



Medicine Ball Golf

How It Works

Medicine Ball Golf encourages students to enjoy being physically active while also encouraging teamwork and positive sportsmanship. It provides teachers with a visual advantage for proper assessment — teachers can use the *Functional Fitness Charts* as reference points to determine if a student is completing the exercise correctly, to ensure ultimate physical literacy development.

Divide the class into pairs and have them go to the “start line” for each of the 9 golf holes. Students in each pair take turns moving their medicine ball closer to the hole (squat + push or lunge + roll). Once a team gets their medicine ball in the hole, they record how many “strokes” it took and then complete a Chart exercise, including the number of repetitions listed. The team with the lowest score wins.

Materials Needed

- Set of *Functional Fitness Charts*
- 9 Hula Hoops
- 9-19 pylons
- Tape
- Medicine balls (if medicine balls not available use basketballs, volleyballs and/or Frisbees)
- Pencils and paper for keeping score
- Large open space, or take the game outdoors for even more room and fresh air

Preparation

- Place the 9 hula-hoops in various locations around your chosen space — ensure each hoop has enough room around it for pairs of students to perform the exercises properly
- At each station attach two *Functional Fitness Charts* (of varying degrees of difficulty) to pylons
- Set out medicine balls
- Mark each Chart with a specific number of repetitions (we suggest 8-12) for students to complete once both students have successfully placed their medicine ball in the hula-hoop.
- Set out pencils and paper for students to track their scores (optional)

Suggested Approach

- Ensure students are comfortable with the *Functional Fitness Charts* and know how to perform the actions in each chart accurately and safely
- Demonstrate the two different ways students can move the medicine balls to make their scores (squat + push or lunge + roll)



- Clearly explain the rules of the game
- Have students pair up, with each pair collecting a medicine ball, pencil and paper
- Have pairs begin at different holes (re: stations) and decide who begins the game by playing a quick game of Squatscalator
- Allow students ample time to get through all nine holes, stopping at the end of each hole to perform an exercise from one of the two charts at each station. (A completed chart includes performing the exercise for the allocated number of repetitions)

Build Your Medicine Ball Golf

Add Literacy to Your Golf Game

Vary the number of repetitions students perform at a station and assign a letter to each rep. (ex. 12 reps = A, 6 reps = B.) Have students write down the letter they find at each station, once a pair has completed all nine holes have them unscramble the letters to find a word, or have them write out as many words as possible from the letters they've collected, and then create a sentence using those words —offer bonus points for words that pertain to a recent lesson.

Extra Preparation

- Choose a word that pertains to a recent literacy based lesson
- Clearly mark each chart being used with a letter