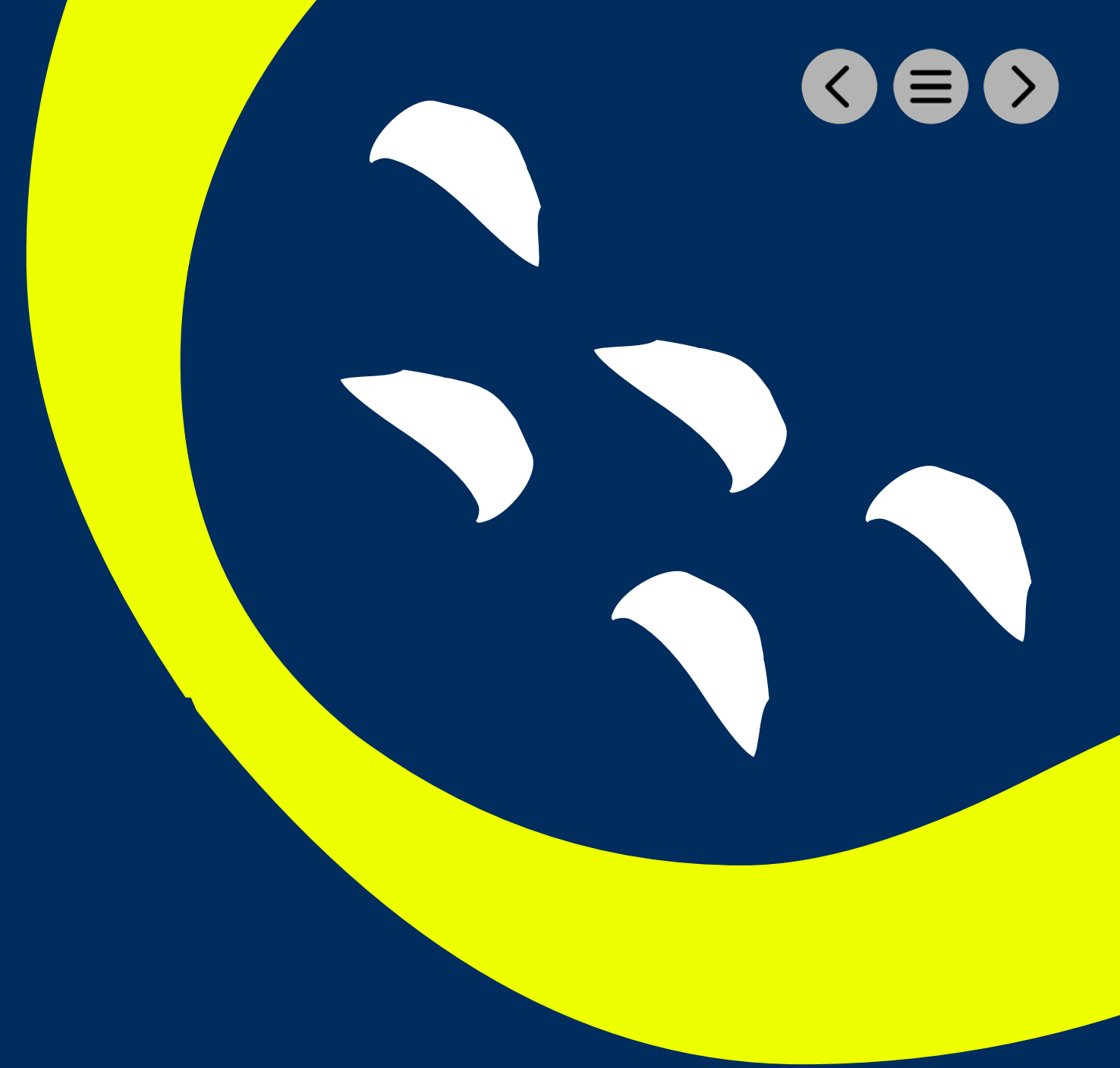


Half-Day Class Plan

Day 4



Contents

- 3** Class Timetable
- 5** Layout and Setup
- 9** Physical Literacy Game Cards
- 12** Swing Game Cards
- 21** On the Green Game Cards
- 30** Around the Green Game Cards



Class Timetable

4

Class Plans

Playing

Course Progression Levels

Session
60mins

Group Size:
1:6

Mastering the focus:
Swing

Element:
Irons

Learning the game focus:
Orientation

myJunior Challenge:
Iron Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resources
10 Mins	Introduction & Warm Up Game	<ul style="list-style-type: none">Outline the lesson objectives to the groupIntroduce the warmup game to the groupIntroduce FMS and Physical Literacy focusSplit into teams & demonstrate warm up gamePlay the warmup game	<ul style="list-style-type: none">Relay Race
5 Mins	Learning the Game Focus	<ul style="list-style-type: none">Introduce the components of the Golf BagIntroduce the Iron & components of the club	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none">Outline the safety instructions & class layoutIntroduce games, tasks & challengesDeliver one to one & group coaching on the Mastering the Game learning outcomesChildren can attempt the Iron ChallengeChildren rotate around the stations	<div>Coming Soon</div>
10 Mins	myJunior Track & Reward	<ul style="list-style-type: none">Recap Mastering the Game and Learning the Game Focus from the session to check for understandingDistribute Learning the Game Resource if appropriateChildren can complete myProgress Wheel and add stickers where appropriateAdd any lesson notes to the child's myProgress sectionAward the Achiever Reward to a student in front of the parents and the groupAward any Pins & Hats	<ul style="list-style-type: none">The Iron ChallengeTug of WarStepping Stones <div>Coming Soon</div>

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Day 4 | Half-Day Camp Timetable

Session Length:
180 mins

Group Size:
1:8

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

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins	Introduction	<ul style="list-style-type: none">• Welcome and allocate children their teams for the week.	<ul style="list-style-type: none">• Team Register
15 Mins	Warm Up Games	<ul style="list-style-type: none">• Introduce the Warm Up game, play in teams and record scores	<ul style="list-style-type: none">• Rock, Paper, Scissors• Team Points Tally Sheet
40 Mins	Mastering the Game <ul style="list-style-type: none">• Swing	<ul style="list-style-type: none">• Outline the safety instructions and class layout• Introduce games, tasks and challenges• Deliver one to one and group coaching• Children rotate around the stations	<ul style="list-style-type: none">• Crossbar Challenge• Up the Ladder• Clubface Contact• Tug of War - Nearest to the Pin• Team Points Tally Sheet
40 Mins	Mastering the Game <ul style="list-style-type: none">• On the Green	<ul style="list-style-type: none">• Outline the safety instructions and class layout• Introduce games, tasks and challenges• Deliver one to one and group coaching• Children rotate around the stations	<ul style="list-style-type: none">• Ten Pin Bowling• Putting Pool• Finders Keepers• Kentucky Derby• Team Points Tally Sheet
10 Mins	Mid-Morning Break	<ul style="list-style-type: none">• Time to rest, enjoy a drink and snack	
45 Mins	Mastering the Game <ul style="list-style-type: none">• Around the Green	<ul style="list-style-type: none">• Outline the safety instructions and class layout• Introduce games, tasks and challenges• Deliver one to one and group coaching• Children rotate around the stations	<ul style="list-style-type: none">• Matchplay Pitch• Finders Keepers• Over or Under• Bullseye• Team Points Tally Sheet
15 Mins	End of Day Recap	<ul style="list-style-type: none">• Recap the games, find out the children’s favourites and announce the points total for the day	<ul style="list-style-type: none">• Team Points Tally Sheet

