

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Badminton Golf

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#### Game Description:

A simple version of golf using rackets for golf clubs, birdies for golf balls, hula hoops for holes, and mats as the obstacles of the course (lay a mat down to create a water trap/ sand trap, stand a mat on its side to create a rough, and stand them up to create trees).

#### Objective:

The participants play golf; attempting to land their birdie in the hula hoop in as few attempts as possible.

#### Game Rules:

Participants begin by "teeing off" from a designated place on the "course" (serving their birdie), and continue to hit their birdie from the place it lands until the birdie gets into the hula hoop. Each service counts as a "stroke".

#### AGE:

7 to 9 years  
10 to 12 years  
13 to 15 years  
16 to 17 years

#### TYPE OF ACTIVITY:

Skill instruction  
Warm up/Cool down

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)

#### HOW MANY LEADERS ARE NEEDED:

Only 1

#### HOW BIG OF A GROUP IS NEEDED:

One person  
Pair  
Small group (3-5 kids)

#### TYPES OF SKILLS PRACTICED:

Coordination  
Strike