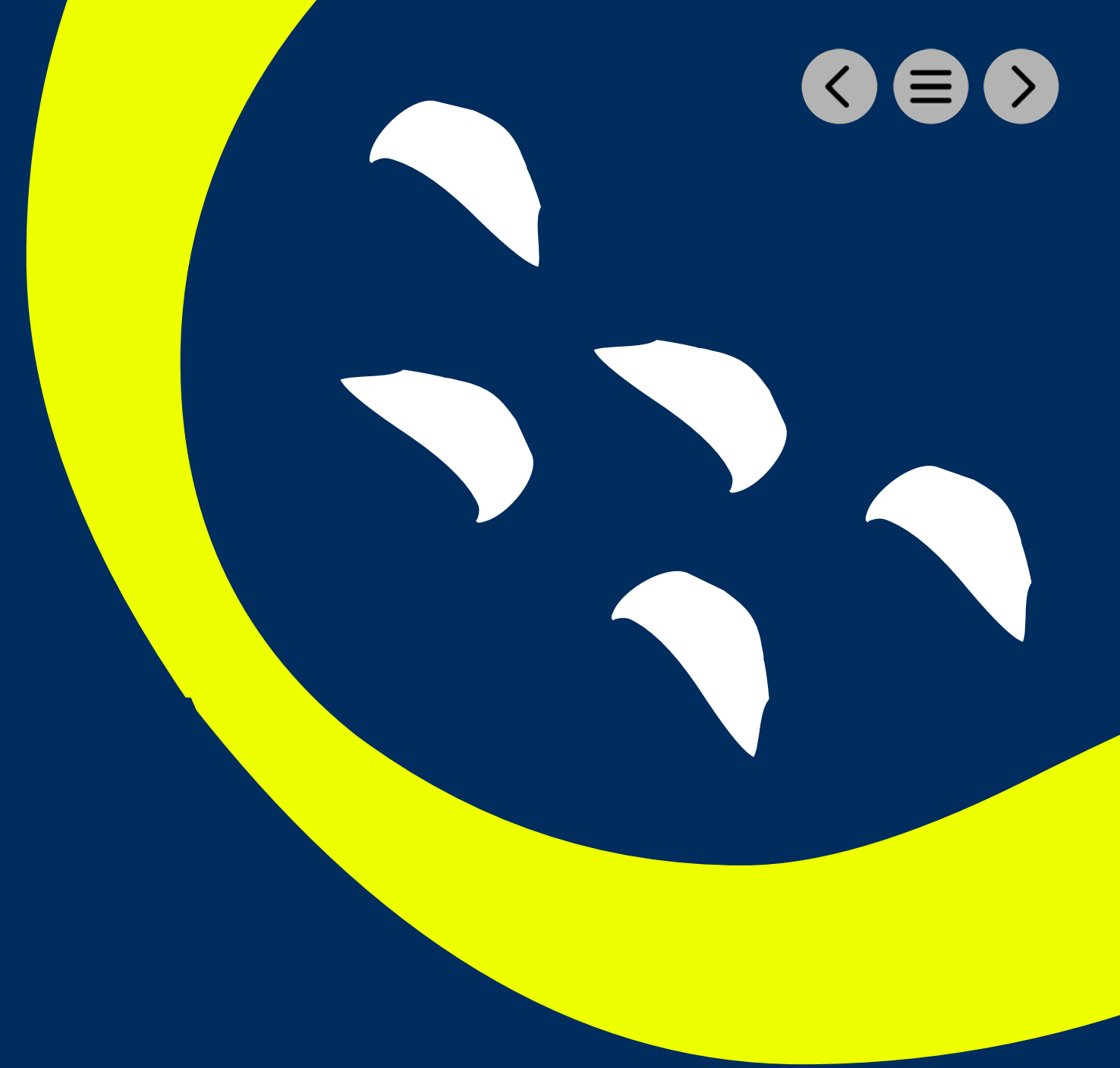


# Full-Day Class Plan

## Day 5



# Contents

- 3** Class Timetable
- 6** Layout and Setup
- 11** Physical Literacy Game Cards
- 14** On the Green Game Cards
- 23** Around the Green Game Cards
- 32** Swing 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	<ul style="list-style-type: none"><li>Outline the lesson objectives to the group</li><li>Introduce the warmup game to the group</li><li>Introduce FMS and Physical Literacy focus</li><li>Split into teams &amp; demonstrate warm up game</li><li>Play the warmup game</li></ul>	<ul style="list-style-type: none"><li>Relay Race</li></ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"><li>Introduce the components of the Golf Bag</li><li>Introduce the Iron &amp; components of the club</li></ul>	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"><li>Outline the safety instructions &amp; class layout</li><li>Introduce games, tasks &amp; challenges</li><li>Deliver one to one &amp; group coaching on the Mastering the Game learning outcomes</li><li>Children can attempt the Iron Challenge</li><li>Children rotate around the stations</li></ul>	<div>Coming Soon</div>
10 Mins	myJunior Track & Reward	<ul style="list-style-type: none"><li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li><li>Distribute Learning the Game Resource if appropriate</li><li>Children can complete myProgress Wheel and add stickers where appropriate</li><li>Add any lesson notes to the child's myProgress section</li><li>Award the Achiever Reward to a student in front of the parents and the group</li><li>Award any Pins &amp; Hats</li></ul>	<ul style="list-style-type: none"><li>The Iron Challenge</li><li>Tug of War</li><li>Stepping Stones</li></ul> <div>Coming Soon</div>

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# Day 5 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	<ul style="list-style-type: none"><li>Welcome and allocate children their teams for the week.</li></ul>	<ul style="list-style-type: none"><li>Team Register</li></ul>
15 Mins	Warm Up Games	<ul style="list-style-type: none"><li>Introduce the Warm Up game, play in teams and record scores</li></ul>	<ul style="list-style-type: none"><li>Obstacle Course</li><li>Team Points Tally Sheet</li></ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"><li>Around the Green</li></ul>	<ul style="list-style-type: none"><li>Outline the safety instructions and class layout</li><li>Introduce games, tasks and challenges</li><li>Deliver one to one and group coaching</li><li>Children rotate around the stations</li></ul>	<ul style="list-style-type: none"><li>Splash Shot</li><li>Mouse Trap</li><li>Golf Tennis</li><li>Over or Under</li><li>Team Points Tally Sheet</li></ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"><li>Swing</li></ul>	<ul style="list-style-type: none"><li>Outline the safety instructions and class layout</li><li>Introduce games, tasks and challenges</li><li>Deliver one to one and group coaching</li><li>Children rotate around the stations</li></ul>	<ul style="list-style-type: none"><li>Crossbar Challenge</li><li>G. O. L. F.</li><li>Stepping Stones</li><li>Straight Shooter</li><li>Team Points Tally Sheet</li></ul>
10 Mins	Mid-Morning Break	<ul style="list-style-type: none"><li>Time to rest, enjoy a drink and snack</li></ul>	
45 Mins	Mastering the Game <ul style="list-style-type: none"><li>On the Green</li></ul>	<ul style="list-style-type: none"><li>Outline the safety instructions and class layout</li><li>Introduce games, tasks and challenges</li><li>Deliver one to one and group coaching</li><li>Children rotate around the stations</li></ul>	<ul style="list-style-type: none"><li>Putting Runway</li><li>Stick Shift</li><li>Putting Challenge</li><li>Team Points Tally Sheet</li></ul>
15 Mins	End of Morning Recap	<ul style="list-style-type: none"><li>Recap the games, find out the children’s favourites and announce the points total for the morning</li></ul>	<ul style="list-style-type: none"><li>Team Points Tally Sheet</li></ul>

# Day 5 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	<ul style="list-style-type: none"><li>Enjoy lunch and provide indoor activity to complete</li></ul>	<ul style="list-style-type: none"><li>Rules and Etiquette Quiz</li></ul>
150 Mins	On Course Play <ul style="list-style-type: none"><li>Team Betterball</li></ul>	<ul style="list-style-type: none"><li>Outline the safety instructions</li><li>Introduce the format</li><li>Let the children play in teams and record scores for as many holes completed</li></ul>	<ul style="list-style-type: none"><li>Scorecards</li><li>Team Points Tally Sheet</li></ul>
30 Mins	End of Week Presentation	<ul style="list-style-type: none"><li>Announce the winners for the week, present prizes</li><li>Provide information on the Junior Monthly Program</li><li>Thank everyone for coming</li></ul>	<ul style="list-style-type: none"><li>Team Points Tally Sheet</li><li>Prizes</li><li>Junior Monthly Flyer</li></ul>

