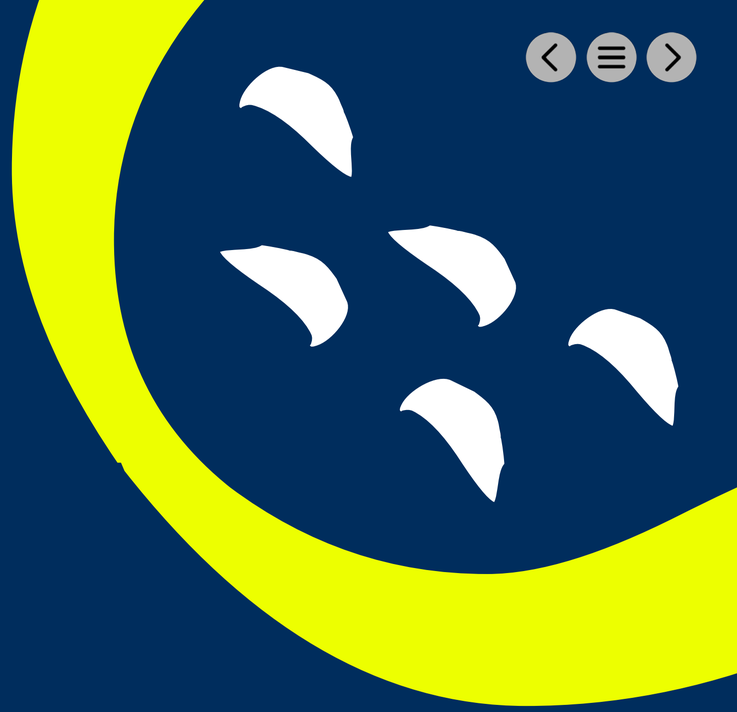
Full-Day Class Plan
Day 1



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Class Timetable

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Day 1 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	• Knockdown Noodles • 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	• Rocket Launcher • Power Play • Knockdown Tower • Crossbar Challenge • Team Points Tally Sheet
40 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	• Cat and Mouse • Round the Clock Spiral • Tic Tac Toe - Putting • Putting Partners • Team Points Tally Sheet
10 Mins	Mid-Morning Break	• Time to rest, enjoy a drink and snack	
45 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	• Golf Tennis • Closest to the Pin • Tic Tac Toe • Mouse Trap • 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

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Day 1 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	• Design a Golf Balll
20 Mins	Warm Up Games	• Introduce the Warm Up game, play in teams and record scores	• Tee it Up Challenge
150 Mins	On Course Play • Team Foursomes	• Outline the safety instructions • Introduce the format • The children play in pairs with another player from their teams • Allocate appropriate tee positions depending on ability • Record scores for as many holes that can be completed in the allotted time	• Scorecards • Team Points Tally Sheet
10 Mins	End of Day Recap	• Recap the games, find out the children's favourites • Give out the Achiever Award for the day • Announce the points total	• Team Points Tally Sheet

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Layout and Setup

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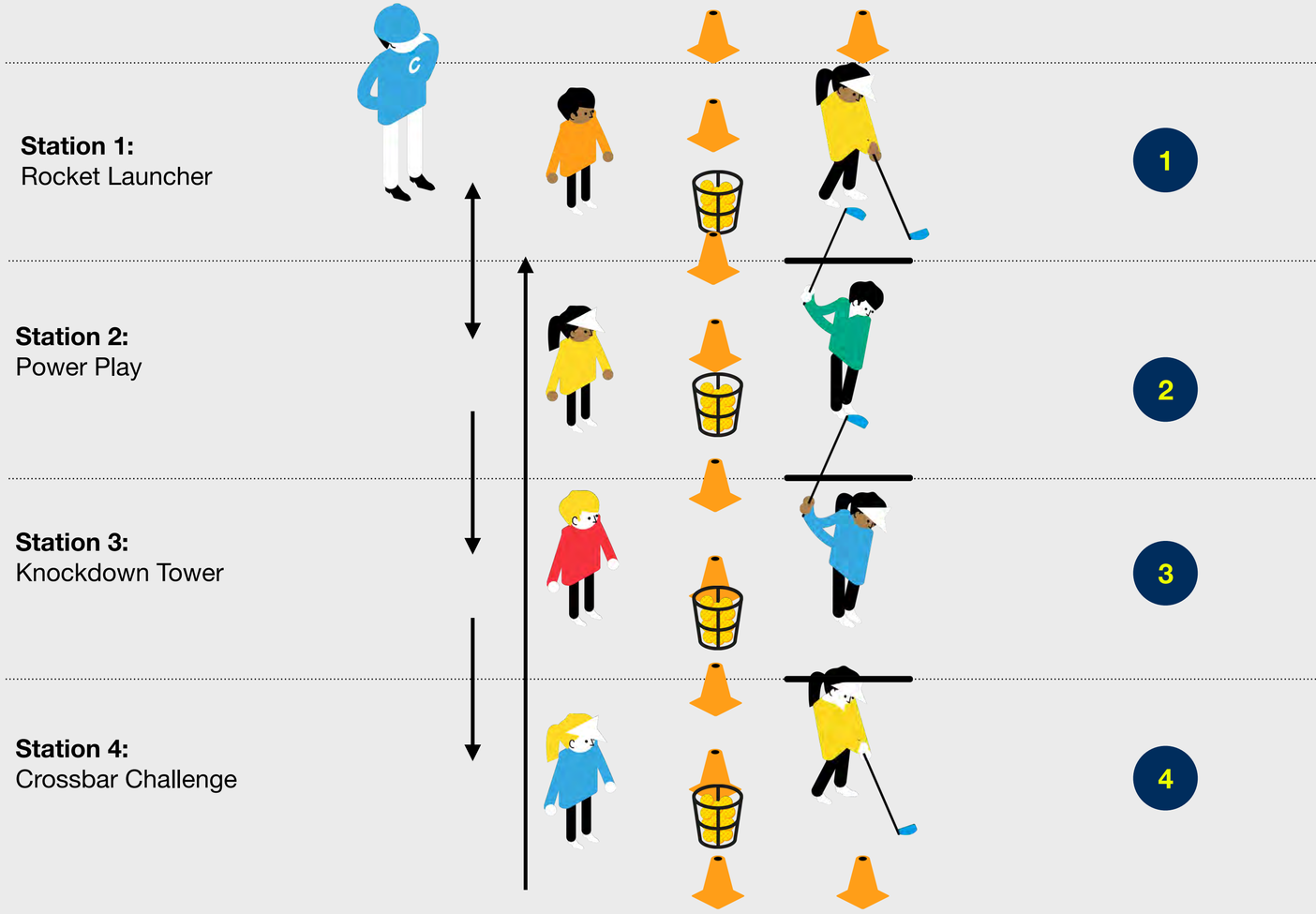
Swing Games - Layout and Setup

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



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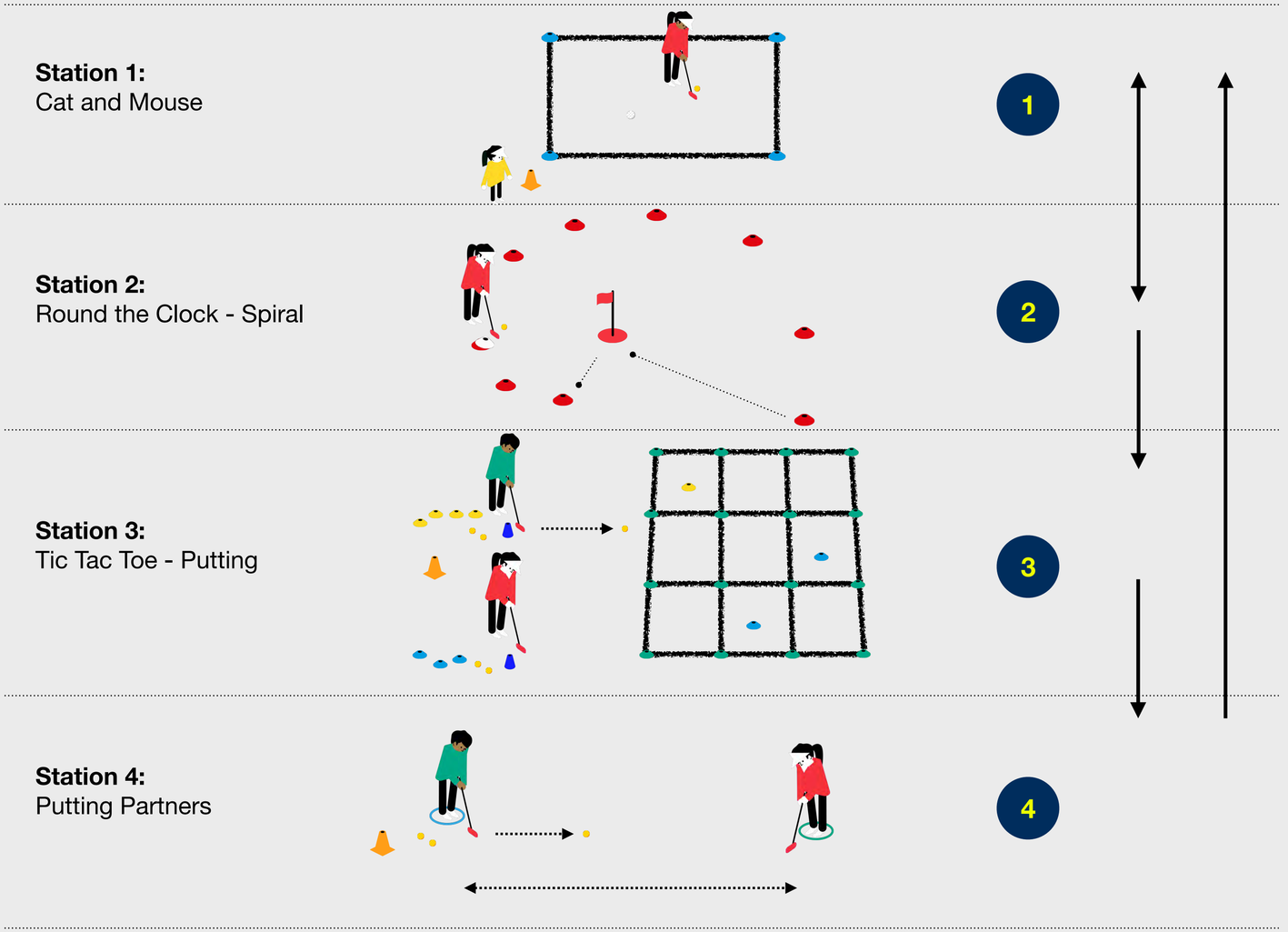
On the Green Games - Layout and Setup

