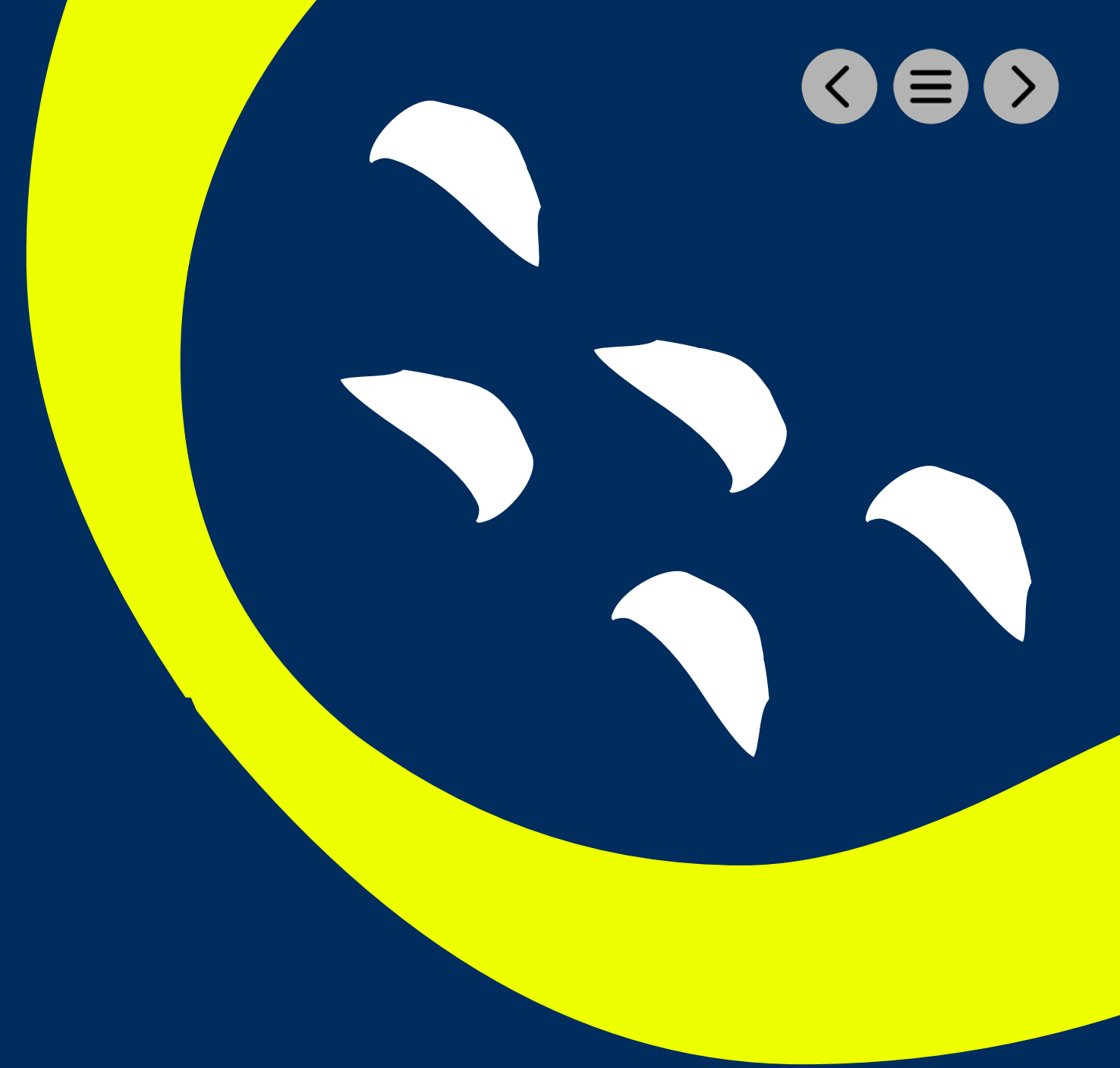


Mini-Camp Class Plan

Day 5



Contents

- 3** Class Timetable
- 5** Layout and Setup
- 8** Physical Literacy Game Cards
- 11** Swing Game Cards
- 20** On the Green Game Cards



Class Timetable

4

Class Plans

Playing

Course Progression Levels

Session
60mins

Group Size:
1:6

Mastering the focus:
Swing

Element:
Irons

Learning the game focus:
Orientation

myJunior Challenge:
Iron Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resources
10 Mins	Introduction & Warm Up Game	<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 5 - Event Timetable