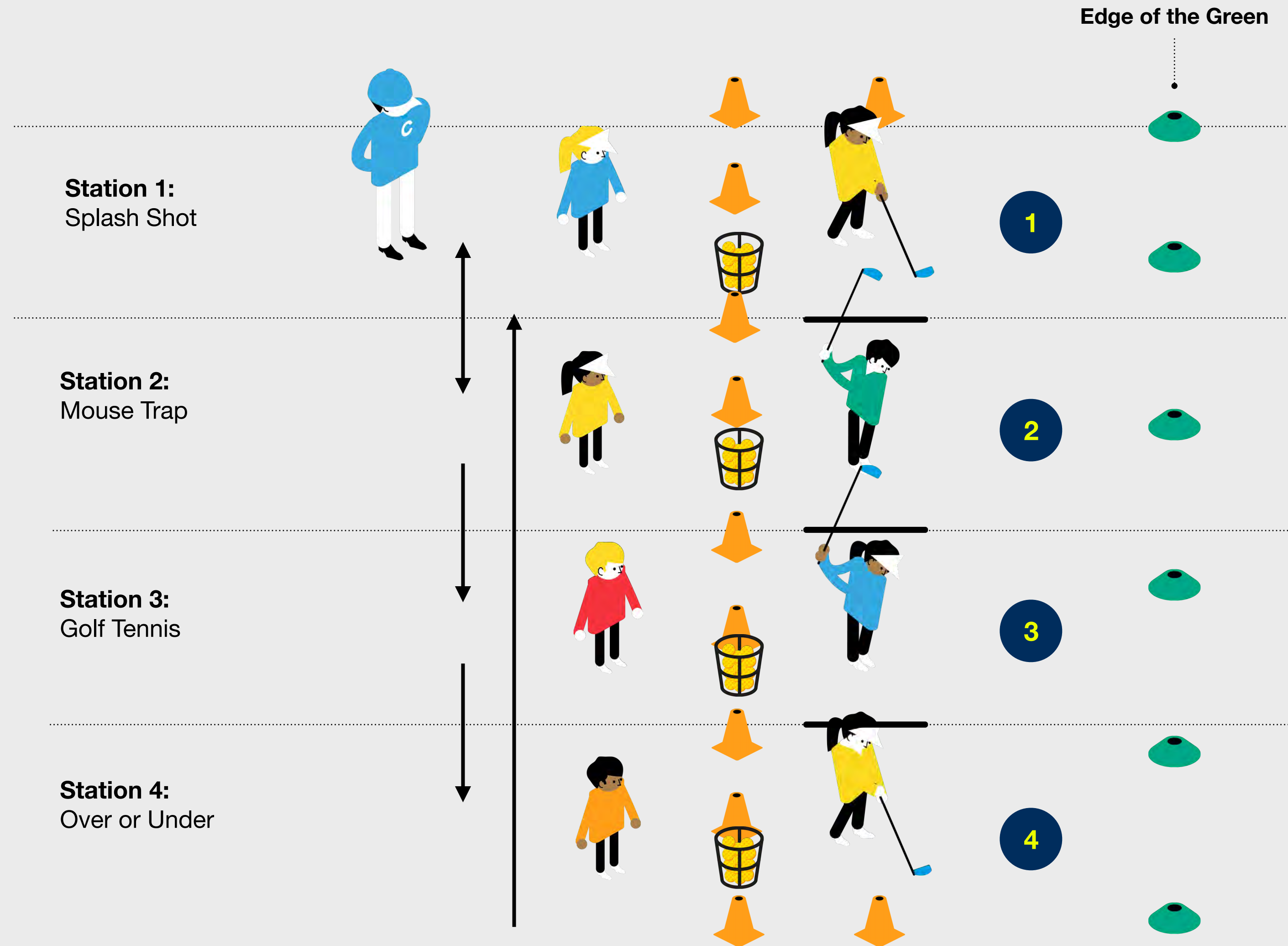
# Layout and Setup



# 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

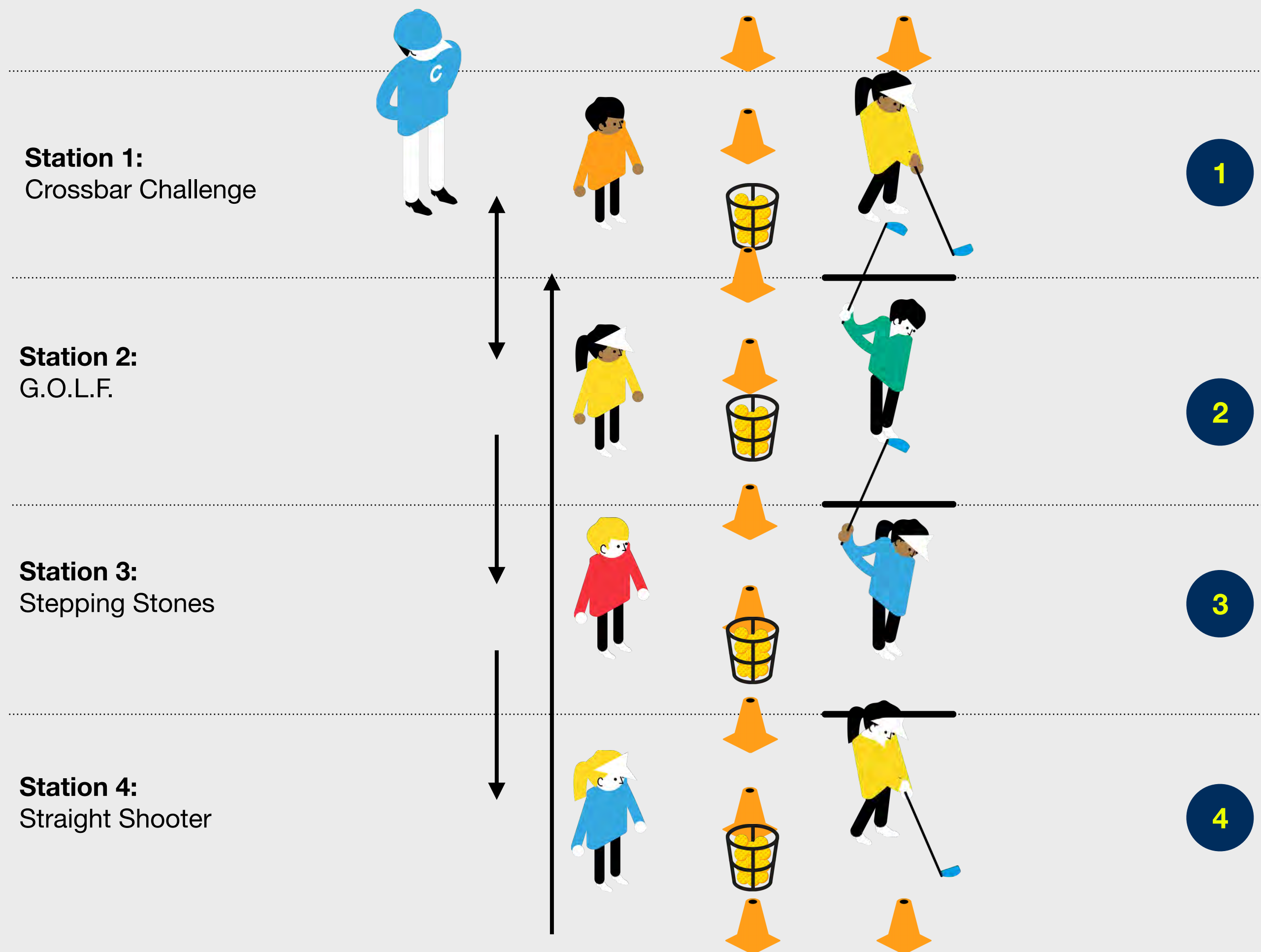




# Swing Games - Layout and Setup

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



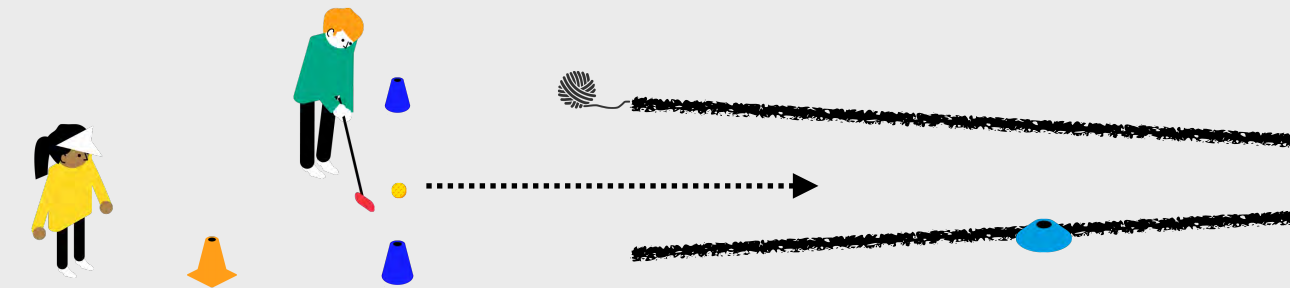


# On the Green Games - Layout and Setup

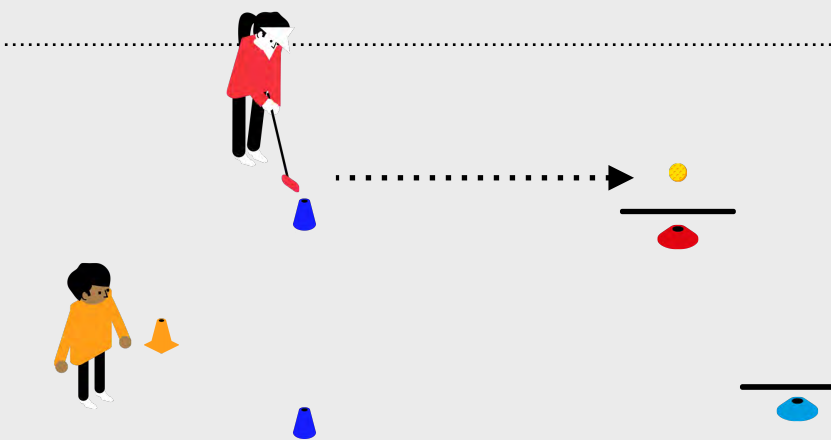
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Stations 1, 2, and 3 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

