



#FontanaTogether

Indoor Mini-Golf

Looking for a fun summer activity for kids? Mini golf is a fun activity for kids and family to play as a group, or as a fun family activity. In this activity we will be building our mini-golf course to play indoors.

Equipment:

- Masking tape
- Toilet paper tubes
- Paper
- Ping-pong balls, or any other miniature ball that you can use for golf.
- Recycled items (egg cartons, tin cans, etc.)



Skill Emphasized:

- Cardiovascular endurance

Organization:

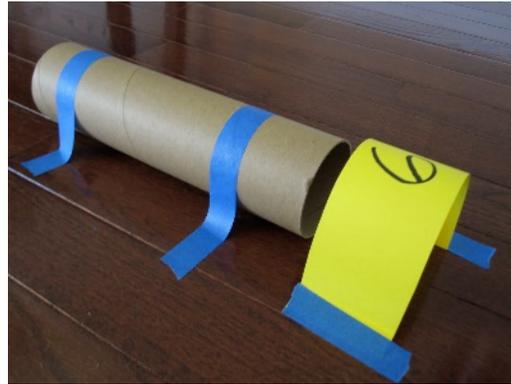
1. Arrange an open space to create a miniature golf course
2. Use any household item for your golf club (ex. Broom stick)
 - Or you can create your own.
3. Number each hole on your course. No limit to the number of holes you create, so get creative!
4. Create a task for each whole (Ex. #1- Do 15 jumping jacks, #2- Spin around 5 times, #3- jump like a frog to your next hole, etc.)



Instruction:

Warm up and stretch before any type of physical activity!!

1. Have each participant begin the course, attempting to make his or her ball into each whole.
2. Once they have made their ball into a hole, they must complete the assigned task before they move on to the next hole.



Modifications/Variations:

- Once participants complete the course, have them re-attempt each hole while aiming to make their ball in with less tries.
- The course can also be created and completed outdoors.