Session Length:
90 mins

Group Size:
1:8

Mastering the Game Focus:
Swing
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">• Obstacle Course• Team Points Tally Sheet
25 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• G. O. L. F.• Stepping Stones• Straight Shooter• Team Points Tally Sheet
25 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">• Putting Challenge• Team Points Tally Sheet
10 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

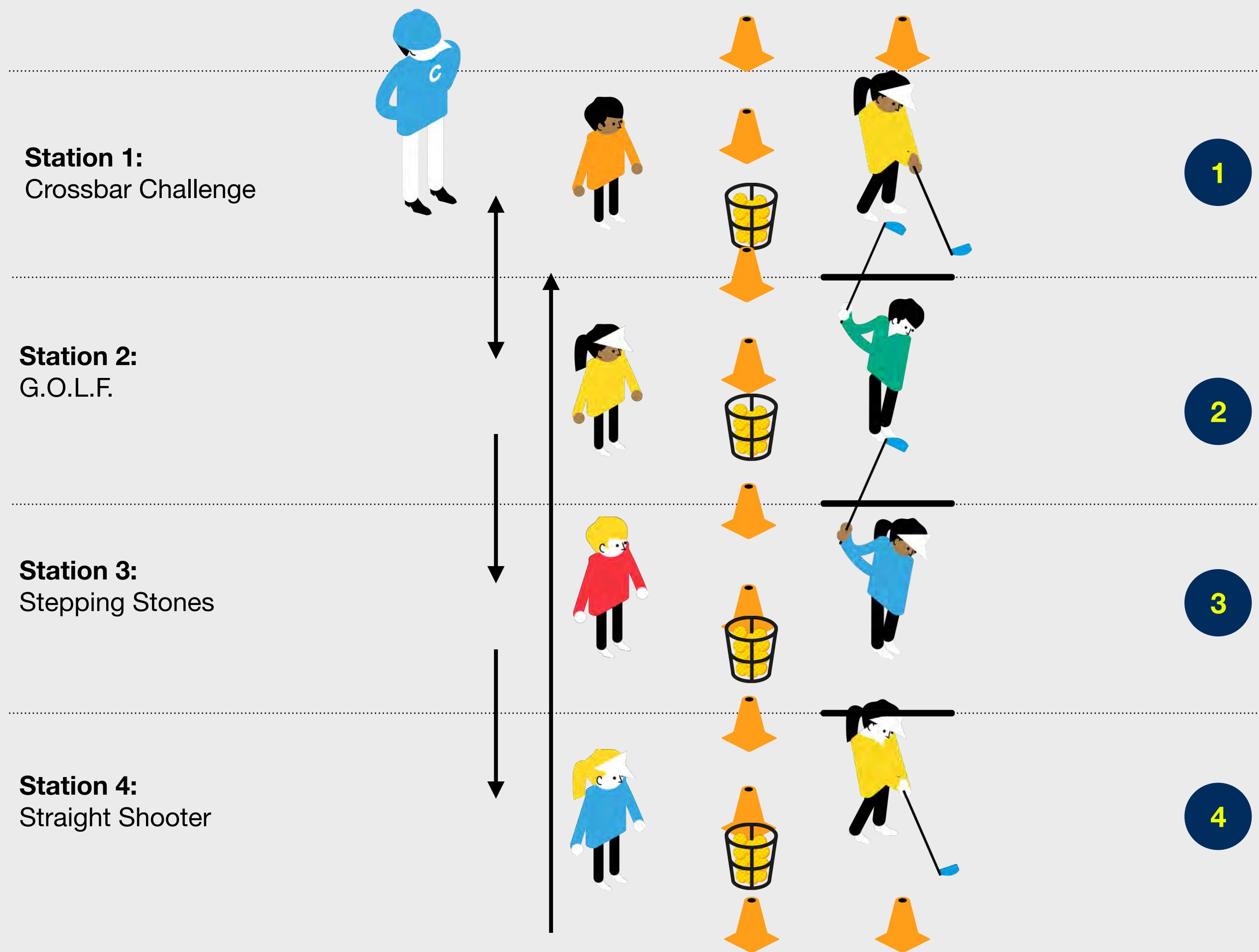
Layout and Setup



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 **5 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