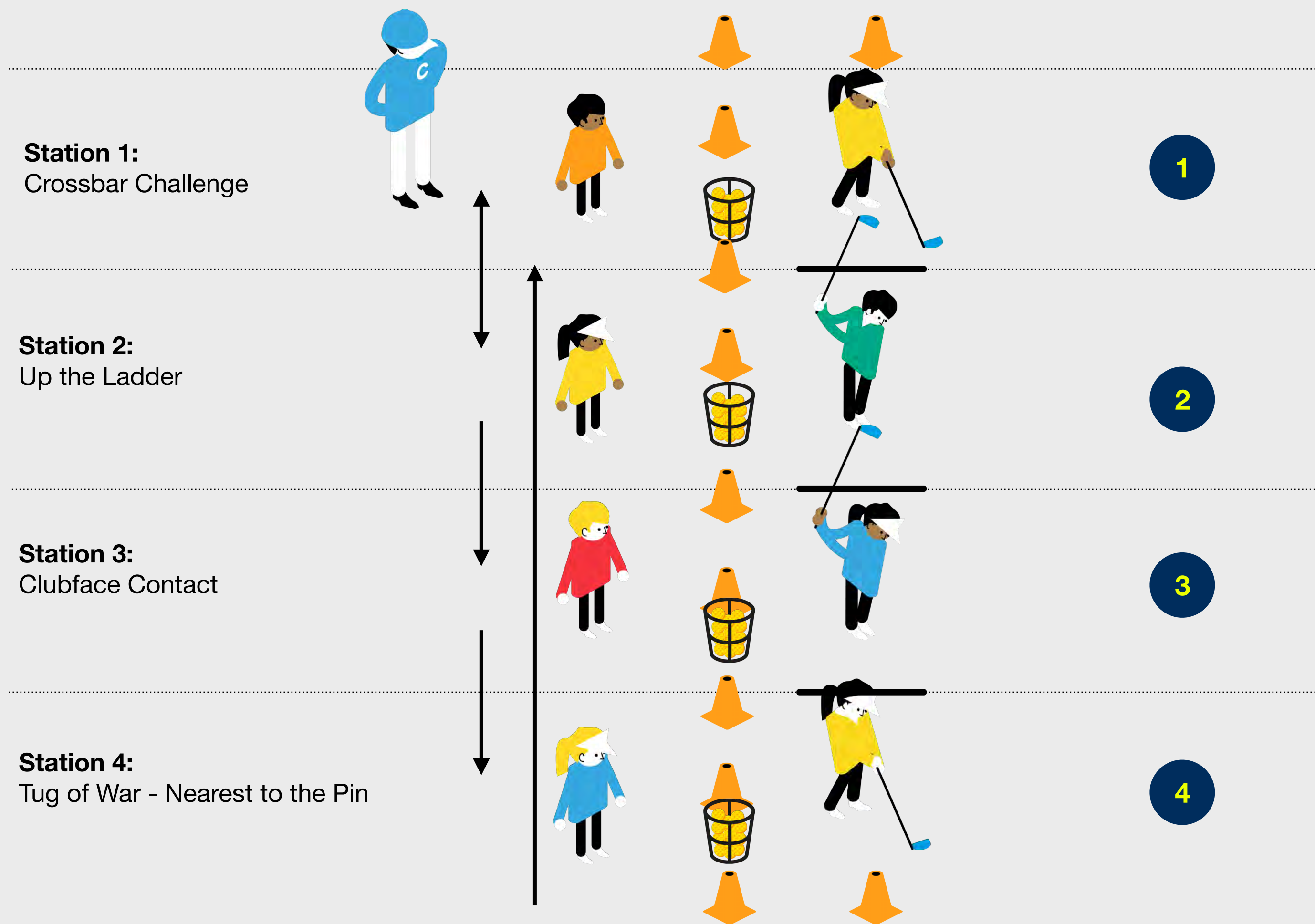
Layout and Setup



Swing Games - Layout and Setup

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

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

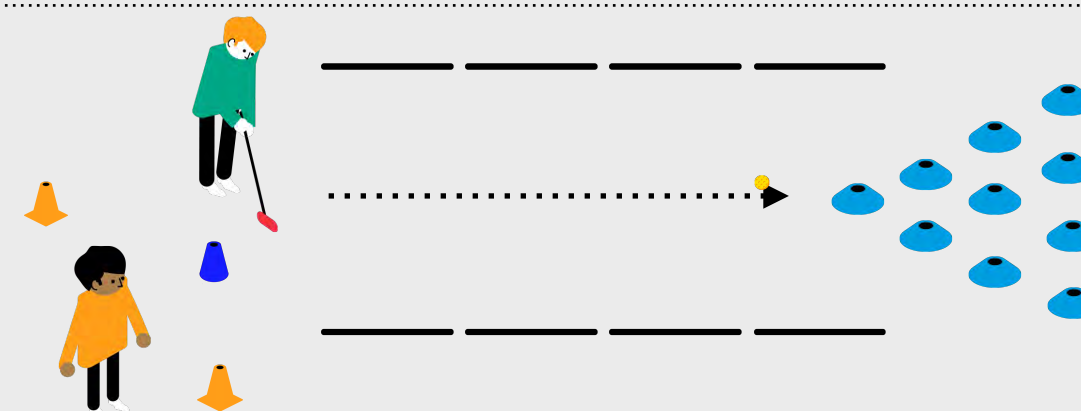


On the Green Games - Layout and Setup

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

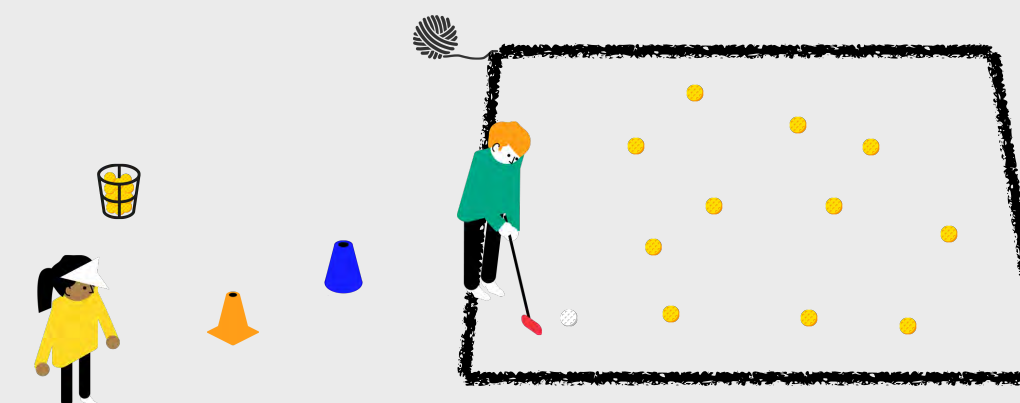
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity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

