



Adapted Physical Education—1st Cerebral Palsy of NJ Kim Catalfamo

Primary grades—introduce skills, scoring, and rules

Middle school—refine skills, adding strategy of getting less strokes at a hole, scoring

High School—refine skills, increase strategy, assessments, creating course, scoring & game play with decreasing amount to no teacher involvement

Objectives:

1. Students will use a club to propel a ball towards a series of holes on a miniature golf course, aiming to sink the ball into the holes using as few strokes as possible
2. Using math skills, students will count the number of strokes needed to successfully strike his/her golf ball hitting the hole/getting it in the hole.
3. Students will record their scores after each hole is completed on the scorecard using the scoresheet or iPad app.
4. Students will calculate final score of each player to determine a winner of the 9 hole course, using math skills of addition, number sequence and value order of greater to less.
5. Students will demonstrate the proper etiquette and sportsmanship during play of golf game.
6. Students will demonstrate teamwork, group independence from teacher instruction, and assessment of own and peers skills while playing the 9 hole course.
7. Students will demonstrate safety of the game with the use of clubs, walking on the carpeting/green and mobility of moving around the holes to the next one.
8. Students will create his/her own hole with the help of a peer(s) that will include challenging obstacles; demonstrate the hole to his/her peers; and monitor peers while playing the hole providing feedback to his/her peers.
9. Students will be able to identify and/or name golf equipment used in a miniature golf game.
10. Students will be able to explain the rules, scoring and terms of miniature golf either verbally or visually using the course itself or pictures.

Miniature Golf Lessons

Week 1—1st class— Rules, Scoring, Strategy, Etiquette, Safety Hole 1, 2, 3

Week 1—2nd class—Hole 4, 5, 6

Week 2—3rd class—Hole 7, 8, 9

Week 2—4th class—Assessment of Skills; Math skills of tallying up the score sheets and determining total scores and determination of winner; submit them to iPad for final score sheet. If time permits, begin the creative planning stage of creating own mini golf upcoming in week 3

Week 3—5th class—Create own mini golf hole using various objects from APE closet. Then after the hole is created the three groups will then come together and play mini golf on each of the three newly designed holes.

Week 3—6th class—using the “create own mini golf” from other classes within school, students will have a chance to try them out. At the end, they will get to vote on their favorite design and the most challenging design.

Equipment & Terms

Putter Golf Club – An implement with a grip at the top and a club head on the bottom used to hit the ball towards. Various lengths, of metal, foam or plastic material

Golf Ball – Balls are dimpled and come in a variety of colors so players can identify their ball; made of wiffle ball material; foam; tennis ball material; plastic

Putting green – Surface that the ball rolls on to reach the hole. Home Depot indoor/outdoor grass or felt carpeting. Pre-Cut Rolls sold. Two carpet rolls make one hole.

Obstacle - An area or object that impedes or impacts the direction or momentum of the ball. Various pieces of equipment was used. See each picture of the 9 holes for description of the obstacles.

Hole - A cup either sunk below the putting green, or within an angled riser where the ball can rest. Can be repositioned to create new challenges. We used plastic holes with flags from Kiddie Golf Sets and/or green flat rings (from Oriental Trading Company)

- **Border** – A barrier bar that helps guide the ball toward the hole. Its placement can determine if a shot is in or out of play. The outline borders are the floor cushion balance beams (from Flaghouse) they Velcro together to keep from coming apart



NUMBER OF HOLES

With a portable or indoor set, each course can be unique in design, while incorporating common elements. The number of holes can vary based on available space and number of players. Some variables and options:

- In a small space, or with a small group of players, the same green can be used multiple times. Obstacles can be reconfigured to keep the game interesting and diverse.
- If there is a larger space, a course can have up to 9 holes. (Outdoor courses typically have 18 holes.)
- With a large number of players, one team can play on each hole simultaneously. Clubs can be shared

SCORING

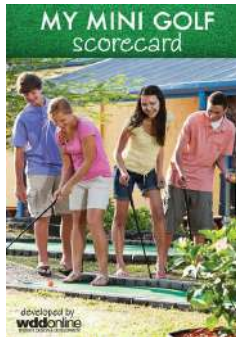
When the player hits the ball, this is called a stroke. Players must record the number of strokes for each hole on a scorecard.