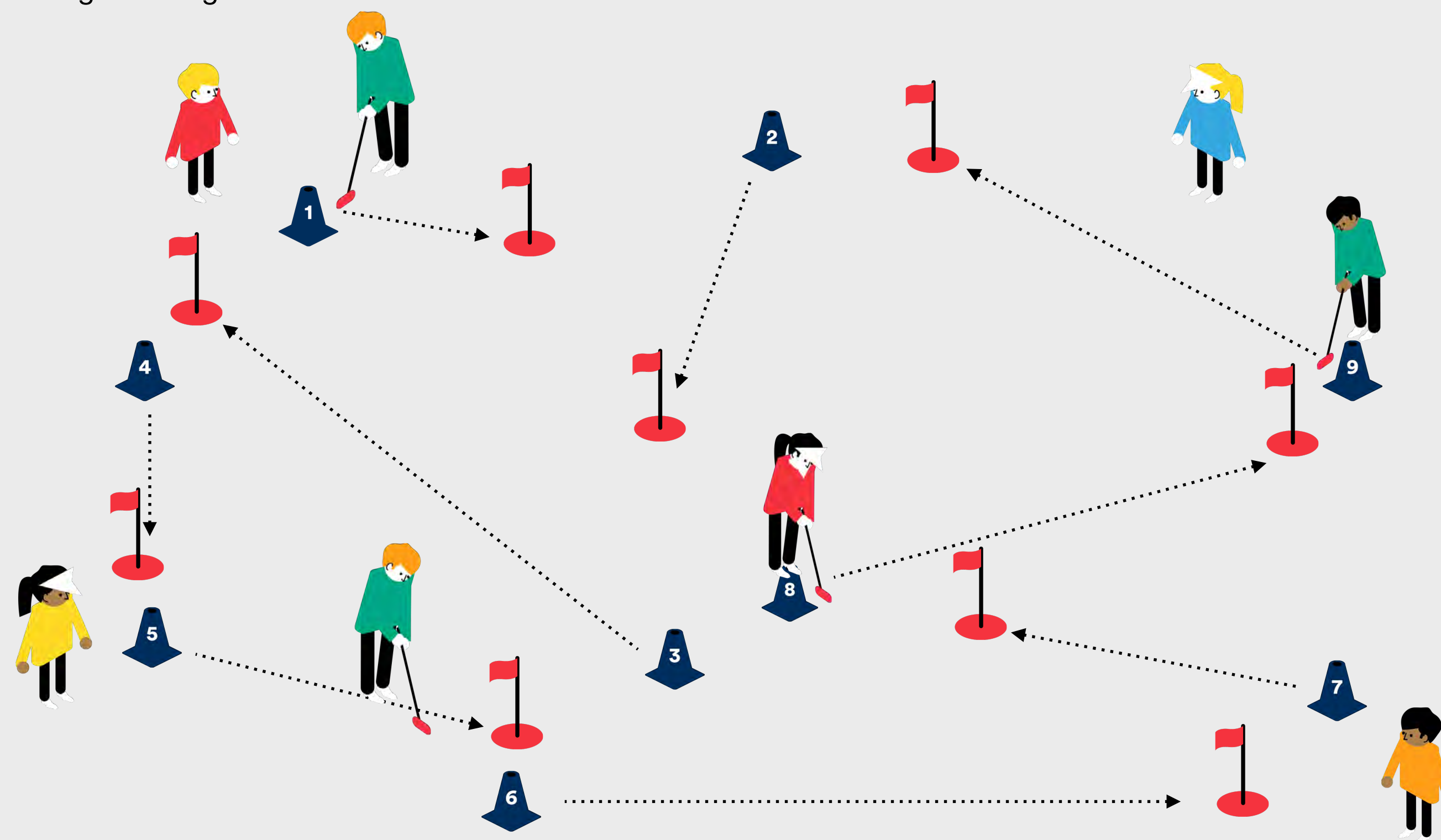


On the Green Games - Layout and Setup

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:

- Station 1 is the **Putting Challenge**. At this station the children play in pairs or play the games independently with supervision from the coach
- Children should start at different hole locations and move around the holes until all of the holes have been completed
- 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
 - Children not putting should place the putter on the ground
 - Only one golf ball is required for each junior

