

# Fun Days



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# Class Timetable

**4**

## Class Plans

### Playing Golf Course Progression Levels

Session: 60 mins | Group Size: 1:8

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 Games	<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>Revolving Balls</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>	<ul style="list-style-type: none"> <li>Coming Soon</li> </ul>
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>

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# Event Timetable

**Session Length:**  
180 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green  
On the Green  
Course Play

**Whole Child Focus**  
Cognitive - Growth Mindset

**Learning the Game Focus:**  
Preparing to Play

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> <li>Outline the Junior Program and Player Pathway to the group</li> <li>Introduce and play the warm up game</li> </ul>	<ul style="list-style-type: none"> <li>Superintendents and Hackers</li> </ul>
30 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>Tug of War</li> <li>Speed Swinger</li> <li>G.O.L.F</li> <li>Crossbar Challenge</li> </ul>
30 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>Bullseye</li> <li>Tic-Tac-Toe</li> <li>Battleships</li> <li>Splash Shot</li> </ul>
30 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>Domino Race</li> <li>Ten Pin Bowling</li> <li>Finders Keepers</li> <li>Through the Gates</li> </ul>
60 Mins	Course Play Team Scramble	<ul style="list-style-type: none"> <li>Outline the safety instructions</li> <li>Play 1 or 2 holes from appropriate distances for the ability of the group</li> </ul>	
15 Mins	Award Ceremony and Promotional Activity	<ul style="list-style-type: none"> <li>Recap the Player Pathway to children and parents</li> <li>Invite to a Junior Monthly Taster Lesson</li> <li>Highlight the key points to parents, provide additional resources if necessary</li> </ul>	<ul style="list-style-type: none"> <li>Junior Monthly Flyer</li> <li>Junior Camps Flyer</li> </ul>

