

WR Sports PE

UNDER ARM THROWING AND GOLF

Find us on YouTube for extra help- WR SPORTS LTD

We need:
Beanbag balls, Soft balls,
or rolled up

We need:
Buckets or cardboard
boxes

1. Set up your own "miniature golf course" this will a marker where you should stat and a bucket or cardboard box for the hole at the end.

If you want to challenge yourself you could use a cup!

2. Start at the first tee (first starting marker) and attempt to throw the beanbag into the "hole" with as few throws as possible.

You may want to put your other arm out in front of you and point towards where you are trying to throw your beanbag- this will help you AIM!

3. You can keep track of the scores on the table below. You can also vary the length of the holes to make the course more challenging if the players are accurate throwers!

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You can play this both indoors and out. If the weather is nice, challenge yourself to a mix of both!

Player	Hole 1	Hole 2	Hole 3	Hole 4	Hole 5