



MAKE TIME FOR **OUTDOOR PLAY**

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Footgolf

- Mark out the playground with hula hoops 2m apart.
- Establish a start and end point of the footgolf 'course'.
- Encourage children to kick a football or a large sponge ball into the centre of the hoop. Note the number of attempts to achieve this target.
- Children move along the 'course' until they reach the end.
- The person with the fewest attempts wins.
- This can be made more difficult by using a tennis ball.

Don't forget to wash your hands regularly for at least 20 seconds.

Curriculum: HWB 0-22a Supporting development of fundamental motor skills.

Health Guidance: Outdoor Play at Emergency Childcare Settings

Correct as at 3 June 2020

Developed to support
C19 Outdoor Play



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