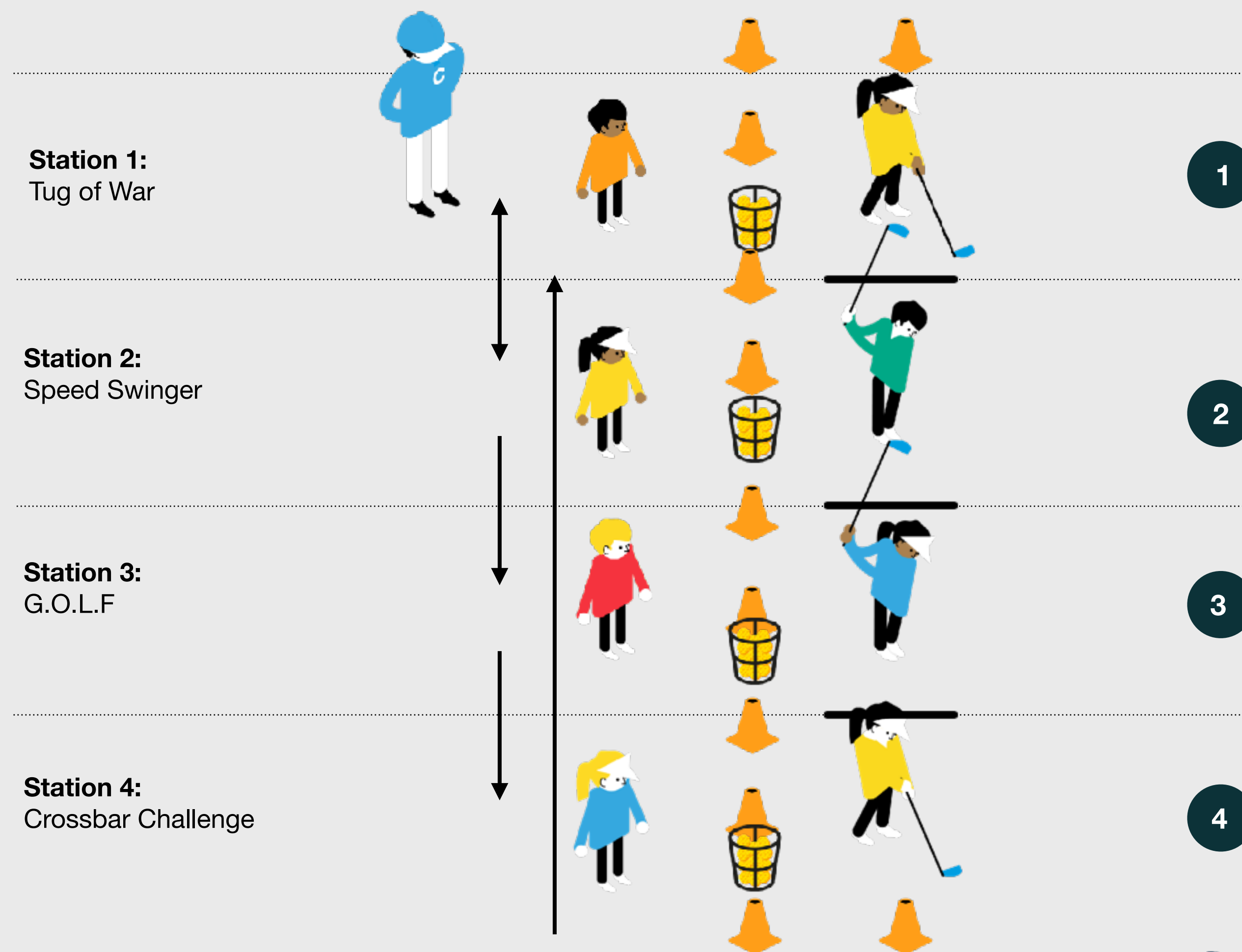
# Layout and Setup



# 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:

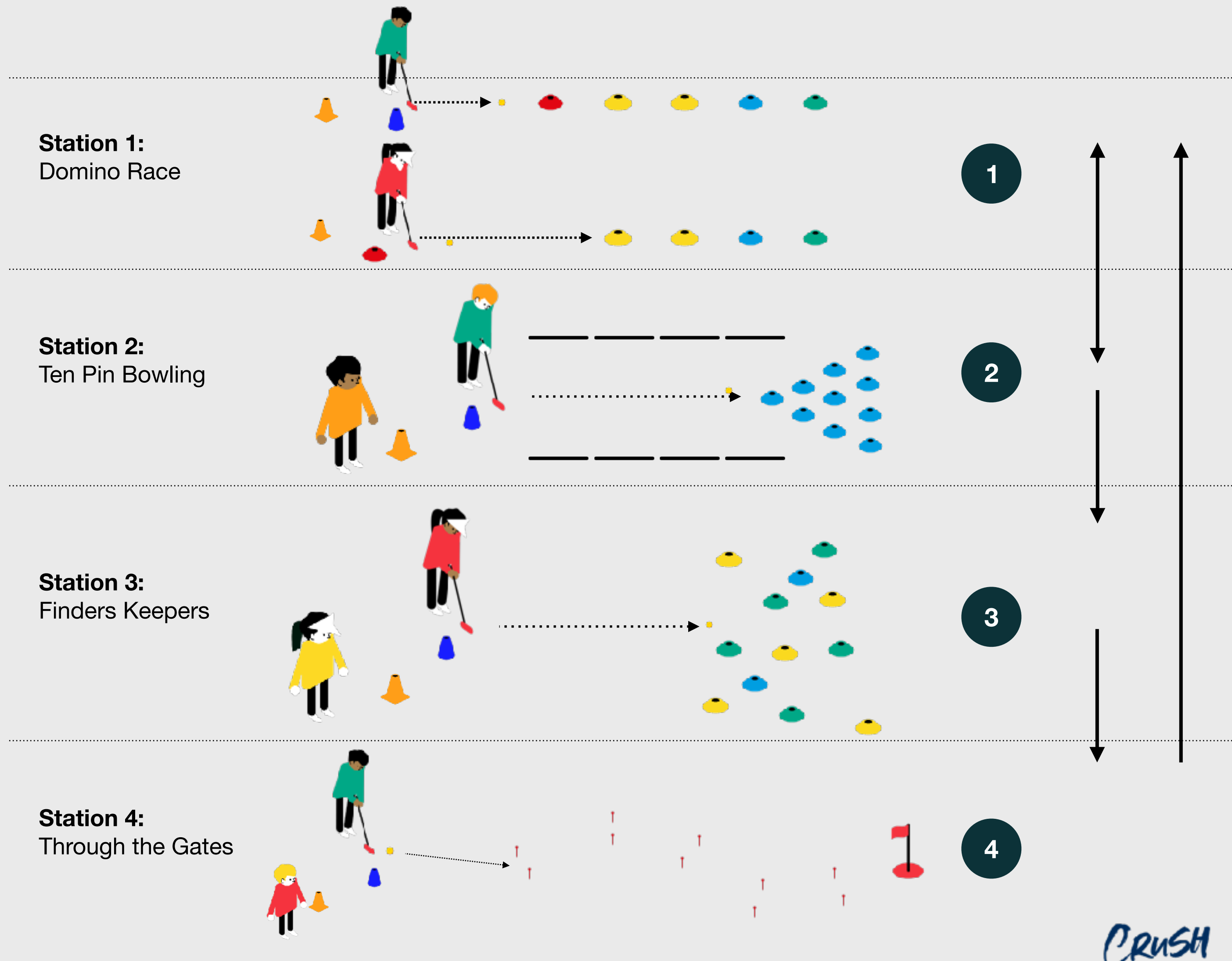
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity 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



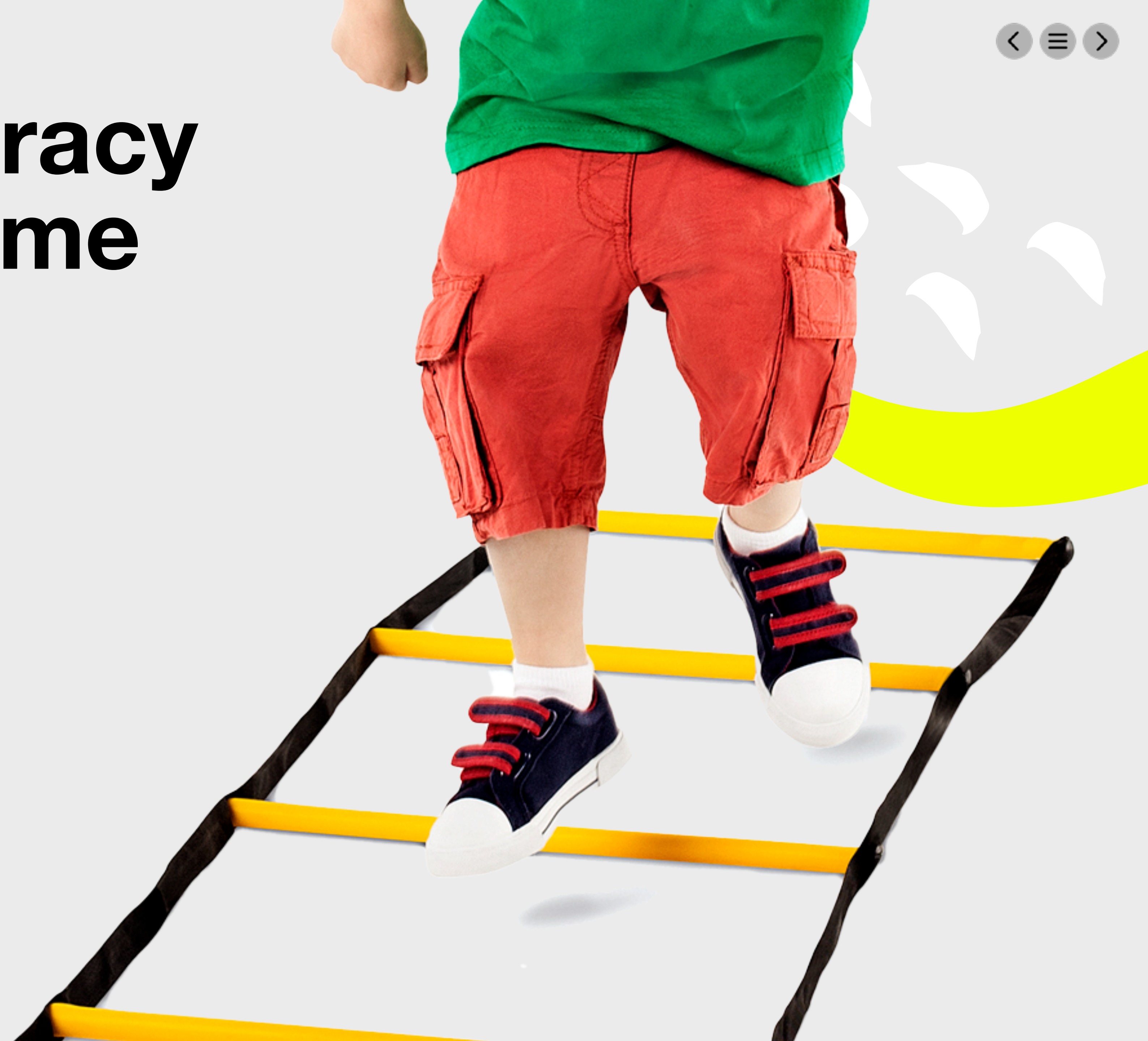
# On the Green Games - Layout and Setup

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 **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 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



# Physical Literacy Warm Up Game







# Fundamental Movement Skills (FMS)

During your Warm Up Game, explore a range of Fundamental Movement Skills (FMS). The children should be encouraged to experiment and develop these movements and you can tailor the difficulty of the specific movement to each child or warm up game.