Station 1:
Ten Pin Bowling



1

Station 2:
Putting Pool



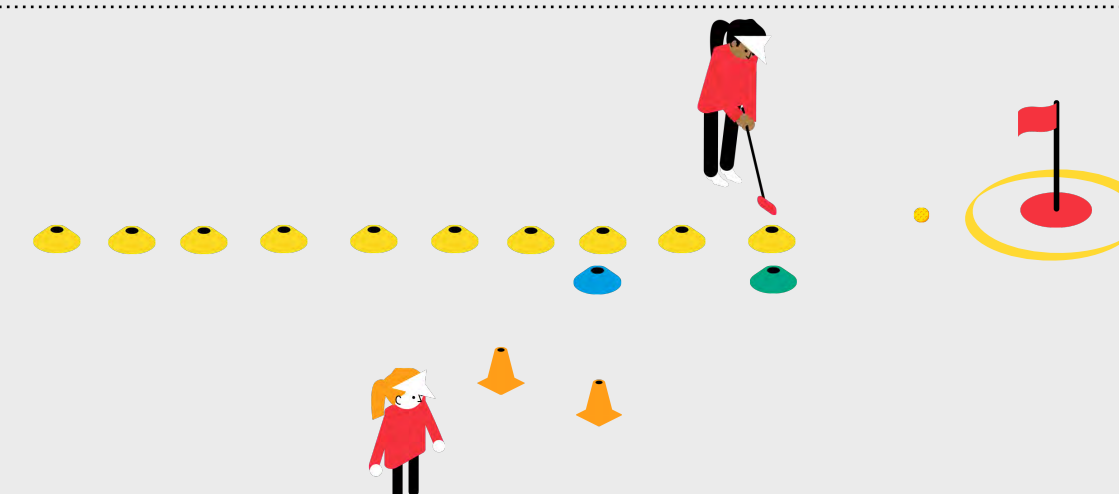
2

Station 3:
Finders Keepers



3

Station 4:
Kentucky Derby

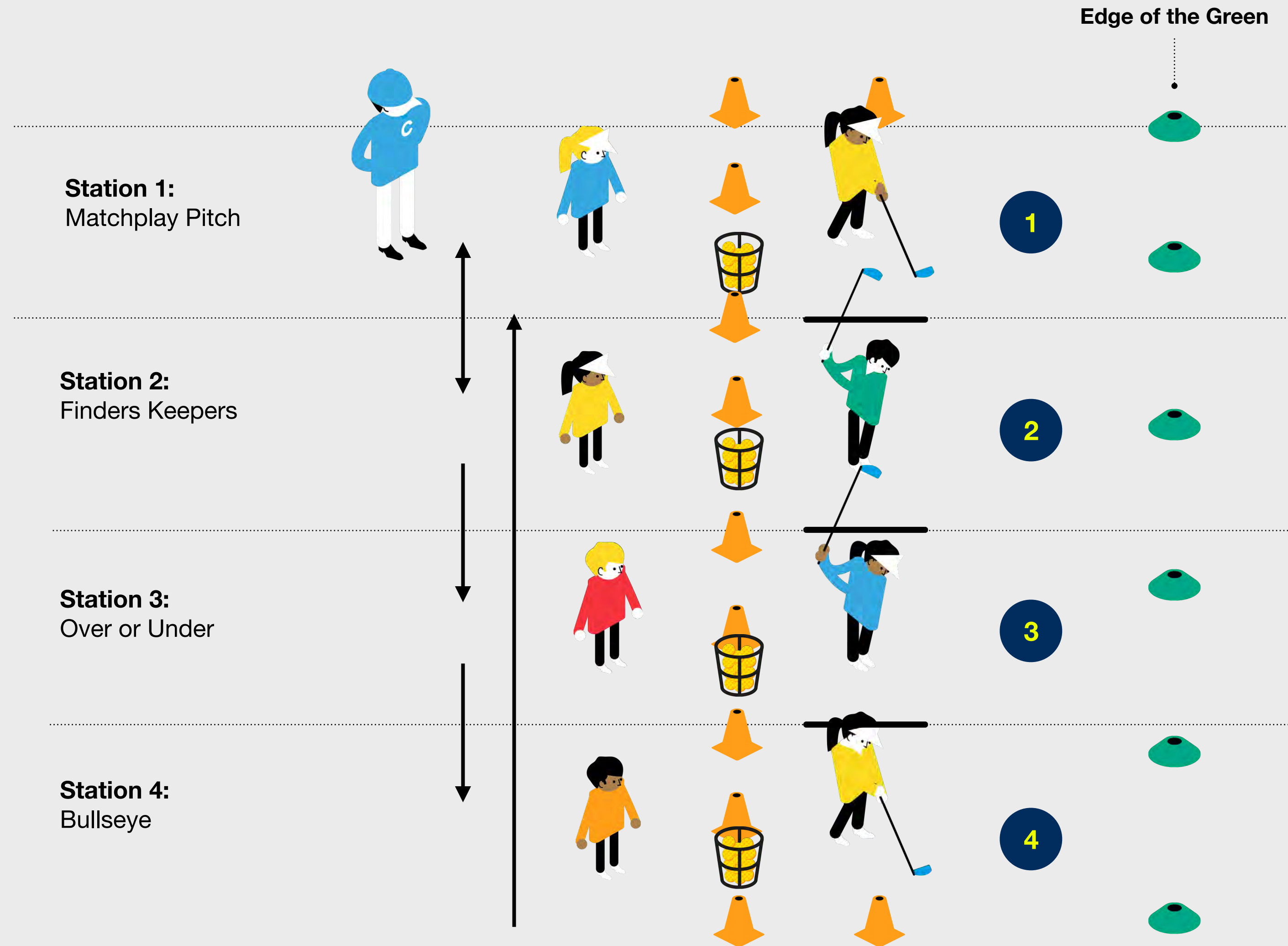


4

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 **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



Physical Literacy



Rock, Paper, Scissors - 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



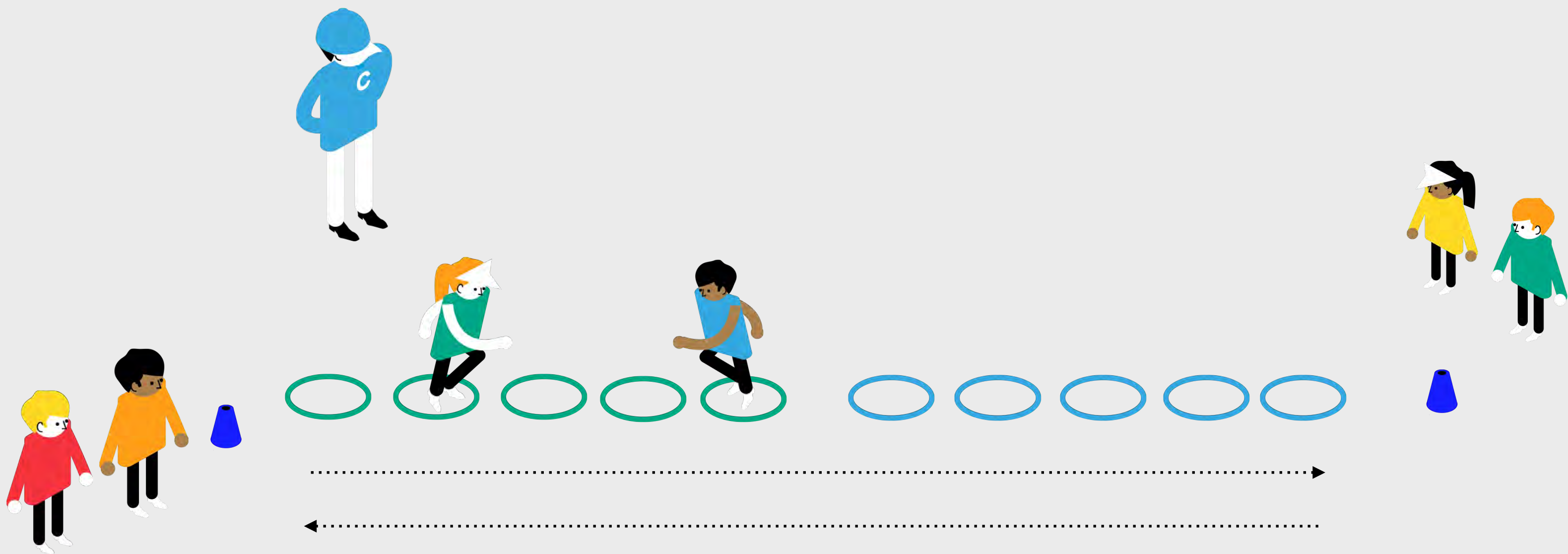
5 x Hoops



5 x Hoops



Rock, Paper, Scissors



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 graphic opposite and the guidance below for how to play the warm up game:

How to Play

- Split the children into two even teams
- Mark out 10 hoops, approximately 1 yard apart in a line or in a curve
- Half the group starts at one end, the other half starts at the other
- The first child from each side bunny hops along the hoops until they meet in the middle
- They play Rock, Paper, Scissors when they meet. The winner continues along the line, the loser runs to the back of their group, and the next player on that team bunny hops to meet their opponent
- This continues until one of the groups gets to the other side of the line of cones or the coach calls time on the game. If the coach calls time, the team that is closest to the oppositions’ end wins

Progression Ideas

- Explore FMS during the game
- Change the distance between the hoops

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.