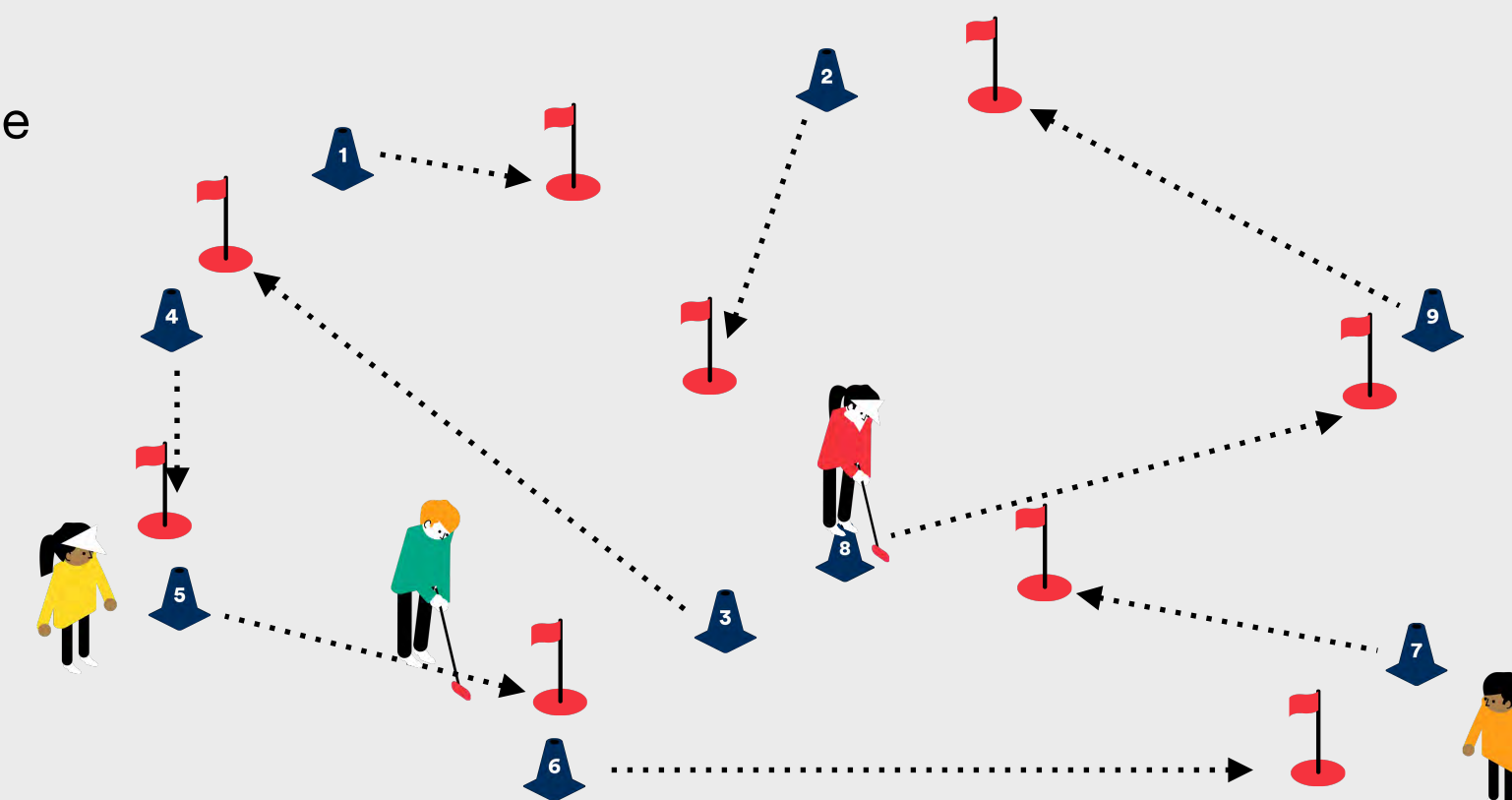
**Station 1:**  
Putting Runway



**Station 2:**  
Stick Shift



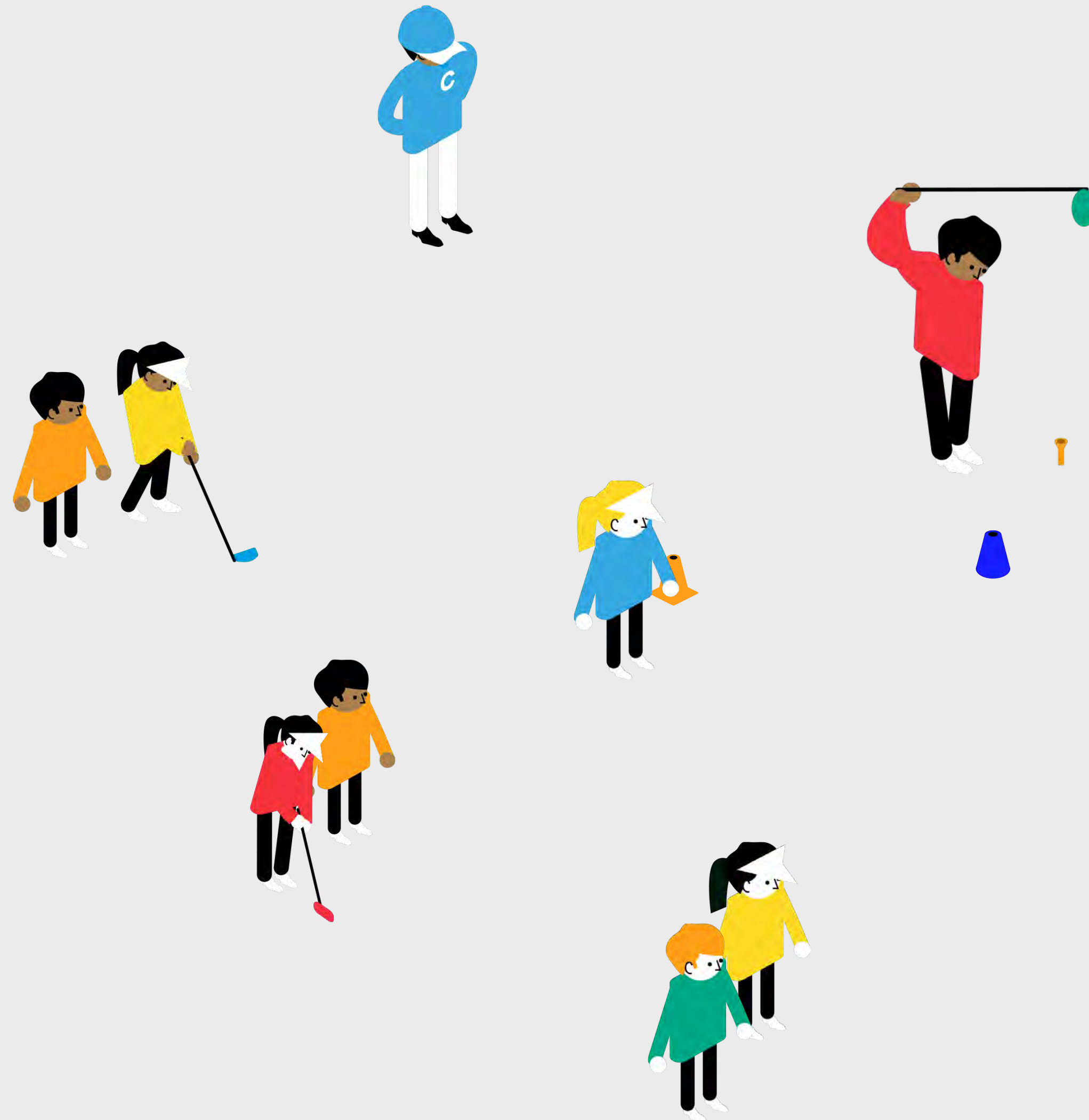
**Station 3:**  
Putting Challenge



# 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





# Obstacle Course - 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



Alignment Sticks



7 x Numbered Cones



Cones



1 x Wedge

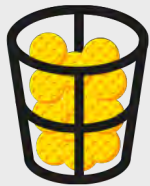
1 x Putter



Hoops



Golf Balls





About

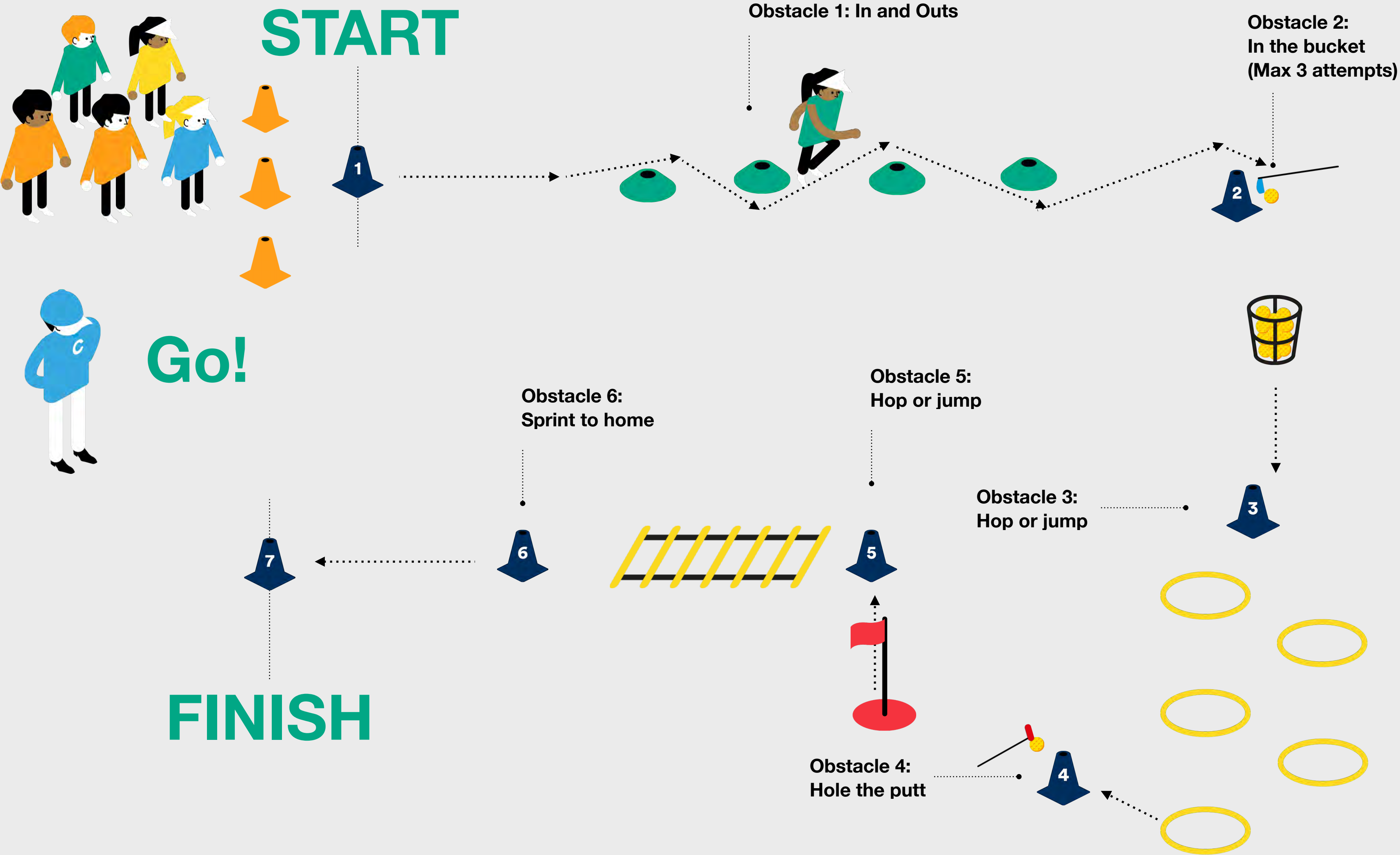
The Warm Up Games are an opportunity for you to develop the child’s Physical Literacy. During these games, a focus should be made on developing key Fundamental Movement Skills (FMS) and athleticism components identified within the Physical Literacy Learning Outcome. Use the guidance below for how the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

How to Play

- This game can be played individually or in teams
- Split into even teams or nominate players 1-6 if playing individually