## Kick

Explore this skill using both feet, different parts of the foot and kicking in the air and on the ground



## Throw

Explore this skill using both arms, underarm and overarm throws as well as at a range of heights



## Skip

Explore this skill using a rope and in dynamic motion at a range of speeds



## Run

Explore this skill at a range of speeds, and going backwards



## Hop

Explore this skill by alternating legs on the spot and in dynamic motion



## Side-step

Explore this skill by alternating sides, touching heels and crossing legs



## Dodge

Explore this skill by getting the child to dodge static and dynamic obstacles at a range of heights



## Jump

Explore this skill by exploring the movement in multiple directions



## Stand on one leg

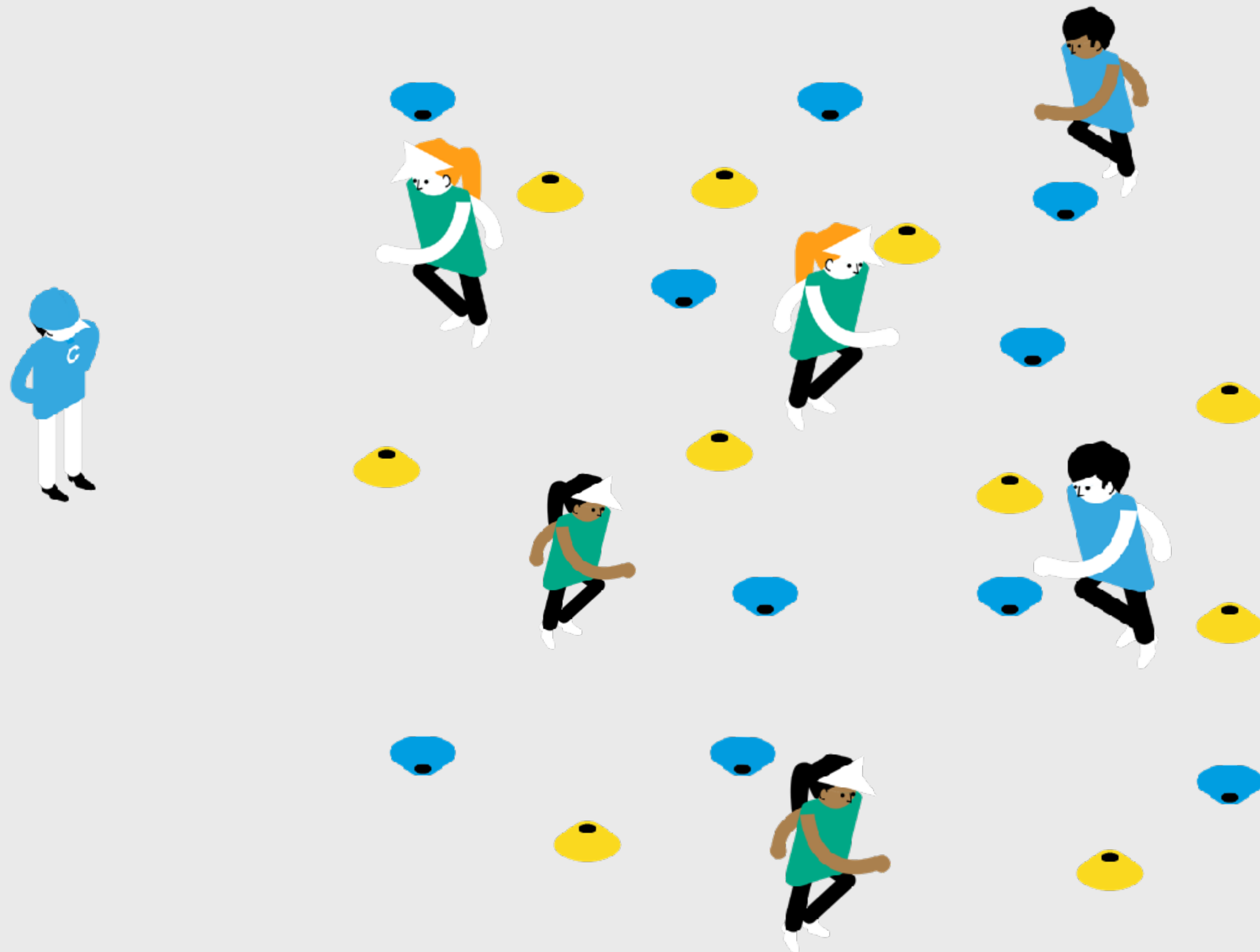
Explore this skill by exploring balancing on both legs



## Crawl

Explore this skill by exploring using different segments of the body

# Superintendents and Hackers



## How to Play

- Split the players into two teams of 3
- Nominate one team to be either the Hackers or Superintendents
- On "GO", the superintendents attempt to turn all of the upside down cones the correct way up. The hackers attempt to turn the cones that are the correct way up upside down
- The team that turns the most cones onto the correct side within 60 seconds wins

## Progression Ideas

- Explore FMS movement during the game such as jumping, hopping and skipping
- Change the distance between the cones
- Change the number of cones in the game
- Players must turn the cones using one hand only

## Equipment Needed

Orange Safety Cones



10 x Yellow colored cones



10 x Blue colored cones



# The Whole Child

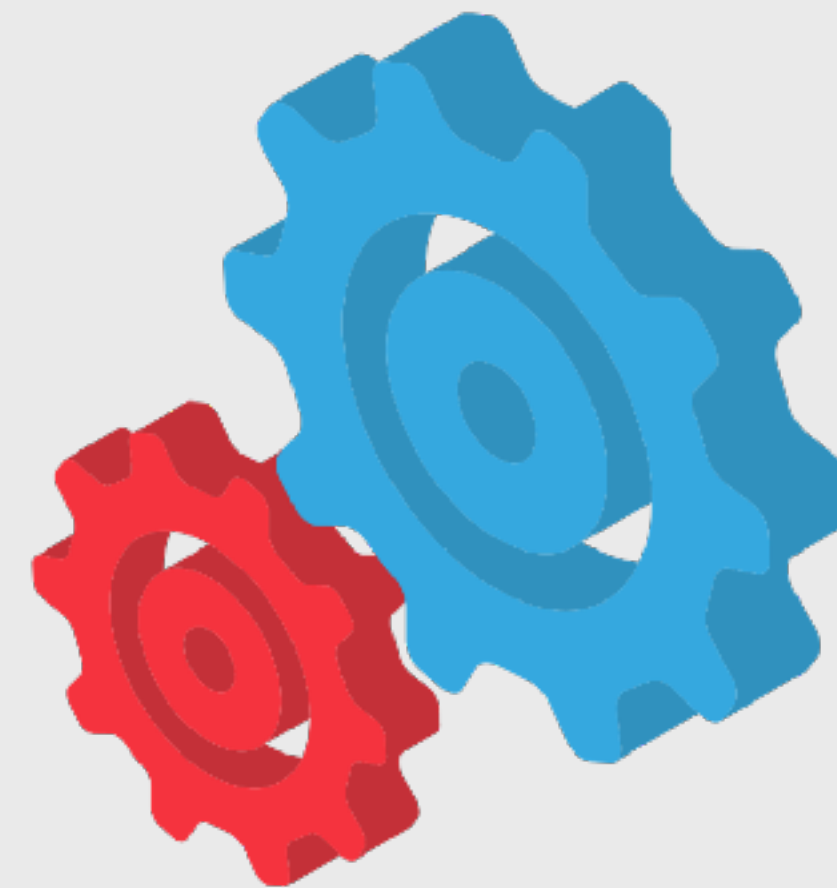


# Cognitive Growth Mindset

The Whole Child theme for the Fun Day is to encourage a growth mindset in all challenges that the children face.

