (Clubs and balls sold separately.)
- **What Are the Educational Applications?**
 - Activities that involve striking with an implement are an important component at any level in Physical Education. When teaching these types of activities, accuracy should be an important point for discussion. By focusing students on the target area to shoot, a higher level of success is usually achieved.
 - Manipulating objects with other objects or striking with an implement is a common theme in many sport-like activities. These practices also promote the use of fine and gross motor skills. By practicing a golf-related activity, students also use a high level of self-control and focus to be successful. Many students who initially do not use these skills will realize quickly that they are essential to have success.
 - Although golf can be played in a group setting, it is an individualized practice so students can work in heterogeneous or homogenous groupings and still be able to practice at his or her own skill level.
 - Golf is considered a lifetime activity, so students who are exposed to it can add it to their physical activity repertoire which they can use throughout their lifespan.
 - This set is easy to incorporate as a differentiated instruction tool.
 - Miniature golf is an activity that is fairly inexpensive and can be done as a physical activity for the whole family. Flying Colors Putting Cups are a great lead up to transitioning activity from the gymnasium to an actual course.
- **How Can I Use This Product With My Students?**
 - **Where:** Can be used indoors and outdoors, on a flat surface.
 - **Age:** Appropriate for a variety of age ranges & skill ranges, but recommended for beginners and/or younger individuals.
 - **Group Size:** 1-6
 - **Basic Skills Needed:**
 - Prior to using, instructors should teach proper form for grip and stance.
 - *Grip:* non-dominant hand at top, dominant below with thumbs facing downward.
 - *Stance:* feet shoulder width apart, body square to the ball, ball centered to body.
 - Prior to using, teachers should give students guidelines for swing height and form.

• **Set Up/Instructions**

- If giving an obstacle to shoot from, make sure it is appropriate for the given age group. For example, do not set the par at three on a complex maze for first graders.
- It is important to use precision with a correct swing technique in order to get the cup to stay in the hole. Similar to an actual course, setting too hard a putt will cause the ball to cross the lip and land on the other side of the cup.

The Games/Activities

• **Activity #1: Getting the Basics Down**

- a. **Objective:** To teach game basics and terminology.
- b. **Set Up:** Set up a few holes in any arrangement with varying distances and angles using Flying Colors Putting Cups as the end point for each hole. Teach students golf terminology:
 - **Fore:** Move out of the way
 - **Par:** The average number of hits before getting in the hole - usually three for miniature golf
 - **Hole-in-one:** Landing the ball into the cup or hole on the first stroke
 - **Eagle:** Two strokes under par, therefore for miniature golf, same as hole-in-one
 - **Birdie:** One stroke under par
 - **Bogey:** One stroke over par
 - **Double Bogey:** Two strokes over par
- c. **How to Play:** Each student will have a maximum of five strokes per attempt, so a Double Bogey is guaranteed. After each turn, students go to a designated workout area and perform an exercise based on their score for that hole before returning to the group's safety hoop. For example, if a student gets an Eagle s/he will do 10 ABC pushups, 10 Mountain Climbers for a Birdie, 10 Crunches for a Par, 10 Jumping Jacks for a Bogey, or 10 Push-Ups for a Double Bogey.
- d. **Extension:** To incorporate math, the instructor may opt to have students keep score by recording their strokes at each hole. Add up the score at the end of the period. Student with the lowest score wins.

• **Activity #2: Outdoor Course**

- a. **Objective:** Students in the group take turns hitting until the ball makes it into the hole's Putting Cup.
- b. **Set Up:** Create a course outside using a dome or cone for the tee off area and the Flying Colors Putting Cups as the end of the hole. Have students who are waiting for their turn stand in a safe area inside a hula hoop, way back and out of a typical range of where a ball may go after being hit.
- c. **How to Play:**
 - Groups will work their way through the holes of the course, alternating who hits, and counting the number of strokes it takes to get the ball into the Putting Cup.
 - When a student takes a shot, that student remains in place while the next person in the group gets the club from the hitter, then runs and takes the next shot from where the ball landed. This continues so that all group members get as equal a turn as possible until the hole is complete.
 - When moving to a new hole, start at the person who would have had the next hit at the previous hole. Although students are encouraged to take their time when hitting, there should be a hustle-up to the shot spot.
 - For this activity the instructor can decide to either have hazards or just make it straight shots.

