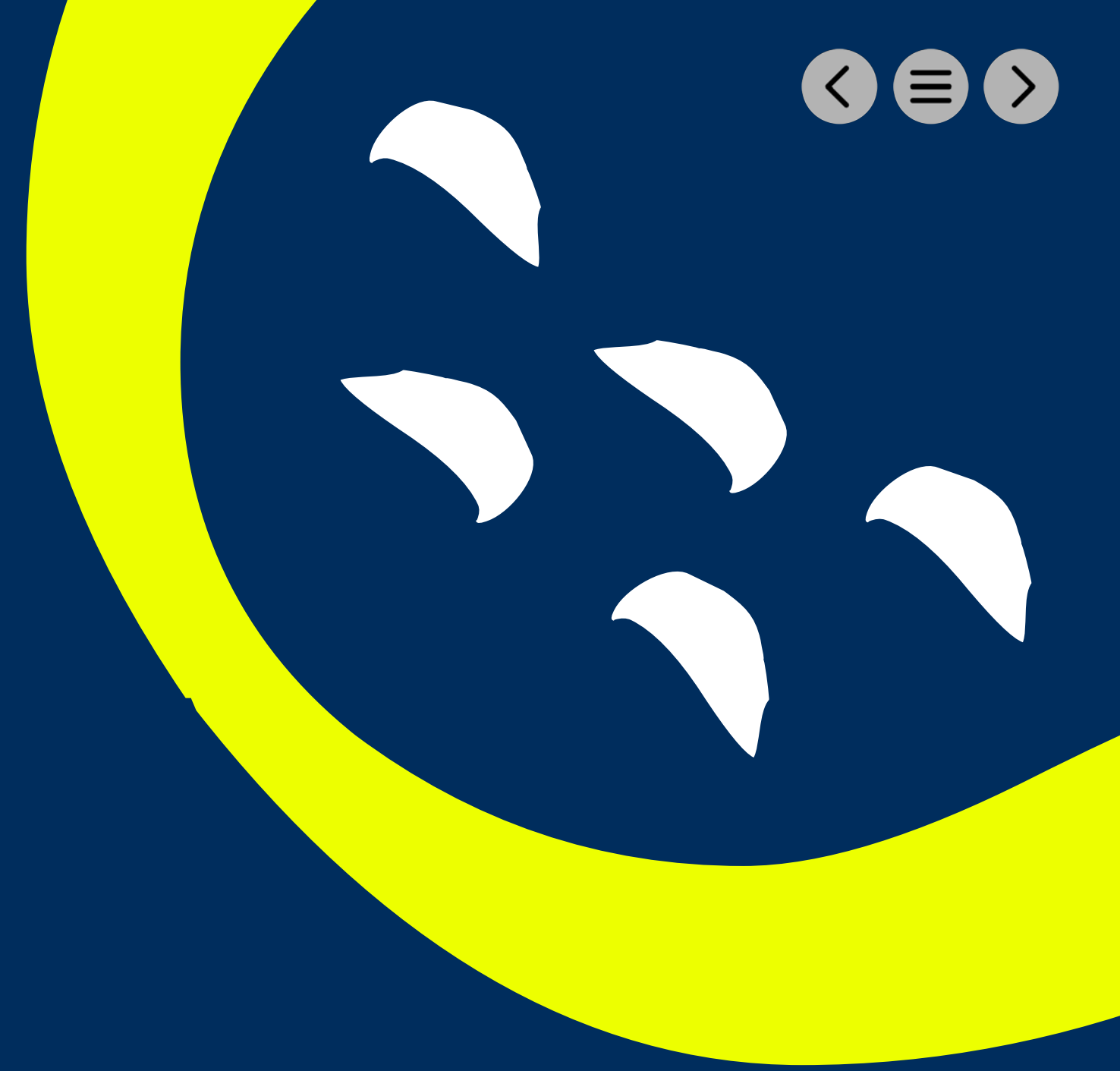


Full-Day Class Plan

Day 2



Contents

- 3** Class Timetable
- 7** Layout and Setup
- 11** Physical Literacy Game Cards
- 15** Around the Green Game Cards
- 23** Swing Game Cards
- 31** On the Green Game Cards



Class Timetable

4

Class Plans

Playing

Course Progression Levels

Session
60mins

Group Size:
1:6

Mastering the focus:
Swing

Element:
Irons

Learning the game focus:
Orientation

myJunior Challenge:
Iron Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resources
10 Mins	Introduction & Warm Up Game	- Outline the lesson objectives to the group - Introduce the warmup game to the group - Introduce FMS and Physical Literacy focus - Split into teams & demonstrate warm up game - Play the warmup game	Relay Race
5 Mins	Learning the Game Focus	- Introduce the components of the Golf Bag - Introduce the Iron & components of the club	
35 Mins	Mastering the Game Focus	- Outline the safety instructions & class layout - Introduce games, tasks & challenges - Deliver one to one & group coaching on the Mastering the Game learning outcomes - Children can attempt the Iron Challenge - Children rotate around the stations	Coming Soon
10 Mins	myJunior Track & Reward	- Recap Mastering the Game and Learning the Game Focus from the session to check for understanding - Distribute Learning the Game Resource if appropriate - Children can complete myProgress Wheel and add stickers where appropriate - Add any lesson notes to the child's myProgress section - Award the Achiever Reward to a student in front of the parents and the group - Award any Pins & Hats	- The Iron Challenge - Tug of War - Stepping Stones Coming Soon

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Day 2 Morning | Full-Day Camp Timetable

Session Length:
420 mins

Group Size:
1:8

Mastering the Game Focus:
Swing
Around the Green
On the Green
Course Play

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins	Introduction	Welcome and allocate children their teams for the week.	Team Register
15 Mins	Warm Up Games	Introduce the Warm Up game, play in teams and record scores	- Head, Shoulders, Knees and Toes - Team Points Tally Sheet
40 Mins	Mastering the Game Around the Green	- Outline the safety instructions and class layout - Introduce games, tasks and challenges - Deliver one to one and group coaching - Children rotate around the stations	- Closest to the Line - Battleships - Splash Shot - Over or Under - Team Points Tally Sheet
40 Mins	Mastering the Game Swing	- Outline the safety instructions and class layout - Introduce games, tasks and challenges - Deliver one to one and group coaching - Children rotate around the stations	- Stepping Stones - Tug of War - Up the Ladder - Flamingo Shots - Team Points Tally Sheet
10 Mins	Mid-Morning Break	Time to rest, enjoy a drink and snack	
45 Mins	Mastering the Game On the Green	- Outline the safety instructions and class layout - Introduce games, tasks and challenges - Deliver one to one and group coaching - Children rotate around the stations	- Closest to the Line - Pick a Cone, Hit a Cone - Coconut Shy - Minefield - Team Points Tally Sheet
15 Mins	End of Morning Recap	Recap the games, find out the children’s favourites and announce the points total for the morning	Team Points Tally Sheet

Day 2 Afternoon | Full-Day Camp Timetable

Session Length:
420 mins

Group Size:
1:8

Mastering the Game Focus:
Swing
Around the Green
On the Green
Course Play

Time	Focus	Suggested Theme Content	Games / Drills / Resource
60 Mins	Lunch	Enjoy lunch and provide indoor activity to complete	Crossword
20 Mins	Warm Up Games	Introduce the Warm Up game, play in teams and record scores	Relay Race
150 Mins	On Course Play Team Scramble	- Outline the safety instructions - Introduce the format - Let the children play in teams and record scores for as many holes completed	- Scorecards - Team Points Tally Sheet
10 Mins	End of Day Recap	Recap the games, find out the children’s favourites and announce the points total for the day	Team Points Tally Sheet