Examples of this could be not giving up when faced with a difficult game or challenge.

Taking the time to highlight this to the parents and children at the end of the Fun Day will reinforce the characteristics that embody the *Crush It* Junior program.



## Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- “Love that attitude”
- “That’s the attitude we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved

# Learning the Game Focus



# Preparing to Play Safety

The Learning the Game focus for the Fun Day is about playing safely.

You should highlight to the children that it is really important to play safely both on the practice area and on the course.

Make sure the children are aware of where they need to stand when someone is playing a shot and what to do when they hear the word “Fore”.

Take the time to reinforce these important points throughout the day.



## Questions to Ask

- Why is it important that we play safely?
- What do you do when you hear the word “Fore” being shouted?
- Where is a safe place to stand when someone is playing a shot?

# Swing Game Cards



# Tug of War



## 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

## Equipment needed

2 x Orange Safety Cones



2 x Cones



1 x White Cone



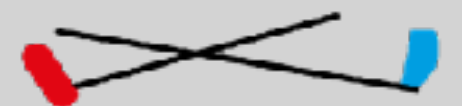
5 x Green Cones



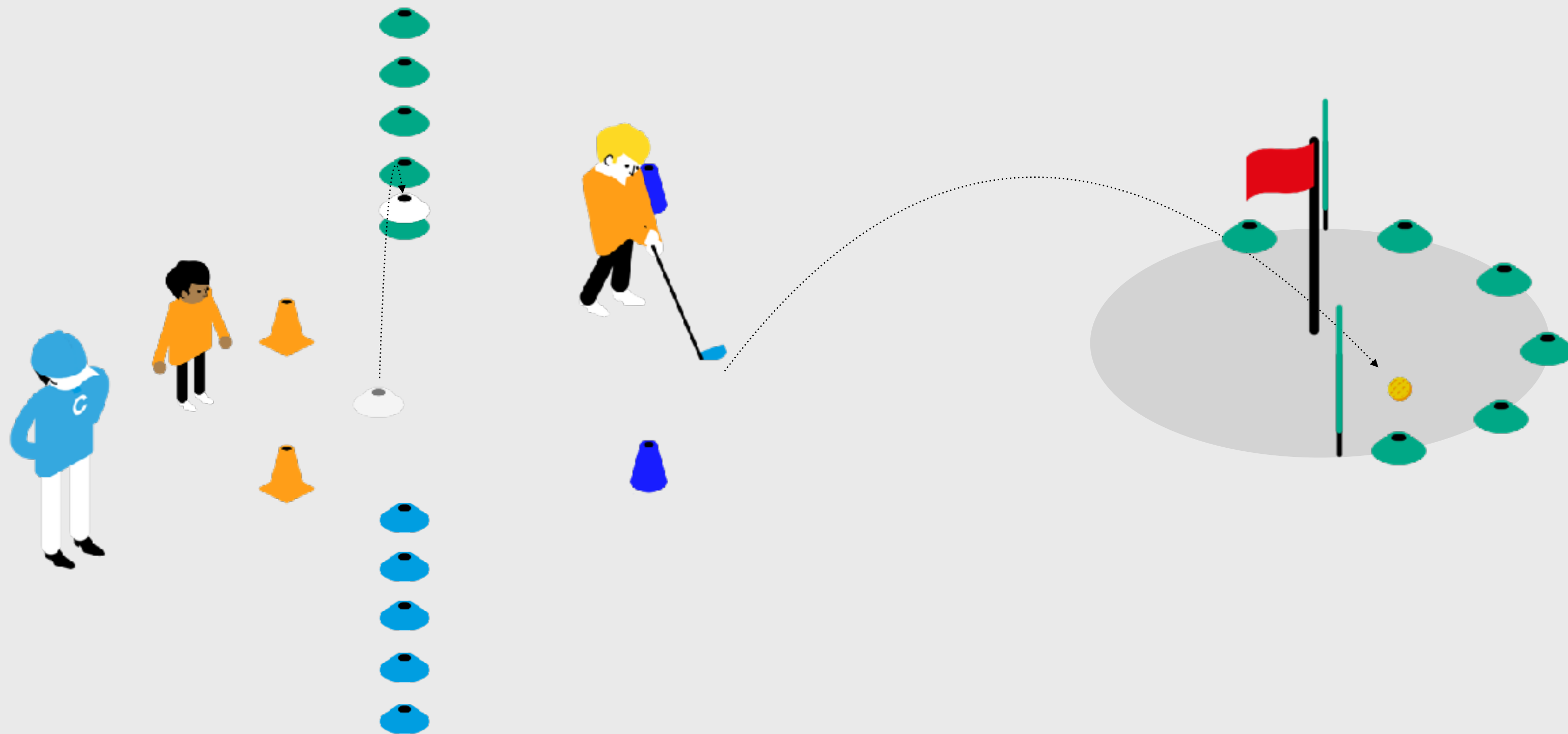
5 x Blue Cones



Spare equipment that may be required for the group attendees.