- Player number 1 starts with their hand touching the start cone
- On go, the stop watch is started and the child attempts the obstacle course
- The stopwatch is stopped when the child reaches the finish line
- The winner is the child who gets round the obstacle course fastest

Progression Ideas

- The child gets an extra go to beat their time
- Increase the difficulty of the movement stations
- Increase the entire length of the course
- Add penalty seconds if the child incorrectly completes an obstacle
- Increase the difficulty of the golf stations



# Around the Green





# 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.



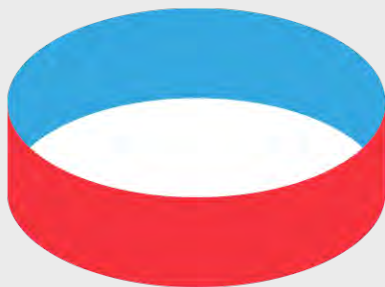
Cones to mark starting position



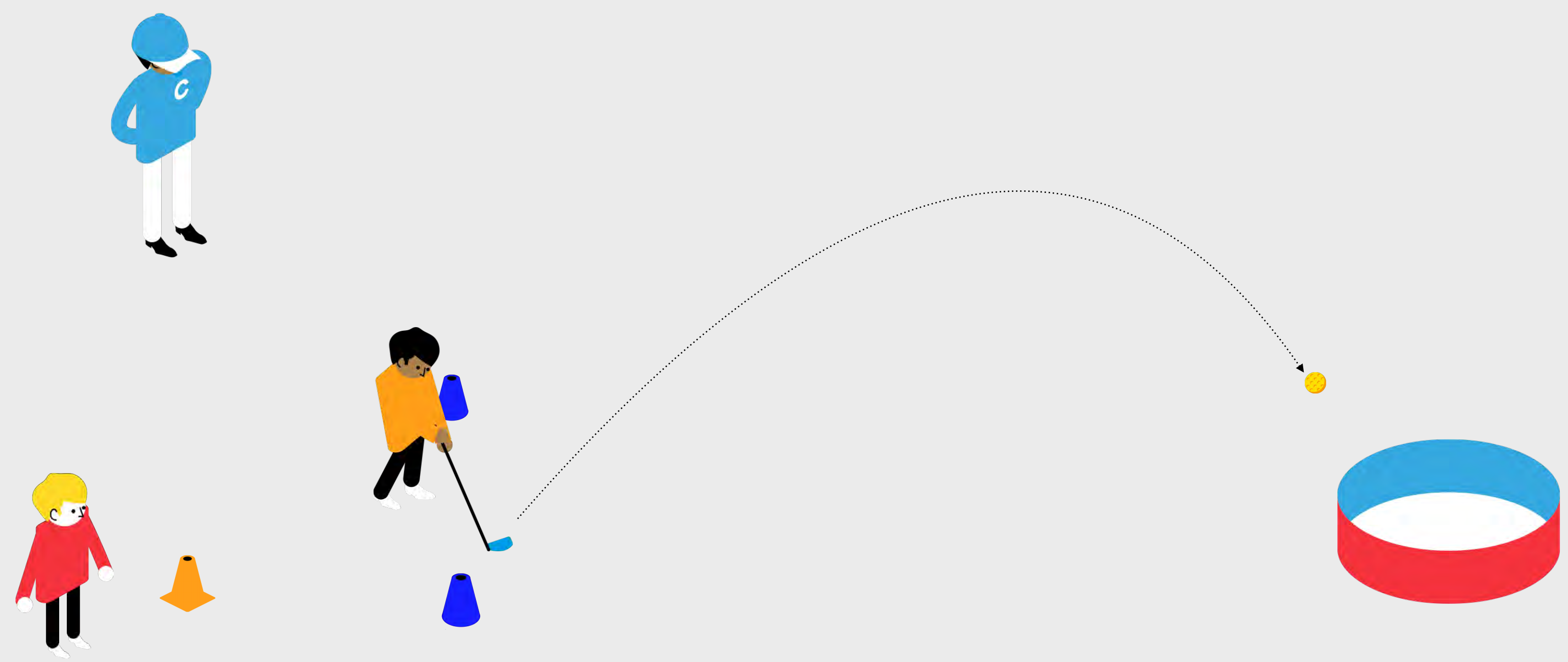
Golf Balls



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

# 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



Spare equipment that may be required for the group attendees.