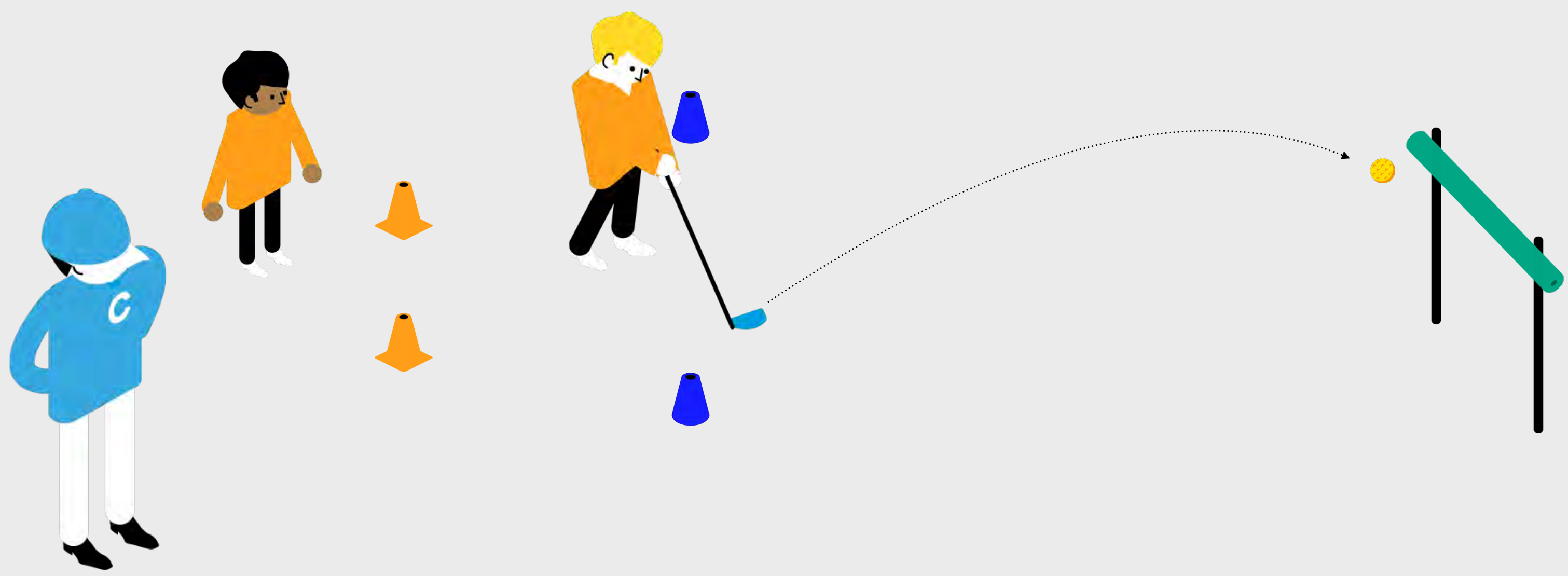
1 x Foam Noodles



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

Up the Ladder - Equipment you need

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

Orange Safety Cones



10 x Alignment Sticks



Cones to mark out the necessary hitting stations



10 x Foam Noodles



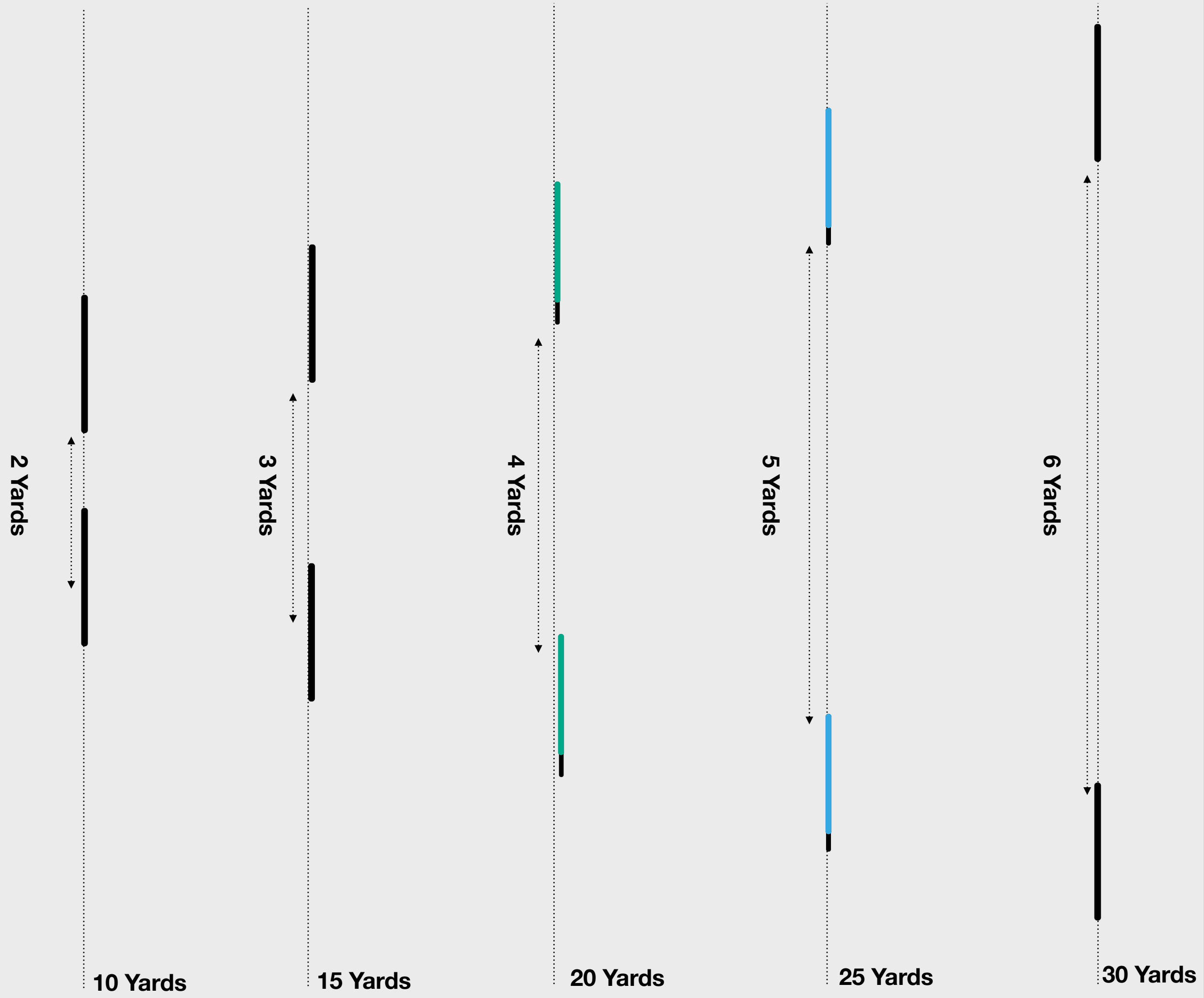
Spare equipment that may be required for the group attendees.



Golf Balls



Up the Ladder



About

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

How to Play

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

Progression Ideas

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

Clubface Contact - 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.

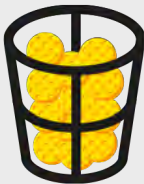
Orange Safety Cones



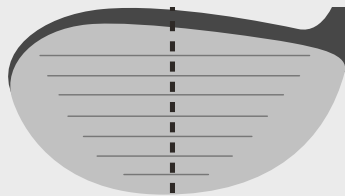
Cones to mark out the necessary hitting stations.



Golf balls

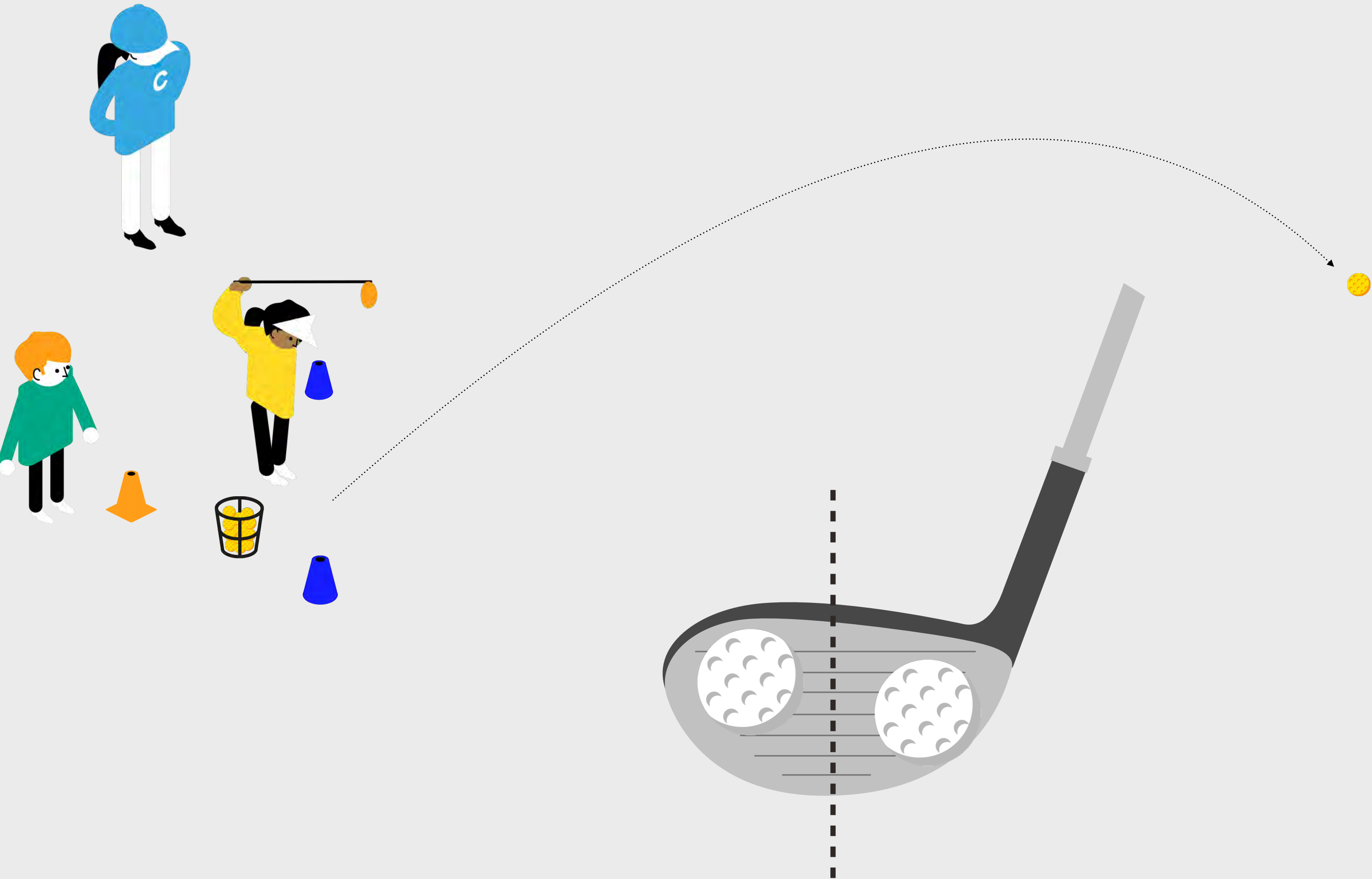


Impact tape and a marker pen to draw the lines



Clubface Contact

Nominated by Kim Griggs, Oro Valley 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

- Players take it in turns to hit a shot with impact tape on the clubface in order to see where they made contact
- Draw a line down the middle of the impact tape
- The aim is to be able to deliberately strike the ball with the toe and then the heel
- The child who wins is the one who successfully strikes the ball using the toe and the heel of the club

Progression Ideas

- Draw quarters on the impact tape and challenge the juniors to hit each quarter of the club face
- If the juniors aren't able to generate enough clubbed speed to make a mark on the impact tape then use foot spray as an alternative
- Swap out the golf ball for marshmallows - a fun alternative that will engage the juniors and still make a mark on the club face

Tug of War - Equipment you need

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

2 x Orange Safety Cones



Golf Balls



2 x Cones



Spare equipment that may be required for the group attendees.