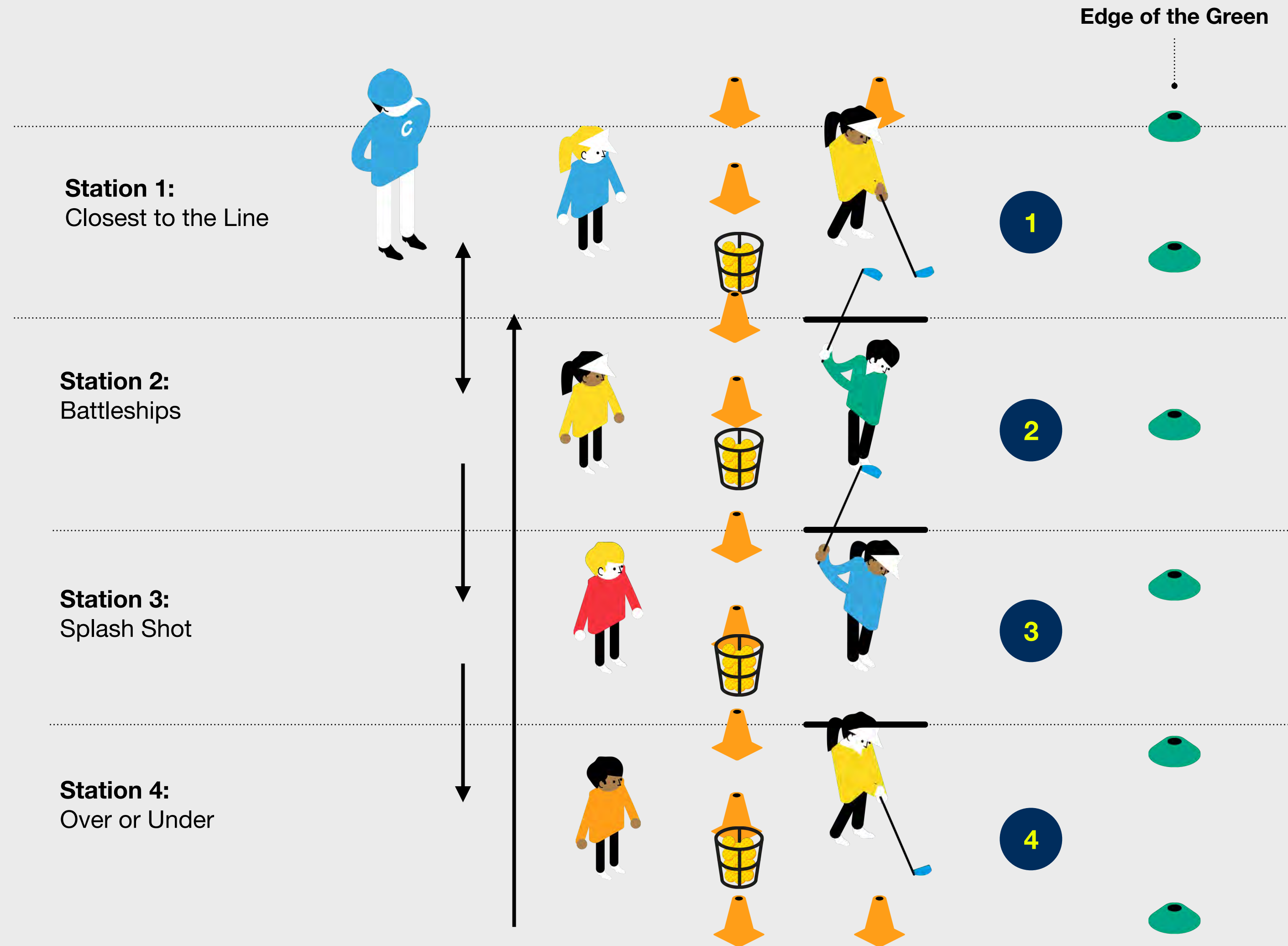
Layout and Setup



Around the Green Games - Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

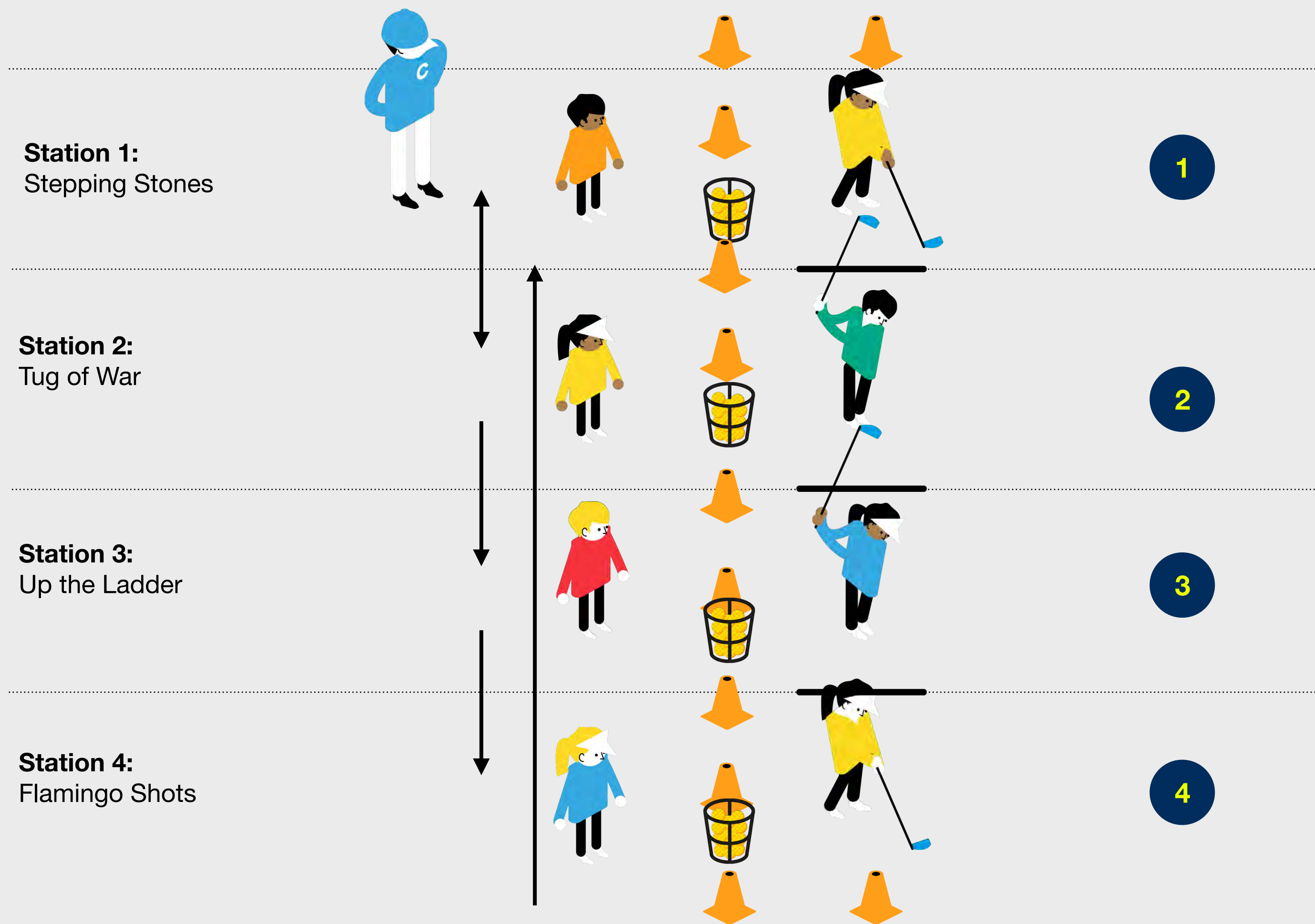
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **5-7 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to the class
- Safety is your top priority when running your class, please remember to;
 - Add your orange safety cones behind each station to identify to the children where they are required to stand when not hitting from within the hitting station
 - Dividers should be used to identify to hitting stations
 - Baskets should be placed to right to the side of the children and behind the hitting area
 - Children should never go in front of the hitting stations to collect a golf ball or golf club
 - Children should always exit the hitting stations from the rear by crossing the orange safety cones
 - Children should collect the golf balls in a group with all equipment left at the stations



Swing Games - Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

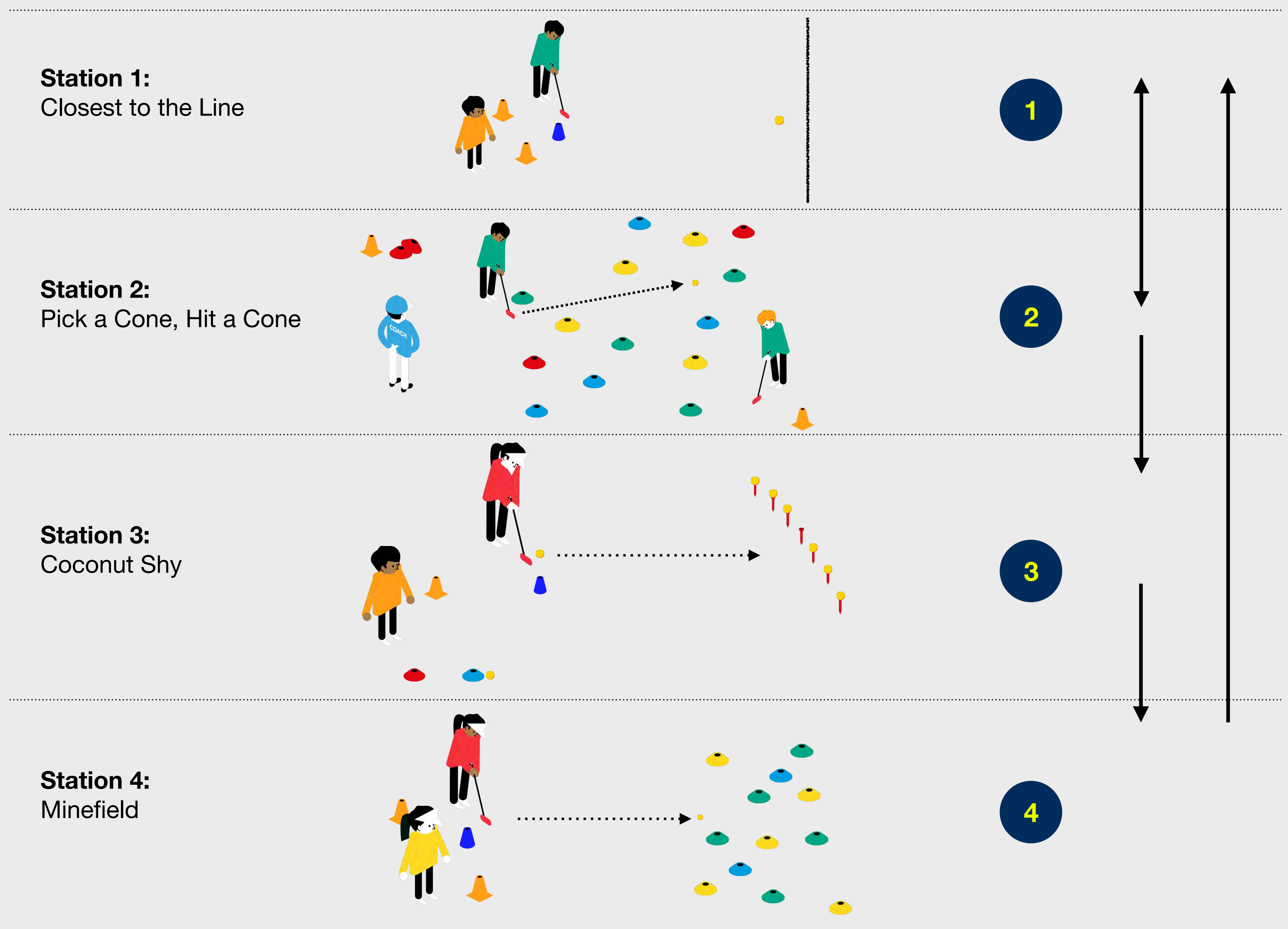
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to the class
- Safety is your top priority when running your class, please remember to;
 - Add your orange safety cones behind each station to identify to the children where they are required to stand when not hitting from within the hitting station
 - Dividers should be used to identify to hitting stations
 - Baskets should be placed to right to the side of the children and behind the hitting area
 - Children should never go in front of the hitting stations to collect a golf ball or golf club
 - Children should always exit the hitting stations from the rear by crossing the orange safety cones
 - Children should collect the golf balls in a group with all equipment left at the stations