Cones to mark starting position



Golf Balls

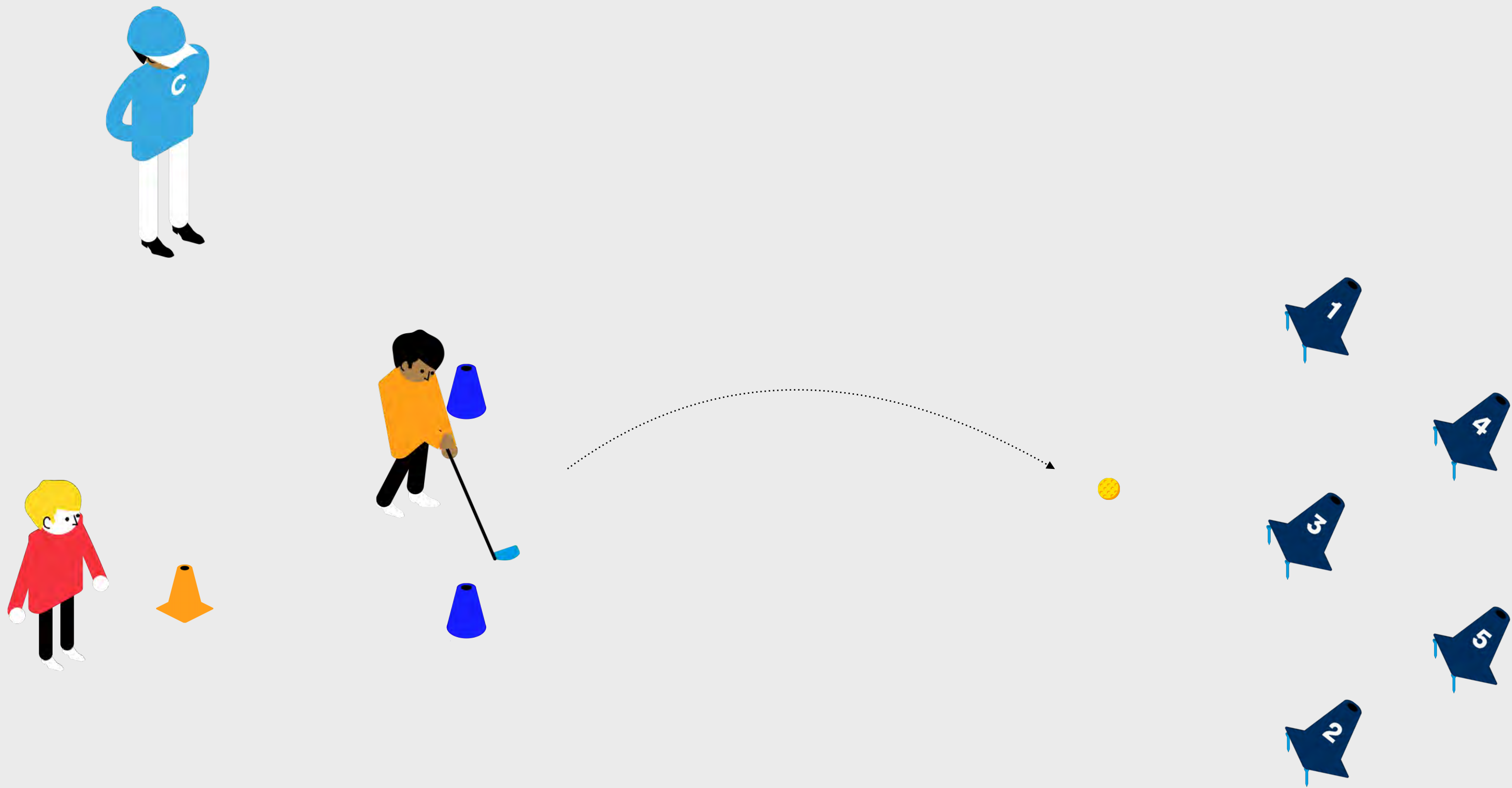


5 x Crush It cones and tees for the mouse traps





# Mouse Trap



### 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 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

# 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



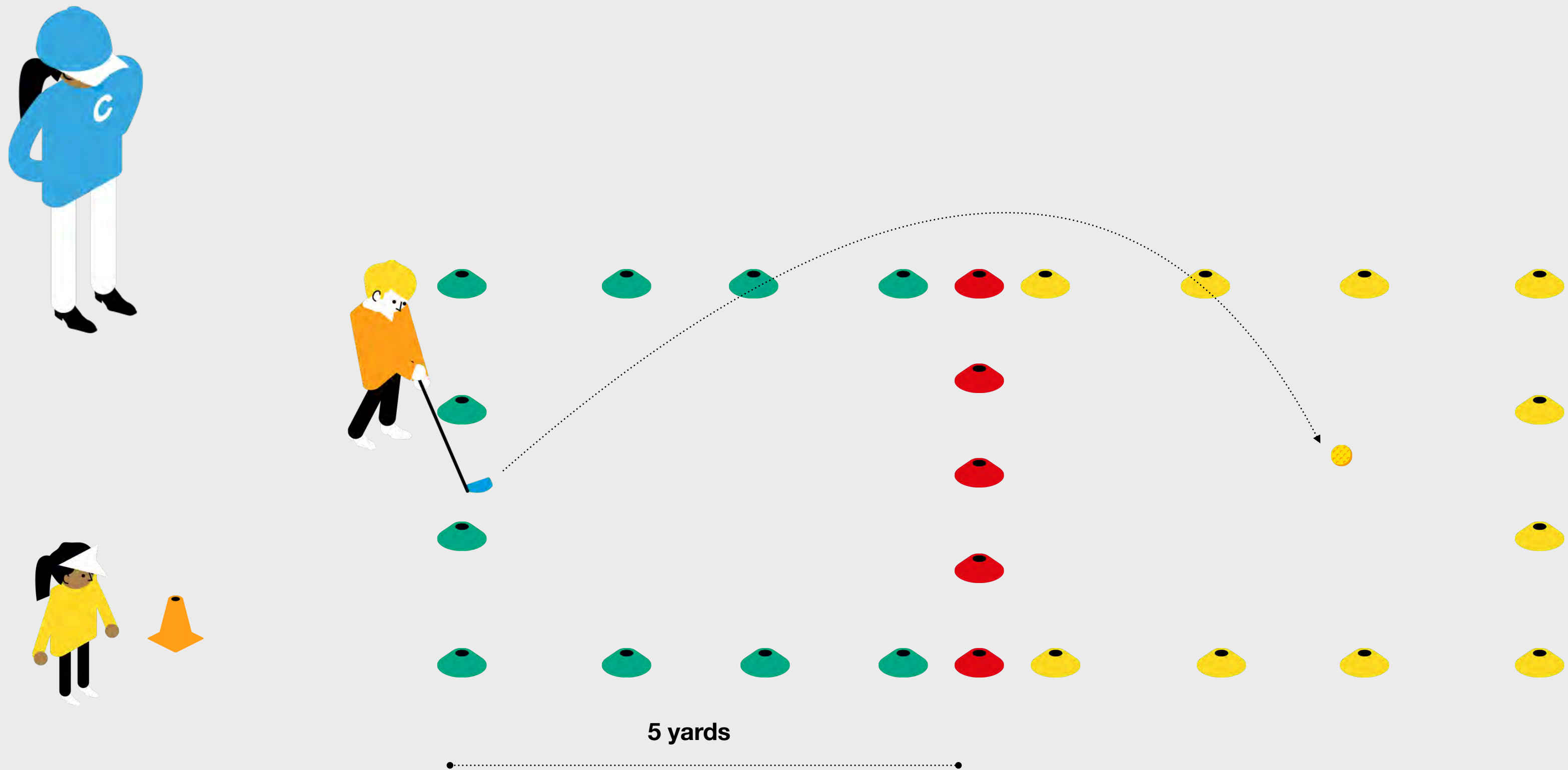
5 x Red cones to mark the center line



1 x Golf ball



# 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



# 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



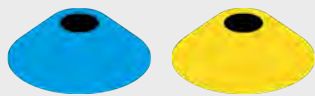
Cones to mark out the necessary hitting station