Station 1: Putting Challenge



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

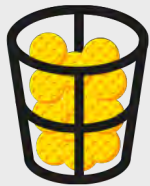
1 x Putter



Hoops



Golf Balls





About

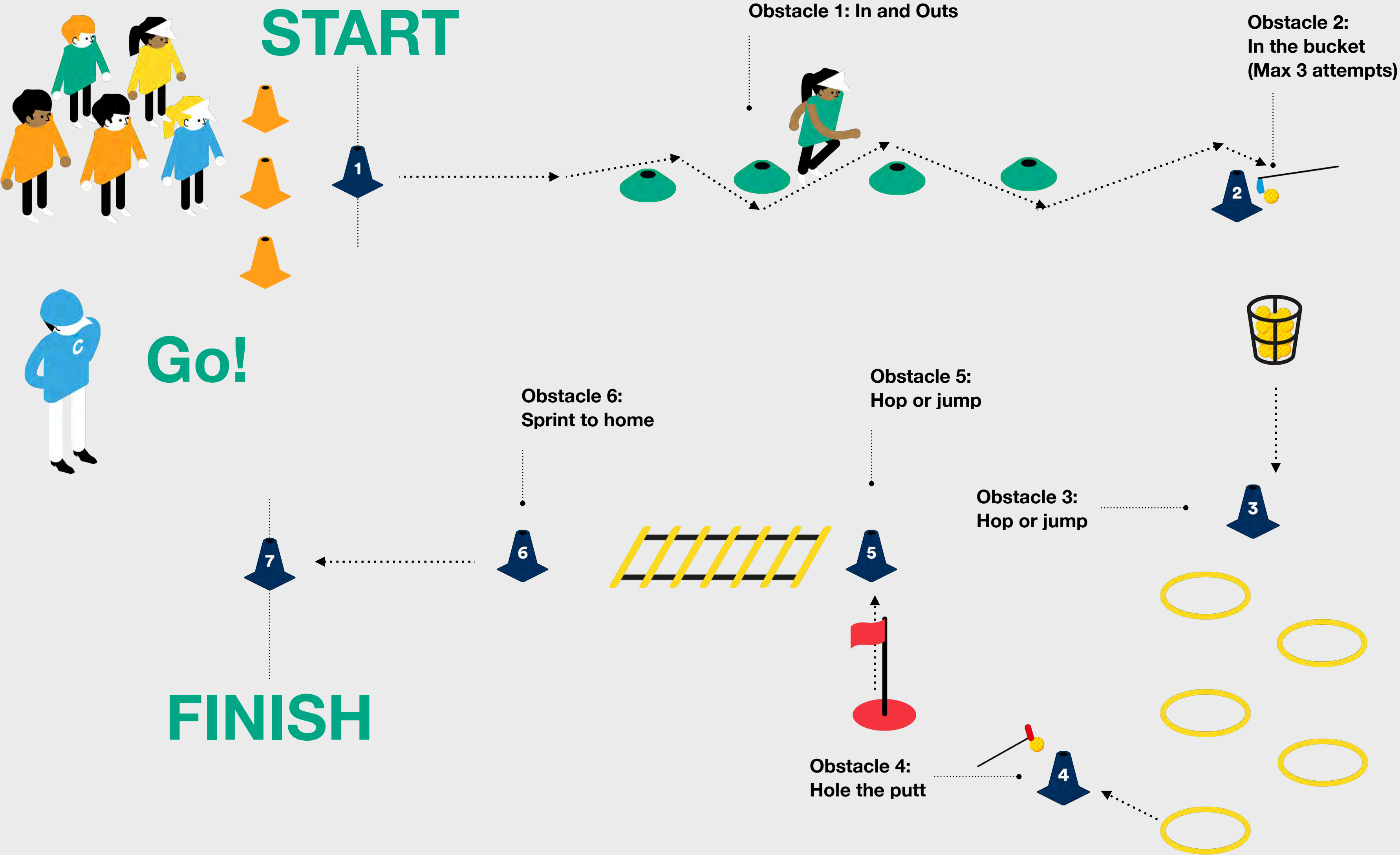
The Warm Up Games are an opportunity for you to develop the child’s Physical Literacy. During these games, a focus should be made on developing key Fundamental Movement Skills (FMS) and athleticism components identified within the Physical Literacy Learning Outcome. Use the guidance below for how the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