Stroke Play takes a player vs. the course approach to scoring, where players aim to use the least amount of strokes. At each hole, the player is only allowed the maximum of 6 strokes and minimum of 1 stroke. After each hole, the players' score is written on the score card under that hole column. At the end of the game, all columns (9 holes) are added together for a final total score. The player with the least amount of strokes for the whole course wins. In case of a tie, play continues on an extra hole until one player uses fewer strokes to complete the hole, making that player the winner.

ANOTHER FORM OF SCORING

Match Play is a player vs. player or side vs. side approach to scoring, where players vie against each other to win the most individual holes. The opponent who uses the least strokes to hit the ball into the hole wins credit for that hole, and the player who wins the most holes wins the match. If players use the same amount of strokes for a hole, each gets 1/2 point. When one side is ahead by the number of holes that exceeds the number of holes left to play, the match is won, therefore a game may

Myminigolfscorecard.com



| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | Total |
|-------|---|---|---|---|---|---|---|---|---|----|----|-------|
| Matt | 1 | 4 | 2 | | | | | | | | | 7 |
| Kelly | 2 | 3 | 2 | | | | | | | | | 7 |
| Ever | 2 | 3 | 2 | | | | | | | | | 7 |
| Ryan | 1 | 3 | 3 | | | | | | | | | 7 |
| Molly | 4 | 2 | 1 | | | | | | | | | 7 |

| Score Card | | | | | | | | | | | |
|------------|-----|--|--|--|--|--|--|--|--|--|--|
| Hole | Par | | | | | | | | | | |
| 1 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 4 | | | | | | | | | | | |
| 5 | | | | | | | | | | | |
| 6 | | | | | | | | | | | |
| 7 | | | | | | | | | | | |
| 8 | | | | | | | | | | | |
| 9 | | | | | | | | | | | |
| Total | | | | | | | | | | | |

TERMS

- **HOLE-IN -ONE:** When the ball makes it into the cup on the first shot.
- **PAR:** In stroke play, par is the set number of strokes that the player is expected to use for that hole.

The PAR for our game is 6.

- **BIRDIE:** One stroke under par. 5
- **EAGLE:** Two strokes under par. 4
- **BOGEY:** One stroke over par. 7

RULES

- Starting the game: To determine order of play, each player takes a stroke. The player whose ball comes the closest to the hole will go first.
- Variations for the first hole once play begins
- The first player can continue to play until finishing (how we are playing)
- Each player can play in sequence
- Variations for subsequent holes
- The original order can continue on as before
- Player with the least strokes can go first

SAFETY TIP S

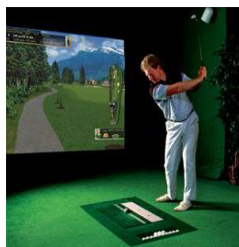
- The ball should stay on the putting green and should not be launched into the air.
- The putter should not be brought back above knee height at any time during the stroke.
- Players should not stand behind the player who is swinging a club.

ADAPTATIONS

- Equipment companies, such as FlagHouse, offers special clubs that allow the angle of the head to be adjusted, and wheels that let the user hit the ball straight on from a sitting or standing position.
- Have ace bandages, easy-off adhesive tape, stick-on hook-and-loop fasteners and masking tape on hand to secure the club to the player's hand (wear a glove w/ fasteners) (pic below)
- If the player is in a wheelchair, the ball can be relocated to accommodate access. Have another player retrieve the ball and place it in a location of equal distance from where it landed. Without penalty,
- using pvc piping and accessories for attachments, create a swinging T that would allow a golf club or a made club from pvc, to be swung by a student in a wheelchair who is unable to swing a club on his/her own.

OR let the player hit the ball off a tee (like picture below)

- Create a tube or chute that the golf ball could be dropped and it would roll down to the course layout. (dryer tube, drain gate, a pool noodle cut in half lengthwise). Create a thinner ramp (like bowling). Pic below
- Allow the wheelchair or walker user to stay on the outside of the green border if challenges or obstacles prevent mobility on the green accessible. Allow for relocation of ball closer to the player for ability to reach the ball properly.
- set up virtual courses for limited mobility students (pic below); or stationary Velcro holes (pic below)



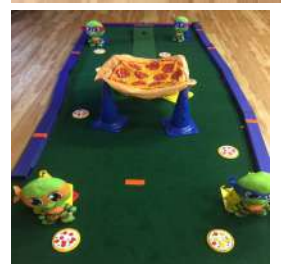
SUPERHERO!

