

# Throw & Roll Golf

Item #12919

Throw & Roll Golf was developed by Michael Murphy, a physical education teacher in Berlin, NJ, to provide an easier way for elementary/middle school students to learn the game of golf. Throw & Roll Golf will allow physical education teachers the opportunity to teach the game in a safe and effective manner. This activity will help to promote the game of golf, which can be used to pursue a lifetime of physical fitness for all students.

## **What Are the Educational Applications?**

Many physical educators feel it is very difficult to teach the game of golf at the elementary and/or middle school level. Teaching the game of golf to students at this level is both unsafe and developmentally inappropriate. Throw & Roll Golf will allow students of all ages to learn the game of golf in a way that is safe and enjoyable for all participants.

### *Throwing for distance and accuracy:*

Every elementary physical education curriculum contains throwing for distance and accuracy. Throw and Roll Golf allows physical educators to discuss the basic mechanics of throwing for distance and accuracy, while playing a fun and innovative game.

### *Character Education:*

The game of golf is arguably the best game when it comes to character education. The game traditionally has been centered around players' behavior and etiquette on the course. Listed below are some rules of etiquette that can help build the character education program in your school.

- Always show good sportsmanship on and off the course.
- Be considerate of other students on the course.
- While others are throwing, remain quiet so they can concentrate.
- The student furthest away from the hole throws first.
- Make sure everyone in your group is behind you before you throw.
- Move off the green as soon as all players are finished.
- Students with the best score on the previous hole throw first on the next hole.

### *Mathematics:*

Throw and Roll Golf can be used to help develop students' basic addition and subtraction skills. Higher elementary and middle school students can be challenged in the area of mathematics, by playing some of the alternative activities listed in this booklet.

## **How Can I Use This Product With My Students?**

Throw and Roll Golf is supplied with 4 different colored balls, a water hazard (blue parachute), sand trap (yellow parachute), green (green parachute), and a flag for each hole.

When setting up your course keep these 3 things in mind:

1. It should be safe for all students participating.
2. It should present a challenge to all students.
3. It should be fun and exciting for all students, regardless of their ability level.

Ordinarily, the set-up of each hole would consist of 1 water hazard and 1 sand trap. Teachers are encouraged to use their imagination and creativity when setting up their Throw and Roll Golf course.

*Water Hazards:* (Blue Parachutes)— Students must add 1 throw to their score each time the ball stops in the water hazard.

*Sand Traps:* (Yellow Parachute)—Typically, this is a more difficult shot in golf. For younger students, they must kneel down on both knees while throwing the ball. For older students, have them kneel down with their back turned to the hole and throw the ball. These rules can be changed to meet the needs and ability level of each class.

### *Alternate Activities:*

#### *Scramble:*

In a scramble, each student throws his or her own ball from the tee box. Teams should consist of at least 3 students. The team then chooses the "best throw". Students, whose throws were not selected, go pick up their ball and the entire team throws their second throw from where the "best throw" came to rest. The team score for each hole is how many "best throws" were needed.

#### *Best Ball:*

In a best ball game, each student on a team throws their ball from where it ends up (there is no "best throw" or picking up and moving the ball to another location). The team score for each hole is the lowest score by any 1 player. For example, a team of 3 players scores 3, 5, and 7 on a hole. The team score would be 3.

**Bingo-Bango-Bongo:**

This game can be played with 2, 3, or 4 students. The first student on the green earns 1 point (Bingo). The student that is closest to the pin earns 1 point (Bango). The first student in the hole earns 1 point (Bongo). In this game, students furthest away from the hole must play first. This will allow scoring to be fair and consistent.

**Nines:**

This game must be played with a minimum of 3 students. Students are required to keep score on their scorecards. Each hole has a total point value of 9 points. The student with the best score earns 5 points, the second best score earns 3 points, and the last place score earns 1 point. This can be done at the completion of class or for a homework assignment.

**Speed Golf:**

This game is best played with a 9-hole set. Students will be scored on the time it takes them to complete the course and their score. For scoring, simply convert time into seconds and add the score. For example, Student A finished the course in 5 minutes and threw the ball 25 times. Student A's score is 300 (seconds) + 25 (throws) = 325 total score. This activity is best used at the middle school level and as part of a fitness unit.

**Indoor Golf:**

This game can be used on days when you experience inclement weather. All of the alternate activities can be played indoors with Throw and Roll Golf. The indoor version of this game is best played with different colored beanbags.

**Hole-in-One Competition:**

The hole-in-one competition can be used as a class or a field day activity. All students throw from a predetermined spot or tee box. Each student that makes a hole-in-one can receive a certificate for his or her achievement. A hole-in-one competition reproducible certificate is supplied in this booklet.

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