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



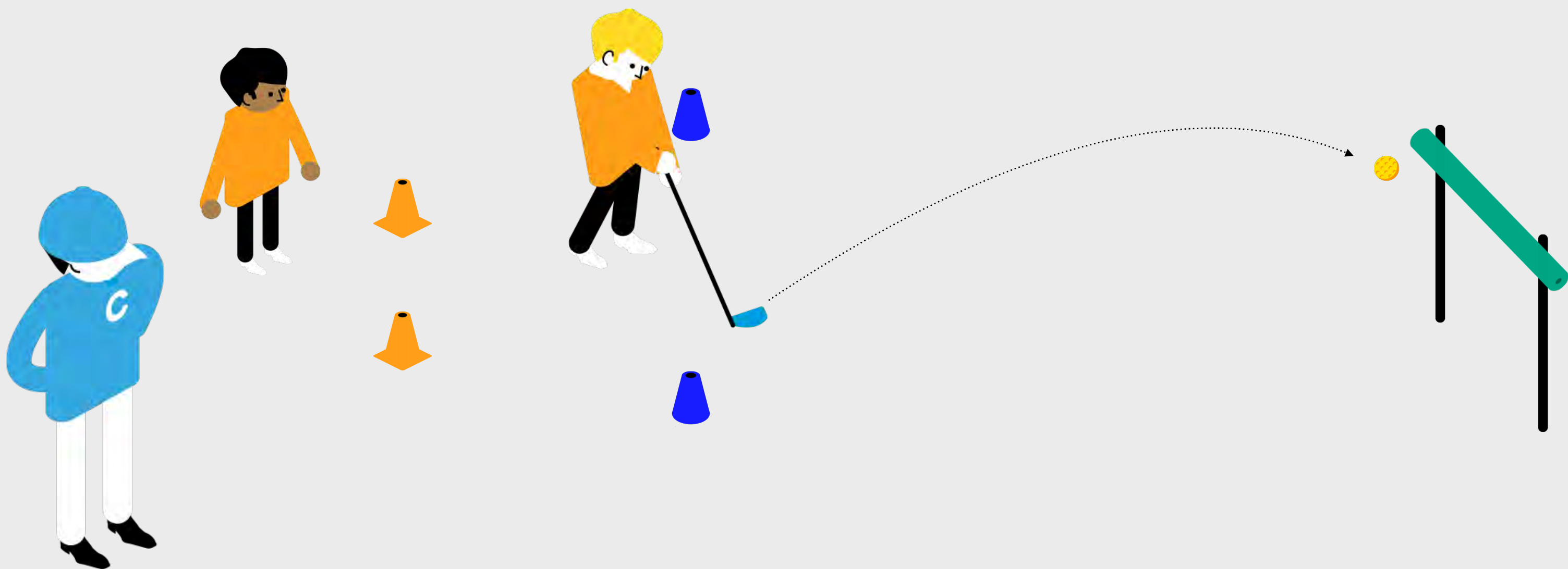
2 x Alignment Sticks



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Class Plans

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