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



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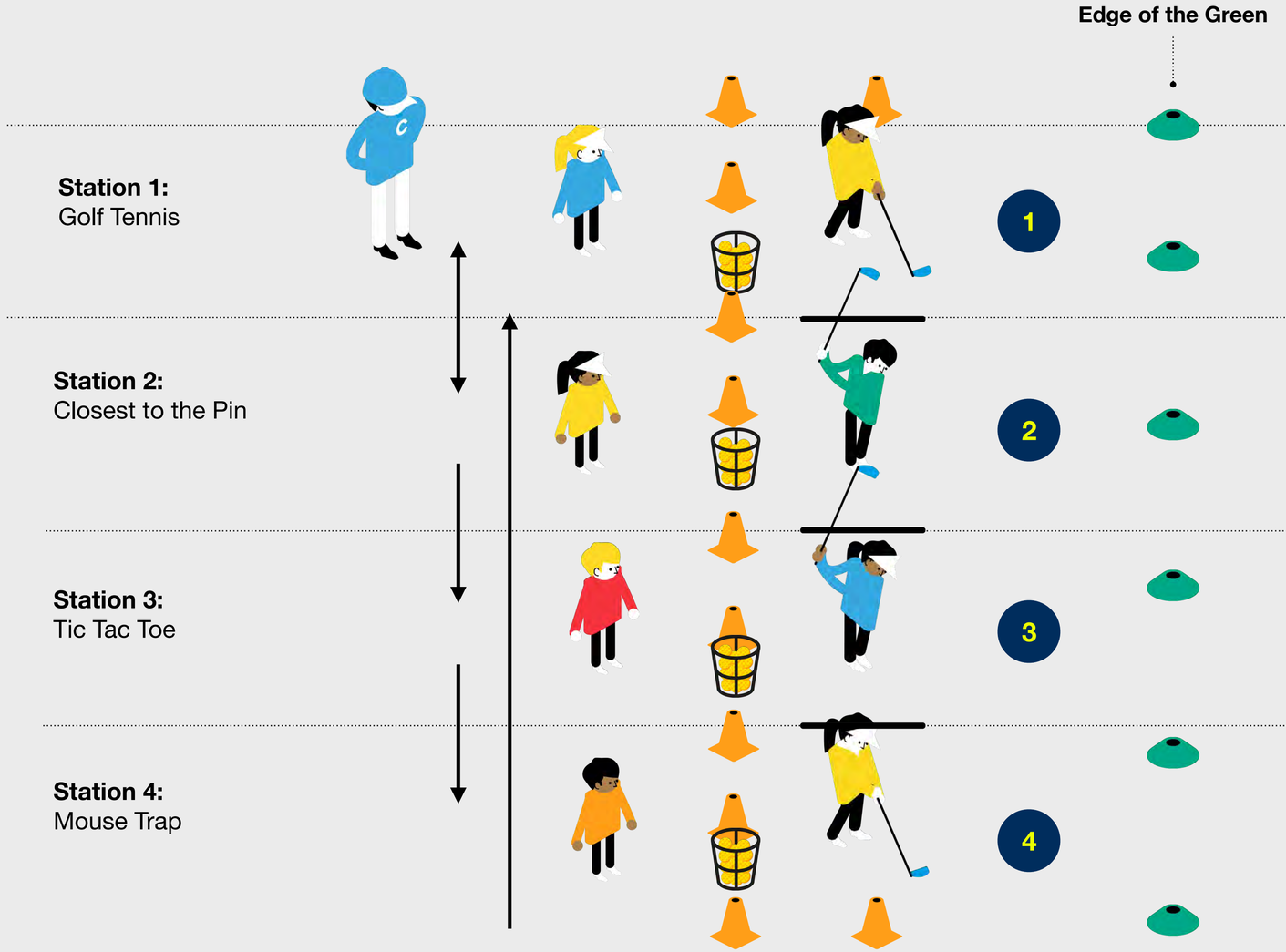
Around the Green Games - Layout and Setup

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



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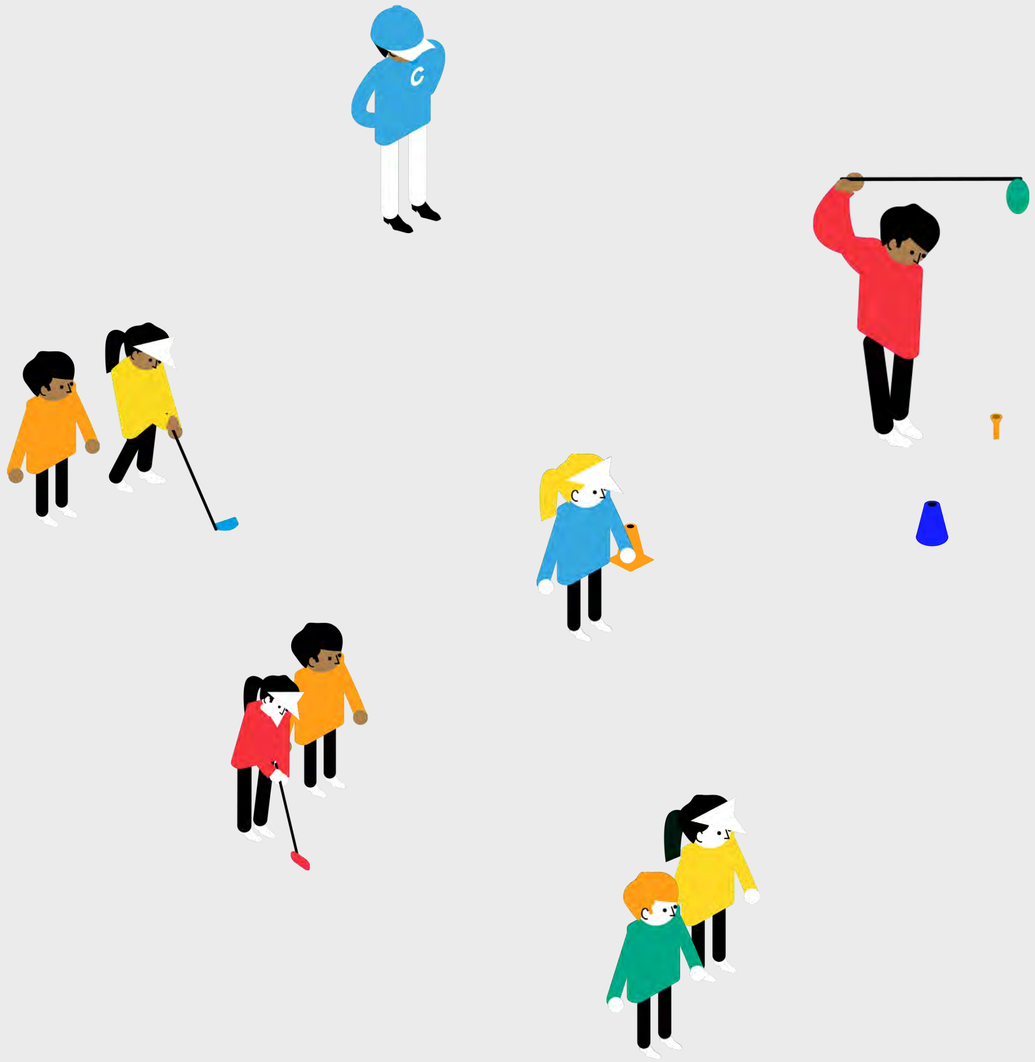
Course Play - Layout and Setup

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



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Physical Literacy

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Knockdown Noodles - 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.