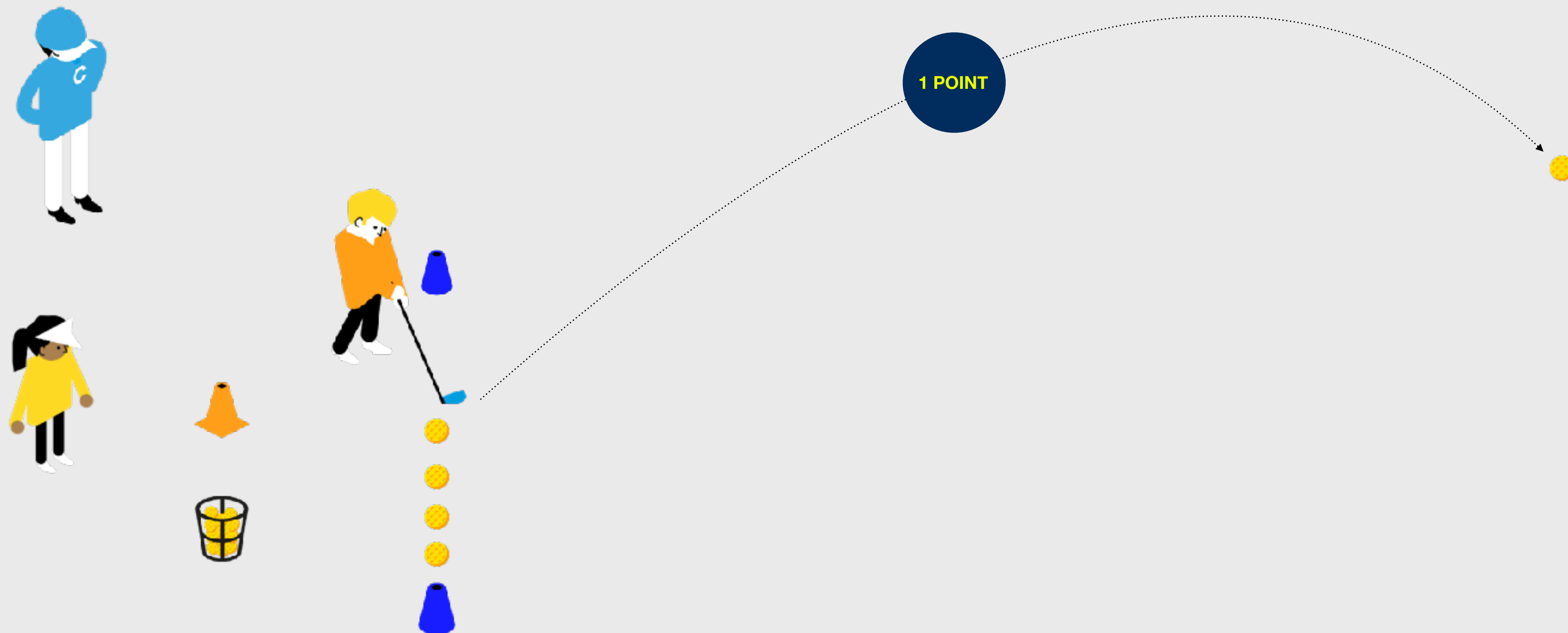
Golf Balls







# Speed Swinger



## How to Play

- Set 5 balls up on tees in a line within the hitting station
- The challenge is to hit each ball without stopping, improving coordination and speed
- The child scores 1 point for hitting the ball high, 1 point for hitting it far, and 1 point for hitting it straight
- The child that gets the most points from their 5 shots wins

## Progression Ideas

- Pre-determine the distance the child has to hit the ball
- Add in more balls
- Add in target gates that the children have to hit the ball through to score a point

## Equipment needed

### Orange Safety Cones

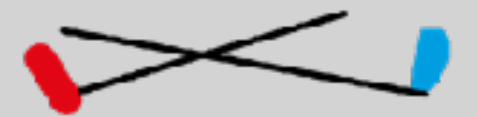
SAFETY



### Cones to mark out the necessary hitting stations



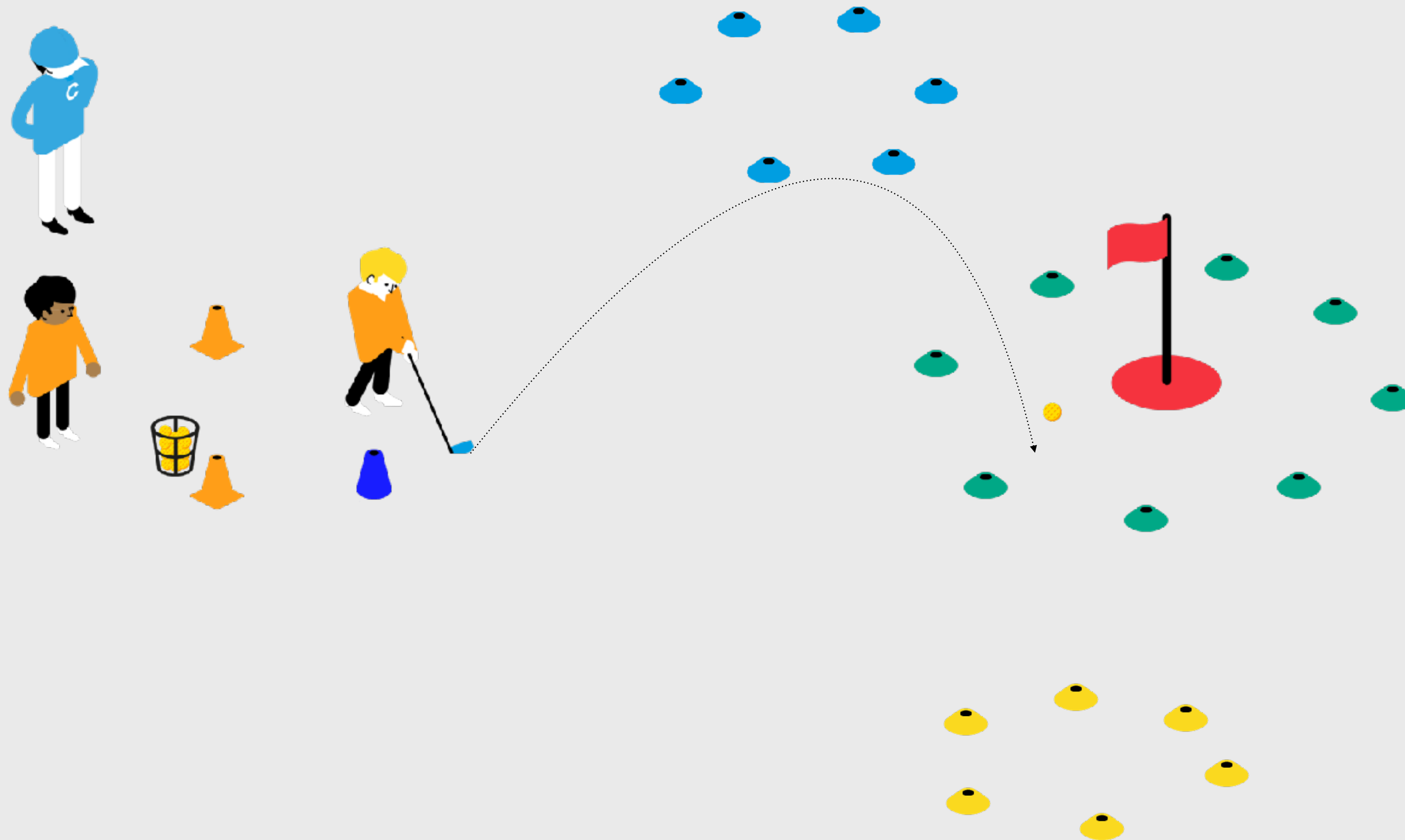
### Spare equipment that may be required for the group attendees.



### Golf Balls



# G.O.L.F



## 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

## Equipment needed

### Orange Safety Cones



### 2 x Cones



### 6 x Yellow Cone



### 8 x Green Cones



### 6 x Blue Cones



Spare equipment that may be required for the group attendees.

