

Kevin's Golf Game

Recommended for: Physical Education grades 2-10 and CrossFit Kids.

Skills developed:

1. An understanding of the game of golf.
2. A great illustration for understanding interval training.

Objective: The first team to complete their score card (or round of golf), signed and sealed, as a team, wins!

Suggested equipment: Two or more Concept2 Indoor Rowing machines.

Getting started: The teacher or designated student(s) locate a local golf course and scorecard with the distance and par for each hole. Research the course, location and unique features to share with the class.

How to play:

1. Divide the class into teams per indoor rowers.
2. Give each team a score card that shows all 18 holes to be rowed and the distance for each hole.
3. The team decides who will row each hole. (Often the weaker rowers take the shorter holes and the stronger take the longer holes.)
4. After each child rows "their hole", they switch the person rowing and quickly have to initial their completed hole.
5. Try to keep the distance rowed by each student similar to share the load. Some may row 3 or four short holes and others may row only two longer ones.

Additional ideas:

1. To make it interesting, "row" on some of the courses used for PGA competition. For the kids who play golf, it is meaningful because they can relate immediately. For those who have never played golf before, it may spark interest in learning this game.
2. The younger students may row 9 holes instead of 18.
3. A longer distance can be rowed by more than one student, to equal par for that hole.

This game was shared by Kevin Mathews, Dept. Chair, Health & Physical Education, Oviedo High School, FL, Sept. 2010.

CONTACT US:

Cheryl Hamilton 877.887.8014 ext. 3069 kidsrow@concept2cts.com www.concept2cts.com/schools