On the Green Games - Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

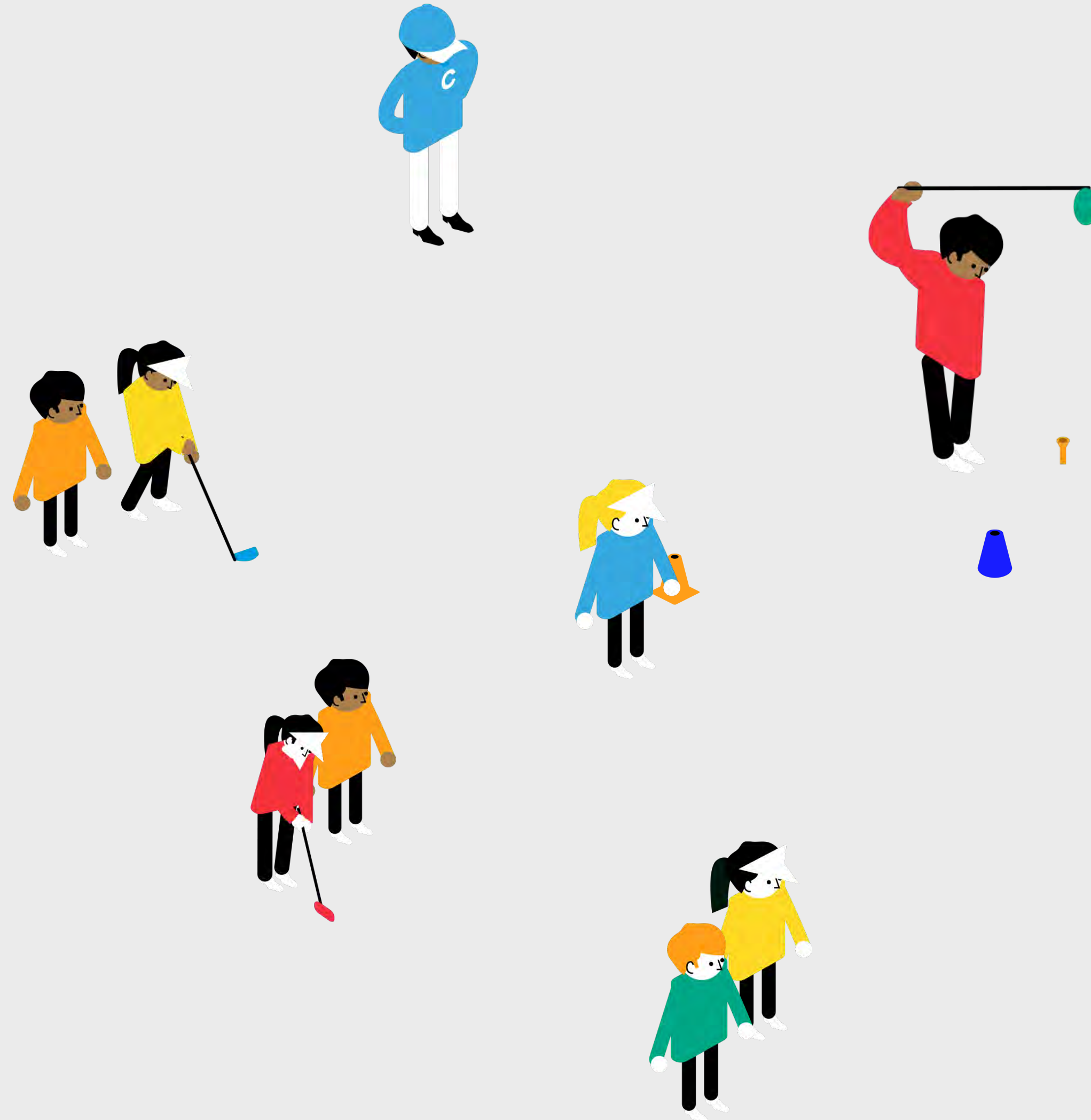
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to the class
- Safety is your top priority when running your class, please remember to;
 - Add your orange safety cones behind each station to identify to the children where they are required to stand when not putting within a station
 - Children not putting from within their station should place the putter on the ground
 - Only one golf ball is required for each junior



Course Play - Layout and Setup

The graphic opposite provides an example image of how we suggest you manage your group on the course so that the course play activities can be delivered in a safe, fun and engaging manner:

- Take a cone onto the course to indicate where the children have to play from. Make sure you take a safety cone so that children are aware of where they should be stood when not playing their shots
- Children should take it in turns to hit their shots and be praised for standing safely and encouraging each other when it's not their turn
- Safety is your top priority when running your class, please remember to remind the group;
 - Children should never go in front of the child hitting the shot
 - Children should always be aware of other golfers on the course
 - Children should make sure they leave equipment on the floor if they are not using them



Physical Literacy



Head, Shoulders, Knees and Toes - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

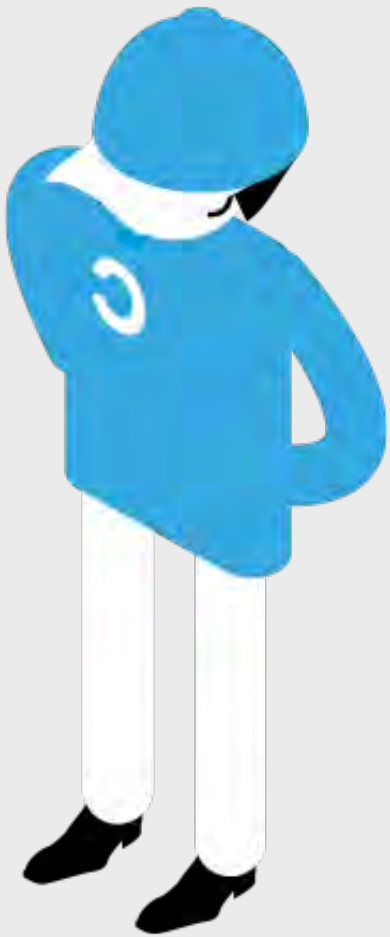
Golf Balls



Head, Shoulders, Knees and Toes



5!



About

The Warm Up Games are an opportunity for you to develop the child’s Physical Literacy. During these games, a focus should be made on the developing key Fundamental Movement Skills (FMS) and athleticism components identified within the Physical Literacy Learning Outcome. Use the guidance below for how the warm up game should be laid out and played:

How to Play

Each child has a golf ball that they place at their feet. The coach calls out a number between 1 and 5. If the coach calls “1” the juniors have to place their hands on their head. If “2” is called, the juniors have to place their hands on their shoulders, “3” is knees, “4” is feet and if the coach calls “5” the children need to pick up the ball and jump into the air.

The coach should call slowly at first, then faster and faster before finishing the round by calling “5”.

The winner is the first child to pick up their ball and jump into the air!

Progression Ideas

- Allow the children to call the numbers
- Add in additional actions with more numbers

Relay Race - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

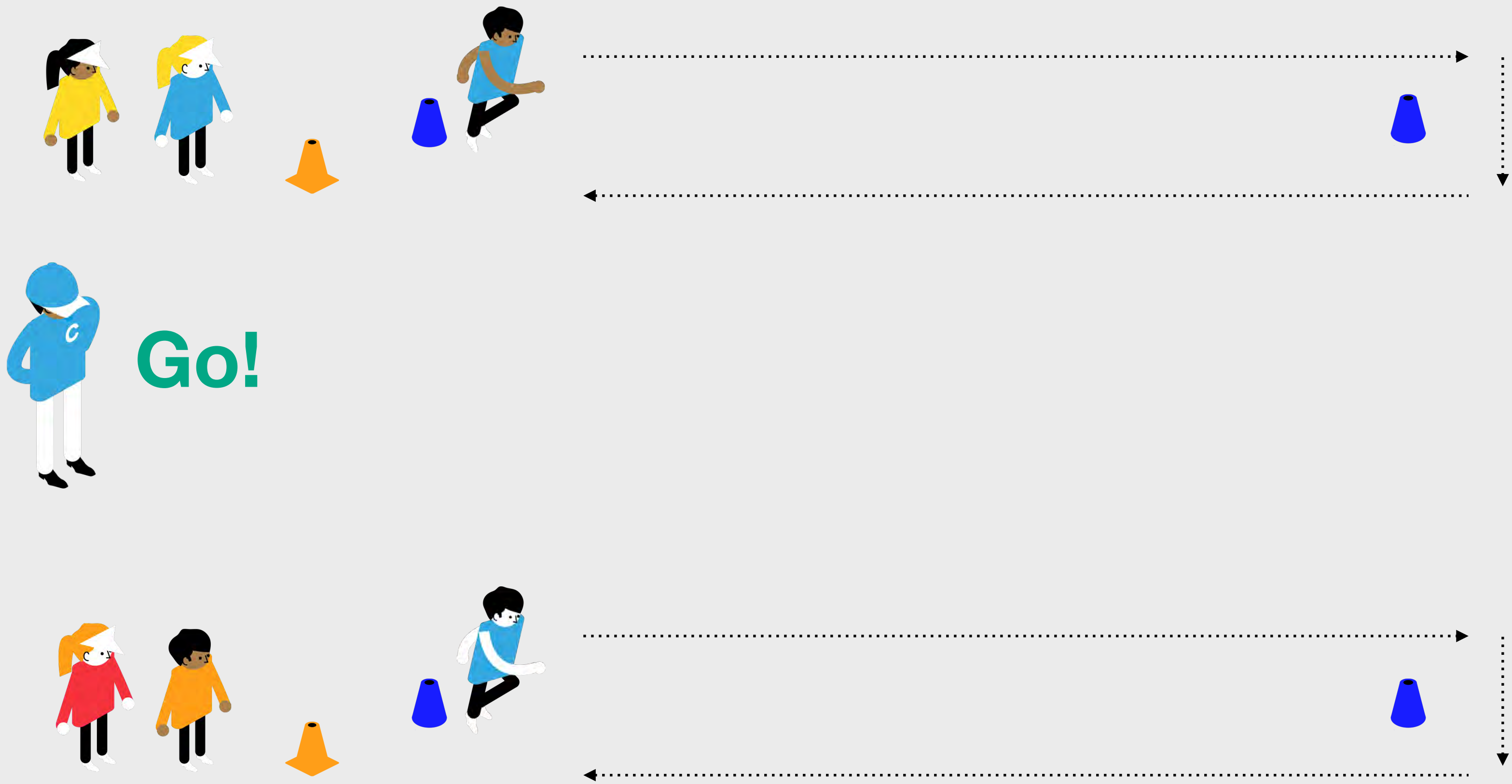
Orange Safety Cones



4 x Cones



Relay Race



About

The Warm Up Games are an opportunity for you to develop the child's Physical Literacy. During these games, a focus should be made on developing key Fundamental Movement Skills (FMS) and athleticism components identified within the Physical Literacy Learning Outcome. Use the guidance below for how to play the warm up game:

How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child races to the end cone and runs around the cone, coming back and tagging the next player
- The team that wins is the one who gets all players home first

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

Around the Green



Closest to the Line - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



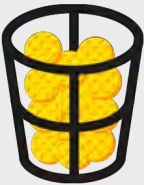
Spare equipment that may be required for the group attendees.