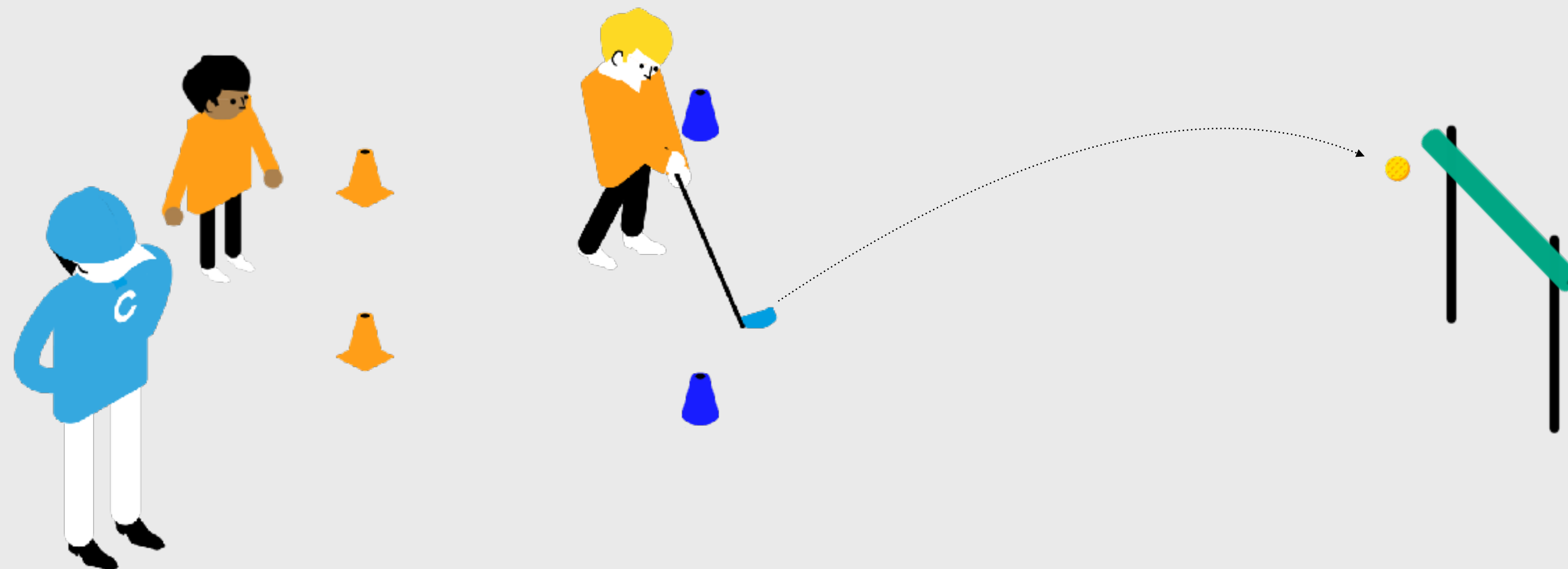


### Golf Balls





# Crossbar Challenge



## 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

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark out hitting stations



### 1 x Foam Noodles



### 2 x Alignment Sticks



Spare equipment that may be required for the group attendees.



### Golf Balls

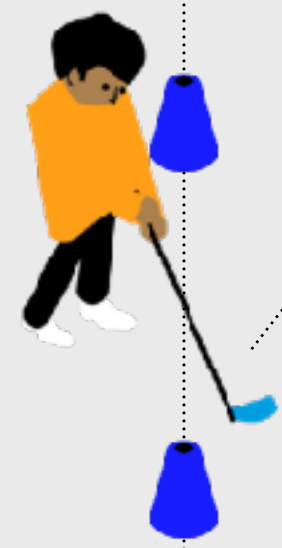
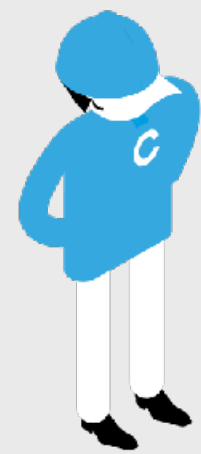