4 x Orange Safety Cones

9 x Numbered Cones

2 x Foam Noodles

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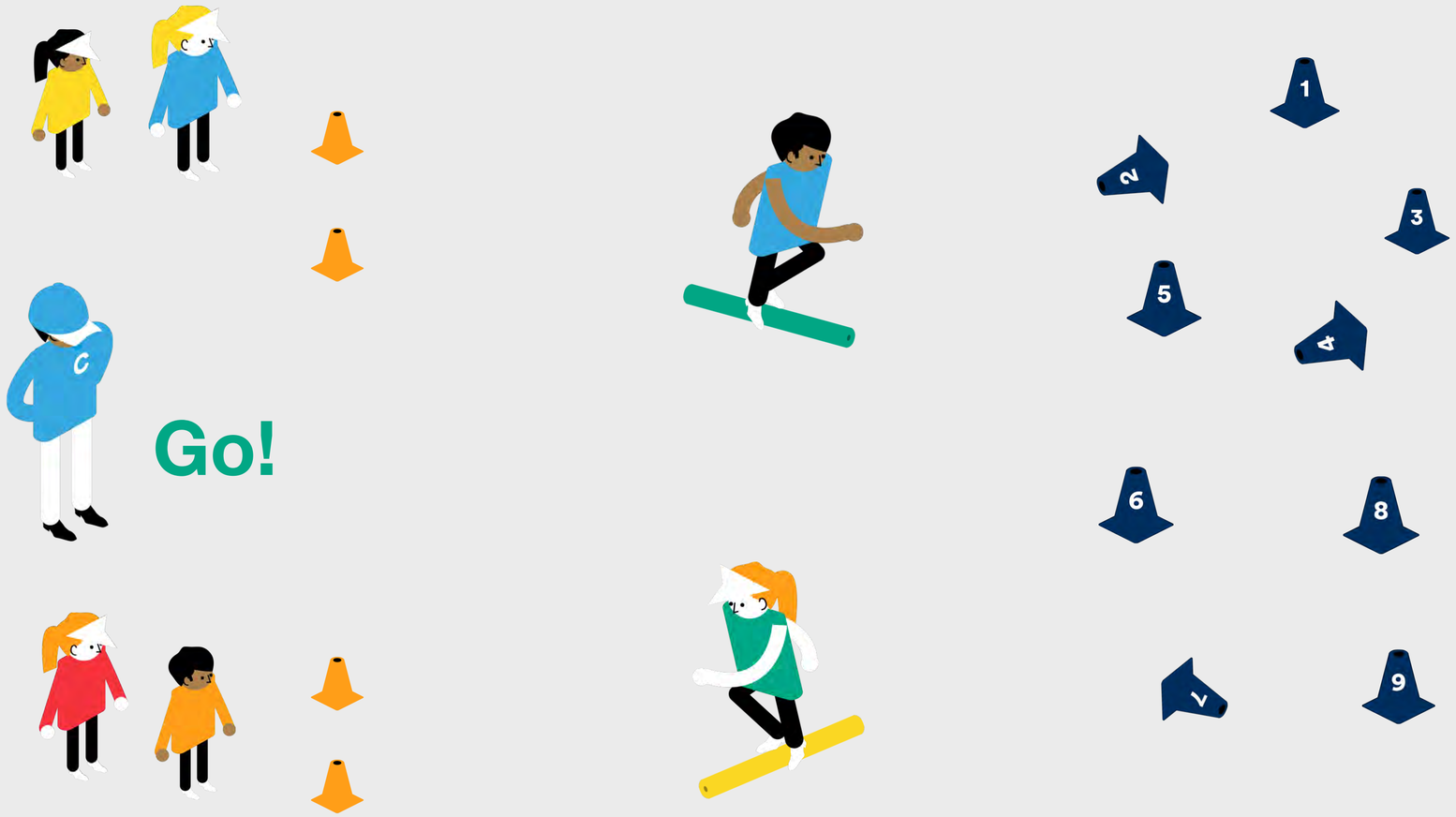
Knockdown Noodles



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
- Place the numbered cones evenly spaced approximately 10 paces from the safety cones
- On go, the the first child of each team places the foam noodle in between their feet and has to jump to where the cones are, using the noodle to know over a cone
- Once they have knocked over a cone using the foam noodle they can jump back to the safety cones and pass the noodle to the next player
- The team that wins is the one who knocks the most cones over

Progression Ideas

- If the children are struggling with the noodle in between their feet, let them pick the noodle up but they have to bunny hop to the cones and back
- Move the cones further away
- Decrease or increase the distance between the cones

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“PGA Pro” Says - 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

10 x Green colored cones

10 x Blue colored cones

2 x Red colored cones

6 x Yellow colored cones

6 x White colored cones

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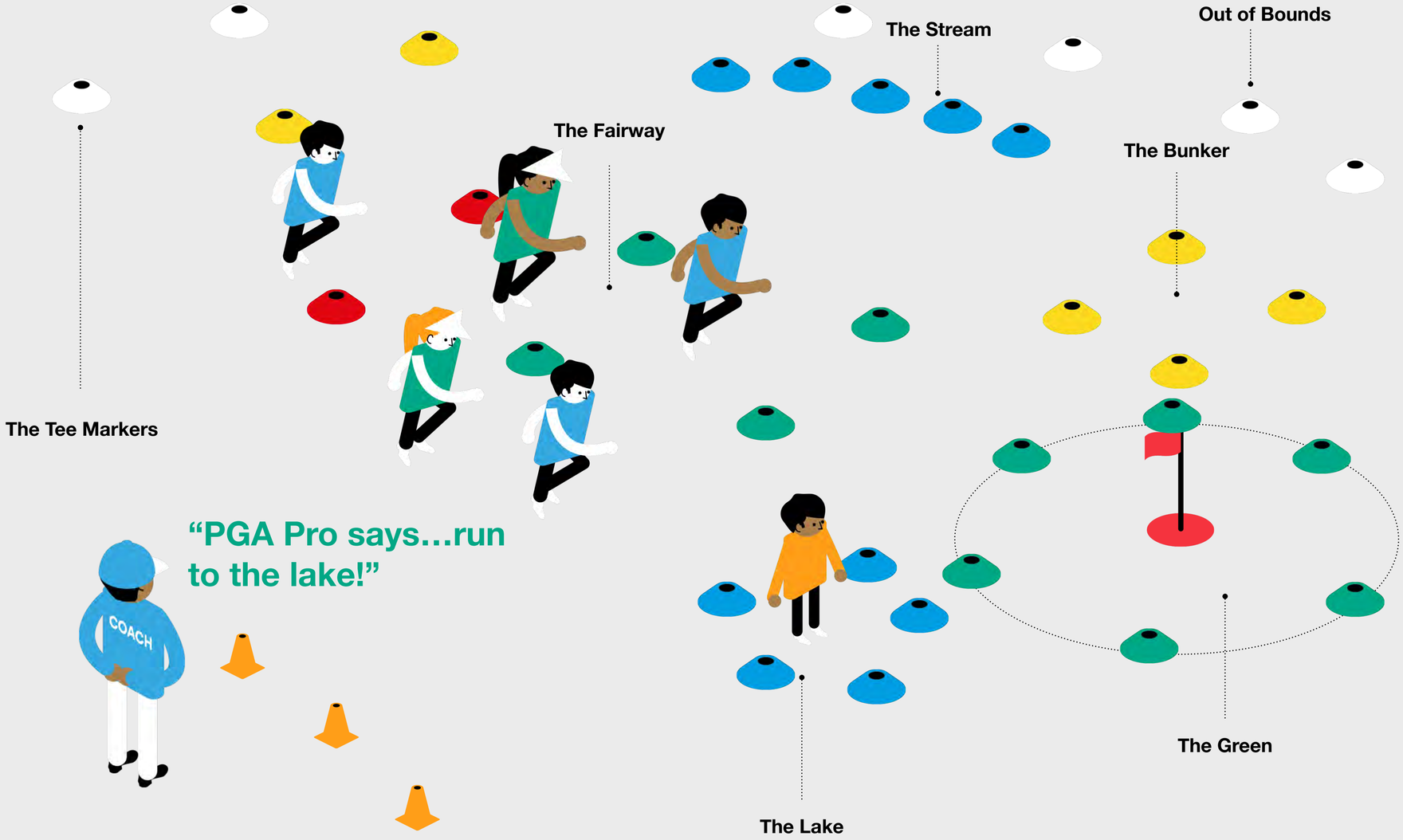
“PGA Pro” Says



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

- This game is played individually and is similar to ‘Simon Says’
- Introduce the children to the golf course areas marked out with the cones
- The coach starts every command with either “PGA Pro says…..*run to the green*” or “*run to the green*”
- When a child follows the command without the “PGA Pro” saying it, they drop out of the game
- The child who wins is the one left at the end after following what the “PGA Pro” says

Progression Ideas

- Explore FMS skills during the game
- Ask the children if they know any Professional golfers and use their name instead of “PGA Pro”

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Swing

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Rocket Launcher - 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

2 x Cones

5 x Hoops

Golf Balls

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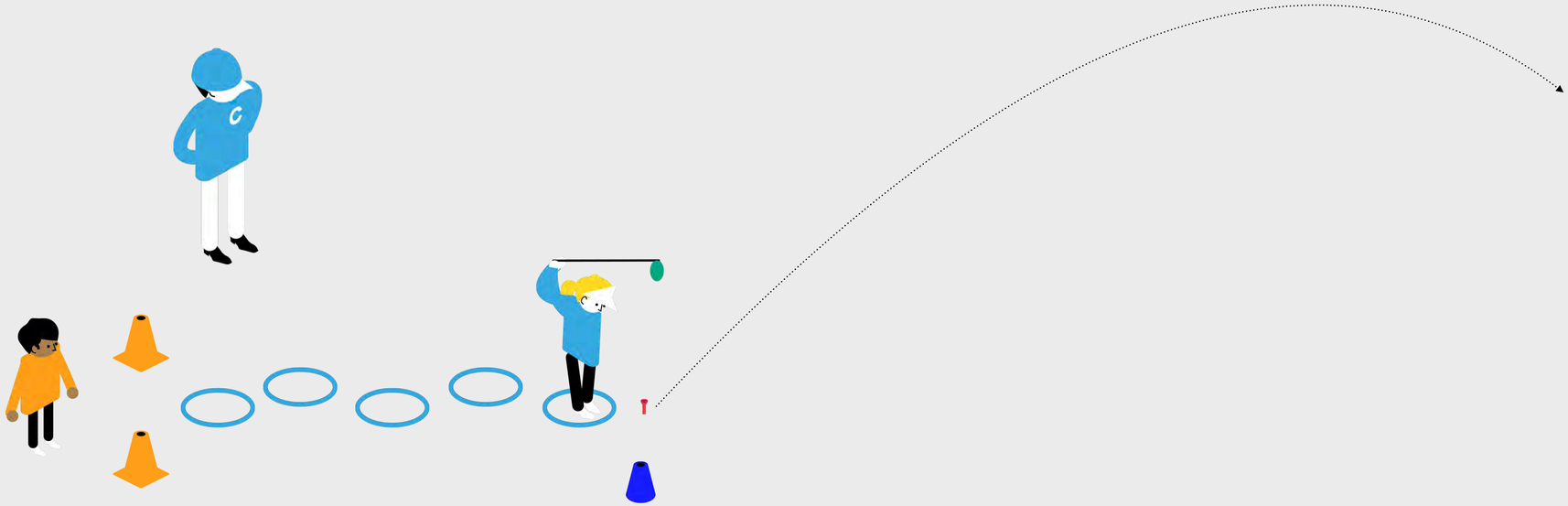
Rocket Launcher



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:

Equipment Needed

- Orange cones for a safety line
- 5 Hoops

How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1…”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

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Power Play - 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 Cones

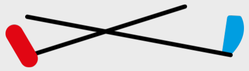
2 x White Cone

2 x Green Cones

2 x Blue Cones

Golf Balls

Spare equipment that may be required for the group attendees.