Foam Noodle



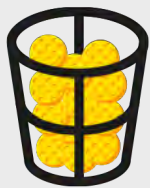
Colored Cones for Target Circles



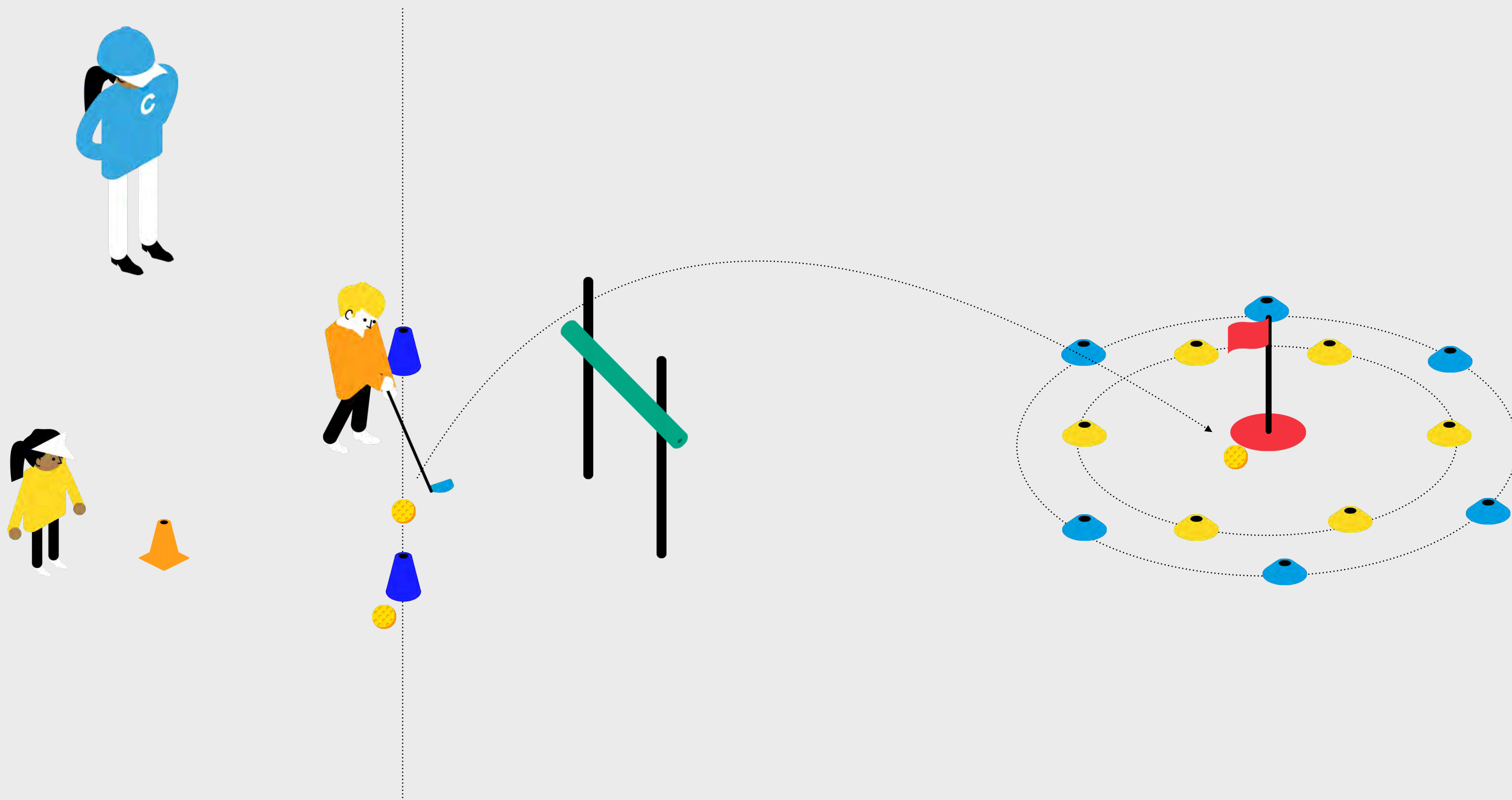
Spare equipment that may be required for the group attendees.



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





# 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.



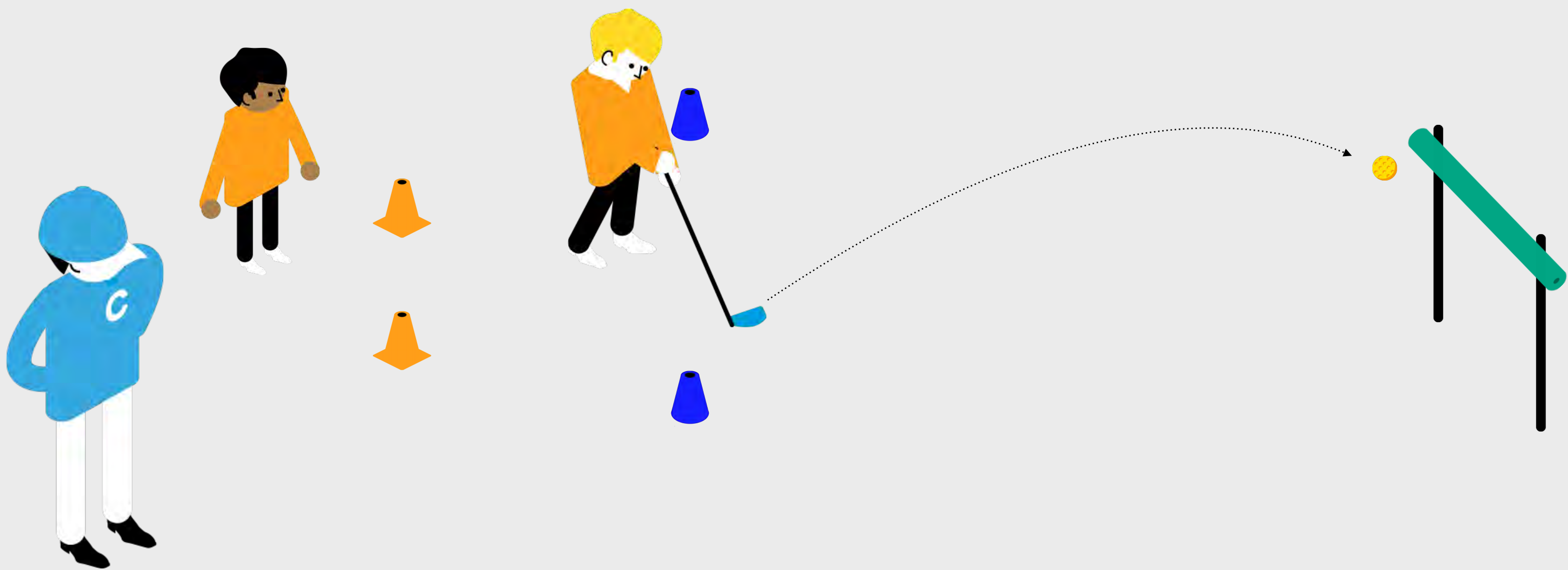
1 x Foam Noodles



2 x Alignment Sticks



# 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

# G.O.L.F. - 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



2 x Cones



Spare equipment that may be required for the group attendees.