1 x White Cone



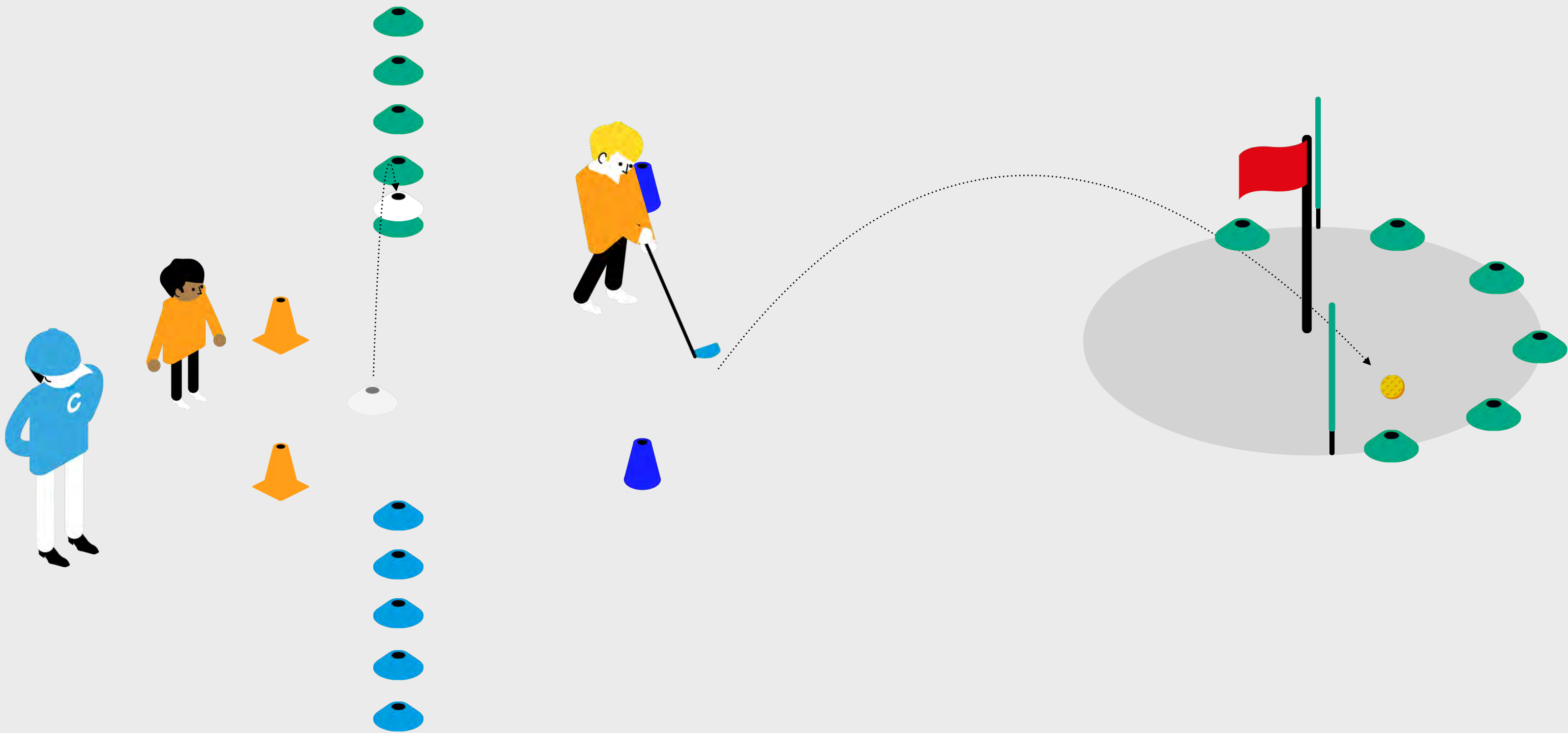
5 x Green Cones



5 x Blue Cones



Tug of War



About

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

How to Play

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

Progression Ideas

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

On the Green



10 Pin Bowling - 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



8 x Alignment Sticks



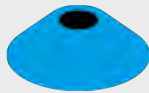
2 x Cones to mark out the necessary hitting stations.



Golf Balls



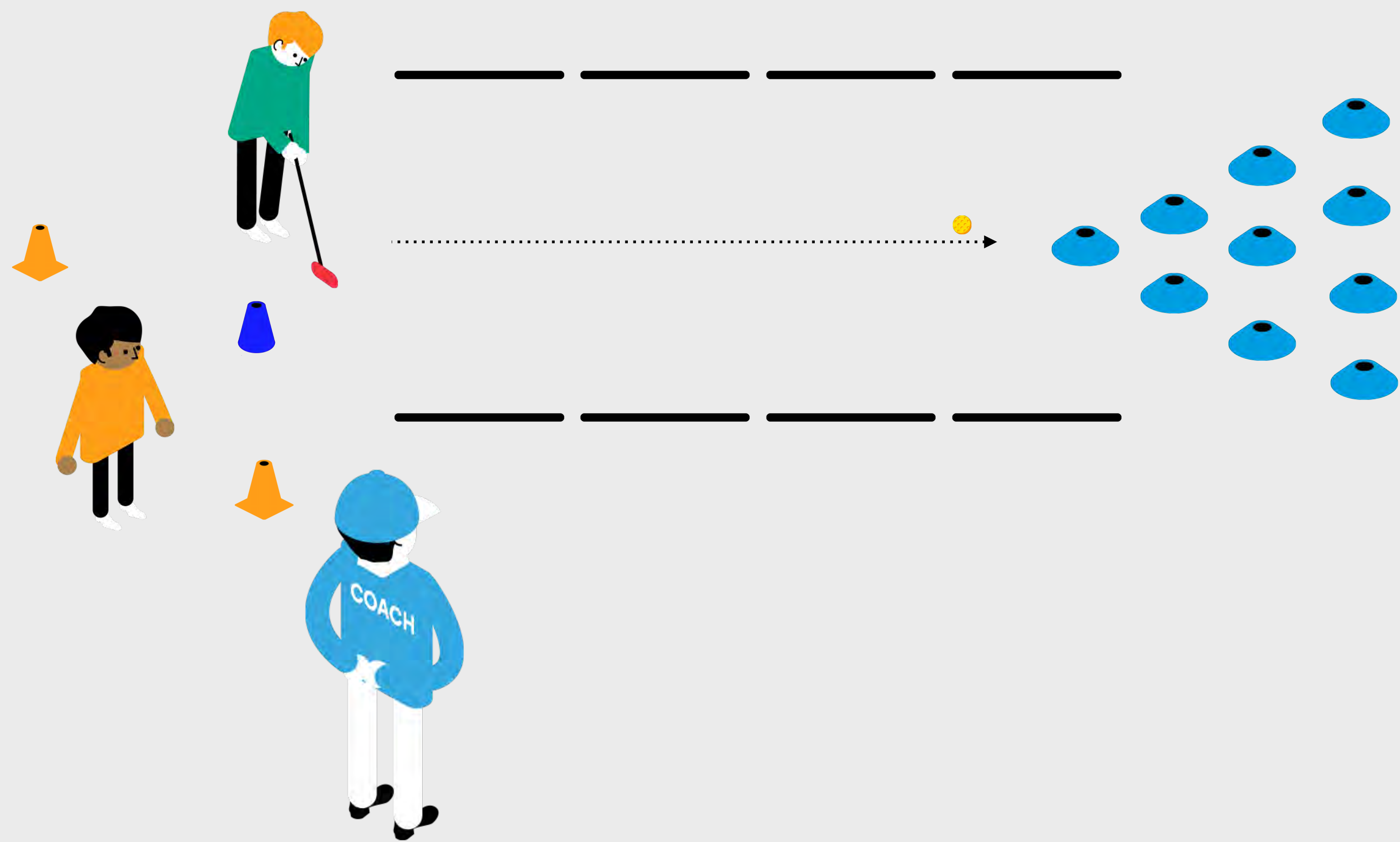
10 x Blue Cones



Spare equipment that may be required for the group attendees.



10 Pin Bowling



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
- 10 cones in one colour to act as the bowling pins
- Cone to mark the starting point

How to Play

- Nominate one of the children to play first
- Player number 1 attempts to putt the ball and hit one of the bowling pins
- If they hit the bowling pin, they pick it up and bring it back to the start. The child cannot hit the sides marked with the alignment sticks
- The children complete the game when they’ve collected all of the pins

Progression Ideas

- Change the size of the target bowling pins such as turning a cone upside down or placing a golf ball on a tee
- Vary the distance and the direction of the starting point
- Add a rule that it doesn’t count if the ball hits another pin
- Add a gate that the child must hit the ball through at the start
- Introduce the game on a sloping surface