Cones to mark starting position



Golf Balls



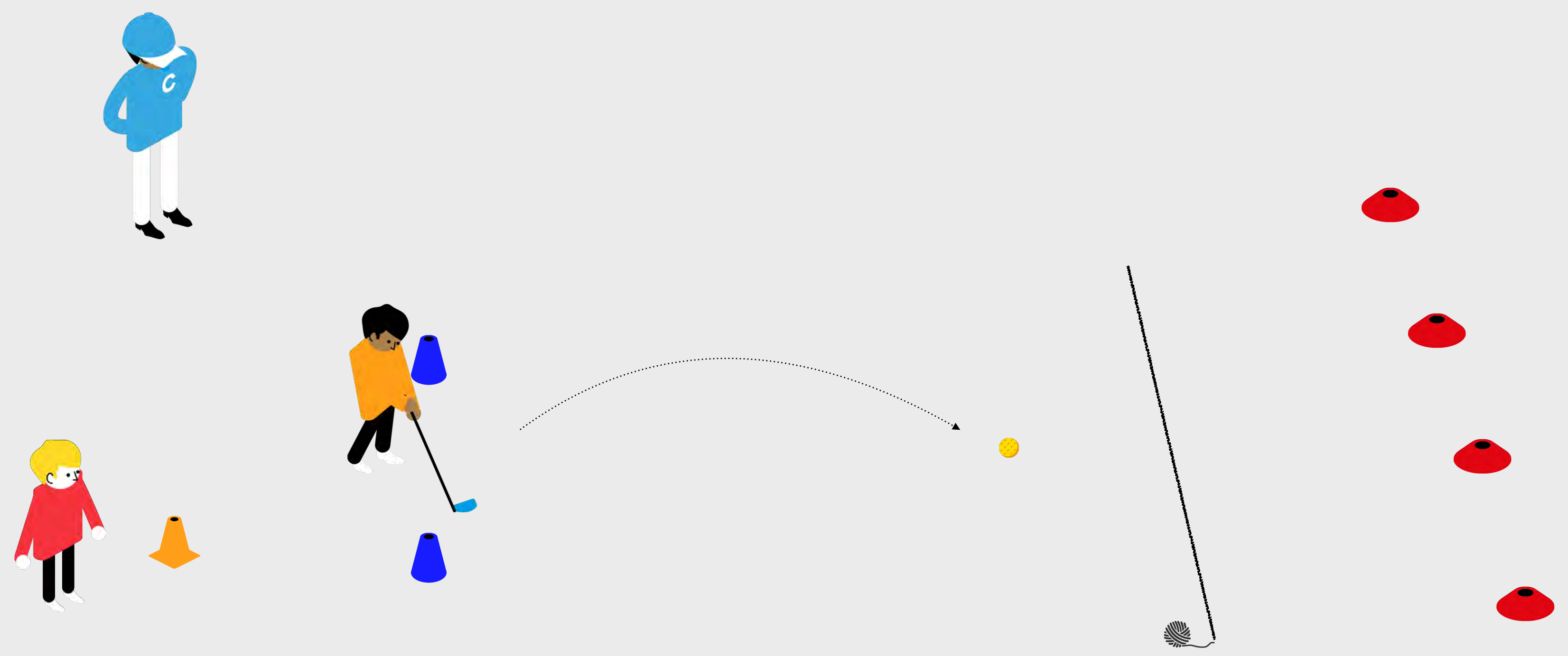
String to mark the target line



Red cones to mark the end zone



Closest to the Line



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

How to Play

- Children take it in turns to hit their chip shot towards the string
- The child that chips the ball closest wins the point for that round
- If the child chips the ball too far and it goes past the red cones then they lose a point
- The winner is the child that gets to 5 points first

Progression Ideas

- Vary the distance of the chip shot
- Let each child nominate which club the other has to use when doing their shot
- Introduce a fringe in front of the player and the ball only counts if the first bounce lands over the fringe

Learning Outcomes

- Ability to control distance on a chip shot
- How to react to winning or losing the round

Battleships - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



8 x Yellow Colored Cones



Cones to mark out the necessary hitting station



8 x Blue Colored Cones



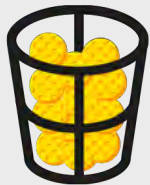
Spare equipment that may be required for the group attendees.



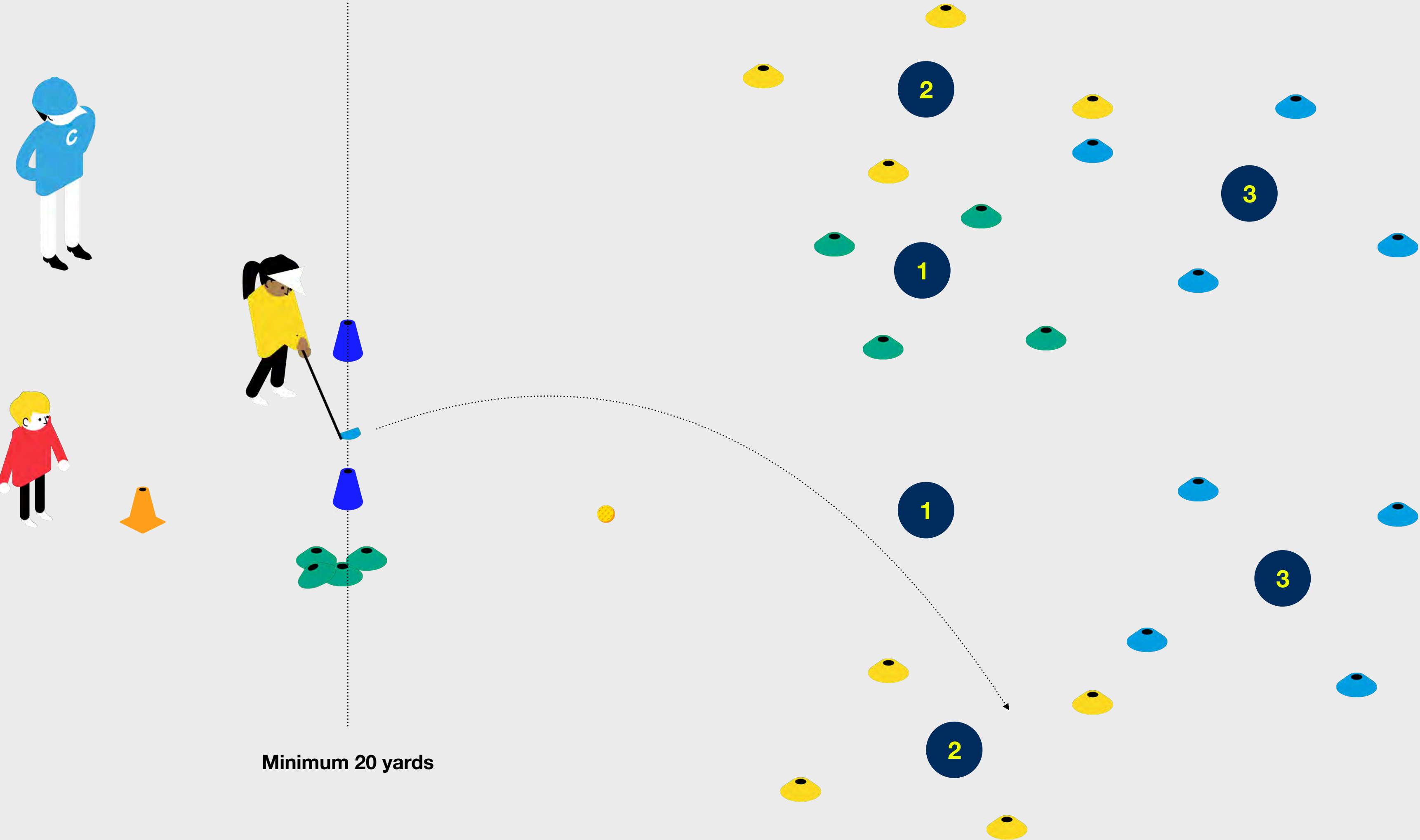
8 x Green Colored Cones



Golf Balls



Battleships



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

How to Play

- One player is assigned one side as their ships and the other child is assigned the opposite. The aim of the game is for players to destroy the opposing player's ships by landing the ball into the box
- Players must nominate the ship they are attempting to destroy. If they are successful, they pick up the cones and return it to the start
- The game continues until one player has destroyed all of the opposing players ships

Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the distance between the starting point and the ships
- Change the size of the target ships
- Change the number of target ships

Splash Shot - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



Spare equipment that may be required for the group attendees.



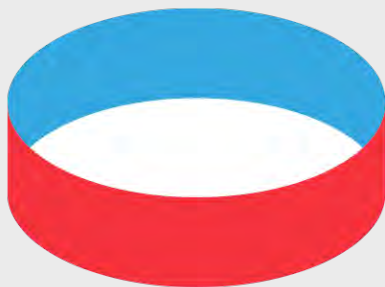
Cones to mark starting position



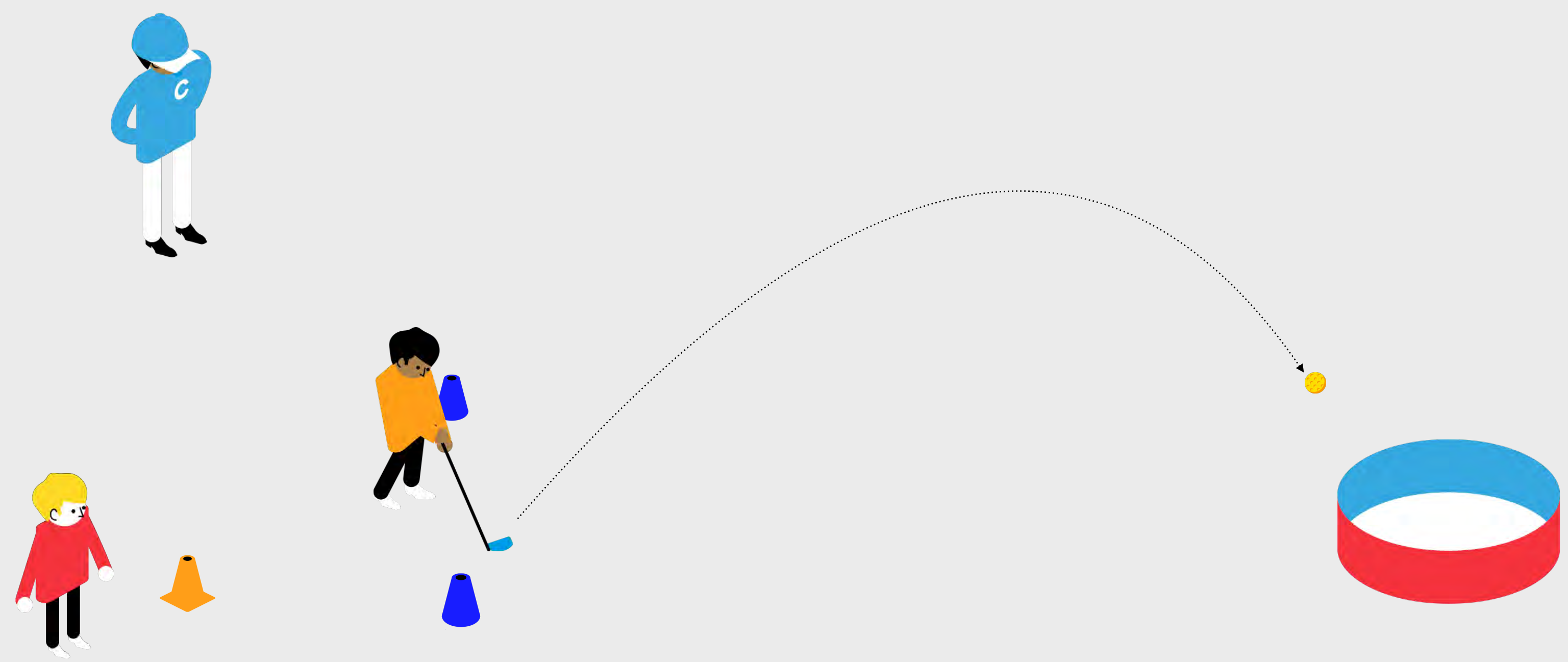
Golf Balls



1 x Pool, filled with a small amount of water



Splash Shot



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

- How to Play**
- Children take it in turns to hit their shots
 - The aim of the game is to pitch the ball into the pool
 - The children have 10 shots each, the winner is the child who gets the most shots into the pool