6 x Yellow Cone



8 x Green Cones

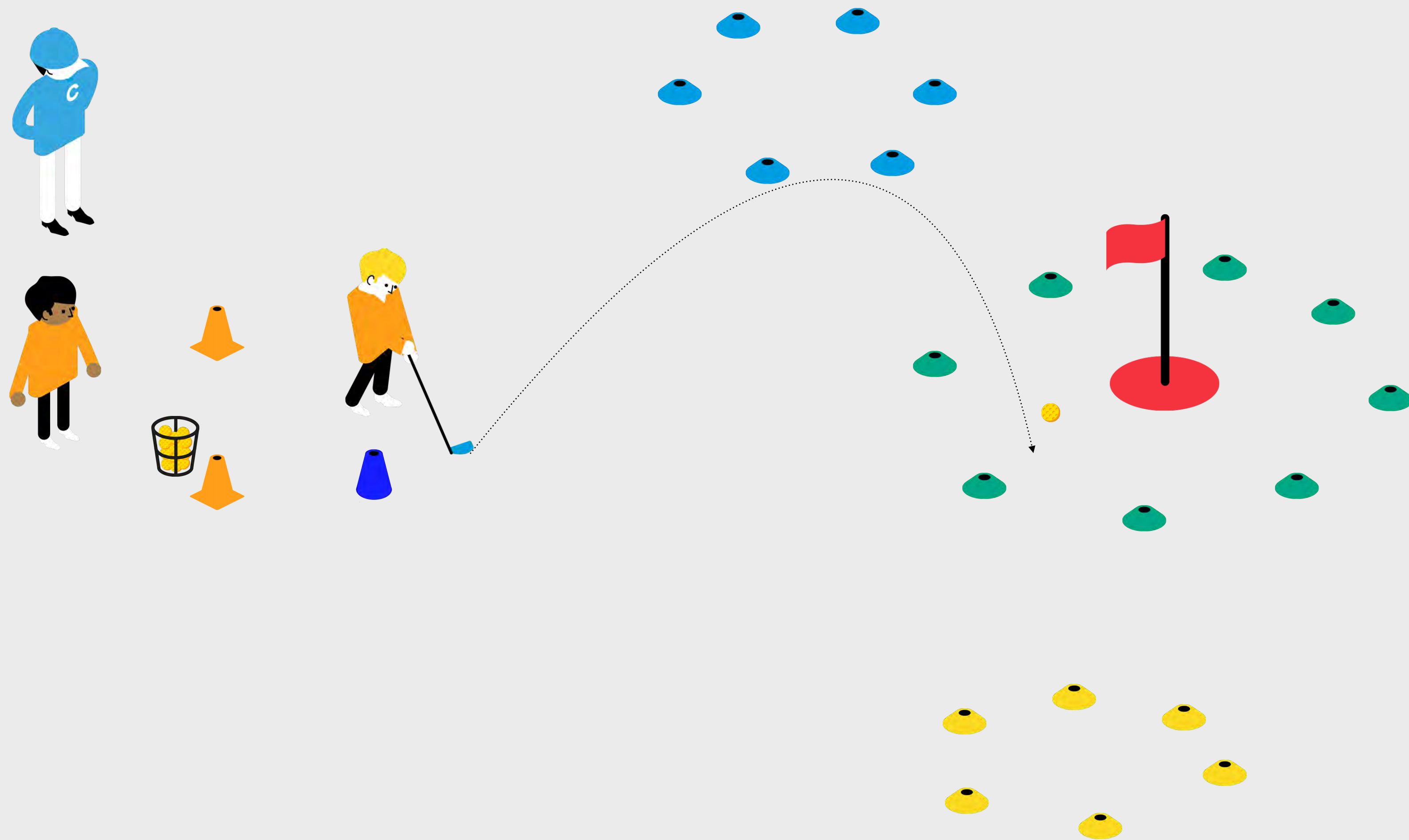


6 x Blue Cones





# G.O.L.F



## 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
- Cones to mark out the green
- Cones to mark out a lake
- Cones to mark out a bunker

## How to Play

- Nominate one of the children to play first
- The first player nominates the area of the golf course they are trying to hit, the green, the lake or the bunker. If one of the children hits the target the team get the first letter "G"
- The second player then nominates the next target and the game continues until the team spells 'G.O.L.F.'

## Progression Ideas

- Vary the size of the targets
- Vary the distance to the targets
- Increase the number of letters in the game i.e 'G.O.L.F.E.R'
- Adapt the shot types when playing to the targets i.e depending on skill level change the trajectory or shot shape

# 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.



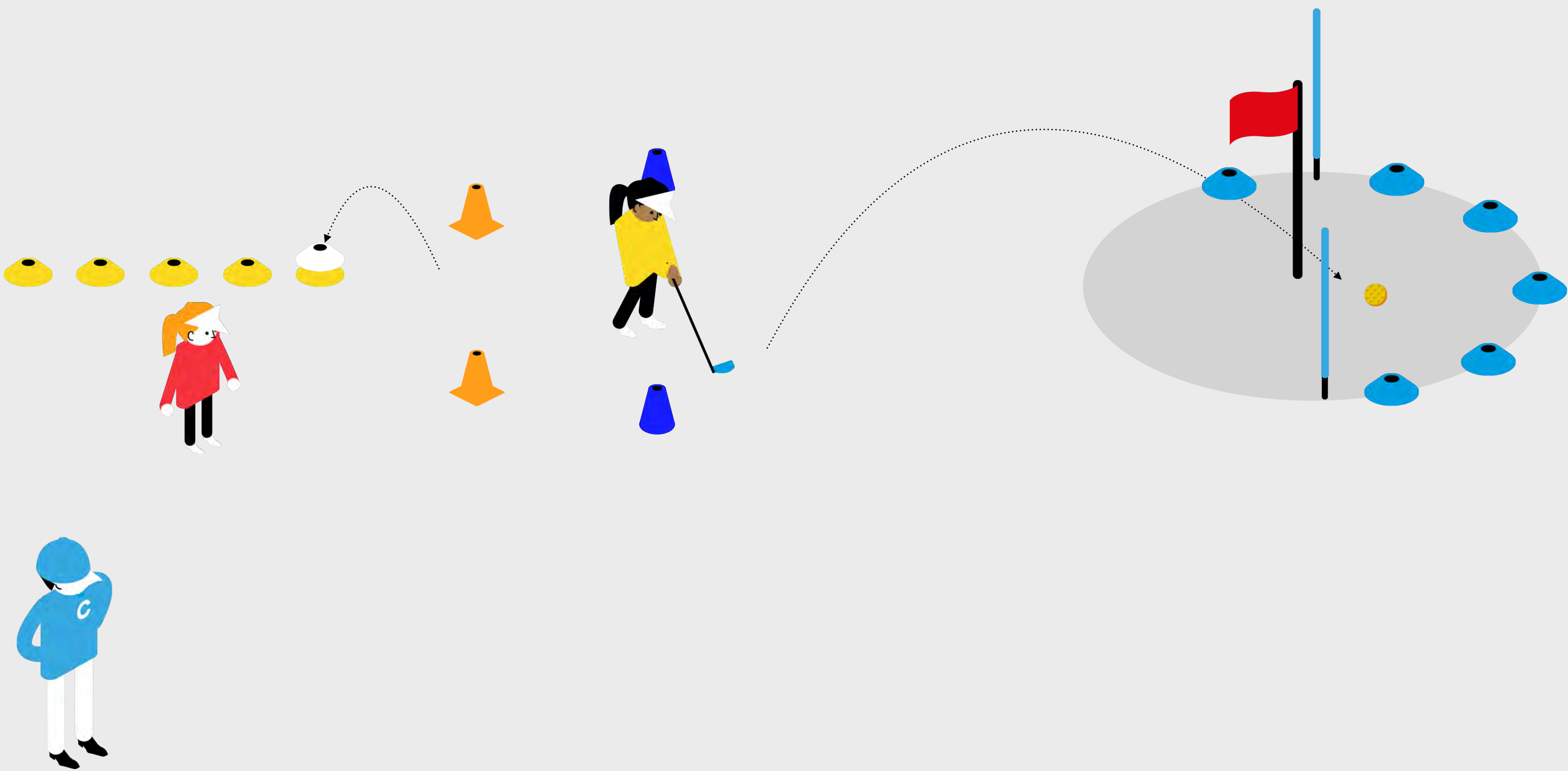
1 x White Cone



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



# Straight Shooter - 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.



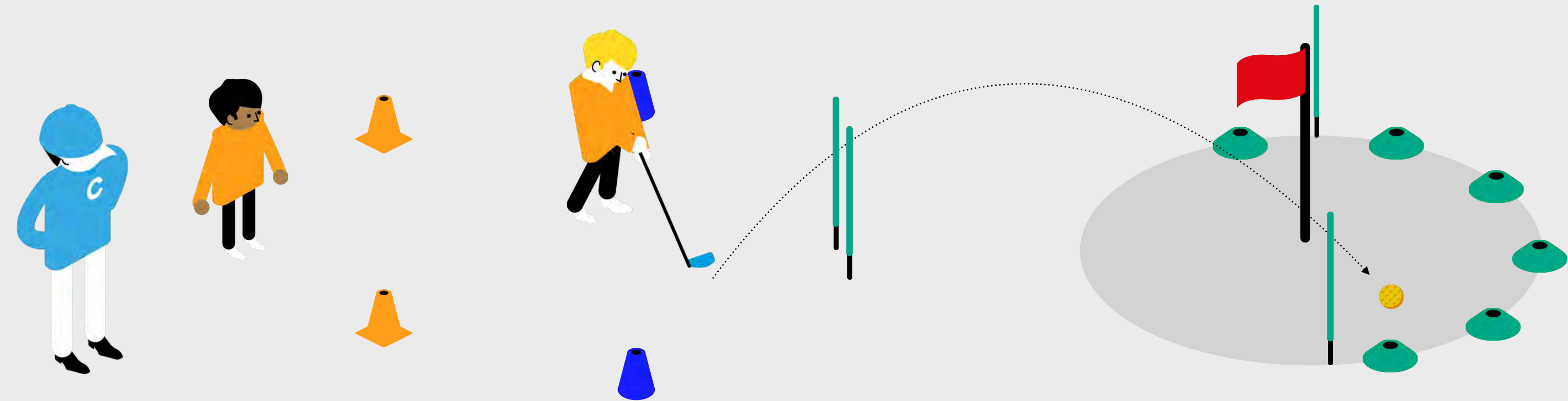
2 x Foam Noodles



2 x Alignment Sticks



# Straight Shooter



## 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 hit their shot to the through the foam noodle gate and into the target area
- They receive 1 point for hitting the ball through the gate, and 1 more if they hit the target
- 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 target on each shot
- Vary the width of the gate
- Allow the children to try throwing the ball through the gate

## Learning Outcomes

- Learn to control the direction the ball travels

# On the Green





# 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



4 x Tees and string to create the runway



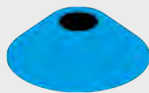
2 x Cones to mark out the necessary hitting stations.