Putting Pool - Equipment you need

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

2 x Orange Safety Cones



4 x Tees and string to create the rectangle



10 x Golf balls



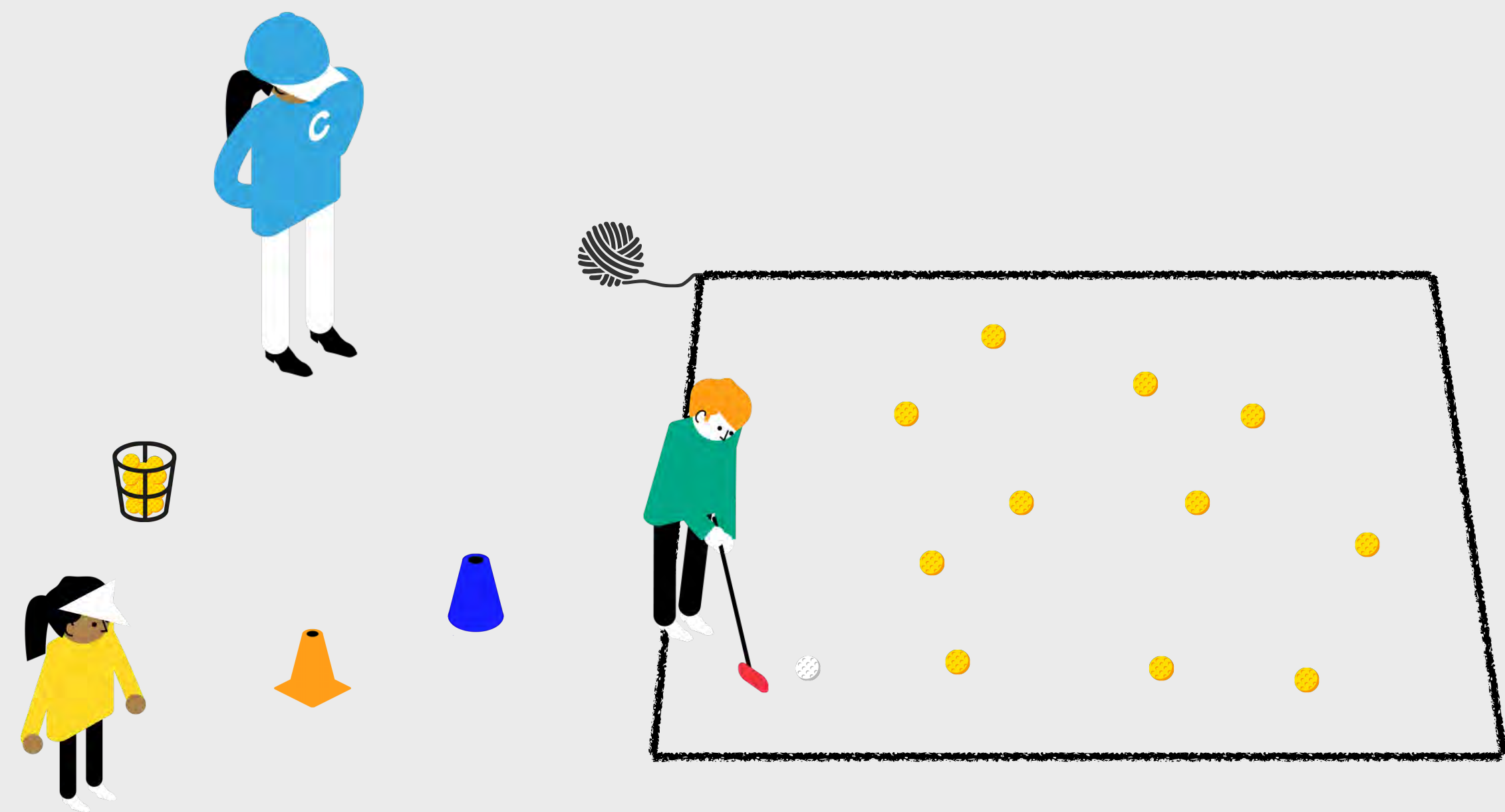
1 x Golf ball in a different color



Spare equipment that may be required for the group attendees.



Putting Pool



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

- Nominate one of the children to play first
- Player number 1 attempts to putt the cue ball and hit one of the golf balls
- If they hit the golf ball, they pick it up and bring it back to the start. The child cannot hit the sides of the rectangle or they have to put a ball back into the middle
- Children take it in turns to attempt to hit the golf balls without the cue ball leaving the rectangle area
- The children complete the game if they can collect all of the golf balls

Progression Ideas

- Change the size of the rectangle area
- Add a rule that it doesn't count if the ball hits another ball
- Introduce the game on a sloping surface

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



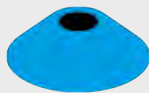
Golf Balls



1 x Cone for starting position



2 x Blue Colored Cone



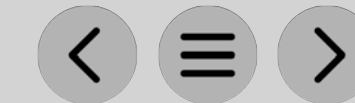
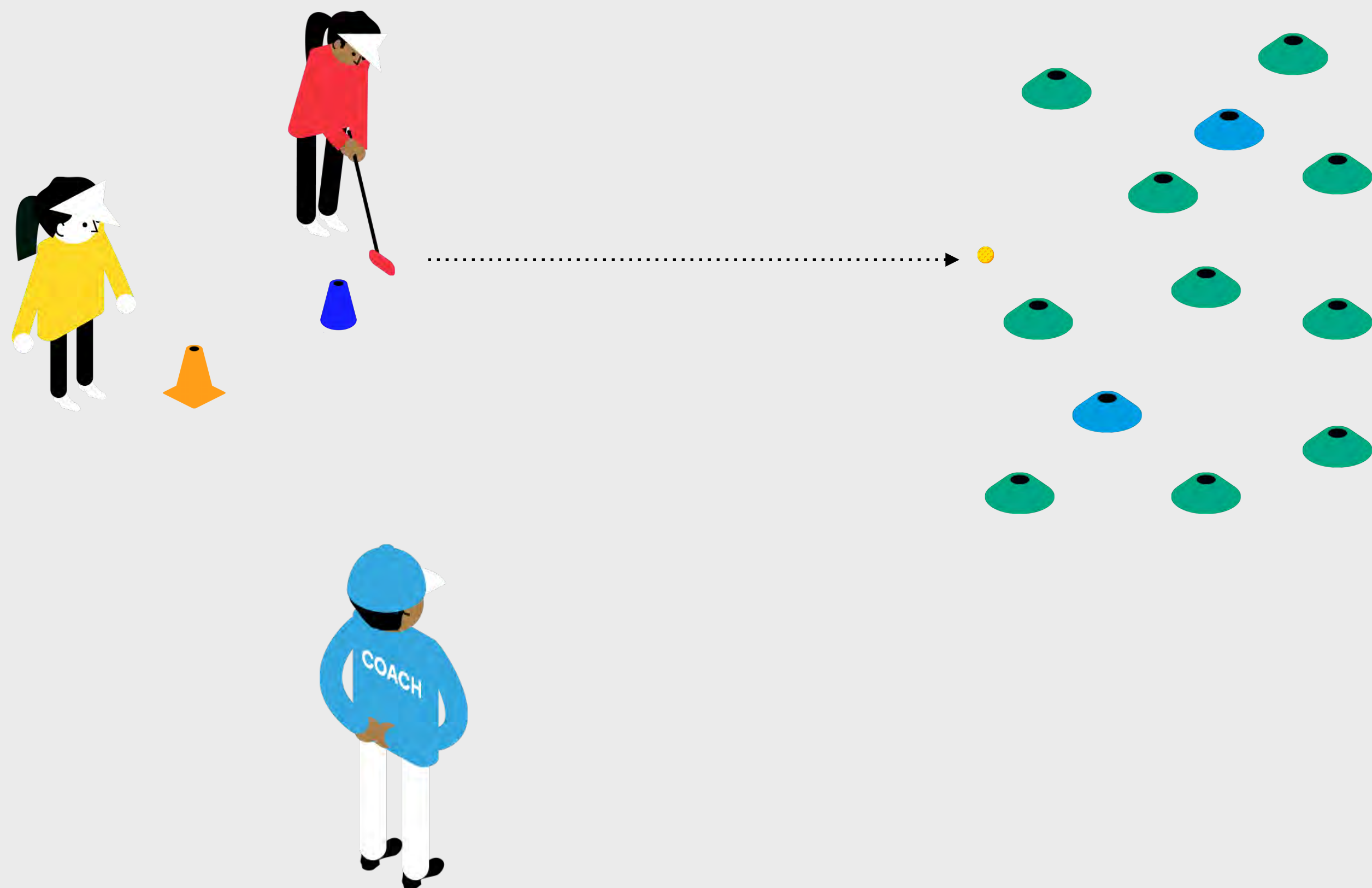
10 x Green Colored Cone