- Progression Ideas**
- Vary the distance to the pool
 - Add or reduced the number of shots
 - Add a rule that the ball has to land in the pool without bouncing

- Learning Outcomes**
- Ability to control distance on a pitch shot
 - Ability to control direction

Over or Under - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



Alignment Sticks



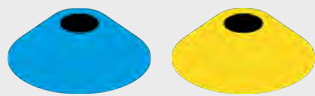
Cones to mark out the necessary hitting station



Foam Noodle



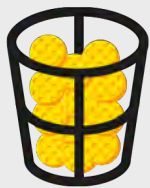
Colored Cones for Target Circles



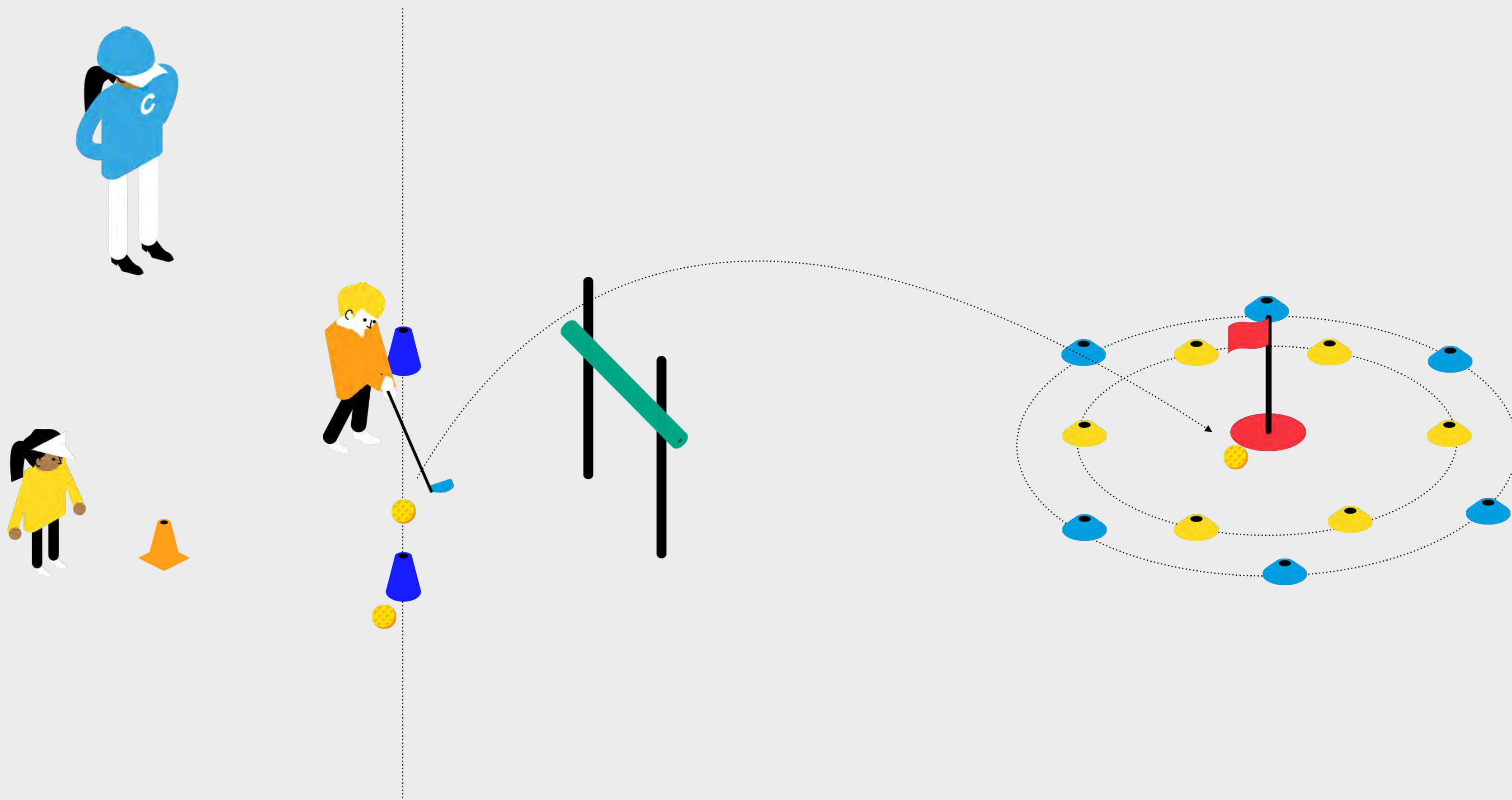
Spare equipment that may be required for the group attendees.



Golf Balls



Over or Under



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

How to Play

- Nominate a player to play first. Each child has 2 shots per round
- The first player attempts their first shot over the foam noodle and aims to get their ball as close to the flag as possible
- On their second go they try to chip the ball under the foam noodle and aims to get their ball as close to the flag as possible
- Players score points for getting as close to the flag as possible, 1 point for the outer circle 2 points for the inner circle
- Players hit 10 shots each and the child with the highest points total wins

Progression Ideas

- Vary the starting point from around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circles
- Change the distance between the starting position and the target circles

Learning Outcomes

- Change the distance between the cones and the hole
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the player must move back a step or go back to the start

Swing



Stepping Stones - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

2 x Orange Safety Cones



Golf Balls



2 x Cones



Spare equipment that may be required for the group attendees.



1 x White Cone



5 x Yellow Cones



Stepping Stones



About

The Mastering the Game Cards have been designed to add a fun element to your classes and to aid engagement in the class focus. Use the graphic opposite and the guidance below to understand how to play the game:

Equipment Needed

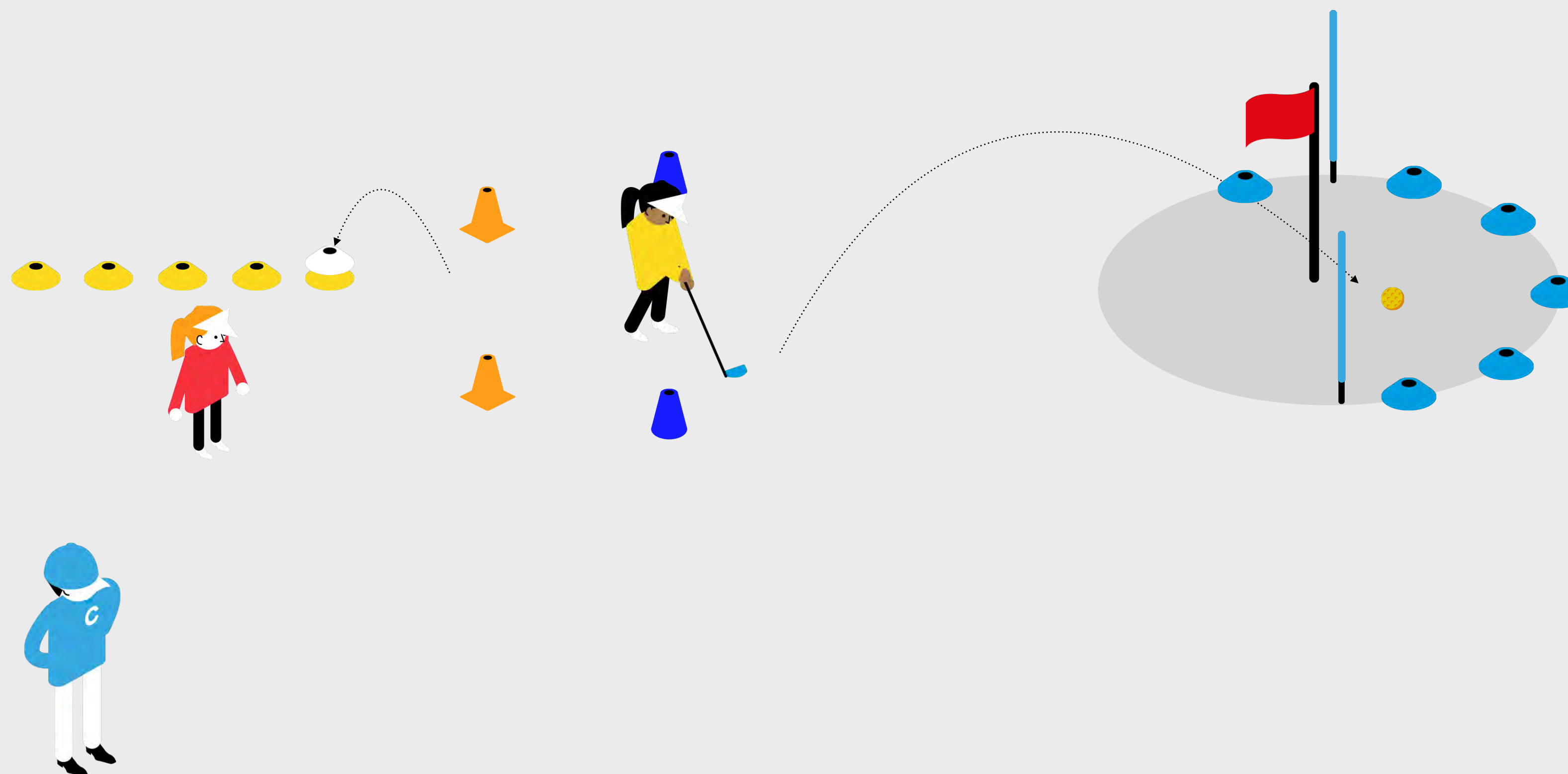
- Orange safety cones for a safety line
- 5 cones or markers in one color
- 1 white cones

How to Play

- Child number 1 starts and attempts to hit their shot onto the green
- If the child hits it onto the green, then the child moves the white cone to the first colored cone (stepping stone). If the child misses, the cone stays where it is
- The next child attempts their shot and moves the cone if successful
- The children complete the challenge if they manage to get the white cone to the end before it is time to switch games

Progression Ideas

- Vary the size of the green
- Vary the distance between the tee box and the green
- Add Hazards to act as a penalty
- Add additional targets to increase the number of moves up the stepping stones



Tug of War - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

2 x Orange Safety Cones



Golf Balls



2 x Cones



Spare equipment that may be required for the group attendees.



