



## SAND BOX GOLF

### Materials you need:

- A few empty cardboard boxes different sizes
- Plastic cups or similar from recycle bin
- Sticks/bats/rolled up newspaper for golf clubs
- A handful of small balls – ping pong work well and are light enough to go over the bumps on the sand course.

### Setup for play:

- Set up a golf course in the sandpit by placing the boxes on their side as the 'holes' or cut a hole out of the ends to make a tunnel.
- You can also add plastic cups and containers to hit the ball into or around. Place some sticks or little flags around the sandpit as obstacles. You could even set out a few water trays as water 'traps'.
- Show the children how to hit their ball towards the boxes and cups using their stick, bat or rolled up paper.
- Place some larger balls in a few boxes on a mat for the babies and younger toddlers to play with while the older children are playing golf.
- The more boxes and cups you use the more difficult the course will be – start with only a couple depending on how many children you have in care and their ages.

## LET'S GET MOVING - ACTIVITY GUIDE 168

What are they learning with this activity?

As the children try to hit the ball into the boxes they are learning to:

- Work together in a group with others
- Listen to and follow directions
- Use hand/eye coordination skills and demonstrate spatial awareness
- Strengthen fine motor muscles and control
- Coordinate and strengthen their large muscles as they bend, stretch, turn and putt.
- Recognise basic counting and number concepts
- Use their senses to explore and choose natural materials
- Balance their body and control movements

Extending the play:

- Gradually add more boxes and obstacles and vary the sizes of the balls.
- Turn the boxes over and line them up on the grass to play leapfrog over. They could also be used to stack and balance to build a tower.