# Around the Green Game Cards

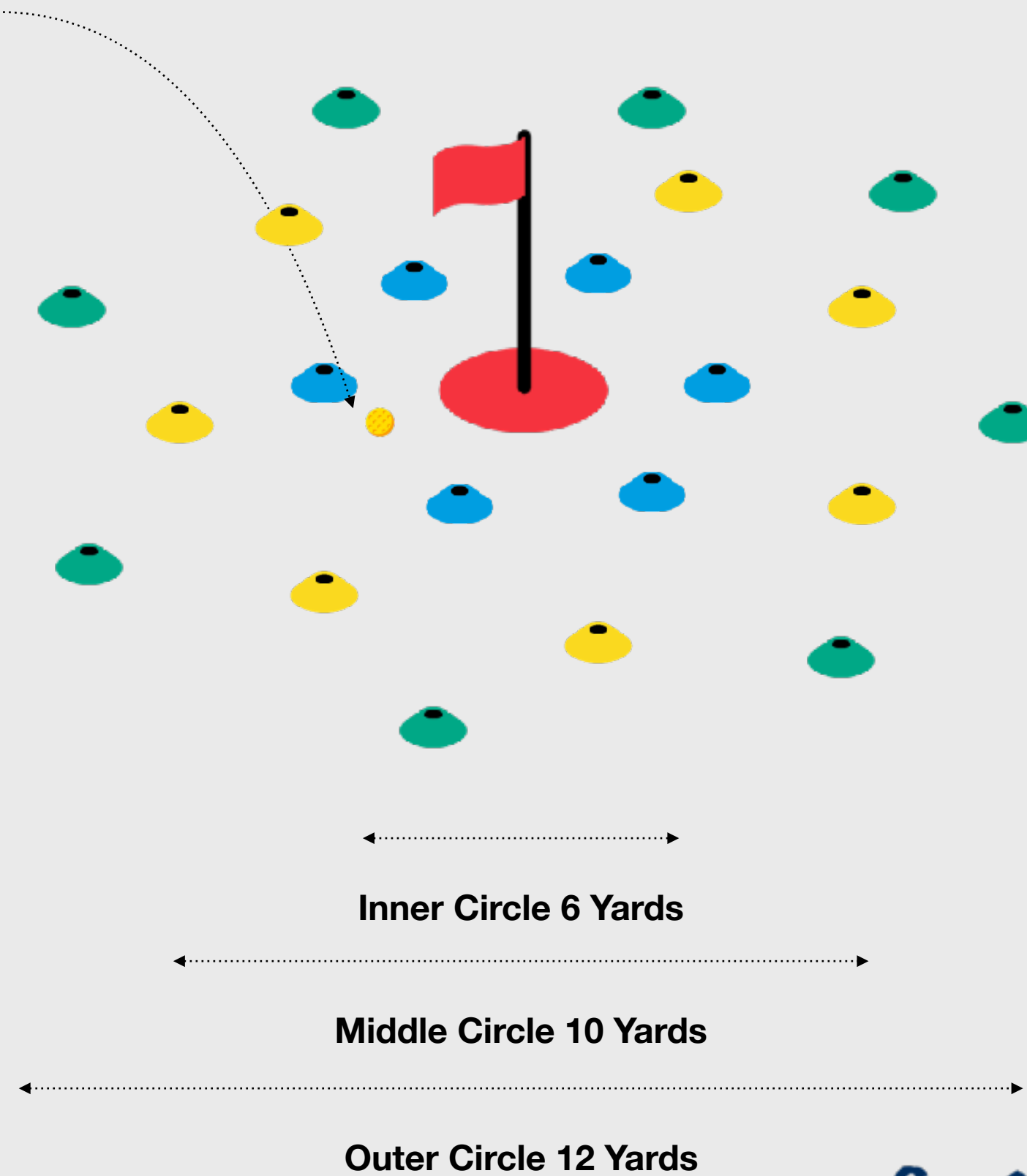




# Bullseye



Minimum 20 yards



## How to Play

- Allocate 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

## Learning Outcomes

- Control of distance and direction when pitching

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark out the necessary hitting station



### 6 x Blue colored cones to mark the inner circle



### 8 x Yellow colored cones to mark the middle circle



### 10 x Green colored cones to mark the outer circle



Spare equipment that may be required for the group attendees.