1 x White Cone



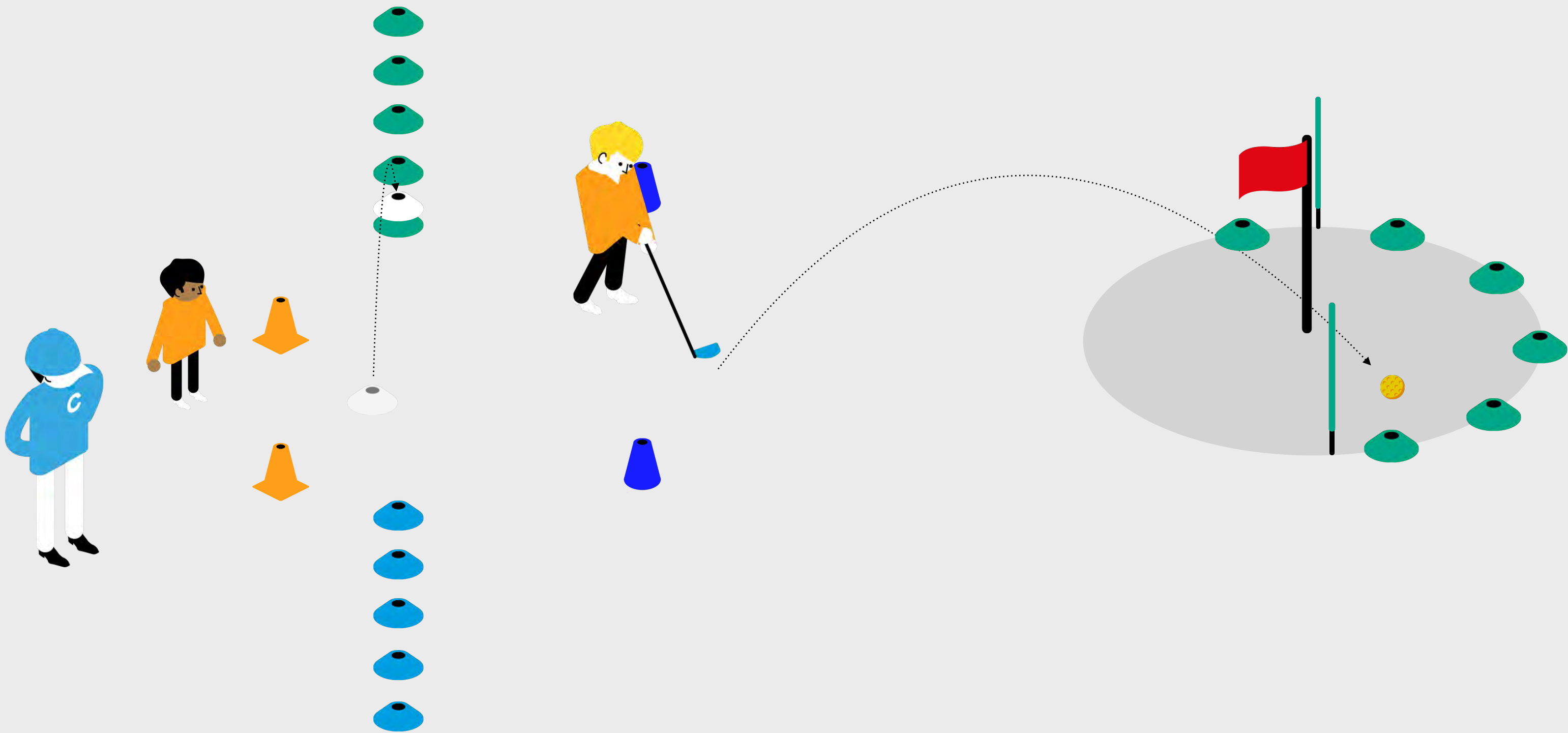
5 x Green Cones



5 x Blue Cones



Tug of War



About

The Mastering the Game Cards have been designed to add a fun element to your classes and to aid engagement in the class focus. Use the graphic opposite and the guidance below to understand how to play the game:

How to Play

- Child number 1 starts and attempts to hit their shot to the target
- Then the next child attempts their shot. The player who hits it nearest to the target moves the cone one place to their side
- The winner is the one who gets the centre white cone to their end cone

Progression Ideas

- Vary the target on each shot
- Vary the distance between the tee box and the green
- Add hazards for penalty cones
- Add different targets to increase the number of moves across the cones

Up the Ladder - Equipment you need

Listed below is the equipment you will need to run this class. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



10 x Alignment Sticks



Cones to mark out the necessary hitting stations



10 x Foam Noodles



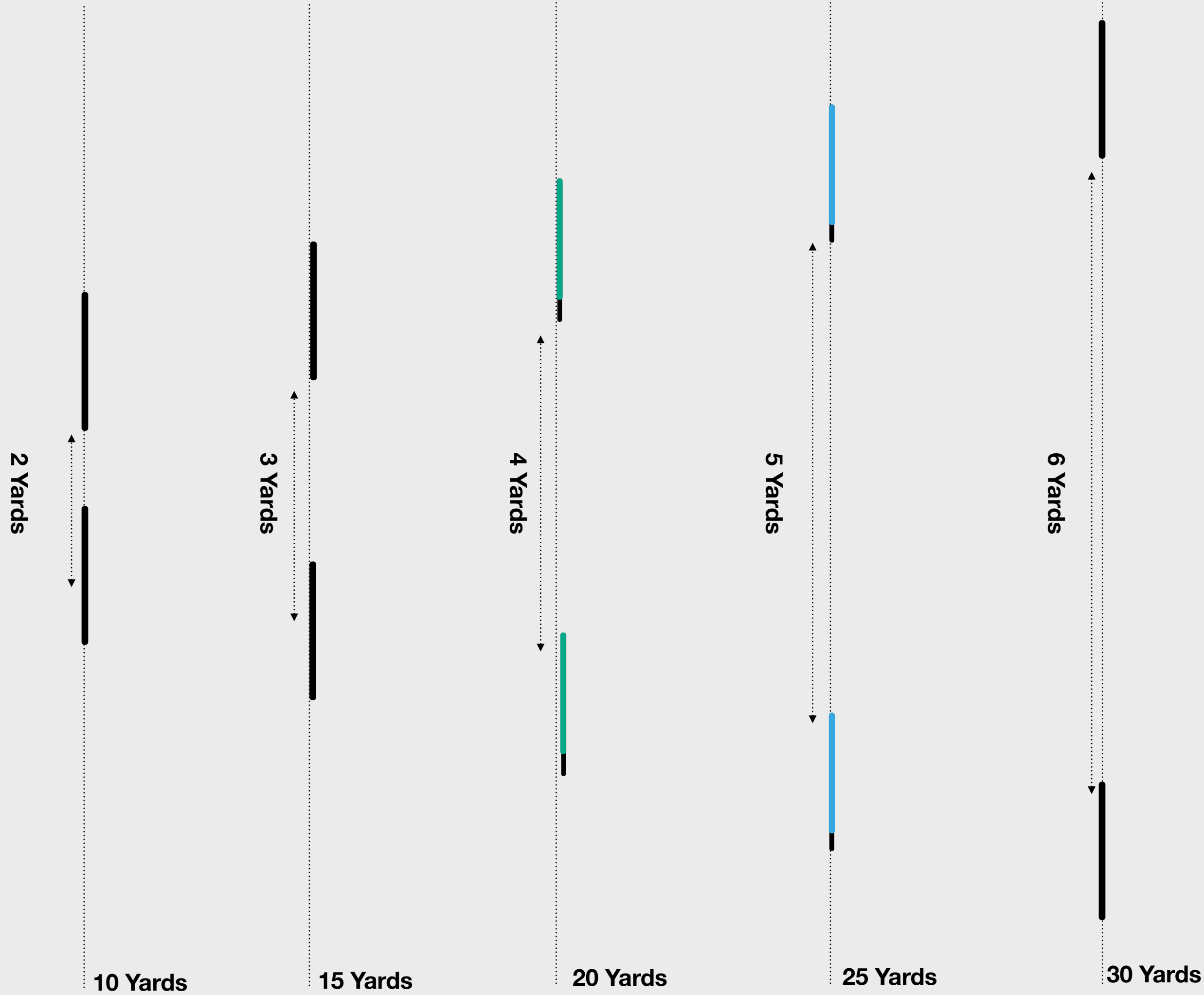
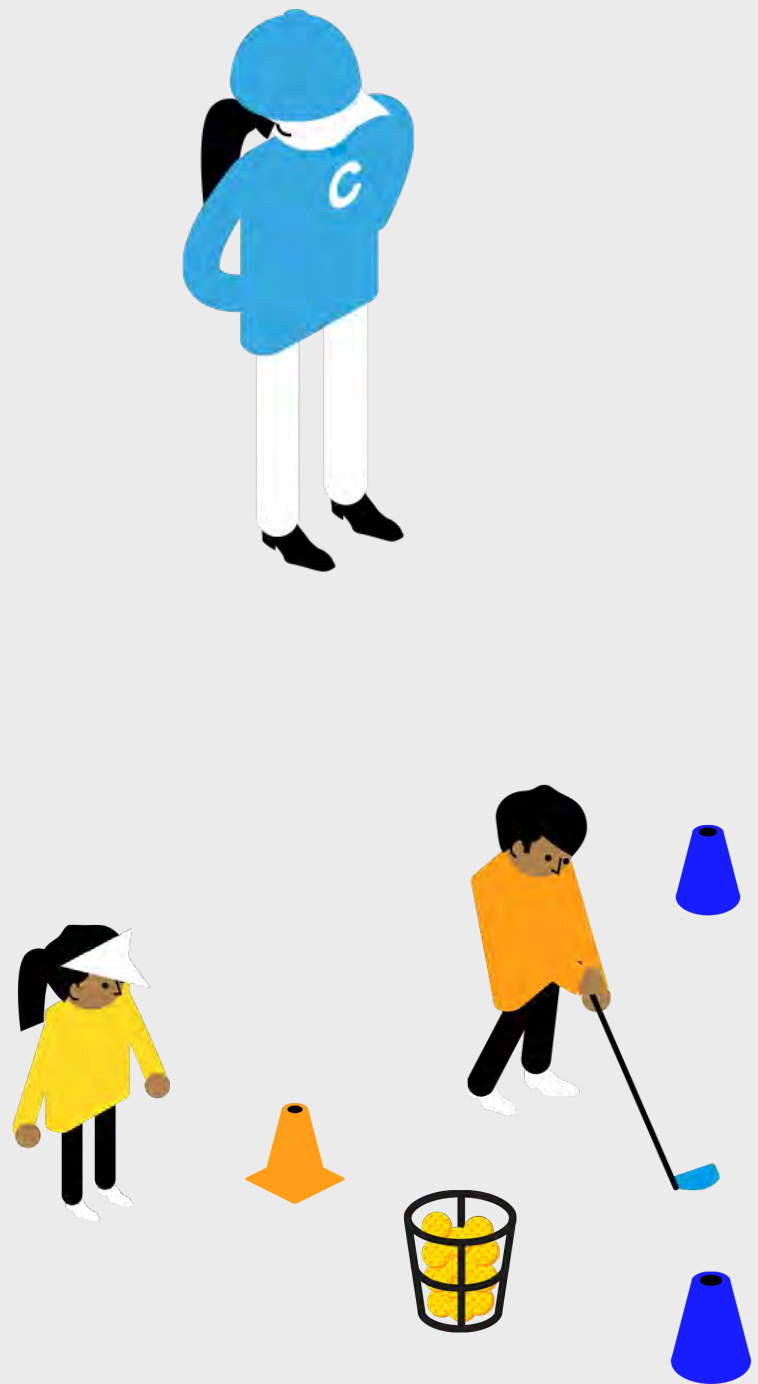
Spare equipment that may be required for the group attendees.