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

Progression Ideas

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

Kentucky Derby - 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



6 ft Target Circle



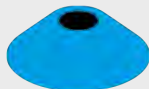
10 x Colored Cones



Golf Balls



1 x Colored Cone

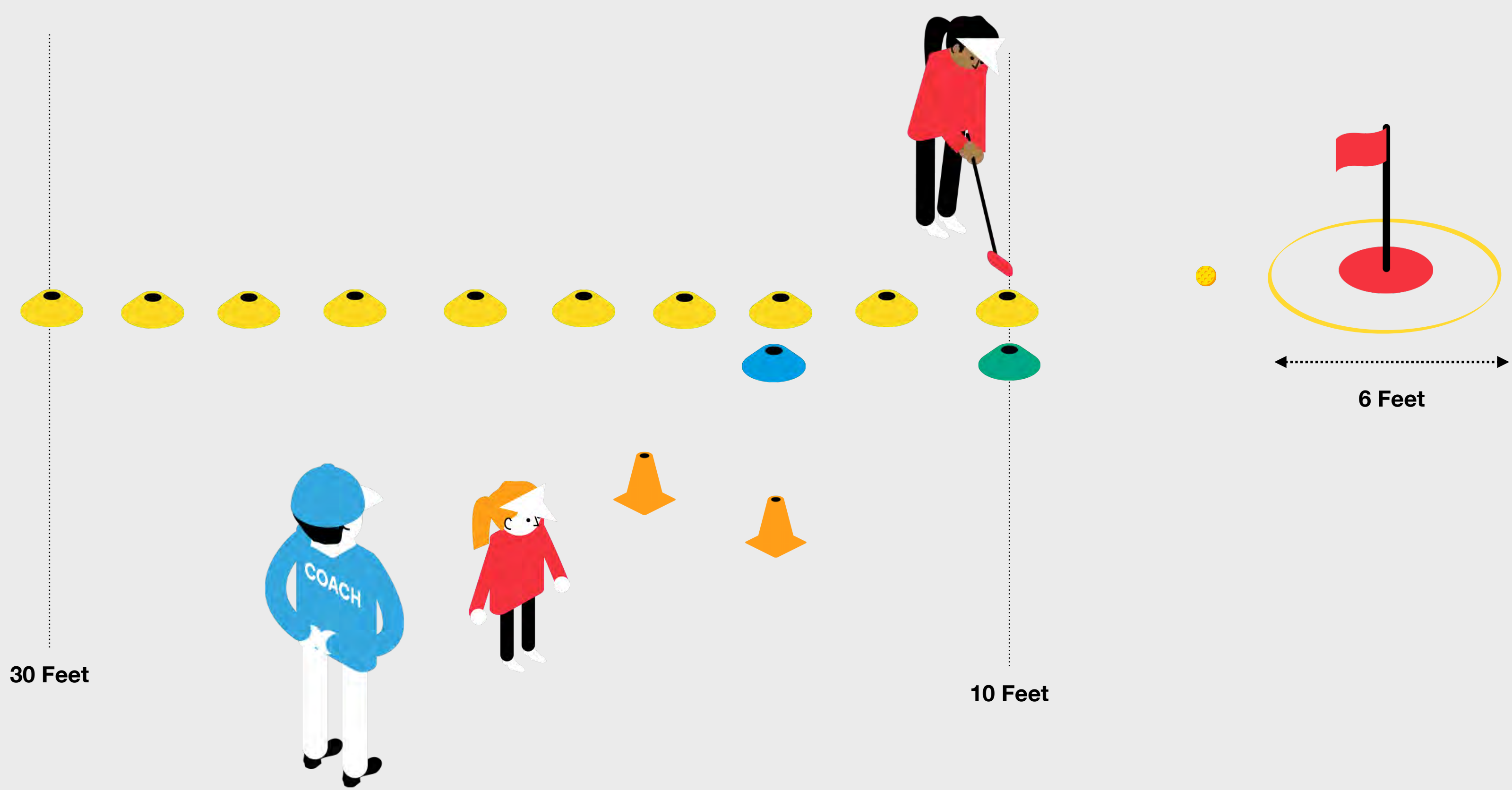


1 x Colored Cone



Spare equipment that may be required for the group attendees.





About

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

- How to Play**
- Nominate a child to play first. Both players place their cone opposite the first starting cone
 - From the starting cone at 10 feet, any putt that is holed allows the player to jump three cones. Any ball finishing in the target circle but past the hole jumps two cones. Any putt that finishes in the target circle but short of the hole moves one cone
 - The player who wins is the one who reaches the final colored cone first

- Progression Ideas**
- Change the distance between the starting cone and the hole
 - Change the distance between each of the cones
 - Introduce a rule where the number of attempts is limited otherwise the player moves back a step
 - Attempt the game on a sloped surface
 - Change the size of the target circle

Around the Green



Matchplay Pitch - Equipment you need

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

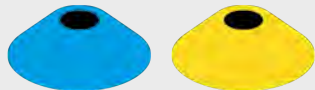
Orange Safety Cones



Cones to mark out the necessary hitting station



Colored Cones for Target Circles

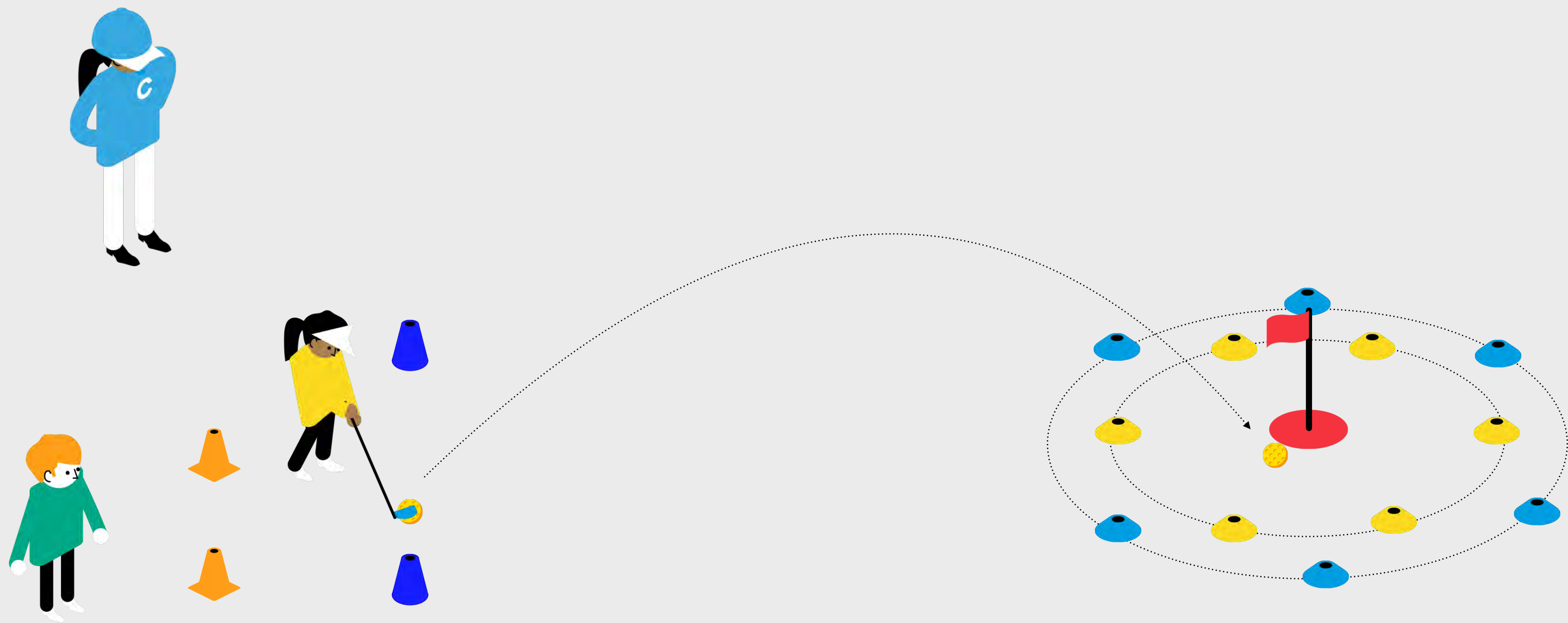


Spare equipment that may be required for the group attendees.



Golf Balls





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:

Equipment Needed

- Orange cones to mark a safety line
- String or cones to mark 2 target circles
- Golf balls

How to Play

- Nominate a player to go first, they try to hit their shot into the target circle
- The next player then takes their shot. If neither player hits their shot into the circle or if they both do then the game remains all square
- If one player manages to hit the ball into the target circle but the other player doesn't then the first player will go 1 UP
- The game is played over 9 or 18 attempts, scoring in a matchplay format