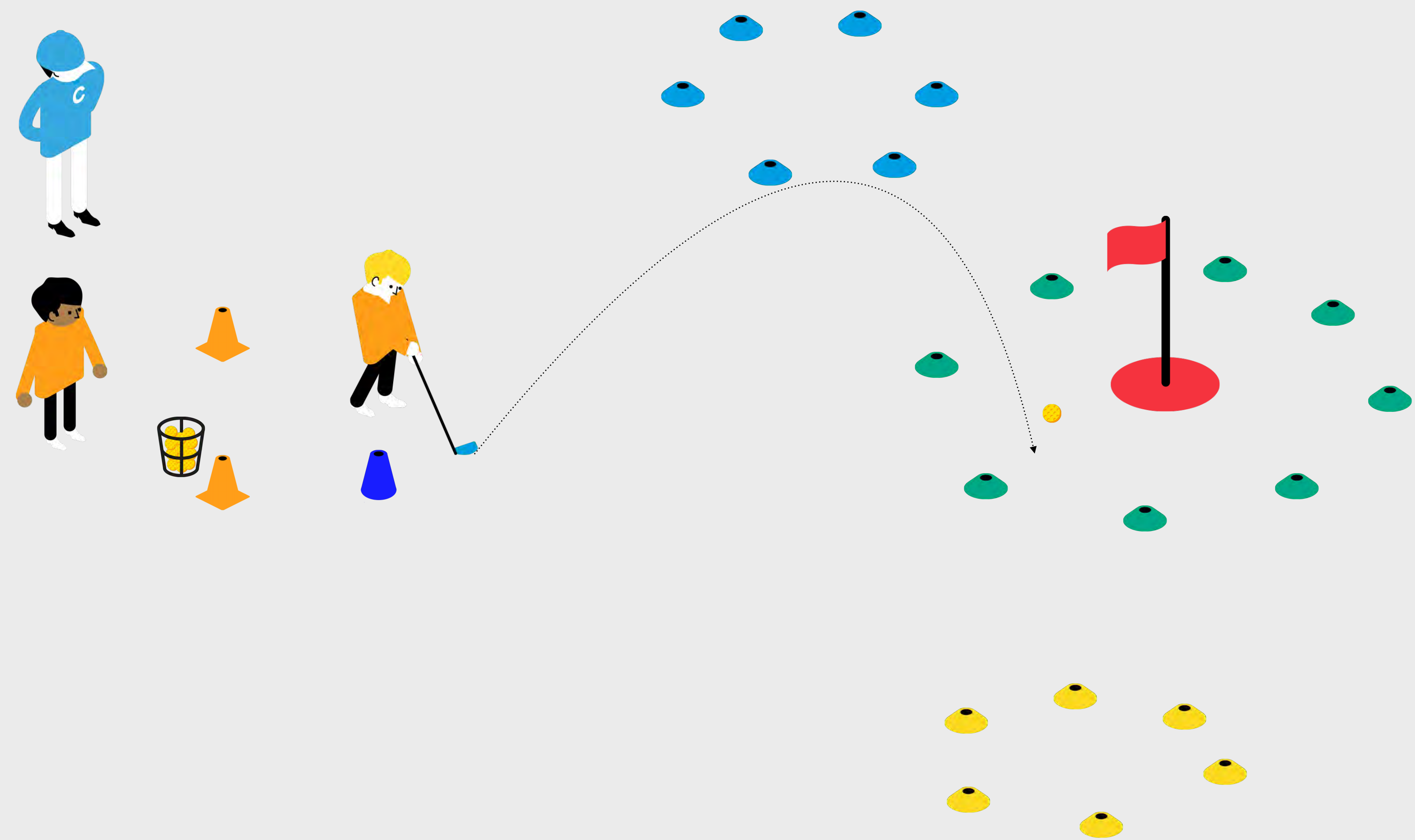
8 x Green Cones



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



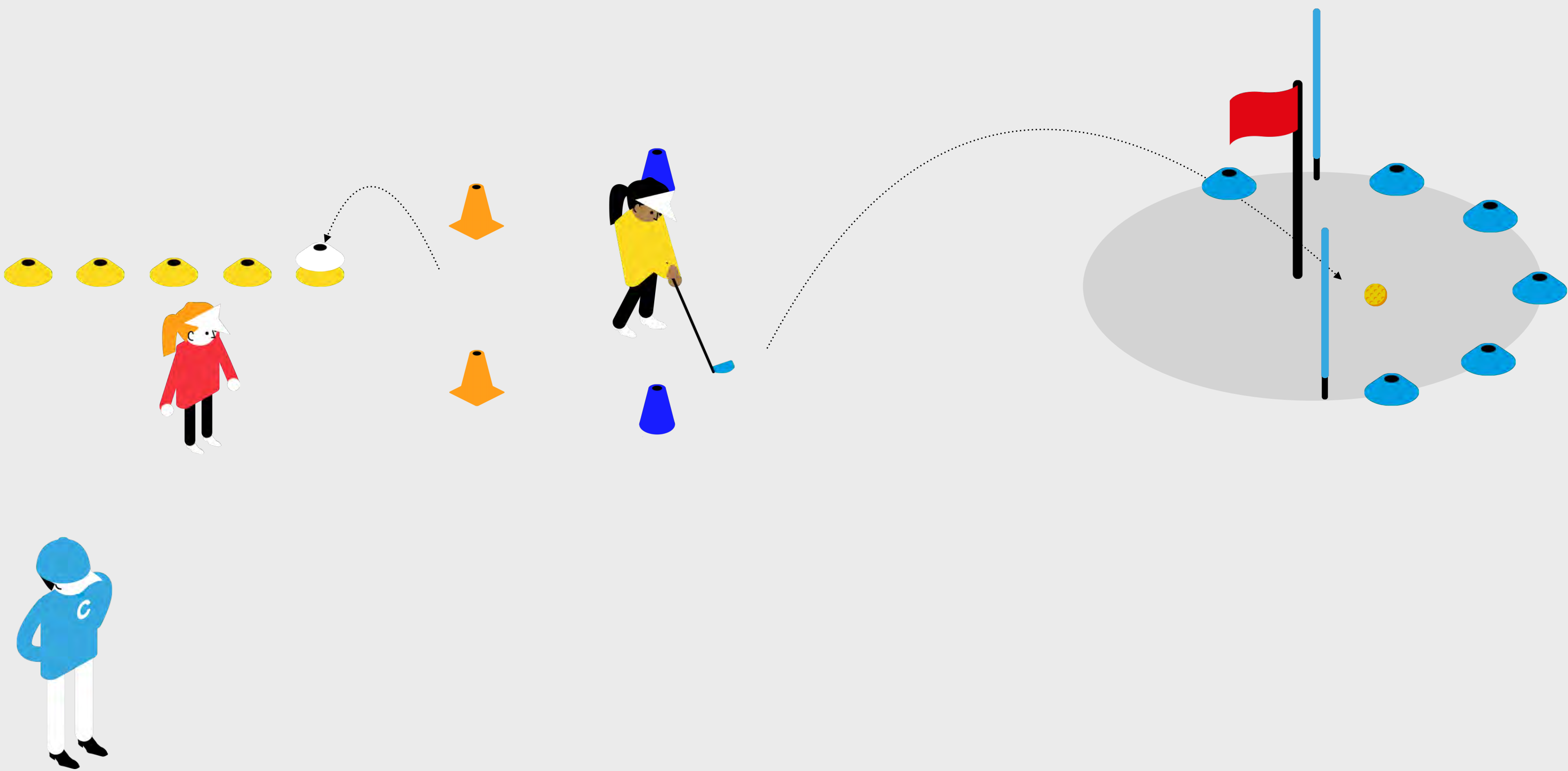
5 x Yellow Cones



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Class Plans

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