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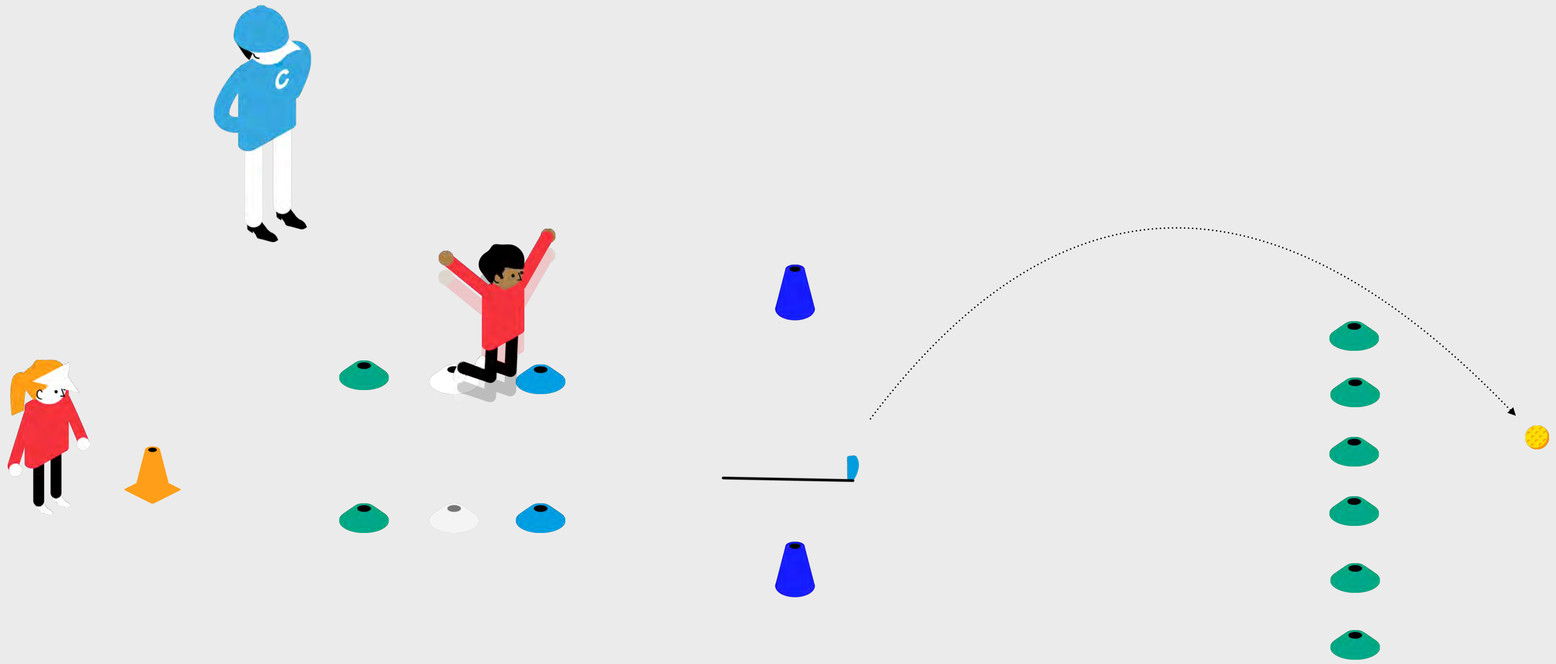
Power Play



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
- 6 cones or markers in three different colors
- 2 cones to mark hitting station

How to Play

- Children take it in turns to do a standing long jump from the first set of cones, seeing if they can jump past the next two sets of cones
- After jumping as far as possible they then try to hit the ball as far as possible
- The children take it in turns to do this, each time trying to beat their personal best long jump, and furthest shot

Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest.

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Knockdown Tower - 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

Cones to mark out the necessary hitting stations.

Golf balls

6 x Cones to build a target pyramid

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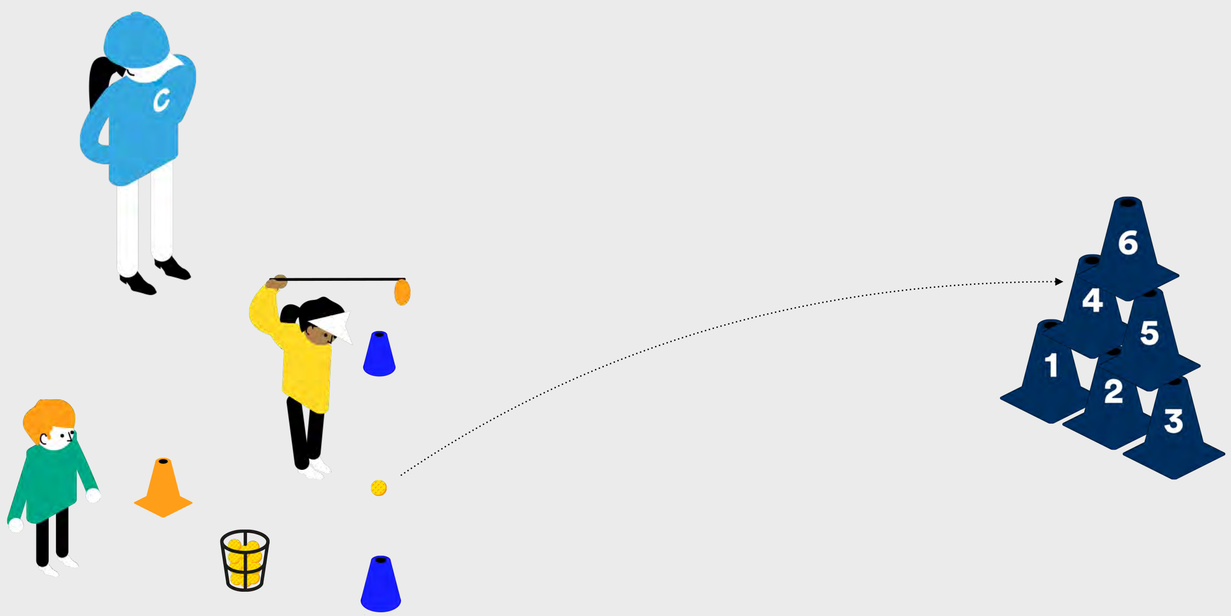
Knockdown Tower



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:

Equipment Needed

- 6 cones or range baskets to use as a target tower
- Orange cones for a safety line
- Cones to mark out the Tee Markers

How to Play

- Players take it in turns to attempt to hit the tower
- The game is complete when all of the cones or baskets have been knocked down

Progression Ideas

- Make the angles more difficult
- Move the tower further away
- Reduce the number of chances the team gets
- Introduce a rule where the ball must not bounce before hitting the tower
- Try to hit the tower by throwing the ball instead of hitting it

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Crossbar Challenge - Equipment you need

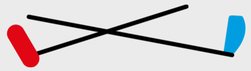
Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones

Golf Balls

Cones to mark out hitting stations

Spare equipment that may be required for the group attendees.