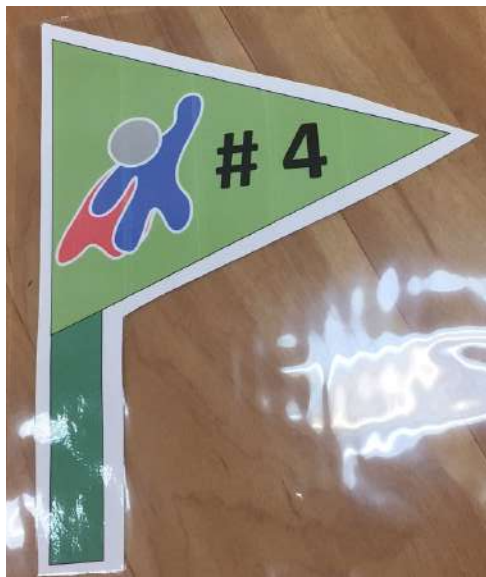
Mini Golf

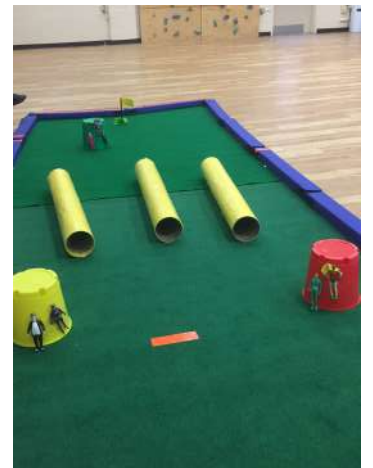
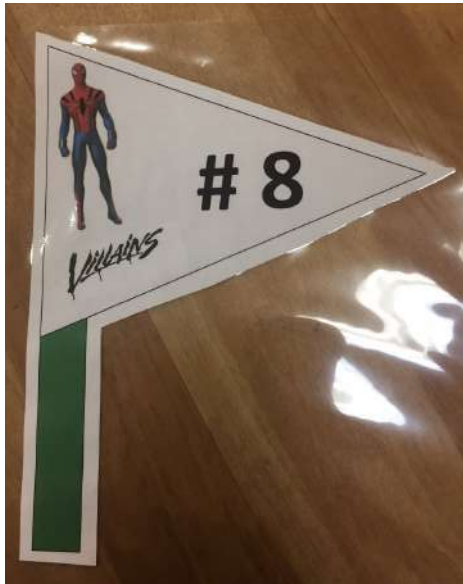
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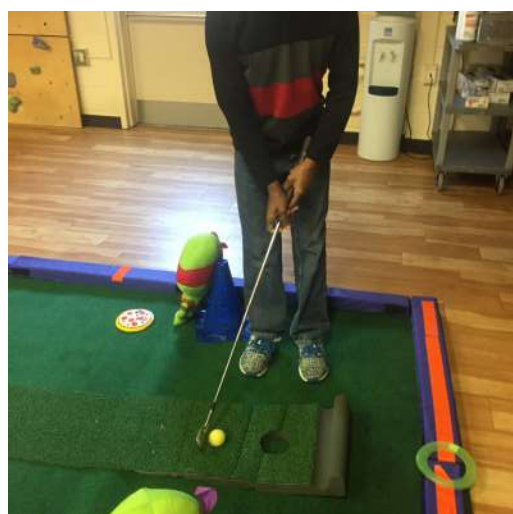
Created by Kim Catalfamo