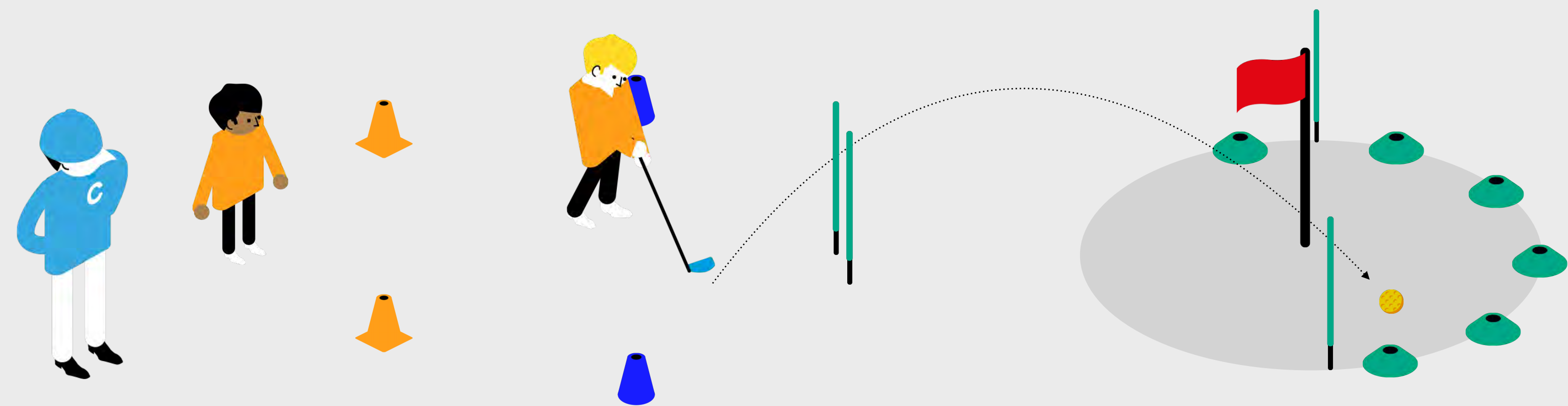
2 x Alignment Sticks



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Class Plans

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 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