Golf Balls



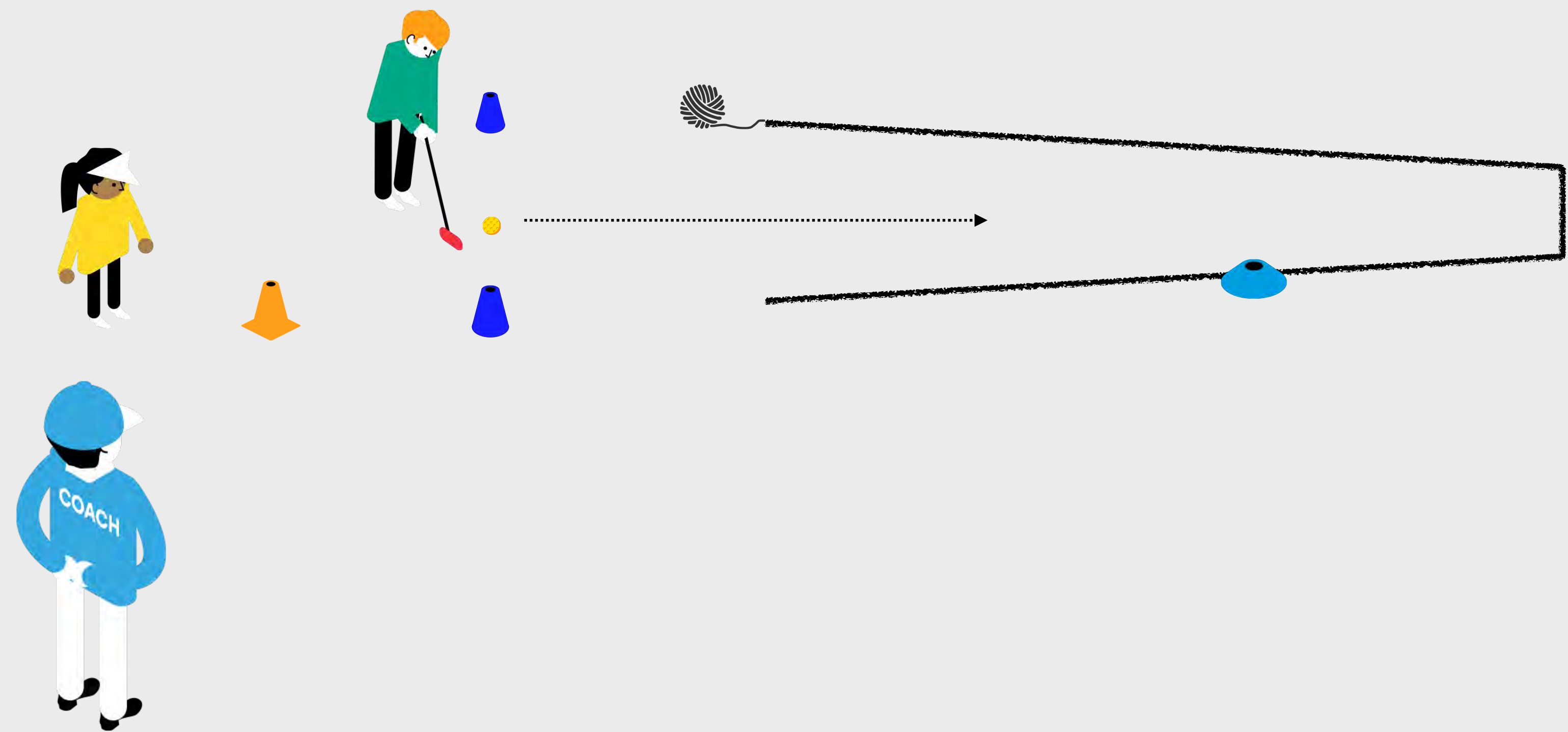
1 x Colored Cone



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

## Progression Ideas

- 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

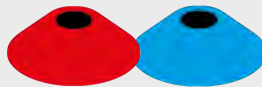
# Stick Shift - Equipment you need

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.



2 x Alignment Sticks



Spare equipment that may be required for the group attendees.



2 x White cones for the finish line

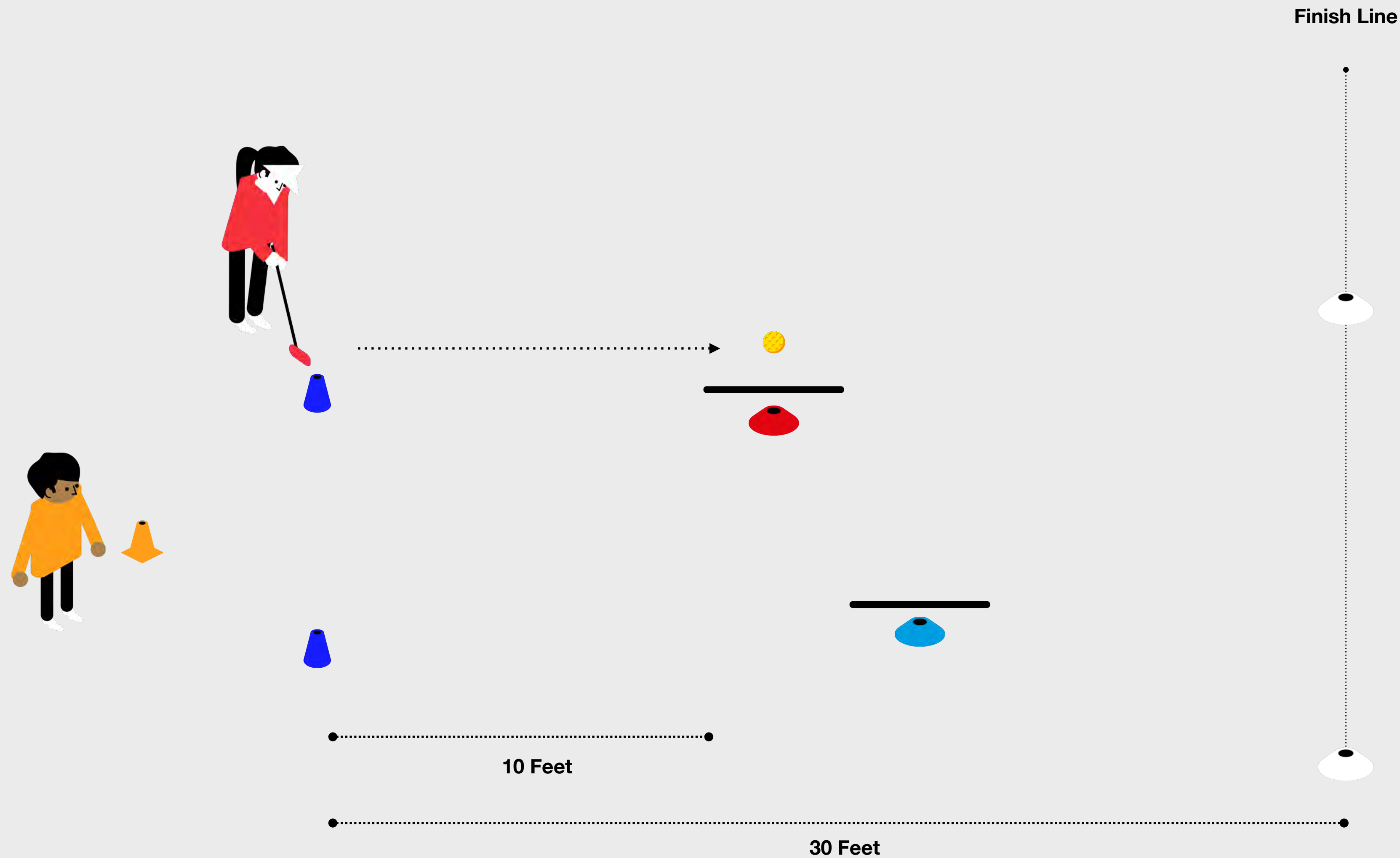


2 x Golf balls





# Stick Shift



## 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 an alignment stick and a colored cone. In this example either blue or red
- The children take it in turns to hit a putt towards their alignment stick
- The aim is to get the ball to stop within the length of the alignment stick. If they are successful they get to move the alignment stick one length further on
- If the player is not successful in putting the ball inside the length of the alignment stick they have to try again when it is their turn
- The winner is the player who gets their alignment stick past the finish line

## Progression Ideas

- Increase or decrease the starting distance and the finish line distance
- Add in a rule whereby the player has to move the alignment stick back one distance if they are not successful

## Learning Outcomes

- The primary learning outcome is control of distance
- Consistency of distance control

# Putting 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



9 x Crush It Cones



Spare equipment that may be required for the group attendees.



2 x Golf balls



# Putting Challenge



### About

The Mastering the Game Challenges have been designed so that each child can attempt the challenges during a class regardless of where they are on their journey through the progression levels. You can use the graphic opposite and guidance below to lay out the challenges:

### Setting out the Challenge

- 9 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet, 3 at 20 feet and 3 at 30 feet
- You can use your string to clearly define each putting hole
- Children can attempt the challenge in pairs and record their score using the scorecard and pencil

### Equipment Required

- 9 holes on the green
- 9 numbered starting cones
- Scorecard and pencil

