

Winter Golf

Activity

Resource:

Beyond the Walls: Activities for the Outdoors

Grade(s): 9 10 11 12

Division(s): Senior

Setting: Intramurals

Season: Winter

Activity Goal

Participants engage in a fun activity in a winter environment to build healthy relationships and social connections with others and for additional opportunities to be active throughout the school day.

For participant safety, please review the contents of the [Beyond the Walls: Safety Considerations](#) page for information on Safety Standards, Winter Safety Considerations, and Outdoor Playing Areas and Surfaces.

Equipment

- Discs (Frisbee - one for each participant)
- Flags or cones to mark each target
- Large ball/modified equipment as needed
- Score cards if desired

Preparation

Plan ahead by generating ideas through planning sessions with intramural student leaders to create a 9-hole winter golf course using available outdoor space around the school area. Check to ensure the surface is safe for all participants. Have student leaders create the targets using natural geographical features or visible markers/equipment (e.g., trees, snowbanks, a target on a snow fence, goal posts, hoops anchored in a vertical position if there is sufficient snow, flags), and score cards if desired.

How To Play

- Review the safety rules and activity instructions with participants prior to the activity.
- Establish the boundaries for the designated playing area and share them with participants.
- Divide participants into pairs, a foursome, or another configuration depending on the number of participants.
- Provide each participant with a disc (Frisbee) or modified throwing implement as per student need.
- Have groups start at different holes to maximize participation.
- Have participants play the course keeping record of the number of shots/throws it takes to hit the target.
- Establish a maximum number of throws per hole (6 shots) to increase success and inclusion of all participants.
- Establish a fun tournament scramble or alternative shot with partners to encourage collaborative play.
- Encourage participants to provide feedback on the event by reflecting on how participating in daily physical activity outside in winter makes them feel, what they enjoyed most, and what they might enjoy in the future to continue participating in Winter Intramurals.

Adaptations

Consider these tips to maximize the challenge and the fun for participants.

- Invite participants to determine a scoring system.

- Adapt the course to make it more or less challenging, depending on winter conditions and the skill level of the participants.
- Have participants play best throw to speed up the game or accommodate more participants.
- Have participants play with a team of 4 using a scramble or best ball format so that only the team score counts on every hole.

Modifications

Consider these tips to maximize inclusion and fun for all participants.

- For participants with physical disabilities having challenges sending objects, provide them with an implement (large soft ball) and create different targets for them to reach and touch.
- For participants with mobility challenges, encourage use of alternative methods of motion to allow for movement through the snow (e.g., use of a sled).
- For participants with visual impairments having challenges seeing targets on the ground level, have them work with another participant to send tactile objects to targets that are elevated (e.g., sending objects with bells attached to it into buckets/large pails).
- Encourage involvement of best buddies or student mentors for the intramural activity so that the activity is inclusive for all levels and abilities and encourages collaboration amongst peers further developing positive and healthy communities.