• **Activity #3: Designer Holes**

- a. **Objective:** To practice golf strokes using obstacles to replicate more difficult golf strokes.
- b. **Set Up:** Use pieces from a kit like Giant Obstacle Putt Billiards (#15705) to create different mini-golf holes, with Flying Colors Putting Cups as the end point for each hole. It is recommended to set the holes up indoors rather than outside, preferably on a carpet or putting green mat.
- c. **How to Play:**
 - **Straight Putt** - Student attempts a straight putt from a distance over a smooth flat surface.
 - **The Cave** - Student attempts a straight putt from a close distance with the hole under a mat.
 - **L Putt** - Student attempts a shot where the hole is not a straight shot because the green is shaped like an L with walls.
 - **Water Hazard** - Student must putt around a water hazard (blue tarp) to successfully reach the hole. If the ball goes into the water, the student's turn is over.
 - **Captain's Hook** - Student attempts to putt the ball around a bend to get the ball into the hole.
 - **The Box** - Student attempts to putt the ball when an obstacle in the shape of a box is placed between him/her and the hole.

- d. Extension: Allow students to use various pieces of equipment to create their own holes using Flying Colors Putting Cups as end point. After they are done creating, let them try out the hole and make adjustments as needed.

•Activity #4: Putt Around the World

- a. Objective: To combine physical activity with geography.
- b. Set Up: Place the six cups in as large of a circle as possible.
- c. How to Play: Have players putt around the circle with as many as six players putting at once, or even more if you have more sets of Flying Colors Putting Cups. Add a geography lesson by having each hole named for a country, state, or other location. The player that makes the least amount of strokes and can remember the names of the locations is awarded the most points.

•Activity #5: Bocce Putt

- a. Objective: To combine golf with bocce ball.
- b. Set Up: Spread the cups over a large area and designate teams per cup. Divide into smaller teams of two or three players.
- c. How to Play: Within each team have the first player putt a ball towards their designated cup. Player #2 is on the second small team and will putt trying to either land in the cup, or knock Player #1's ball out of the way, as in bocce. Play continues until each team member has putt once. Points are scored as follows:
 - Ball landing in the cup = 3 points
 - Ball landing closest to the cup = 2 points
 - Ball landing 2nd closest to the cup = 1 point

•Activity #6: Rotation

- a. Objective: To putt the ball in a circular fashion.
- b. Set Up: Place cups in as large a circle as possible.
- c. How to Play: Teams or individual players take turns putting to the next cup in a clockwise direction. This keeps everyone on task and flows in continuous circular movement.

•Activity #7: Putt Through Saturn

- a. Objective: To putt the ball in between the putting cups to score more points.
- b. Set Up: Place cups in a circle so that all six cups are in touching each other. There should be an inner circle (floor) within the circle cups. This inner circle becomes the hole or target.
- c. How to Play: In order to reach the inner circle, players must putt through the Flying Colors Putting Cups. Players form a large circle around the circle of cups and may putt at will toward the inner circle. Points are scored as follows:
 - Inner hole = 5 points
 - Inside the Putting Cup = 3 points



• **Safety Issues & Concerns**

- Do not allow students to stand near Flying Color Putting Cups when others are putting.
- Make sure the students have a safe area to stand in that is far away from the swing length of the club.
- Make sure no one is putting when a student is retrieving their ball.
- Students should only aim objects at the putting cups, not other people.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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In the US: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

In Canada: FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

International Customers: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887