9 Hole Course

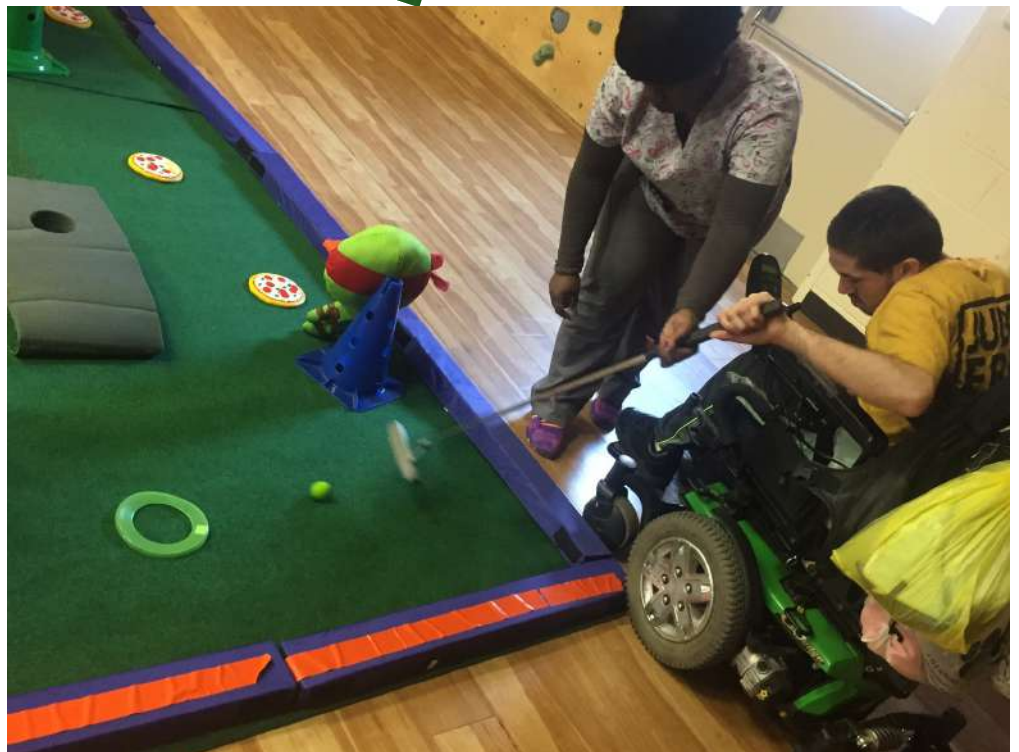
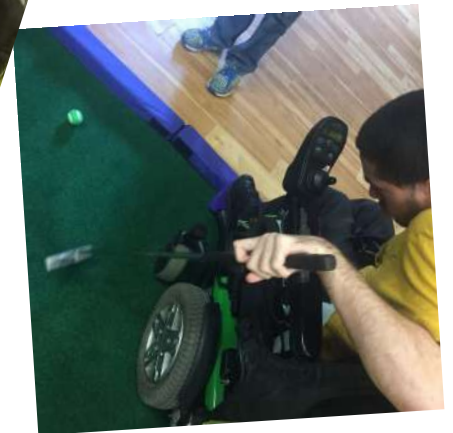
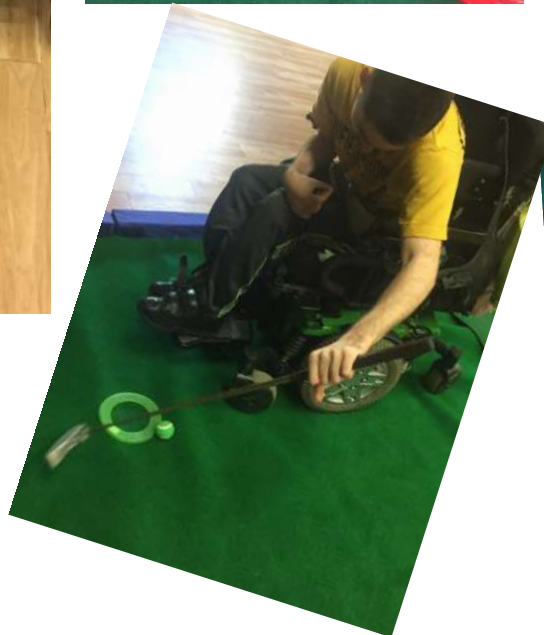
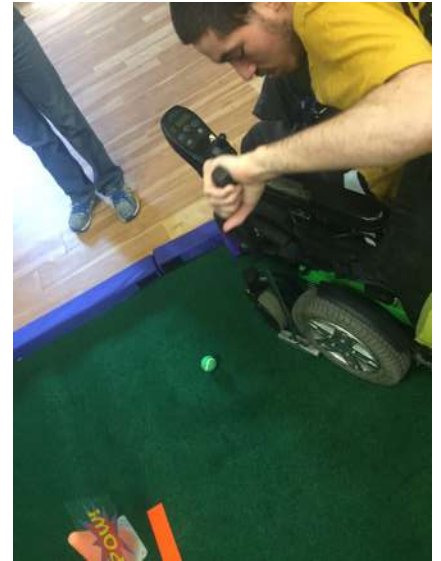








High School Adapted PE Class



Adapted PE
Mini Golf
High School