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

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



Golf Balls



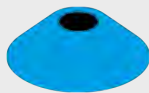
1 x Cone for starting position



Red cones to mark the end zone



2 x Blue Colored Cone



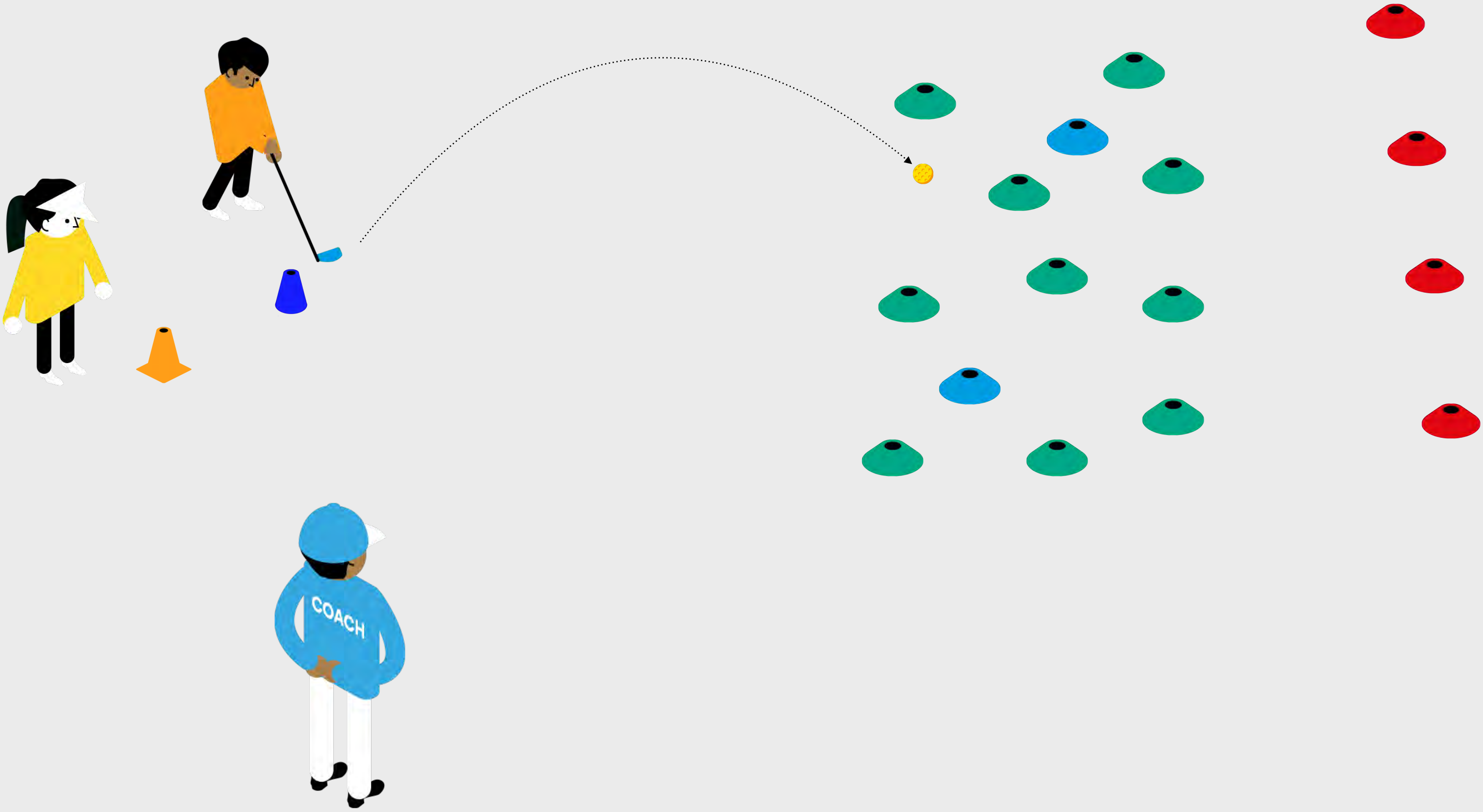
10 x Green Colored Cone



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 chip 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
- If the players chip their ball past the line of red cones they have to put one of their collected cones back into the middle
- The winner is the player who has collected the most cones once all the cones have been collected

Progression Ideas

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

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



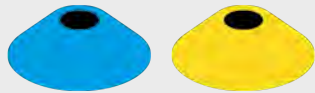
Cones to mark out the necessary hitting station



Foam Noodle



Colored Cones for Target Circles



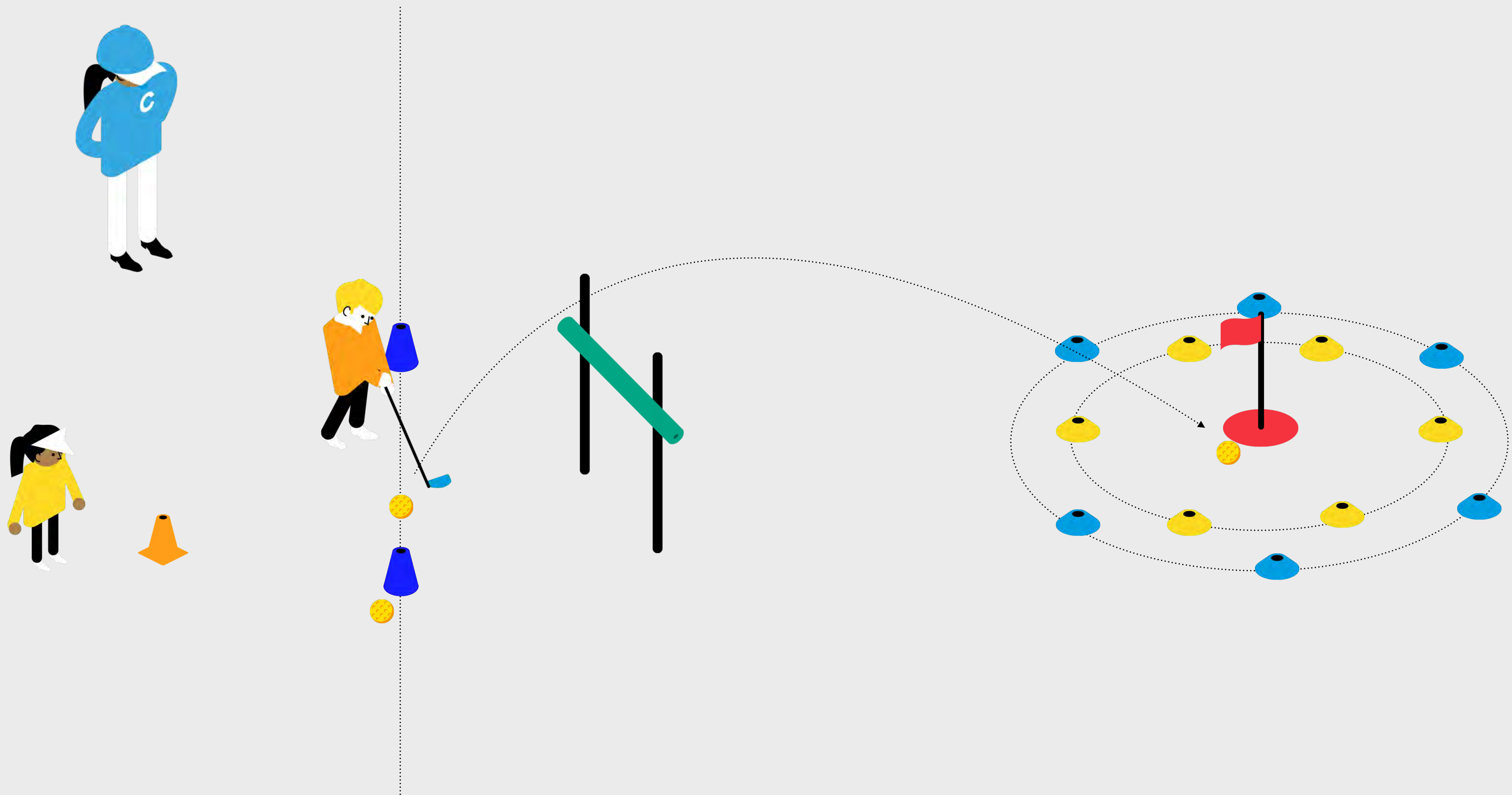
Spare equipment that may be required for the group attendees.



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

Bullseye - Equipment you need

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

Orange Safety Cones



1 x 6 feet Target Circle



Cones to mark out the necessary hitting station



1 x 10 feet Target Circles



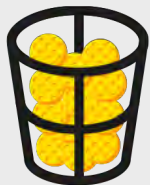
Spare equipment that may be required for the group attendees.



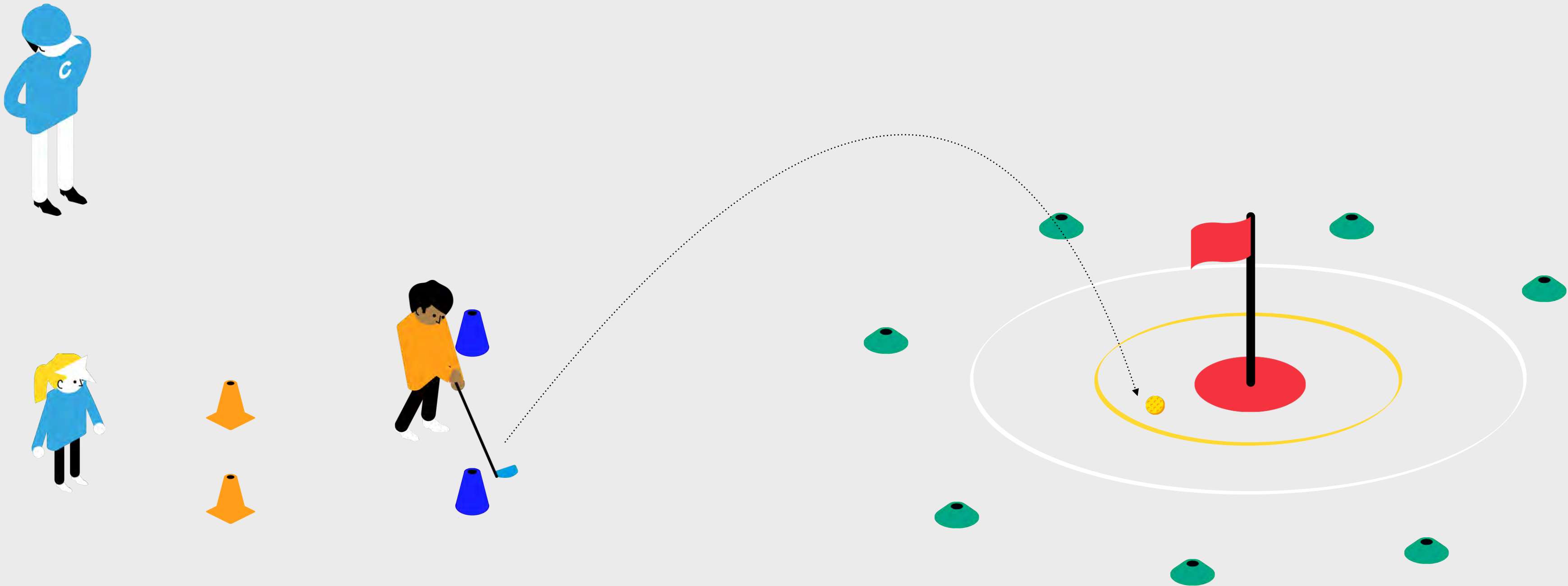
10 x Green Colored Cones for Outer 12 feet Target Circle



Golf Balls



Bullseye



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
- The winner is the player who gets the most points from their 10 shots

Progression Ideas

- Change the size of the target circles
- Vary the starting point from around the green
- Introduce a rule that the ball must land over the fringe to count
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles