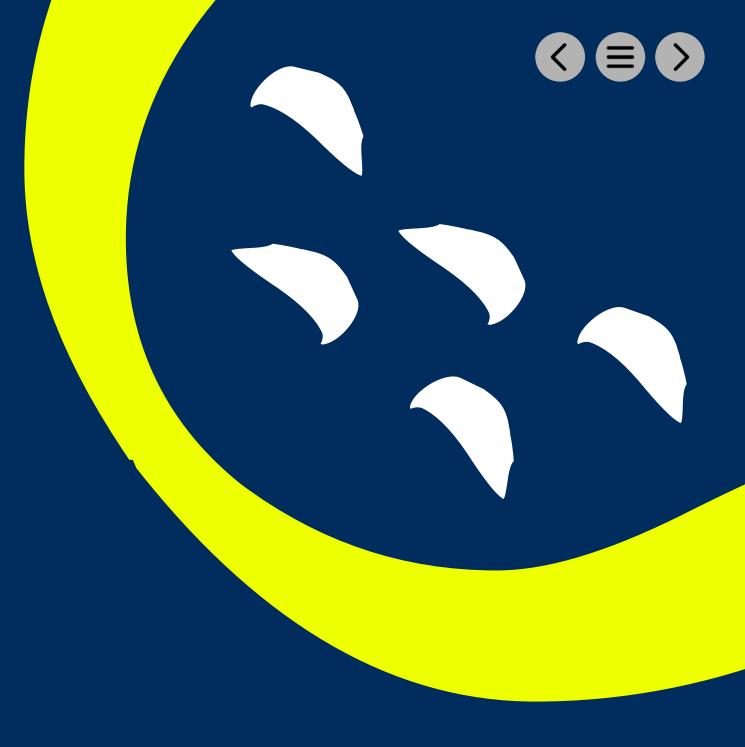
Full-Day Class Plan Day 3







Contents

- **Class Timetable**
- **Layout and Setup**
- **Physical Literacy Game Cards**
- On the Green Game Cards
- **Around the Green Game Cards**
- **Swing Game Cards**





Class Timetable





Day 3 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	
		Course Play	

		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	 Floor is Lava 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 	 Through the Gates Compass Putting Runway Finders Keepers 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 	 Cone Crusher Choose Your Trajectory Curling Single, Double Triple Team Points Tally Sheet
10 Mins	Mid-Morning Break	Time to rest, enjoy a drink and snack	
45 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 	 Slalom Happy Shots Pinseeker Pot Luck 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 3 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
		Course riay

		Course Play	
Time	Focus	Suggested Theme Content	Games / Drills / Resource
60 Mins	Lunch	Enjoy lunch and provide indoor activity to complete	Design a Golf Hole
20 Mins	Warm Up Games	Introduce the Warm Up game, play in teams and record scores	Pitch vs Chip
150 Mins	On Course Play • Team Foursomes	 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



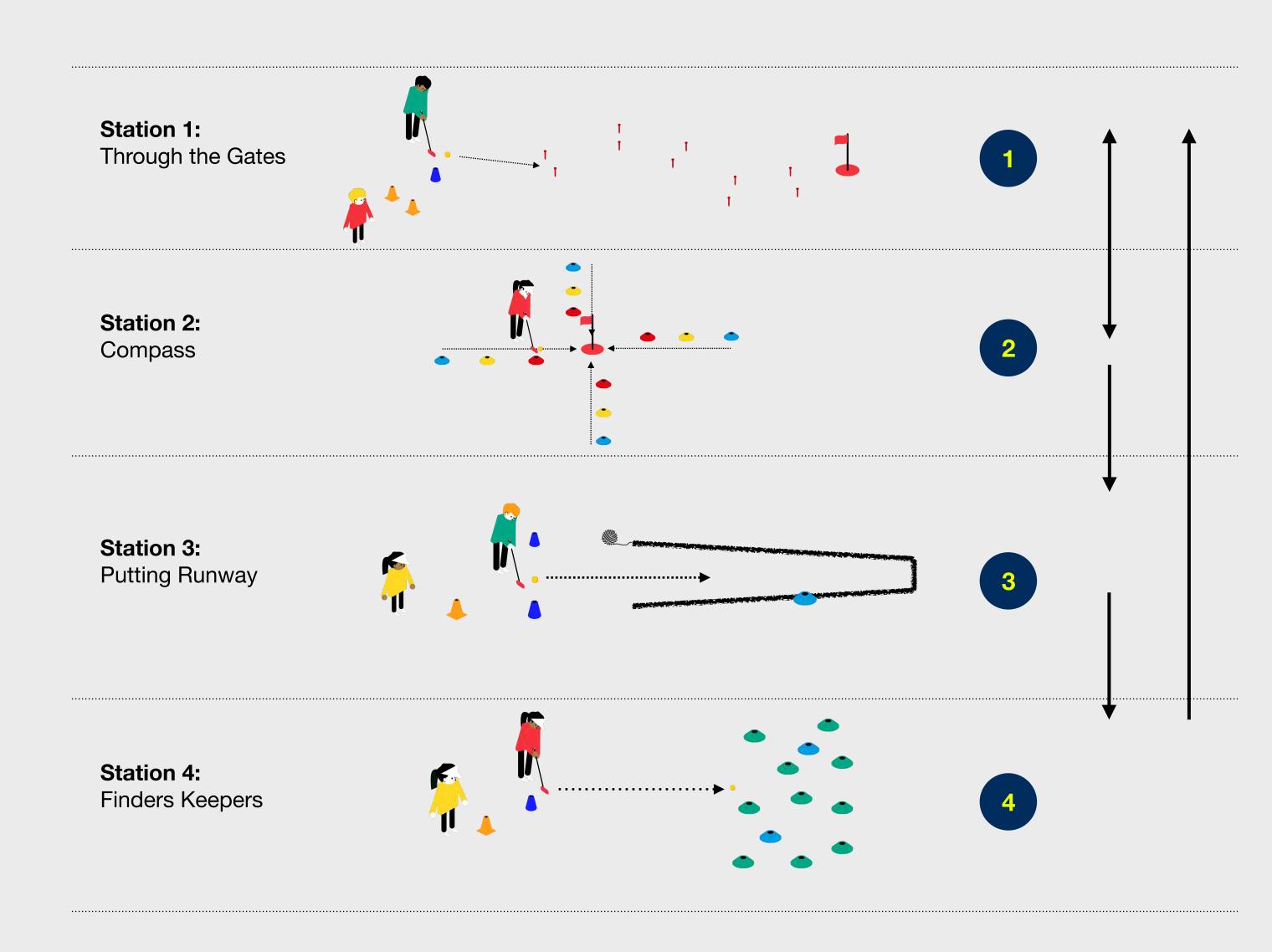




On the Green Games - Layout and Setup

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

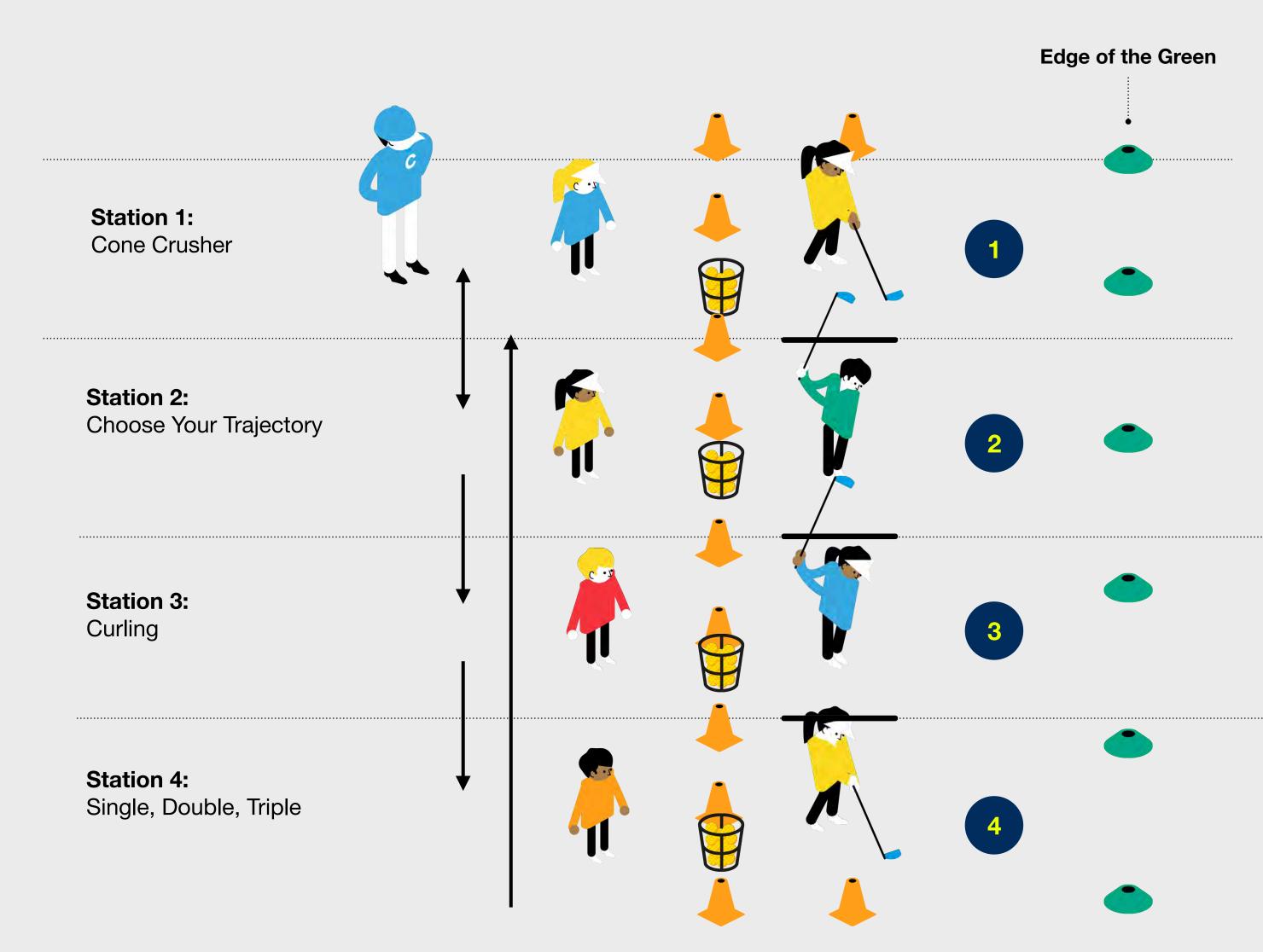




Around the Green Games - Layout and Setup

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







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



















Floor is Lava - Equipment you need

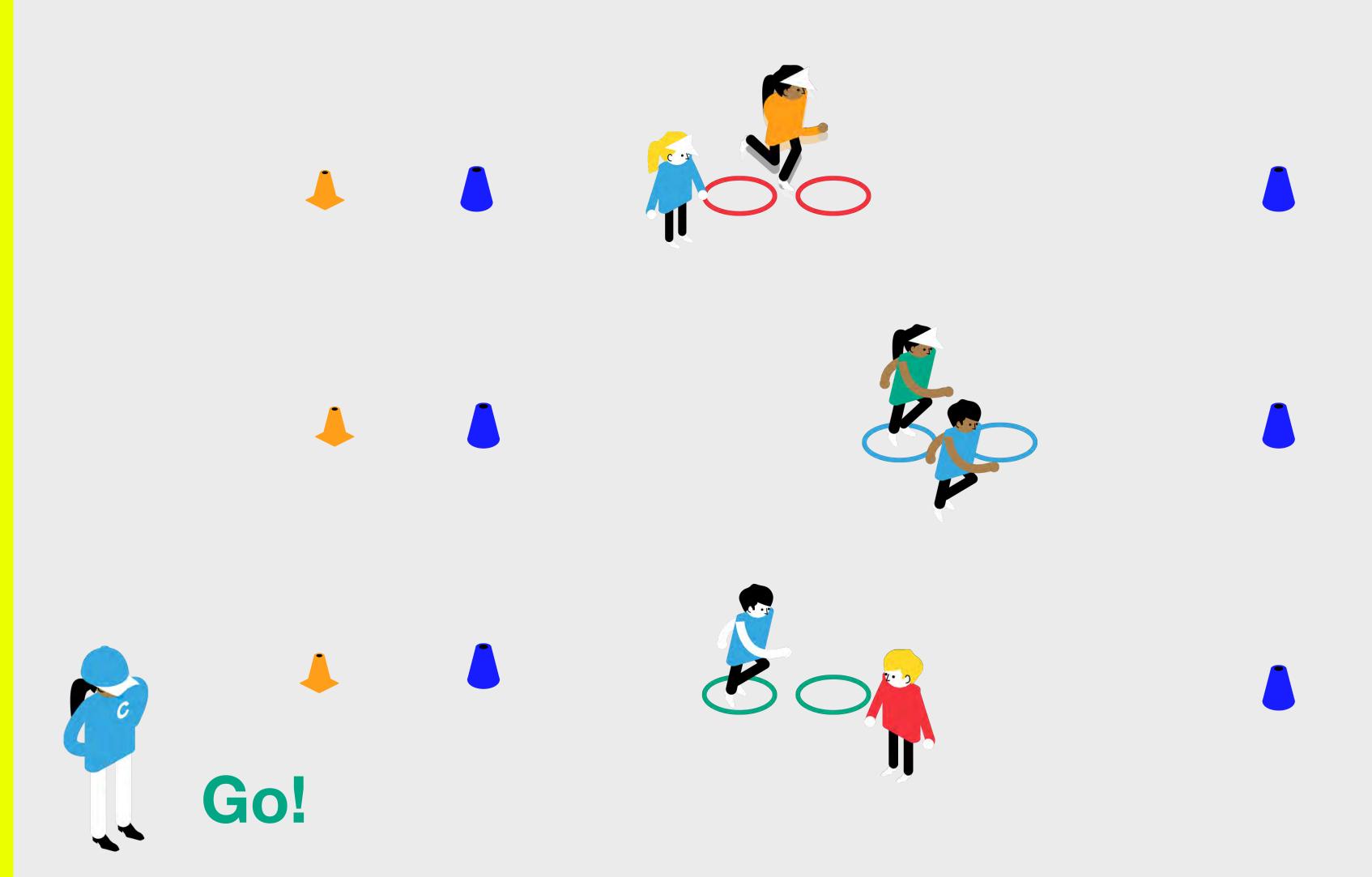
Listed below is the equipment you will need to run this class. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones	SAFETY
Cones to mark out the start and end of the playing area	
2 x hoops per team	

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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 three teams of two
- One child from each team is only allowed to send in the hoops, their partner has to move the hoop into position so that the their partner can move from one side of the game to the other
- On go, the pairs race to the other cone at the opposite side and switch over before racing back to the start
- The team that wins is the team that gets all players home first

- Add in time penalties for touching the ground outside the hoops
- Specify a FMS, such as hopping or jumping





Pitch vs Chip - Equipment you need

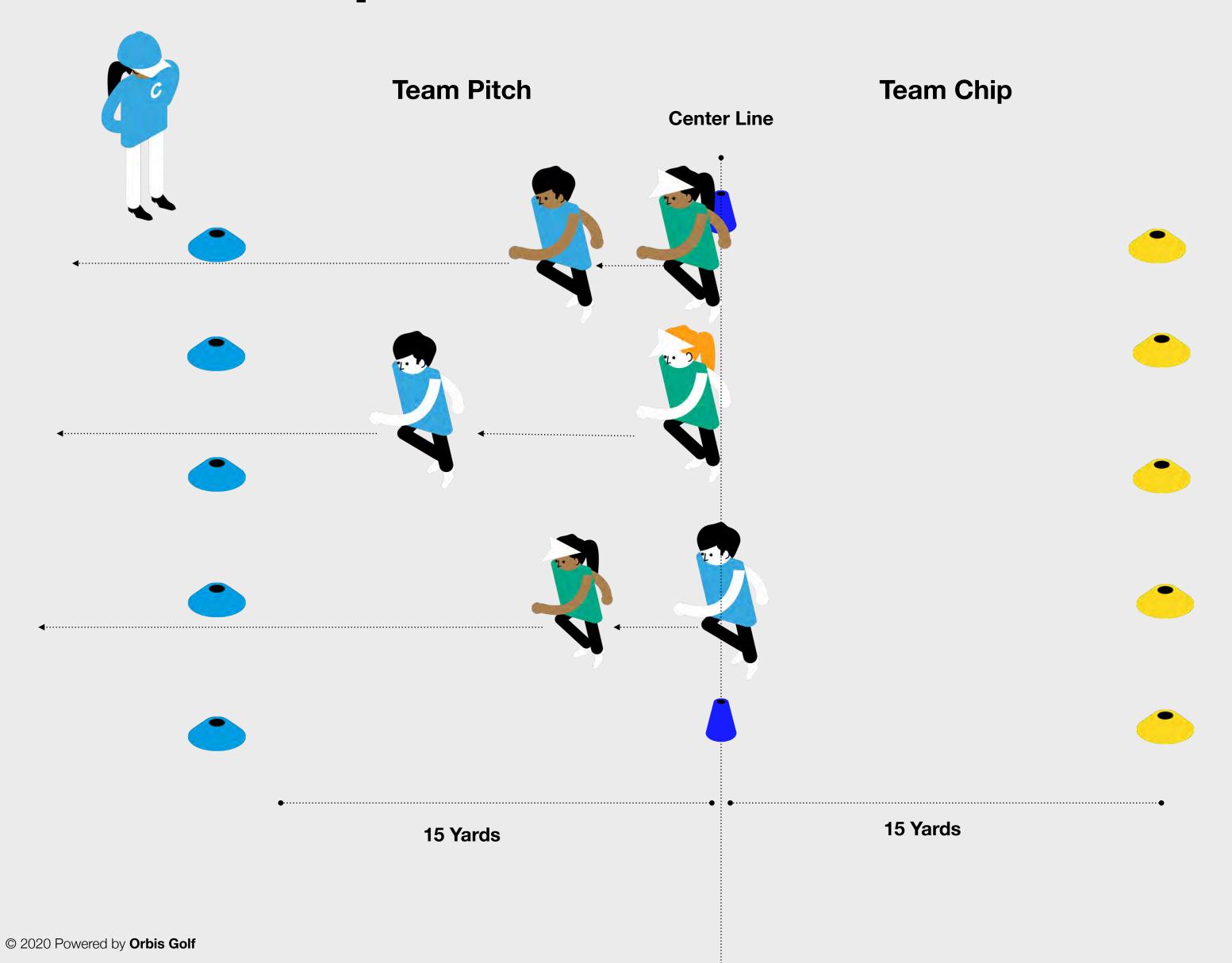
Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones	SAFETY
2 x Cones	
5 x Yellow colored cones	
5 x Blue colored cones	





Pitch vs Chip





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 best played in two teams. Split the children evenly. One team is named the 'Pitch' and one team is named the 'Chips'
- Players stand at the center line, side by side, spaced an arms length apart. Players stand next to a player from the opposing team
- If the coach shouts "Pitch", this team runs to make it back to their finish line before their partner from the opposing team
- A point is awarded for each player that passes the finish line first
- The team that wins is the team that gets to 11 points first

- Increase the distance to the finish line
- Introduce different FMS such as jumping, hoping or side steps

On the Green





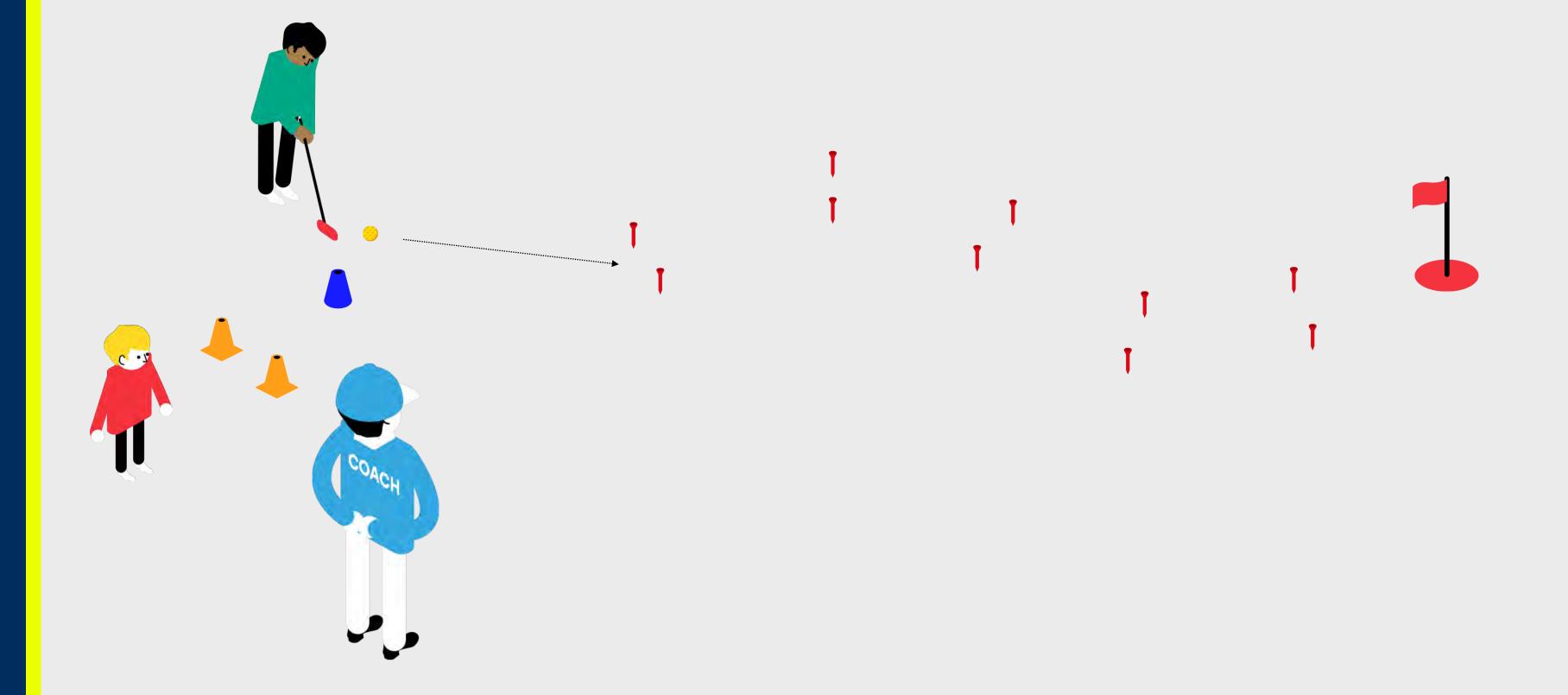


Through the Gates - Equipment you need

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 Cone	SAFETY
10 x Tees to mark the gates	
1 x Cone to mark the starting position	

Through the Gates











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

- 10 tees
- 2 cones of different colors for players to track their progress
- Orange cones to mark a safety line

How to Play

- Players take it in turns to hit the ball
- The aim is to get the ball through each of the gates in turn and then putt it into the hole
- If misses a gate they have to putt it back and get it through the correct direction
- The team should count how many putts it takes them to get the ball into the hole and then try to beat that score

- Change the distance between the starting cone and first gate
- Change the distance between each of the gates
- Reduce the size of the gates
- Attempt the game on a sloped surface
- Place a ball on each of the tees and introduce a rule that if the team knock a ball off they have to start again



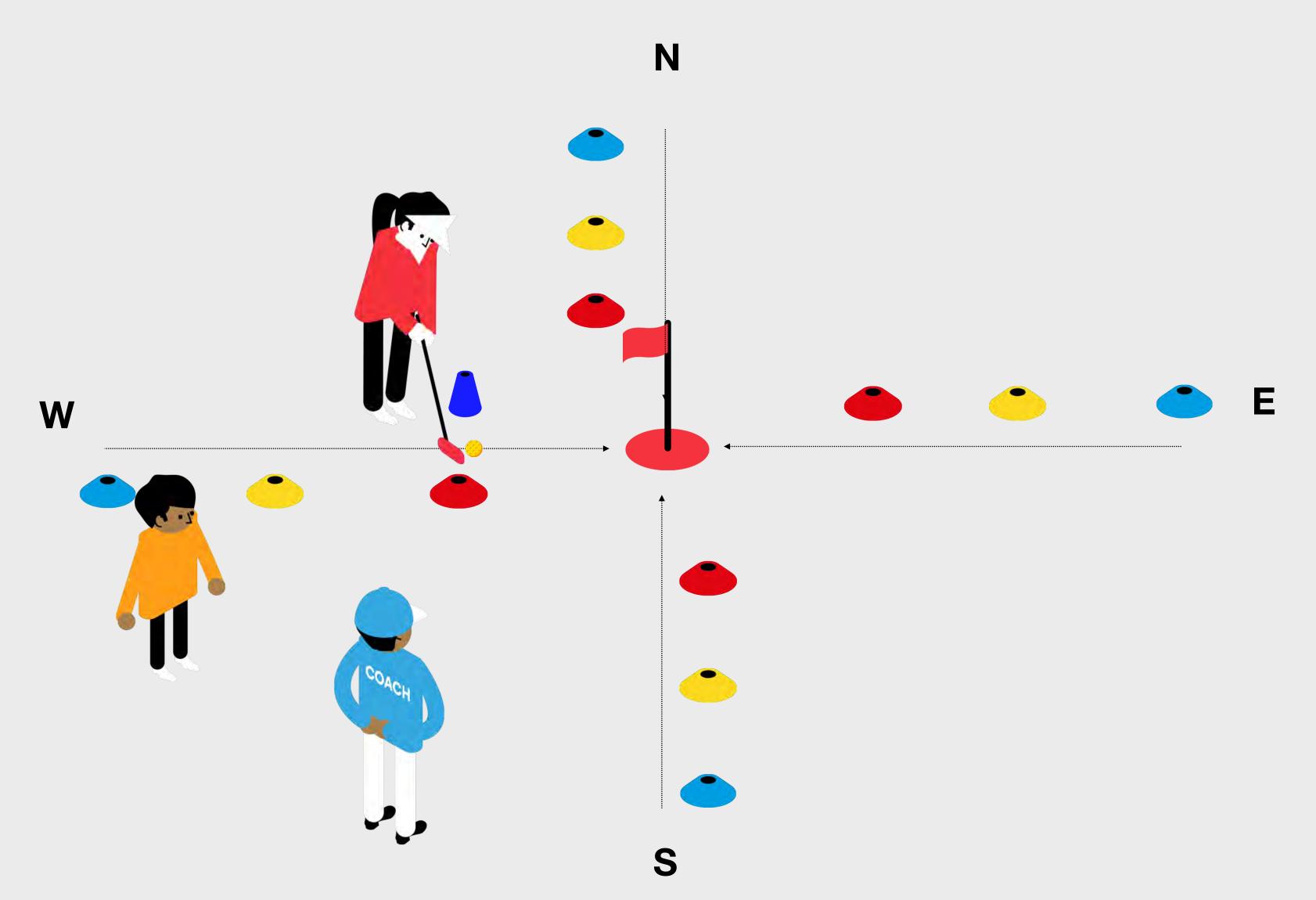


Compass - Equipment you need

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	SAFETY	4 x Red Colored Cones	
2 x Cones to mark the starting point		4 x Yellow Colored Cones	
Spare equipment that may be required for the group attendees.		4 x Blue Colored Cones	
Golf Balls			

Compass











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

- 12 cones in 3 different colors
- 1 cone to mark the starting point for both players

How to Play

- The team place a cone at the side of the first cone at South
- Nominate a child to play first. The child attempts to hit their putt into the hole
- If the child successfully gets the ball into the hole the team moves round the compass to W
- The children take it in turns to attempt each putt
- The children must complete the inside cones before moving to the next colour
- The challenge is complete when the team have holed all putts from each point of the compass

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



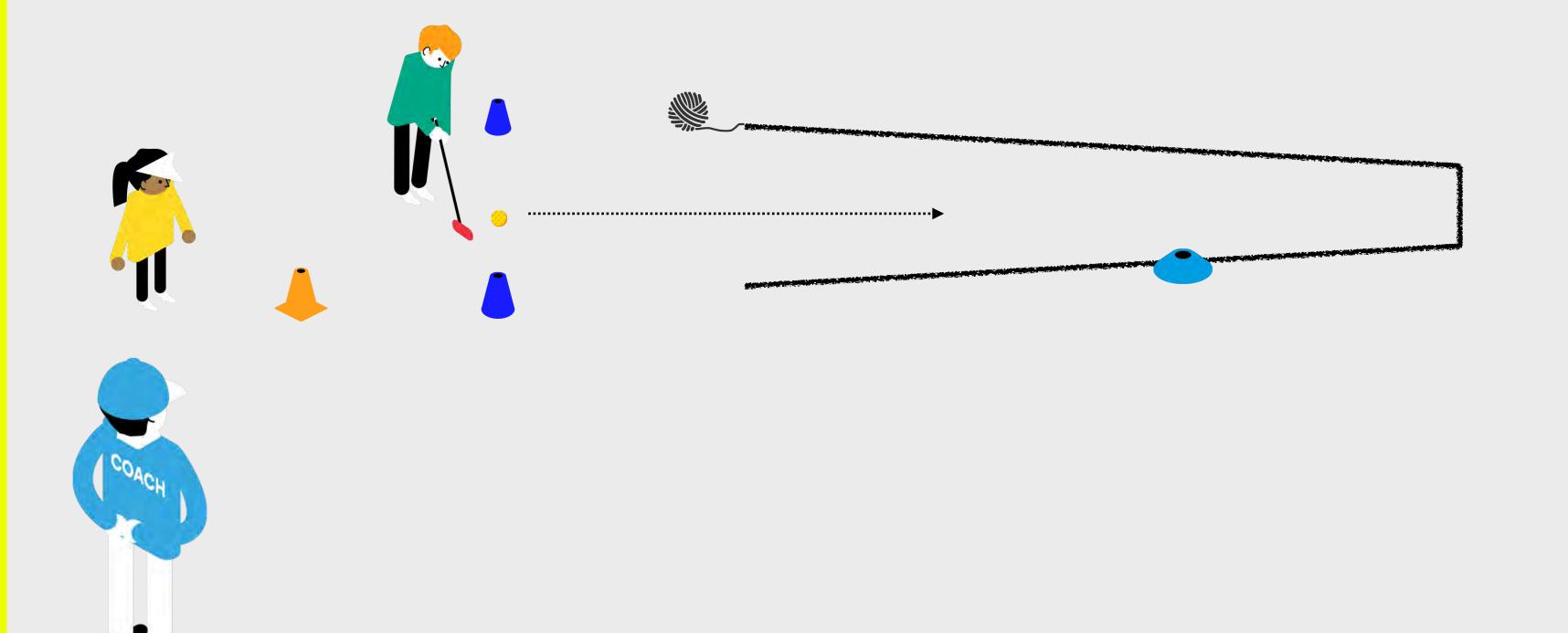


Putting Runway - Equipment you need

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	SAFETY	4 x Tees and string to create the runway	
2 x Cones to mark out the necessary hitting stations.		Golf Balls	
1 x Colored Cone			
Spare equipment that may be required for the group attendees.			

Putting Runway











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

- Children take it in turns and attempt to putt their ball down the runway
- If the ball runs outside of the runway they place a cone at the point that it rolled over the string
- The aim of the game is to hit a putt that stays on the runway to the end of the string

- Change the width of the runway
- Change the length of the runway
- Introduce a sloped surface when playing the game
- Introduce a rule where the player must not hit the ball off the end of the runway



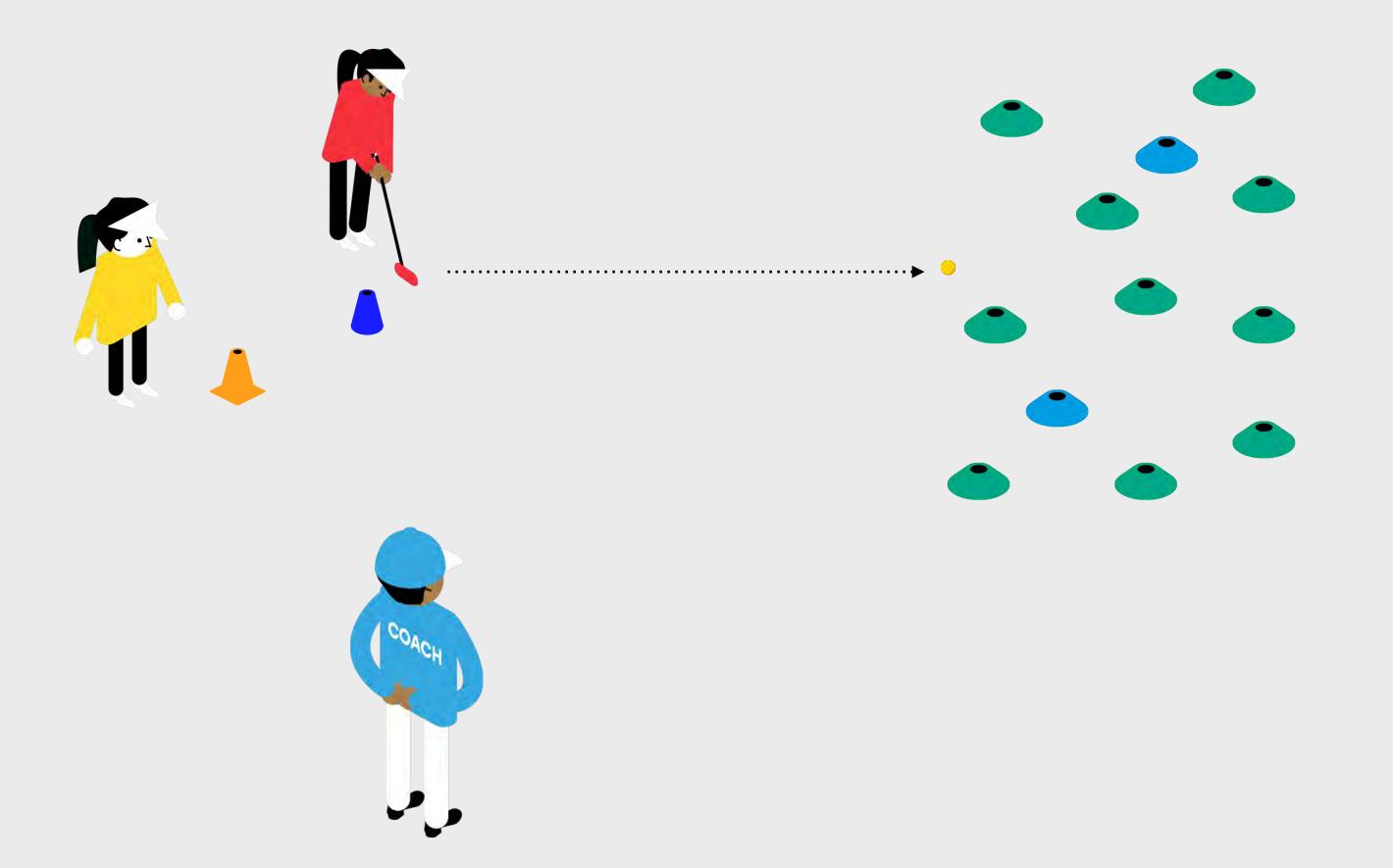


Finders Keepers - Equipment you need

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	SAFETY	Golf Balls	
1 x Cone for starting position			
2 x Blue Colored Cone 10 x Green Colored Cone			
Spare equipment that may be required for the group attendees.			

Finders Keepers











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

- Children take it in turns to attempt to putt their ball to hit one of the colored cones. If successful they collect the cone
- If a player hits one of the two alternative colored cones, they must put one of the cones back into the middle
- The children complete the game when they have collected all of the coloured cones

- 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 children need to collect
- Introduce a sloping surface to the game.

Around the Green





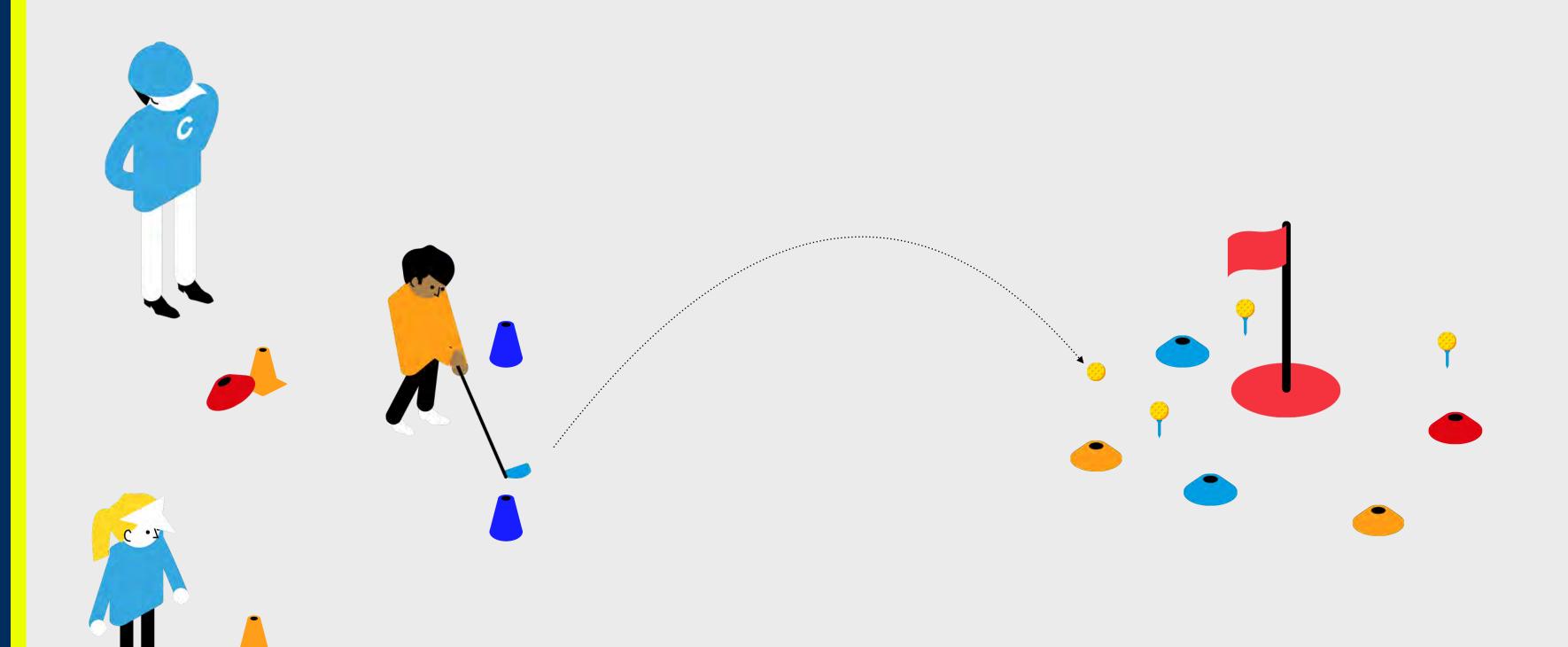


Cone Crusher - Equipment you need

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	SAFETY	Golf Balls	
Cones to mark starting position		Spare equipment that may be required for the group attendees.	
Cones for the targets			
Tees and balls for the targets	······································		

Cone Crusher











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

- Allocate points for each of the targets. For example, 5
 points for the holing out, 2 points for hitting a ball and
 1 point for hitting a cone
- Children take it in turns to hit their chip shot and attempt to hit one of the targets
- If the child is successful they collect their ball and the target they hit and bring it back to the safety cones
- If they miss they should just collect their ball and it's the next players turn
- Each player has 10 shots to hit as many targets as possible and score as many points as possible for their team
- At the end of the lesson see which team scored the most points for this game

Progression Ideas

- Add or remove targets
- Vary the size of the gaps between targets
- Vary the starting point from around the green
- Add penalty points if the children hit a particular cone (the red cone, for example)
- Add a line behind the hole, which if the ball travels over then the child has to put back one of the targets they have hit

Learning Outcomes

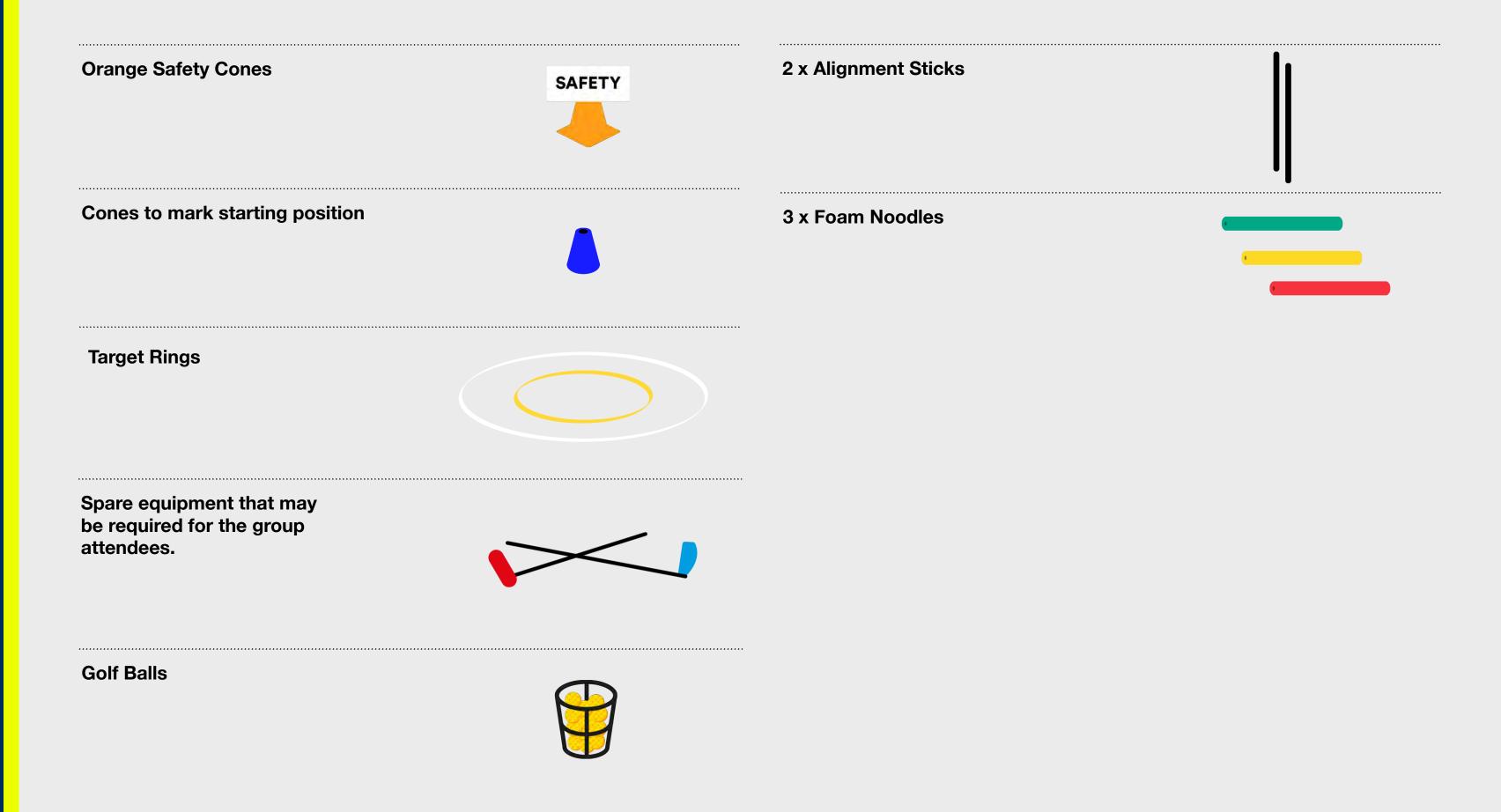
- Controlling direction and distance on a chip shots
- Working together to collect the targets and choose which targets to aim for



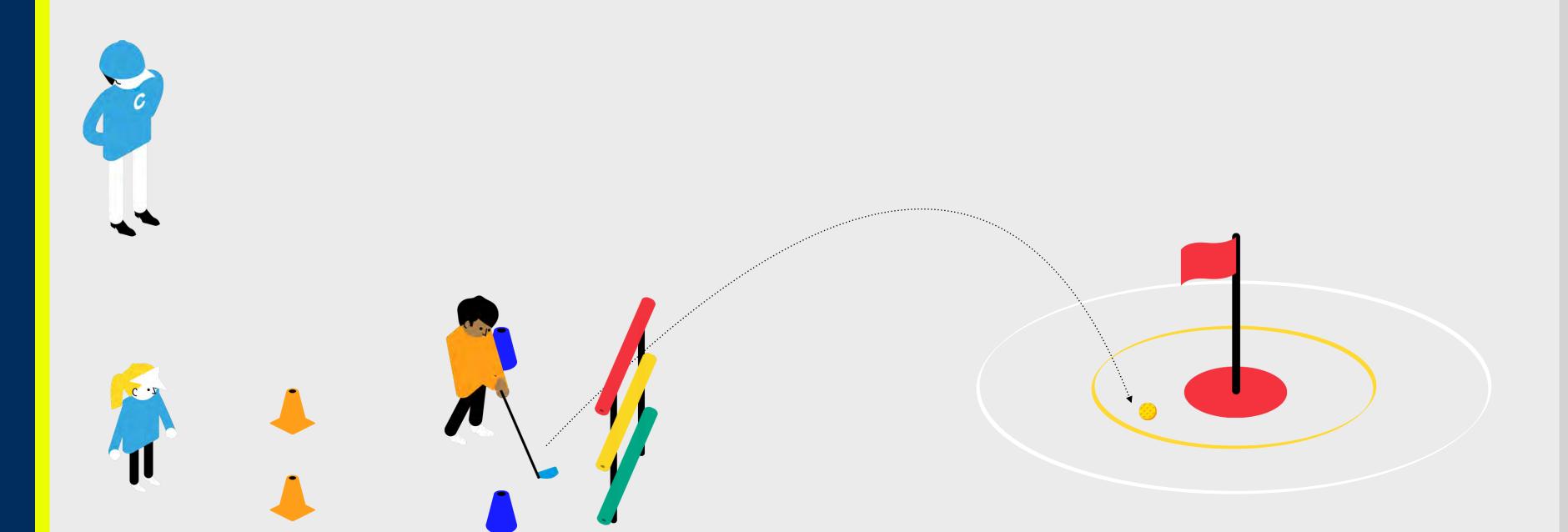


Choose your Trajectory - Equipment you need

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.



Choose your Trajectory









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

- 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
- In order to score points the player must hit the ball through the gap nominated by their playing partner
- The winner is the player who gets the most points from their 10 shots

Progression Ideas

- Specify which club must be used
- Change the size of the target circles
- Vary the size of the gaps created by the foam noodles
- Vary the starting point from around the green
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

Learning Outcomes

- Controlling strike to get a consistent trajectory
- Understanding the loft of the club and it's influence on trajectory
- Develop the ability to control the flight of the ball, hitting different trajectories, using the same golf club



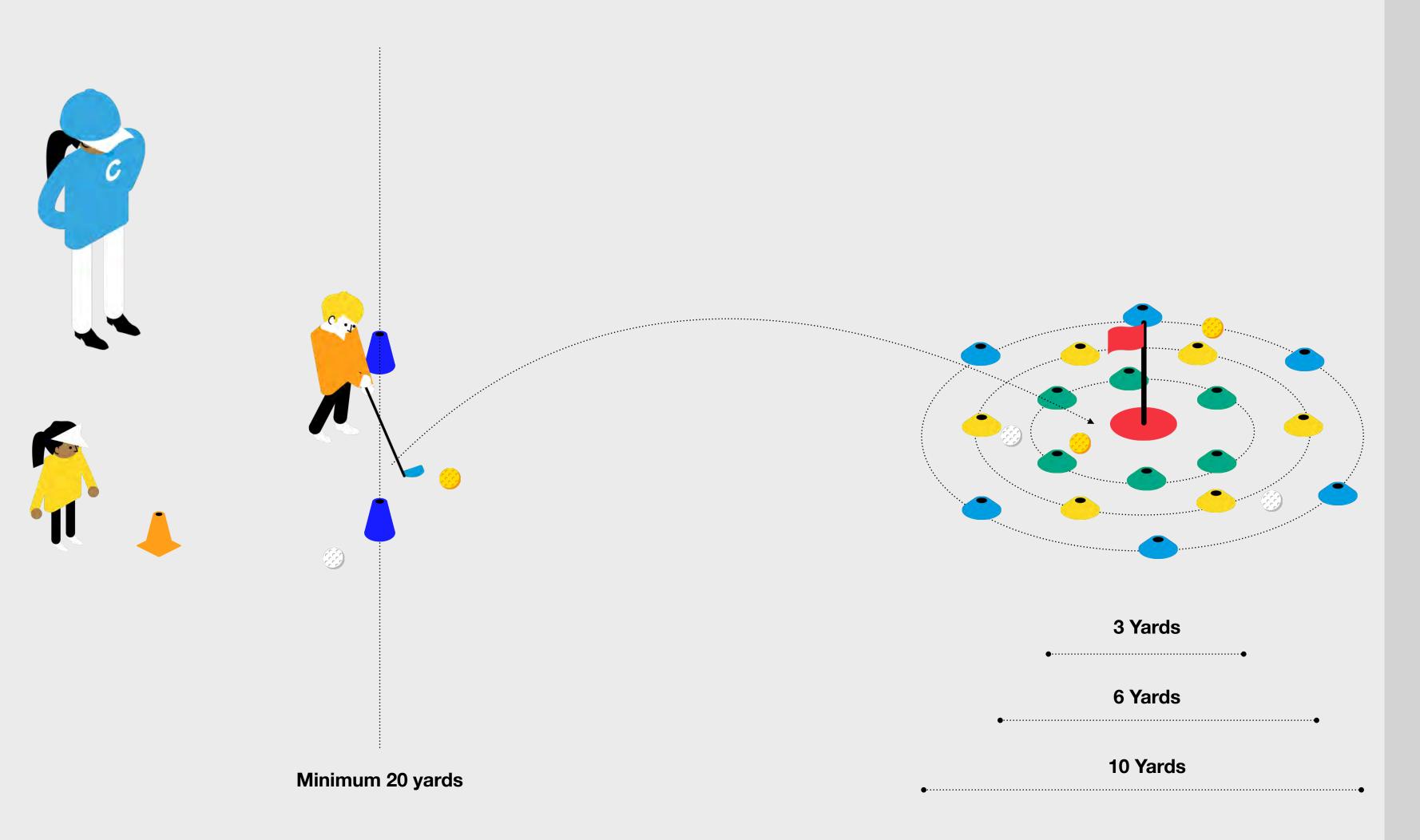


Curling - Equipment you need

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	SAFETY	10 x Yellow Colored Cones for Middle 6 Yard Target Circle	
Cones to mark out the necessary hitting station		10 x Blue Colored Cones for Outer 10 Yard Target Circle	
Spare equipment that may be required for the group attendees.		8 x Green Colored Cones for Inner 3 Yard Target Circle	
3 x Yellow Golf Balls			
3 x White Golf Balls			

Curling









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 is given 3 golf balls of different colors
- The first player attempts their first shot and aims to get their ball as close to the flag as possible
- Players alternate turns until all of the golf balls have been used
- The 3 golf balls nearest to the hole score a point each.
 Only 3 points can be scored in any round of the game
- Players then attempt the next round and the game continues until one player reaches 11 or 21 points

- 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



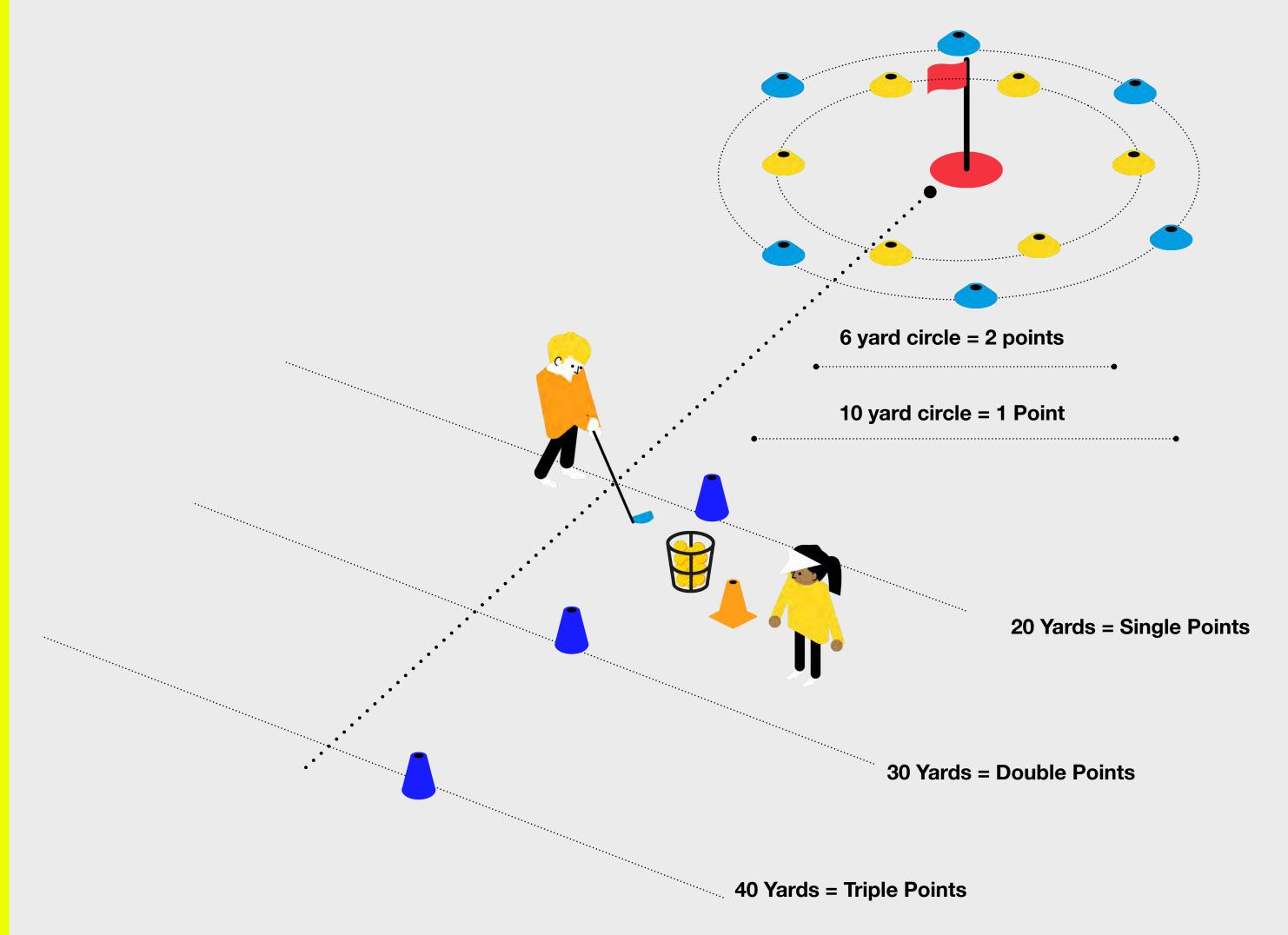


Single, Double, Triple - Equipment you need

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	SAFETY
3 x cones	
Golf balls	
10 x Colored cones to mark the 10 yard circle	
10 x Colored cones to mark the 6 yard circle	

Single, Double, Triple











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

- Players take it in turns to choose which distance they want to start from
- If the player starts from the 20 yard line and they pitch the ball inside the 10 yard circle they score 1 point, or 2 points for the 6 yard circle
- If the player starts from the 30 yard line they score double points; 4 points inside the the 6 yard circle, or 2 points for the 10 yard circle
- If the player chooses to start from the 40 yard they score triple points; 6 points for pitching the ball into the 6 yard circle and 3 points if they pitch the ball into the 10 yard circle
- The game continues until both players have hit 5 shots, the winner is the player who has the most points after 5 shots

- Vary the starting point around the green
- Vary the club that is being used
- Change the distance from the green
- Change the size of the target circles
- Change the points given for each circle
- Change the number of shots each player is allowed

Swing







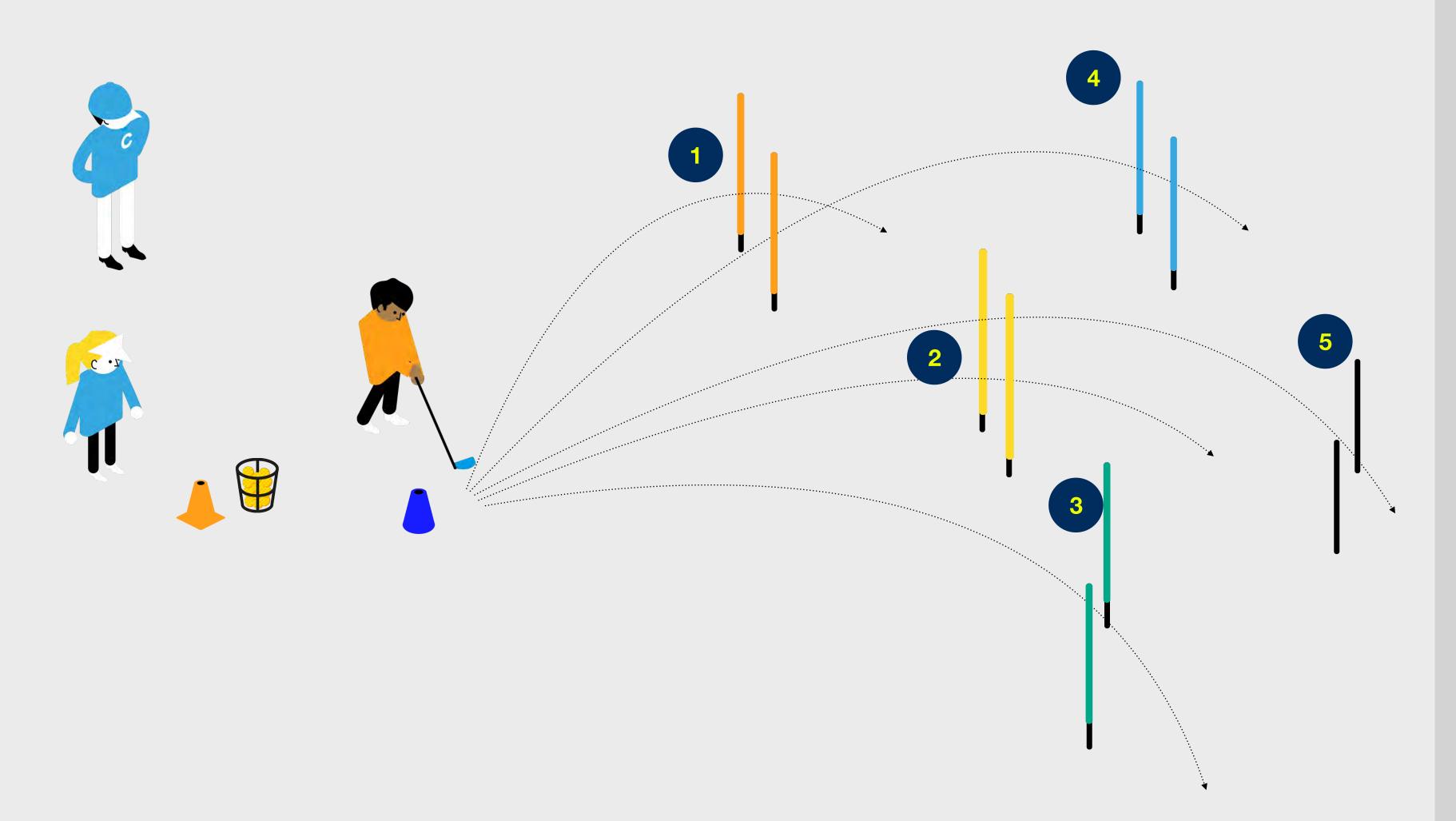
Slalom - Equipment you need

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	SAFETY	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			

Class Plans

Slalom











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

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order, working as a team
- When a child hits the ball through the gate they both move to the next gate
- The children take it in turns to hit their shots
- The challenge is completed when they have got the ball through all the gates

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances the pair gets at each
- Change the width of the target gates



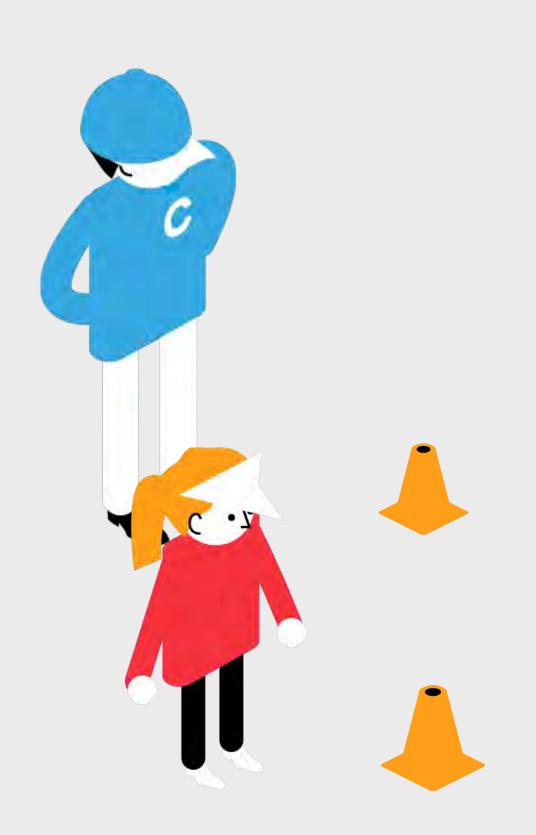


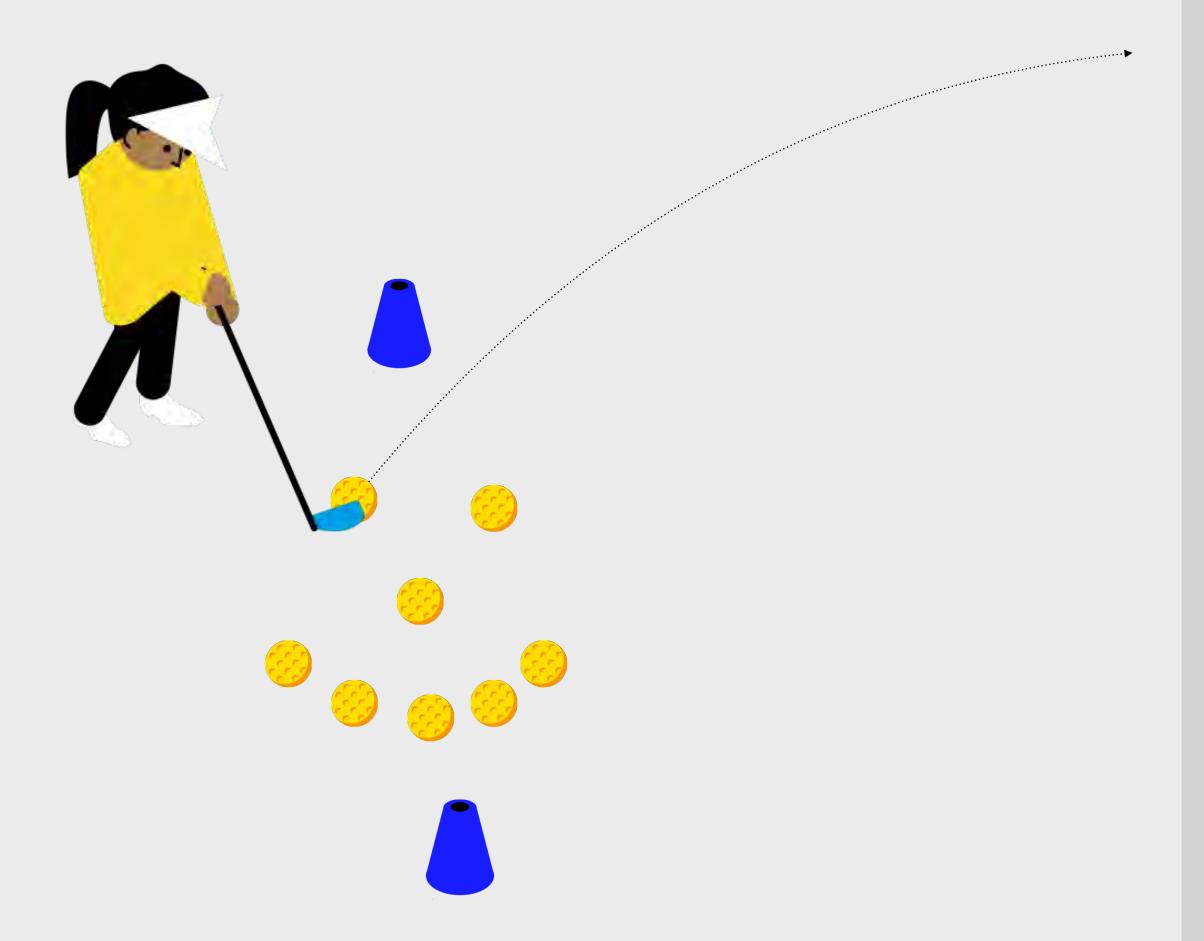
Happy Shots - Equipment you need

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	SAFETY
2 x Cones	
Golf Balls	
Spare equipment that may be required for the group attendees.	

Happy Shots













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

- Let the children design a smiley face with 8 golf balls
- The children take it in turns to hit their shots, they choose which ball they want to hit and mustn't move any of the other balls in the process.
- The children complete the challenge if they can hit all the shots one at a time, without moving any of the other balls

Progression Ideas

- Make the smiley face smaller
- Add a rule that the player must stand in the same place to hit all their shots
- Add a target to aim for, allocate points for hitting the target

Learning Outcomes

- Learn to control the direction the club is swinging
- Learn to control strike with variability of distance from the ball, and direction of swing



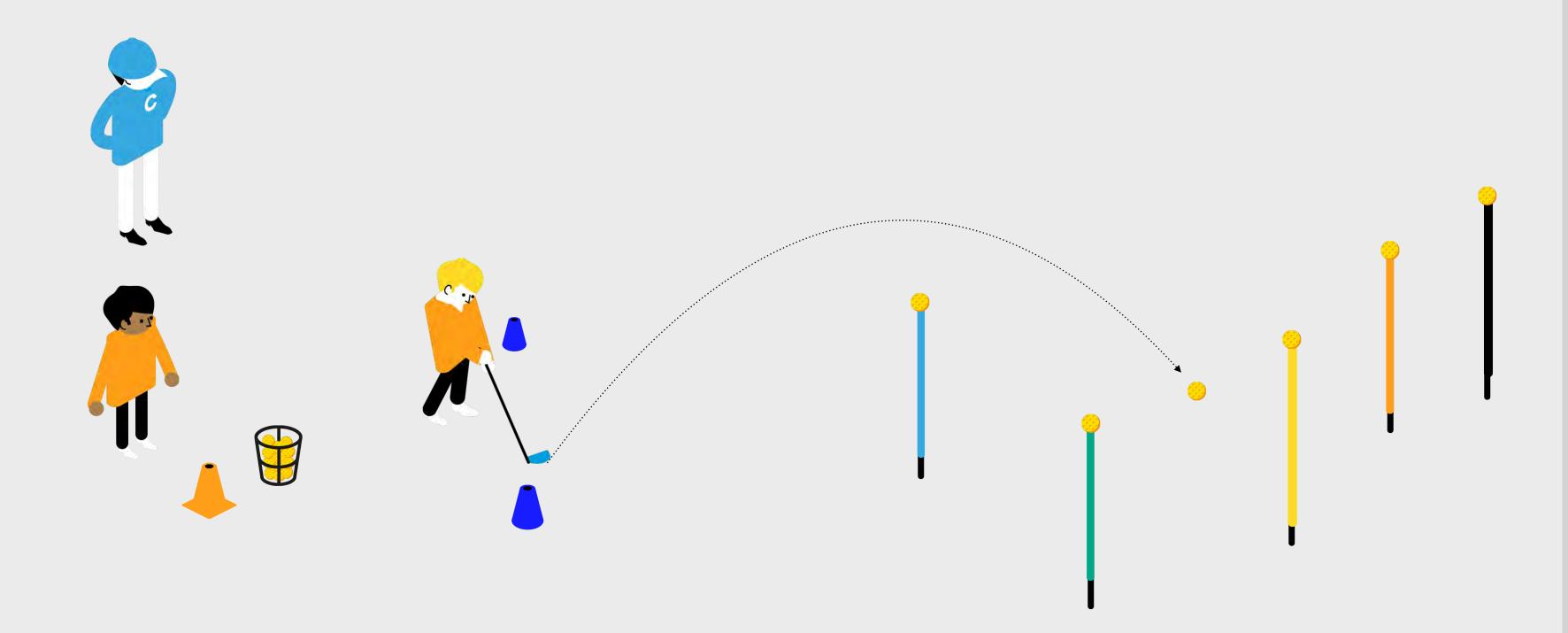


Pinseeker - Equipment you need

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	SAFETY
2 x Cones	
5 x Foam Noodles	•
5 x Alignment Sticks	
Golf Balls	

Pinseeker









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

- Set up the foam noodles between 10 and 30 yards from the starting cones. Balance a golf ball on top of the foam noodle for added excitement
- The first player chooses which foam noodle they want to aim for, if they hit the noodle and knock off the ball they score a point
- Players take it in turns until all balls have been knocked off or time runs out.
- The winner is the player who knocked off the most balls

- Vary the distance from the starting cones to the targets
- Allow playing partners to nominate which target the player has to aim for
- Introduce a rule where the player has to use a particular club to complete the challenge



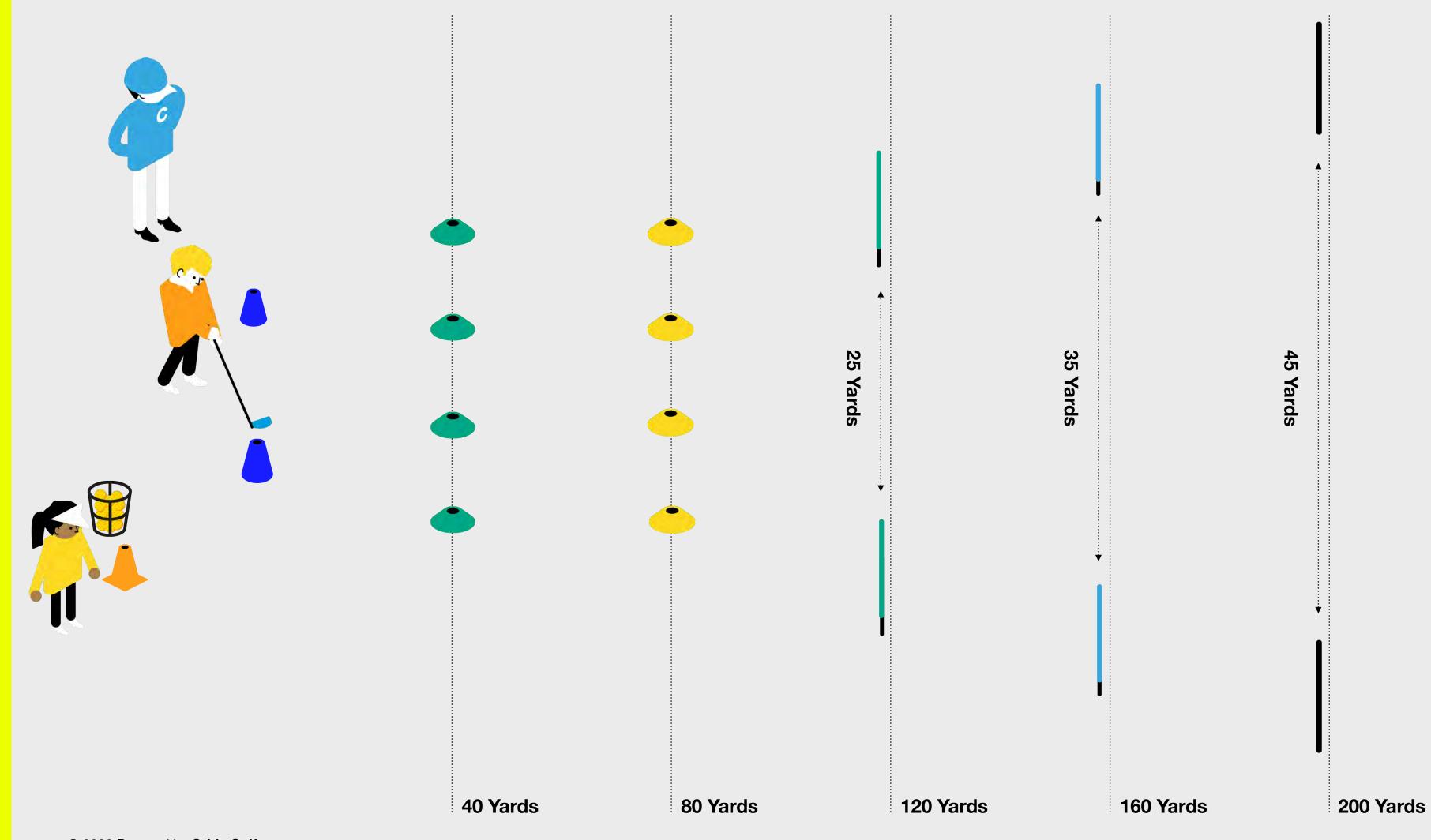


Pot Luck - Equipment you need

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	SAFETY	6 x Alignment Sticks	
Cones to mark out the necessary hitting stations		6 x Foam Noodles	
Deck of playing cards		Variety of colored cones for 40 yard and 80 yard lines	
Spare equipment that may be required for the group attendees.			
Golf Balls			

Pot Luck









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

- Players take in turns to pull a playing card from the deck of cards
- The number on the card dictates how many shots the player can take to complete their challenge (Picture cards count as 10)
- If the player completes their challenge within the designated number of shots they score 1 point
- The first player to score 5 points wins the game

- Add in special rules for certain playing cards
- Allow the players to come up with their own rules