1 x Foam Noodles

2 x Alignment Sticks

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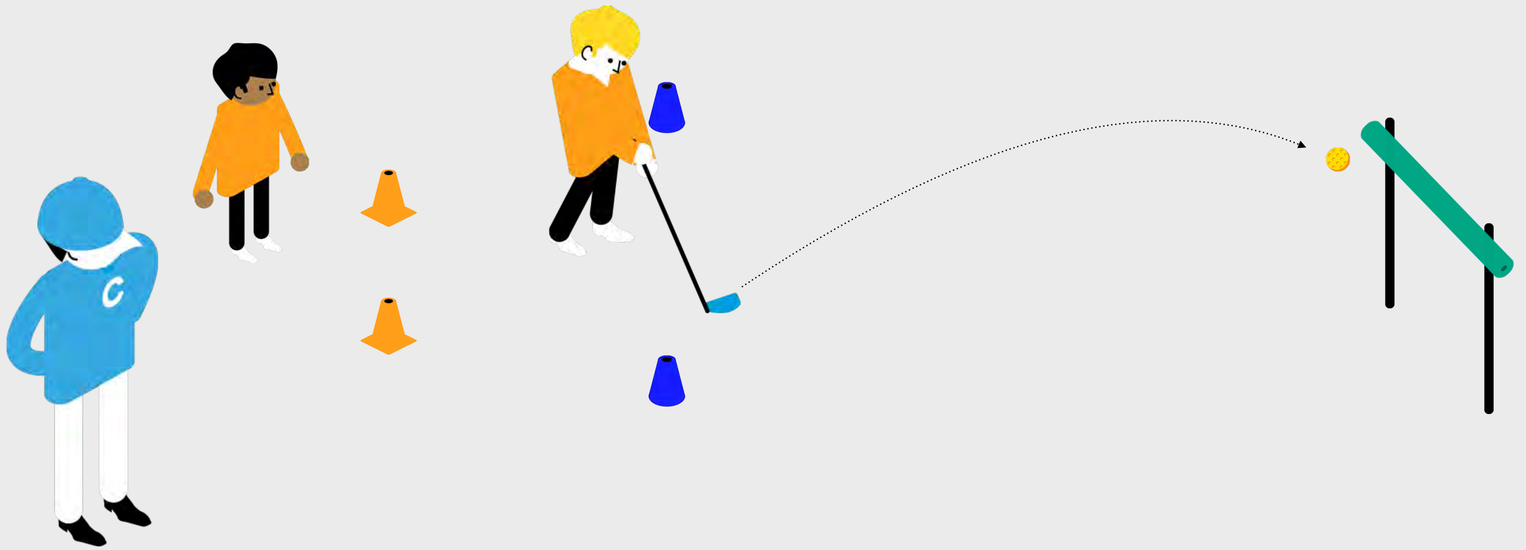
Crossbar Challenge



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

- Set a target score for the children to achieve
- The first child attempts to either throw or hit their shot to hit the foam noodle (crossbar)
- The children receive 1 point for hitting the crossbar with a throw, and 2 points with a golf shot
- Players take it in turns, until both have hit 10 shots, the aim is to achieve the target score as a team

Progression Ideas

- Vary the distance to the crossbar
- Make multiple crossbars
- Specify which club to use

Learning Outcomes

- Learn to control the distance the ball travels
- Understand how different trajectories can be successful

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On the Green

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Cat and Mouse - 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

String and 4 x Tees to create the playing area

Cones to mark the corners or to add in as obstacles

2 x Golf Balls of different colours

Spare equipment that may be required for the group attendees.

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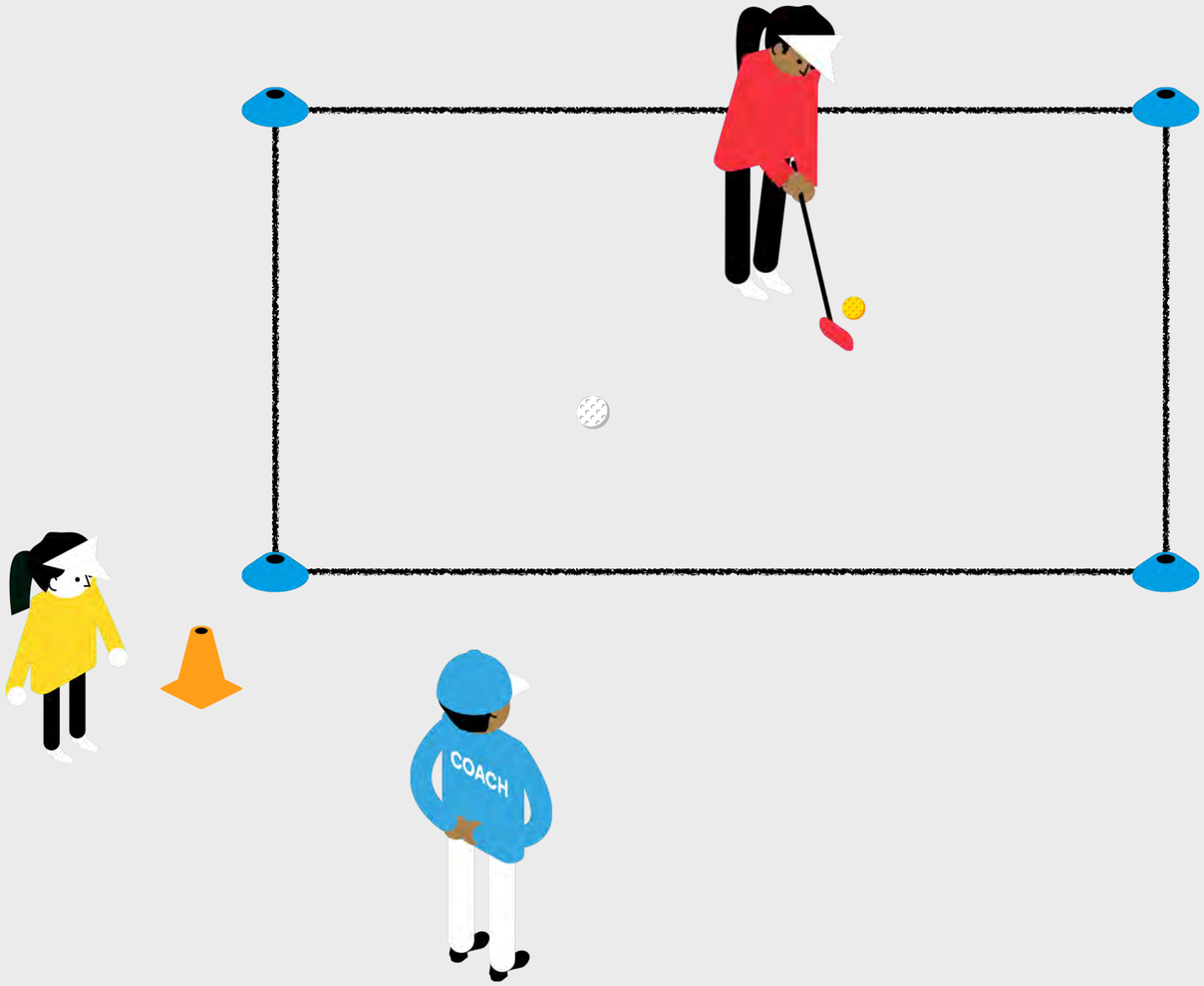
Cat and Mouse



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 one player as the cat and one player as the mouse. The mouse plays first and attempts to putt their ball anywhere inside the box. The ball must remain in the box
- The cat plays next and attempts to putt their ball and hit the mouse
- If the cat misses, the mouse plays next and putts their ball to another place in the box
- The game continues until the cat catches the mouse by hitting the cat or the mouse escapes when the cat escapes the box
- The players take it in turns to be the cat

Progression Ideas

- Play as a matchplay game
- Change the size of the box
- Introduce a sloped surface when playing the game
- Add in obstacles, other cones that the players need to putt around
- Play the game in teams with multiple cats and mice

Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Improves accuracy as the ball is a smaller target
- Develops strategic thinking, planning ahead for the next shot

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Round the Clock Spiral - 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

9 x Colored Cones to mark distances from 2 - 10 feet

2 x different colored cones to track progress

1 x Golf Ball per player

Spare equipment that may be required for the group attendees.

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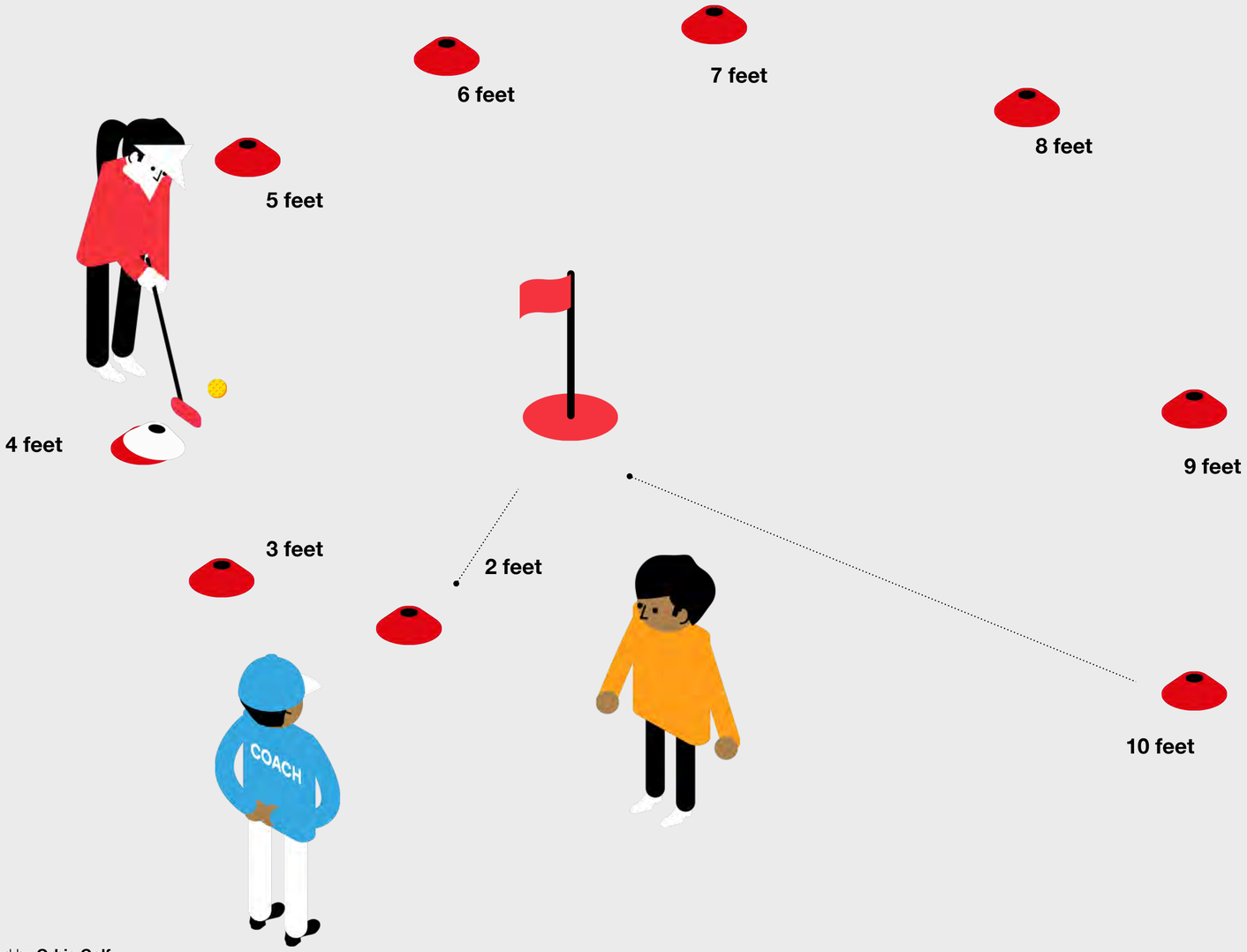
Round the Clock Spiral



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 one of the children to play first and nominate a colored cone for the team. This cone is to track their progress around the spiral
- The player attempts to hole their putt from the 1st cone nearest to the hole
- If the player misses, the team stays where they are and their partner has a turn. If they successfully hole the putt, they move to the next cone
- The next player then goes and the game continues until the team completes the spiral

Progression Ideas

- 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 players must move back a step or go back to the start

Learning Outcomes

- Perseverance is needed to complete the challenge
- Direction, distance control, and ability to read greens are all being tested in this game
- Improves the player's ability to adapt from one direction of putt to another

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Tic Tac Toe - Putting - 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 Cones

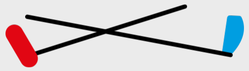
String and 16 tees to create the grid

Colored cones for one team

Colored cones for the other team

Golf Balls

Spare equipment that may be required for the group attendees.



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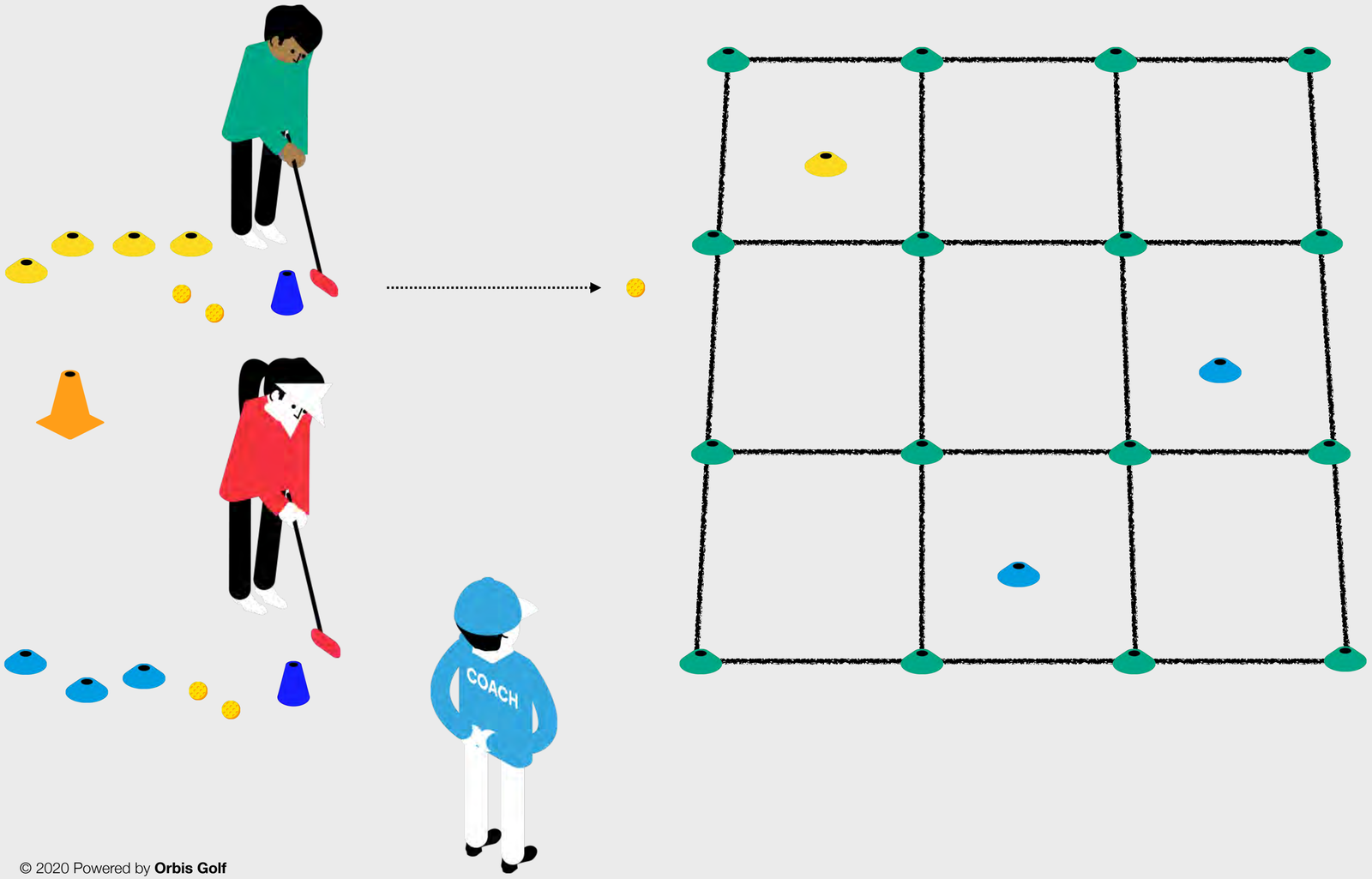
Tic Tac Toe - Putting



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 child is the X's and the other child is the O's
- The objective is for the child to place their colored cones into the center of the box by putting the ball into the box.
- When the child successfully gets the ball into the box that has been nominated, they place their colored cone into the centre of the box
- The child who wins is the one who makes 3 in a row in one direction

Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point on the green and the boxes
- Increase the number of shots that must go into the boxes before the box is owned

Learning Outcomes

- Distance and directional control
- Game strategy
- Acceptance, that you cannot always control the outcome

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Putting Partners - 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 Hoops

3 x Golf Balls

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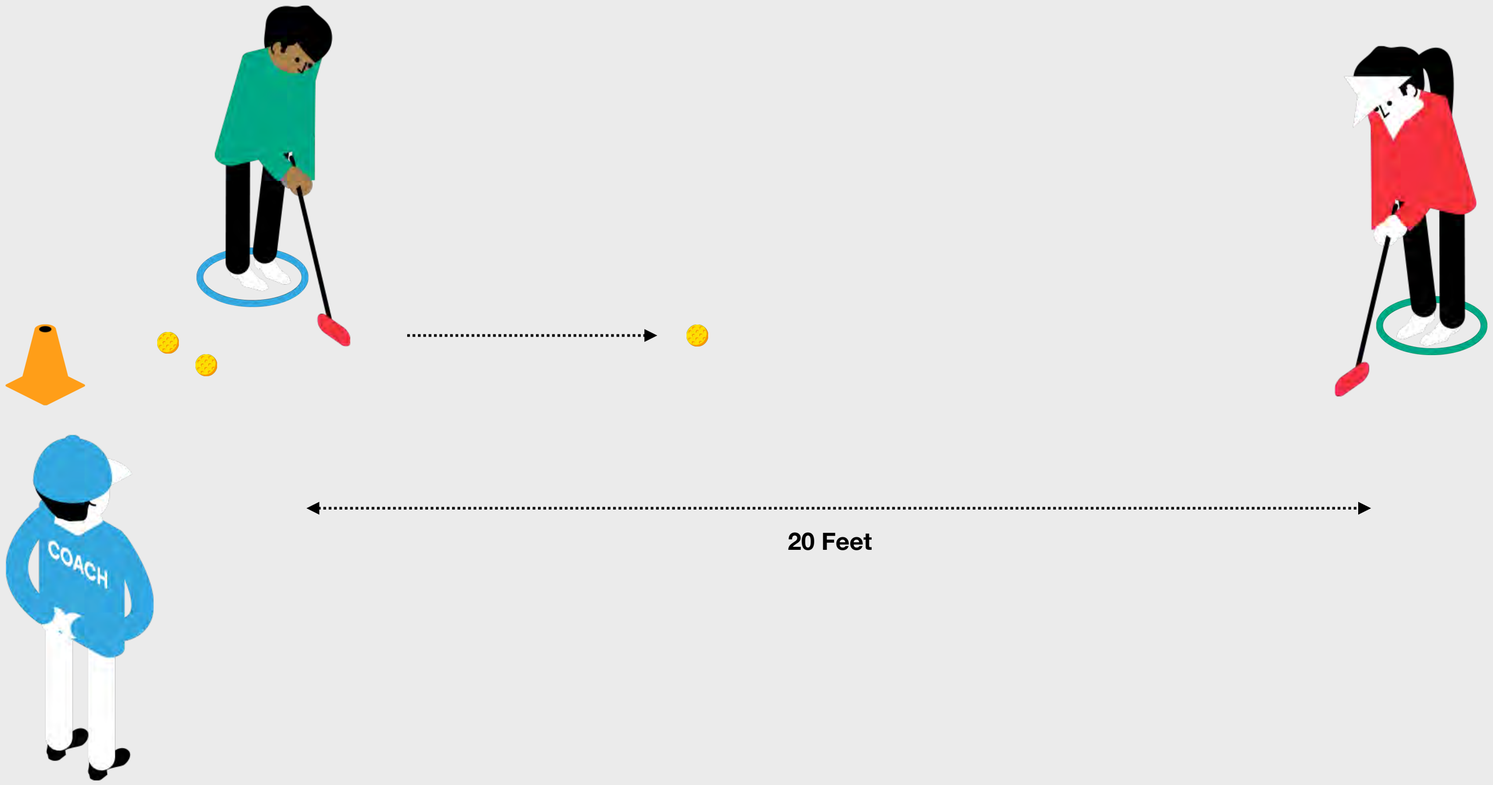
Putting Partners

Nominated by Chris Endres, Anthem Golf and Country Club



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

- In this game the players are working as a team. The aim is to keep their 3 golf balls in play for as long as possible
- Each player has to remain in their circle at all times
- The first player putts the balls towards their partner, who has to remain motionless in the circle
- Once the balls have come to rest the partner has to reach out and retrieve the balls without leaving the circle or touching the ground with their knees or elbows
- The second player is only allowed to putt back the balls they can reach
- The game ends when no balls are remaining

Progression Ideas

- Change the distance between the hoops
- Don’t allow players to use their putter when retrieving balls
- Introduce a sloped surface when playing the game
- Change the number of balls being used

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Around the Green

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Golf Tennis - 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

10 x Green cones to mark out half of the court

10 x Yellow cones to mark out half of the court

5 x Red cones to mark the center line

1 x Golf ball

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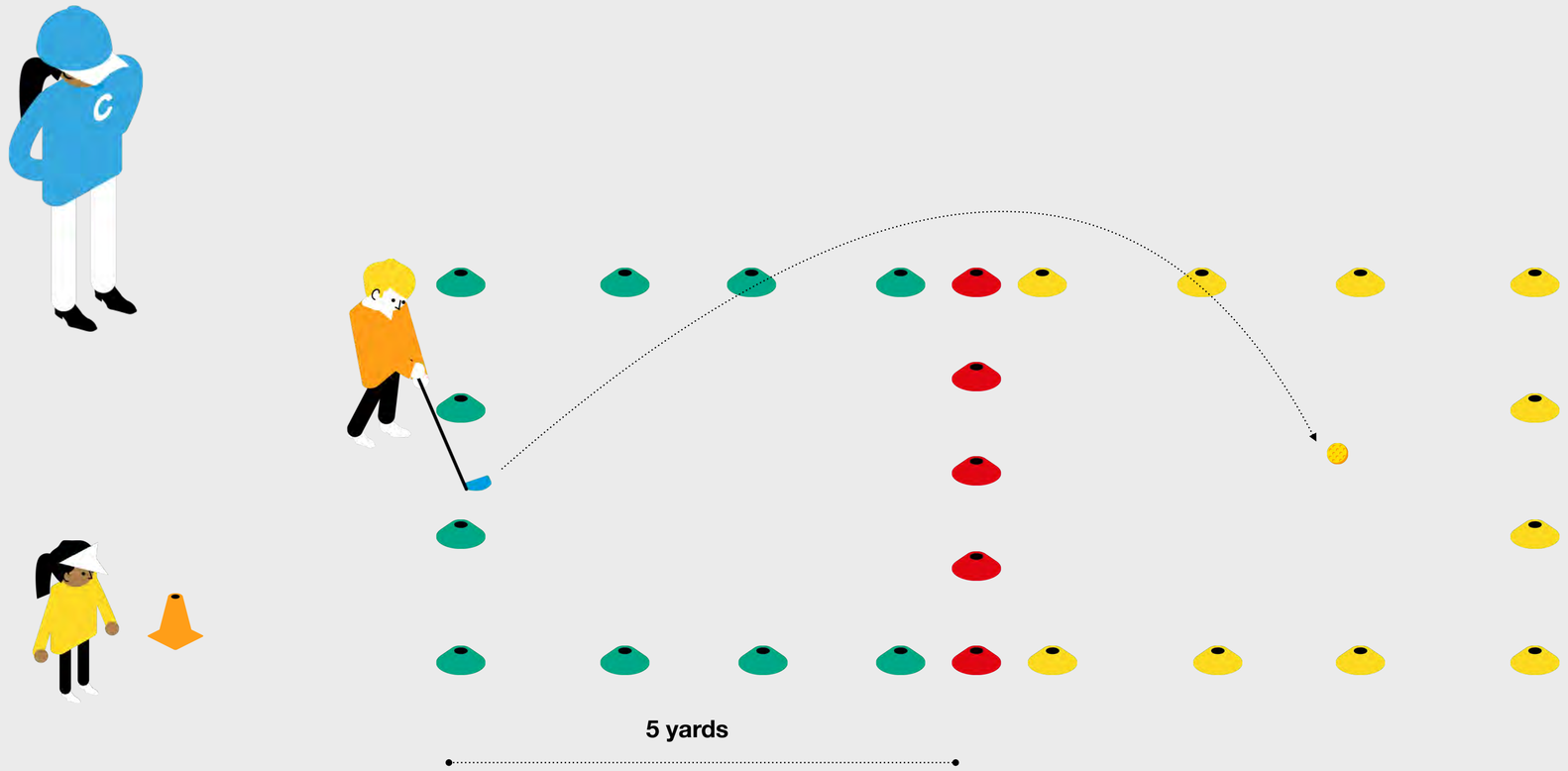
Golf Tennis



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

- Be sure to set up the game in a safe area, and highlight that players should not stand opposite each other when playing their shots
- Nominate a player to play first. One child is the
- The first player attempts their shot and aims to get their ball to bounce in the opposing player's box
- If successful and the ball stays in the box then the opposing player plays the ball from wherever it finishes. If the ball rolls out of the area then the opposing player places the ball on the base line and plays their shot from there
- The game can be scores like tennis, where if a player misses the box then the opposing player scores 15 points, alternatively they can score 1 point
- The game continues until a player wins the game like in a tennis match, or until a player scores 5 points

Progression Ideas

- Vary the size of the area
- Vary the club that is being used
- Change the ball being use to a tennis ball or soft ball
- Introduce a rule that the ball has to land and finish in the opponent's area

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Closest to the Pin - Equipment you need

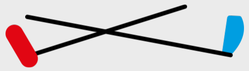
Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones

Cones to mark starting position

Target Rings

Spare equipment that may be required for the group attendees.



Golf Balls

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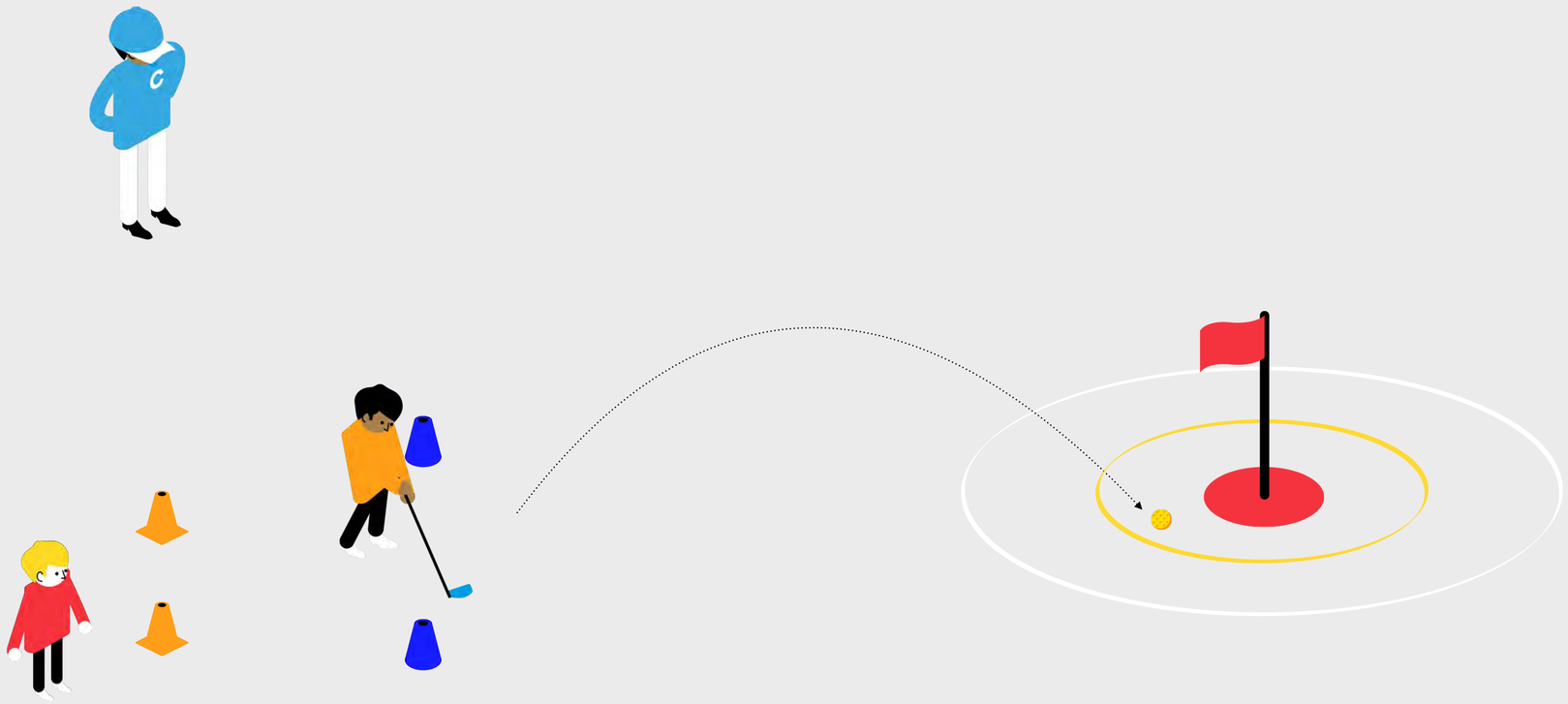
Closest to the Pin - Play it as it Lies



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How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- Children take it in turns to drop the ball in different positions around the green
- The ball must be played from where it lands

Progression Ideas

- Vary the distance of each shot
- Allow 1 re-drop out of the 10 shots
- Define whether the ball lands or rolls into the box
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe

Learning Outcomes

- Ability to adapt to the conditions
- Understand there is an element of luck in golf that you cannot control
- React well to bad luck and you will perform better more often
- Variability in your practice helps to improve your skills and is realistic to how the game is played on the course

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Tic Tac Toe - 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 Cones

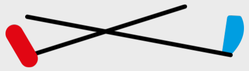
String and 16 tees to create the grid

Colored cones for one team

Colored cones for the other team

Golf Balls

Spare equipment that may be required for the group attendees.