Golf Balls



Up the Ladder



About

The Mastering the Game Cards have been designed to add a fun element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

How to Play

- Players attempt to work their way up the ladder in order, starting by trying to hit their shots through the nearest gate
- If a child misses, the team remain on that gate
- If a child successfully hits the ball through the gate, they progress to the next step of the ladder
- The game is complete when the team have completed every step of the ladder in order

Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets to hit the ball through the gate
- Change the width of the target gates
- Introduce a rule where the ball must fly through the air and through the gate

Flamingo Shots - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



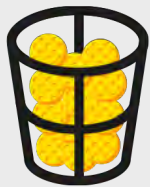
1 x Foam Noodle



2 x Cones



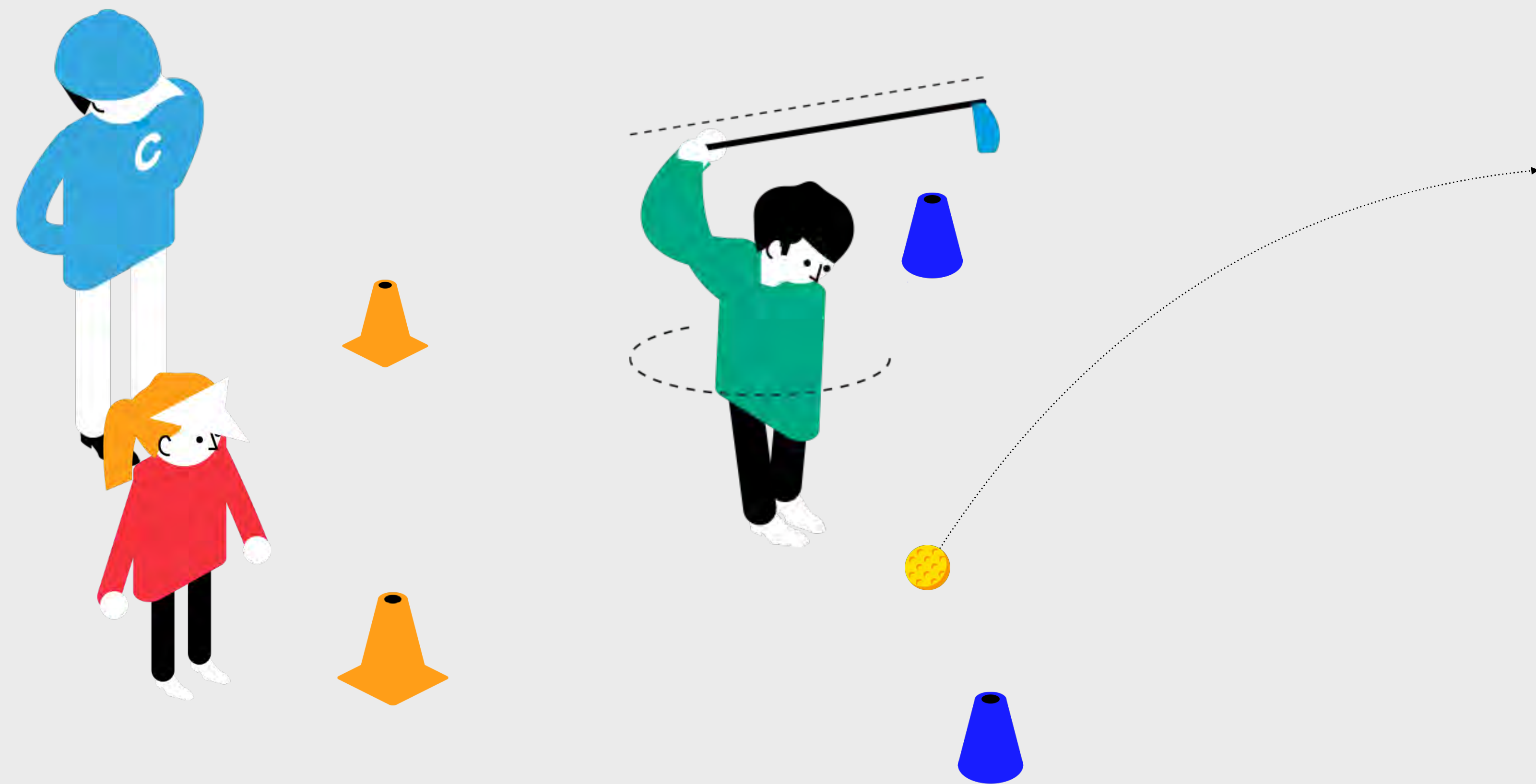
Golf Balls



Spare equipment that may be required for the group attendees.



Flamingo Shots



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite and the guidance below to understand how to play the game:

How to Play

- The children take it in turns to hit shots, whilst keeping their balance
- The challenge is for children to make good contact with the golf ball whilst standing on one foot like a flamingo
- The children should try one shot on each leg, and if they struggle they should try with their feet together

Progression Ideas

- Further difficulty can be added by standing on a noodle
- If the children find the challenge easy then add in direction and distance targets
- Allocate points for hitting certain targets

Learning Outcomes

- Learn to control strike from challenging situations
- Improve balance and coordination by making the initial challenge more difficult

On the Green



Closest to the Line - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

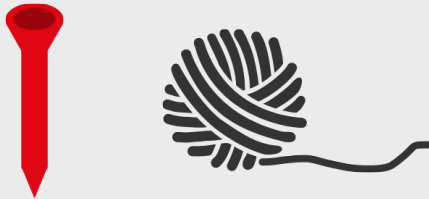
Orange Safety Cones



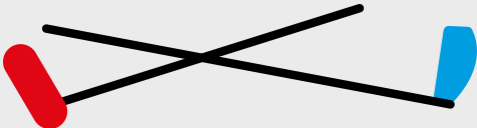
Cones to mark out the necessary hitting stations.



String and 2 x Tees to create the target line



Spare equipment that may be required for the group attendees.



1 x Golf Ball per player



Closest to the Line



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

How to Play

- Nominate a target score for the pair to achieve as a team
- The players take It in turns to putt their ball and get it as close to the line as possible
- If they putt their ball within a putter’s length of the line they score a point for their team
- The game is complete once the pair have achieved their team’s target score

Progression Ideas

- Start the pair further away from the line
- Change the target score
- Introduce a sloped surface when playing the game
- Add in obstacles, other cones that the players need to putt around

Learning Outcomes

- A brilliant game to work on controlling distance

Pick a Cone, Hit a Cone - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

2 x Orange Safety Cones



4 x blue cones



4 x green cones



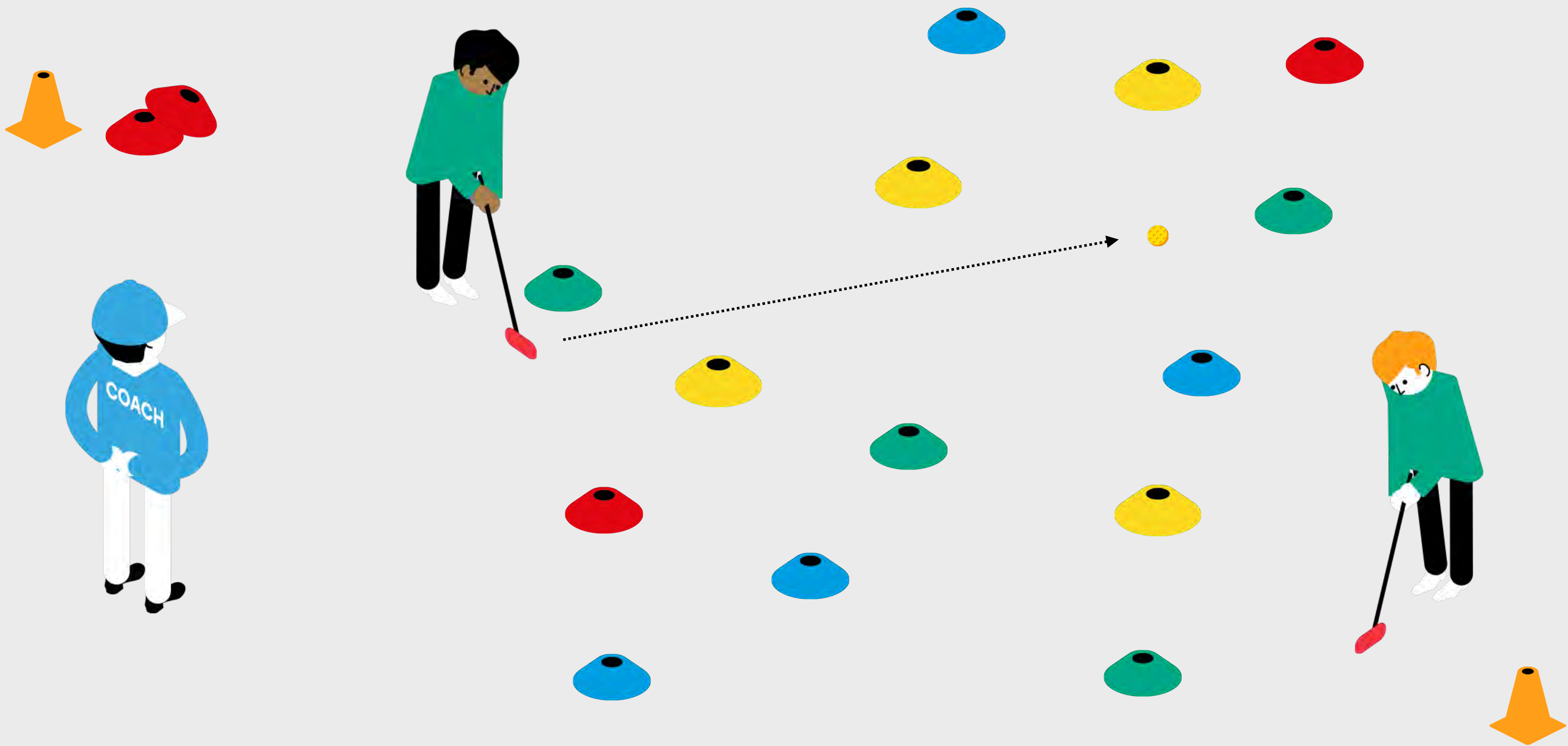
4 x yellow cones



4 x red cones



Pick a Cone, Hit a Cone



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

How to Play

- Nominate a child to play first, the player chooses a cone to start from and has to putt their ball towards a cone of the same color
- If they hit the cone, the player collects both the cone they started from and the one they hit
- Players take it in turns to play until all cones have been collected
- The aim is to collect all of the cones before the coach calls to switch games

Progression Ideas

- Change the distance between the cones
- Add in more cones
- Introduce a rule where if the player misses they have to put their cones back into the middle
- Attempt the game on a sloped surface

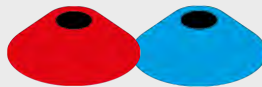
Coconut Shy - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



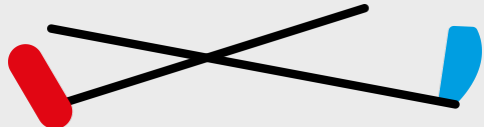
2 x Colored cones



2 x Cones to mark out the necessary hitting stations.



Spare equipment that may be required for the group attendees.



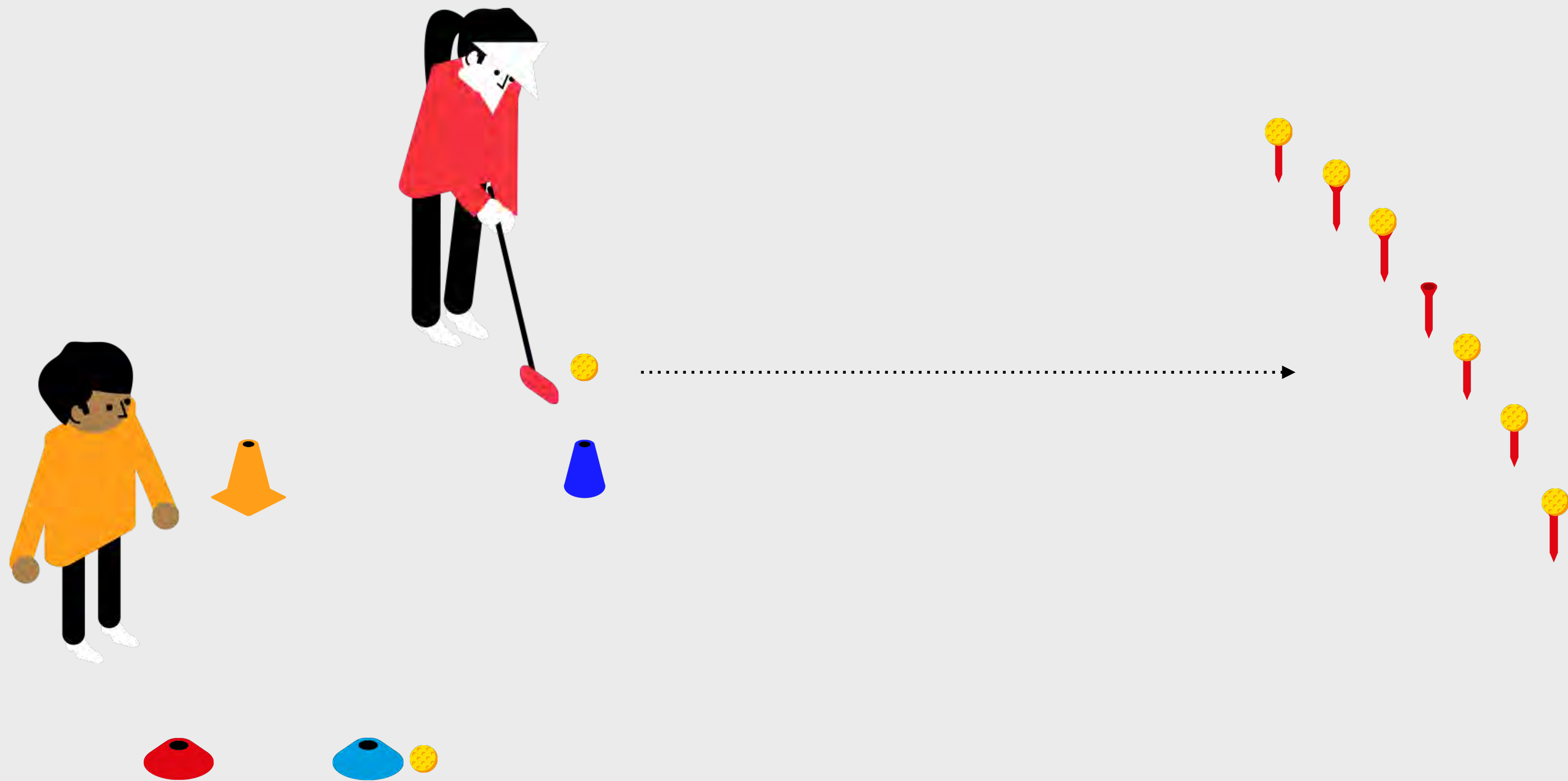
7 x Tees



8 x Golf Balls



Coconut Shy



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

How to Play

- Each child is nominated a color cone. In this example either blue or red
- The children take it in turns to hit a putt towards the tees that have a ball resting on them
- If the child is successful in knocking a ball off a tee then they collect the ball and place it next to their coloured cone
- Once all the balls have been knocked off the children count how many balls they have collected and the one with the most is the winner

Progression Ideas

- Increase or decrease the number of target balls to hit
- Add in a line of cones as a backstop and if the child's ball goes over the backstop then they have to put a ball back onto one of the tees
- Change the distance from the starting cones to the target

Learning Outcomes

- The primary learning outcome is control of direction
- If the backstop is added then there is more emphasis on distance control

Minefield - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

2 x Orange Safety Cones



1 x Cones to mark out the necessary hitting stations.



5 x Yellow Cones



5 x Green Cones



2 x Blue Cones



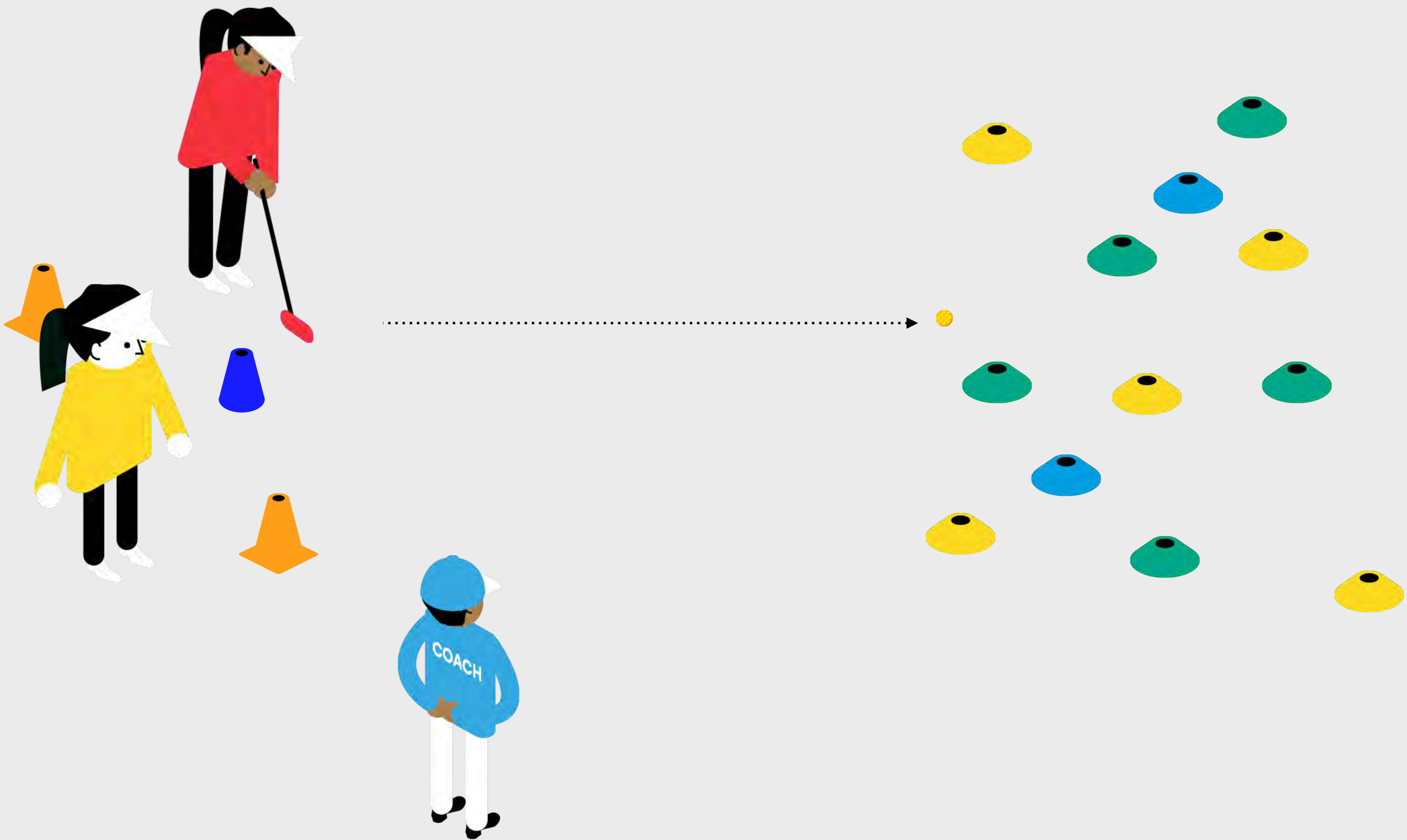
Spare equipment that may be required for the group attendees.



Golf Balls



Minefield



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

How to Play

- Each child is nominated a colored set of cones
- Children take turns to attempt to putt their ball to hit one of their colored cones. If successful they collect the cone
- If a player hits an opposing players colored cone, they have to give one cone from any they have collected back to the middle
- If a player hits one of the two alternative colored cones, they must give the opposing player a free cone
- The winner of the game is the child who collects all of their cones first

Progression Ideas

- Vary the size of the targets
- Vary the distance between the cones and the starting point
- Vary the distance between the target cones
- Increase the number of cones that the child needs to collect
- Introduce a sloping surface to the game.