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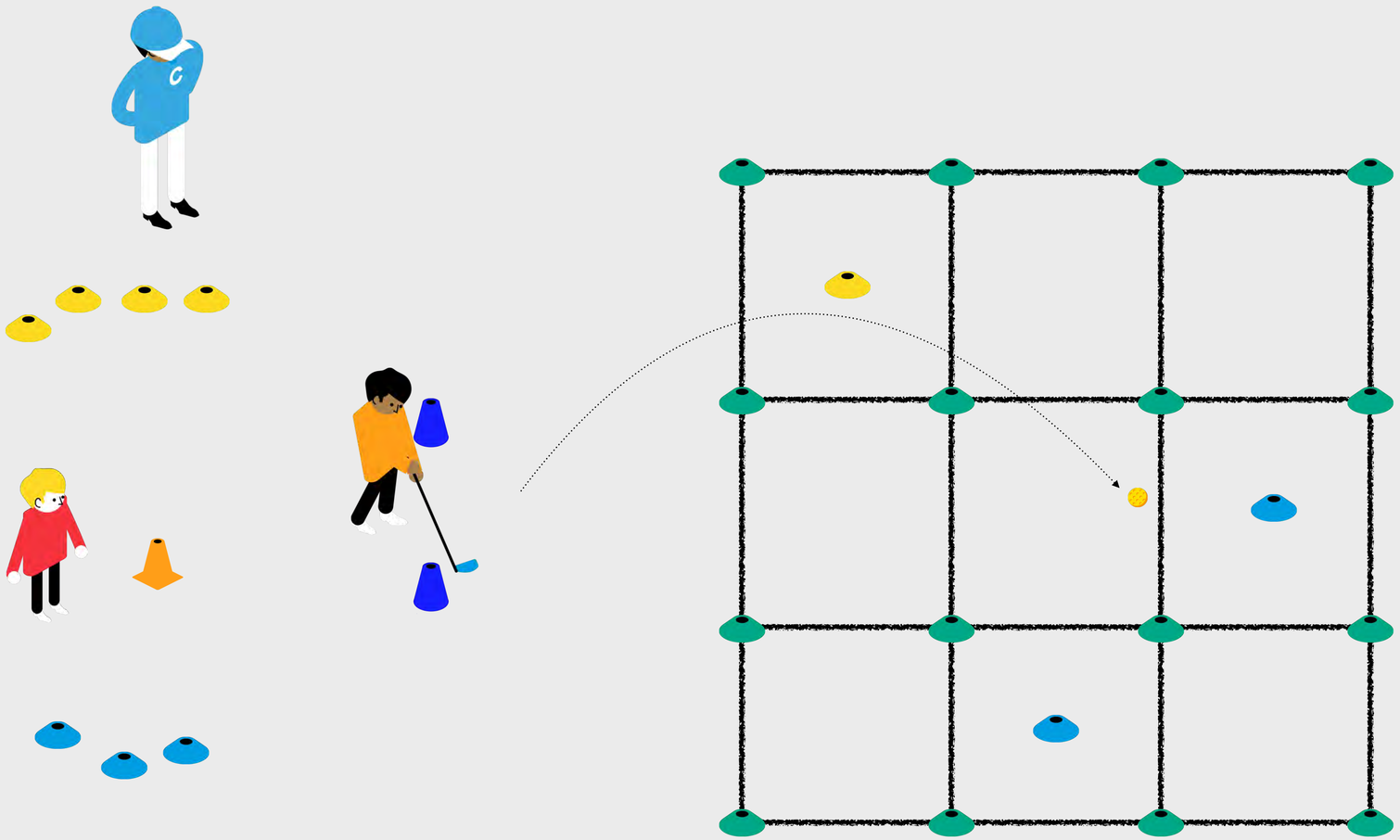
Tic Tac Toe



About

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How to Play

- One child is the X's and the other child is the O's
- The objective is for the child to place their colored cones into the center of the box by either landing or rolling the ball into the box. This should be defined at the start of the game by the coach
- When the child successfully gets the ball into the box that has been nominated, they place their colored cone into the centre of the box
- The child who wins is the one who makes 3 in a row in one direction

Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point around the green and the boxes
- Increase the number of shots that must go into the boxes before the box is owned
- Define whether the ball lands or rolls into the box
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe

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Mouse Trap - Equipment you need

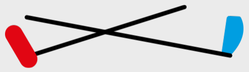
Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones

Cones to mark starting position

5 x Crush It cones and tees for the mouse traps

Spare equipment that may be required for the group attendees.



Golf Balls

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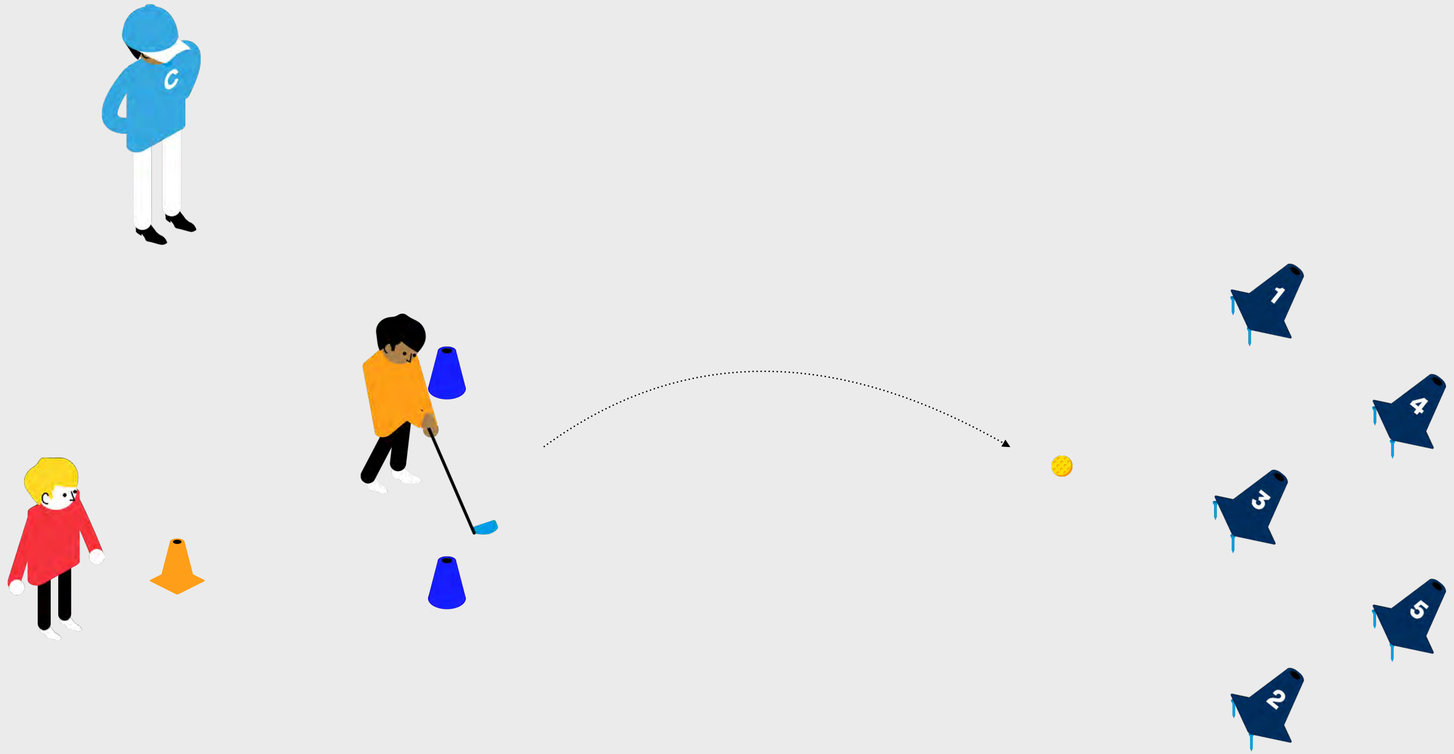
Mouse Trap



About

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How to Play

- Children take it in turns to hit their chip shot towards the cones that have been propped up with tees
- The aim of the game is to knock the cone so it traps the golf ball
- The children take it in turns to hit their shots
- The challenge is complete when the team manage to trap all the balls using the cones available

Progression Ideas

- Vary the distance of the chip shot
- Add or reduced the number of traps
- Let the children roll the ball to trap it if chipping is too difficult

Learning Outcomes

- Ability to control distance on a chip shot
- Ability to control direction

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