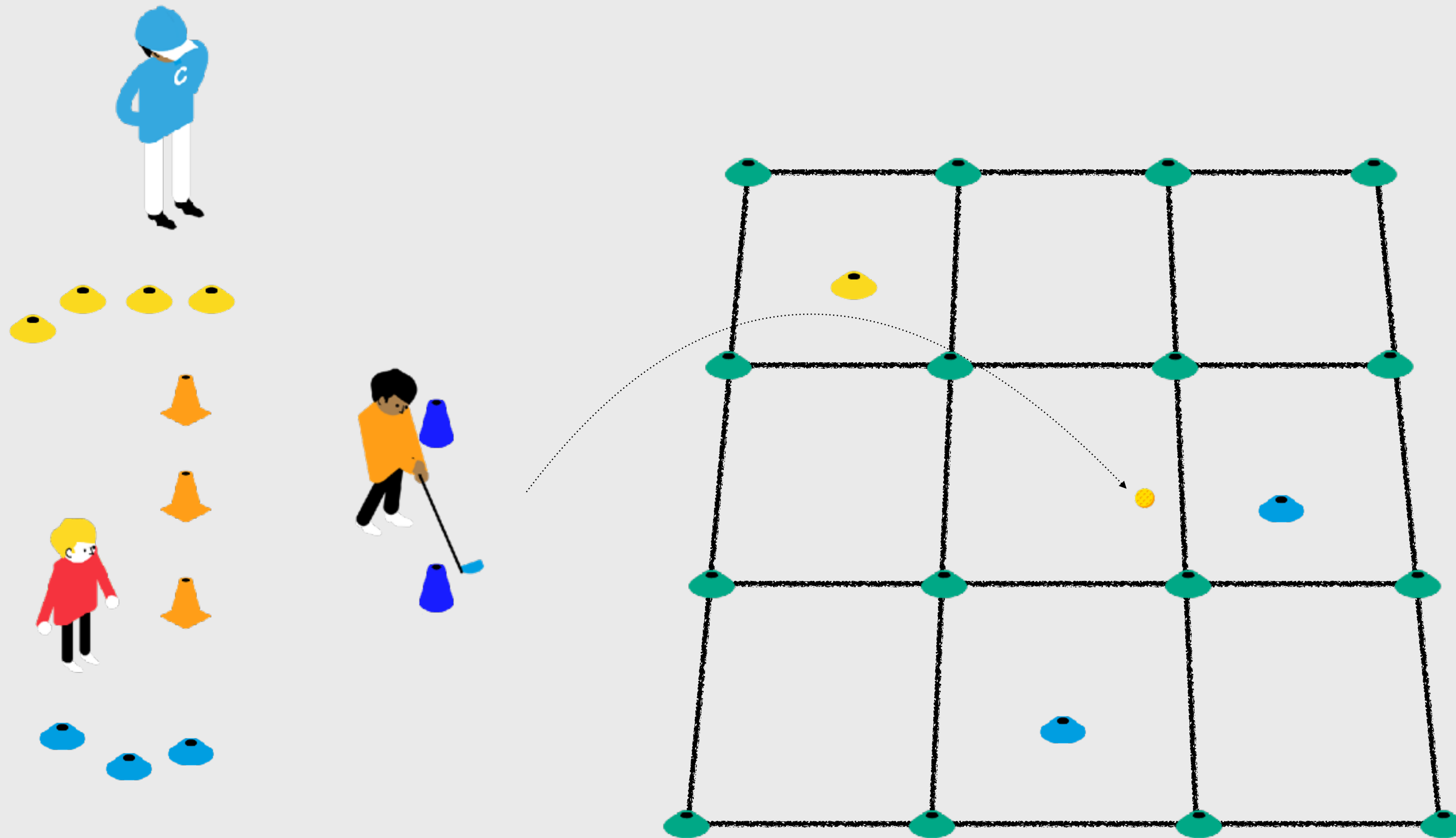


### Golf Balls





# Tic-Tac-Toe - Squares



## How to Play

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

## Progression Ideas

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

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



String and 16 tees to create the grid or rings



Colored cones for one team



Colored cones for the other team



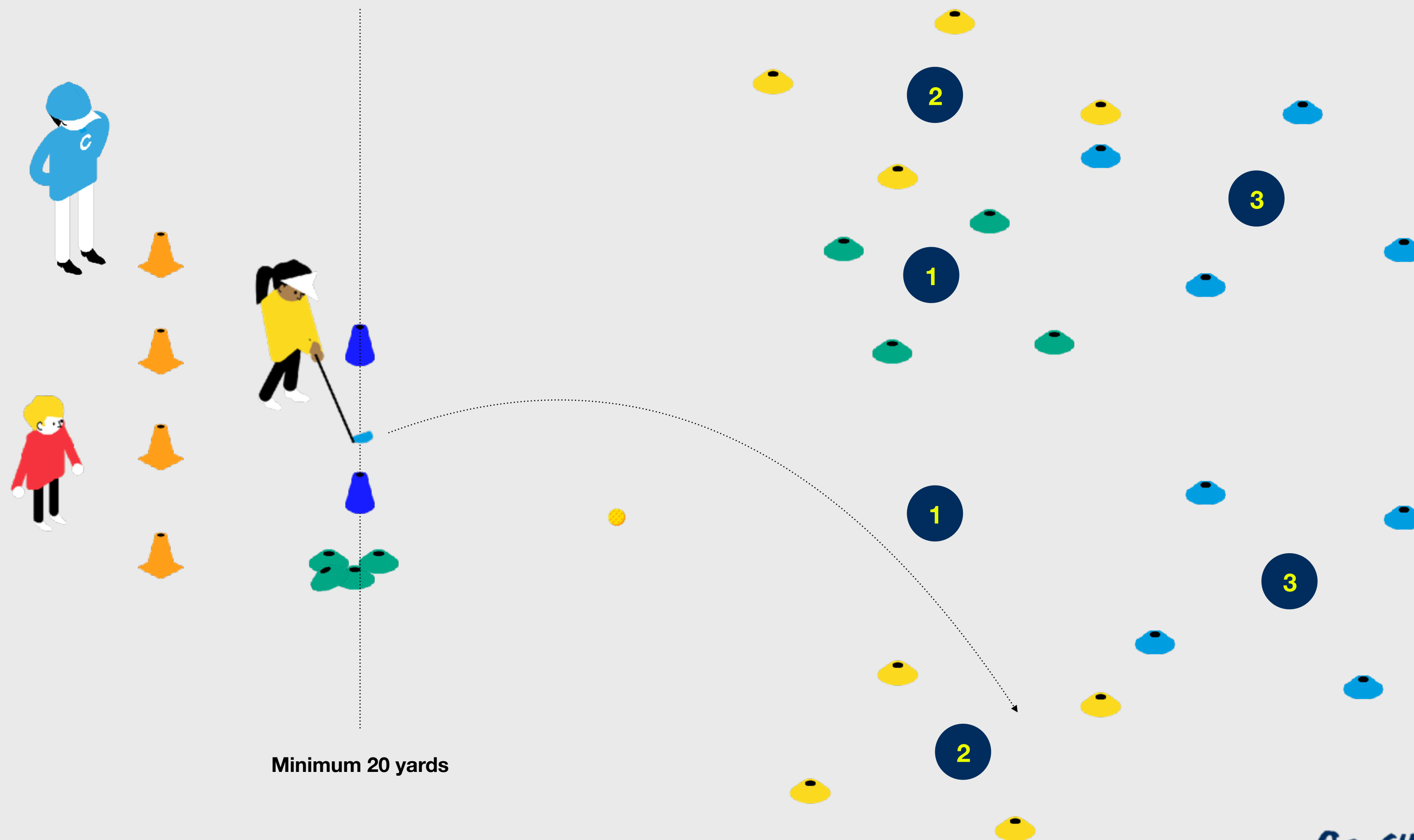
Golf Balls



Spare equipment that may be required for the group attendees.



# Battleships



Minimum 20 yards

## How to Play

- One player is assigned one side as their ships and the other child is assigned the opposite. The aim of the game is for players to destroy the opposing player's ships by landing the ball into the box
- Players must nominate the ship they are attempting to destroy. If they are successful, they pick up the cones and return it to the start
- The game continues until one player has destroyed all of the opposing players ships

## Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the distance between the starting point and the ships
- Change the size of the target ships
- Change the number of target ships

## Equipment needed

Orange safety cones

SAFETY



3 x cones



Golf balls



8 x Colored cones to mark out two of the boxes



8 x Colored cones to mark out two of the boxes

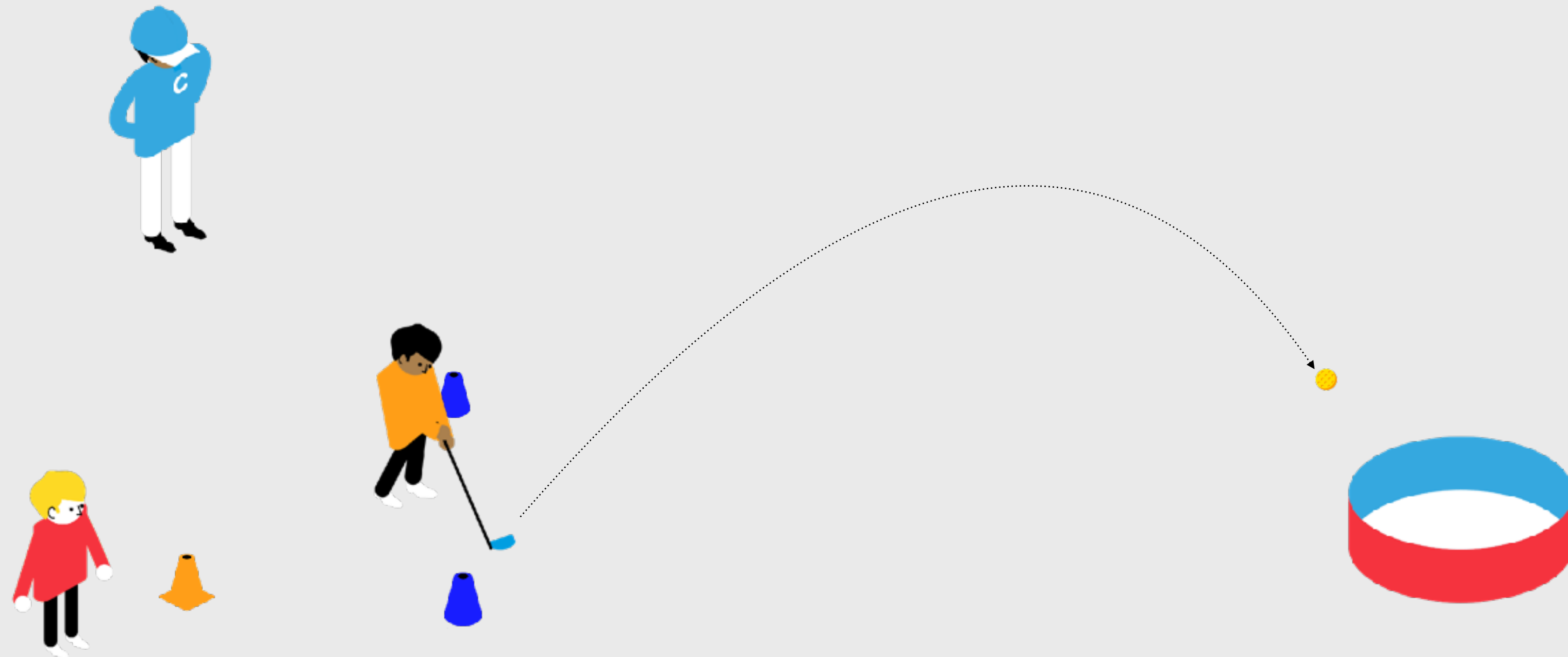


8 x Colored cones to mark out two of the boxes



CRUSH  
IT!  
JUNIOR GOLF

# Splash Shot



## 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

## Equipment needed

### Orange Safety Cones

SAFETY



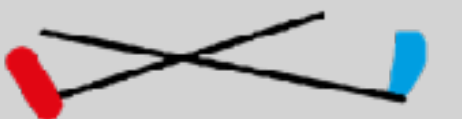
### Cones to mark starting position



### 1 x Pool, filled with a small amount of water



### Spare equipment that may be required for the group attendees.



### Golf Balls

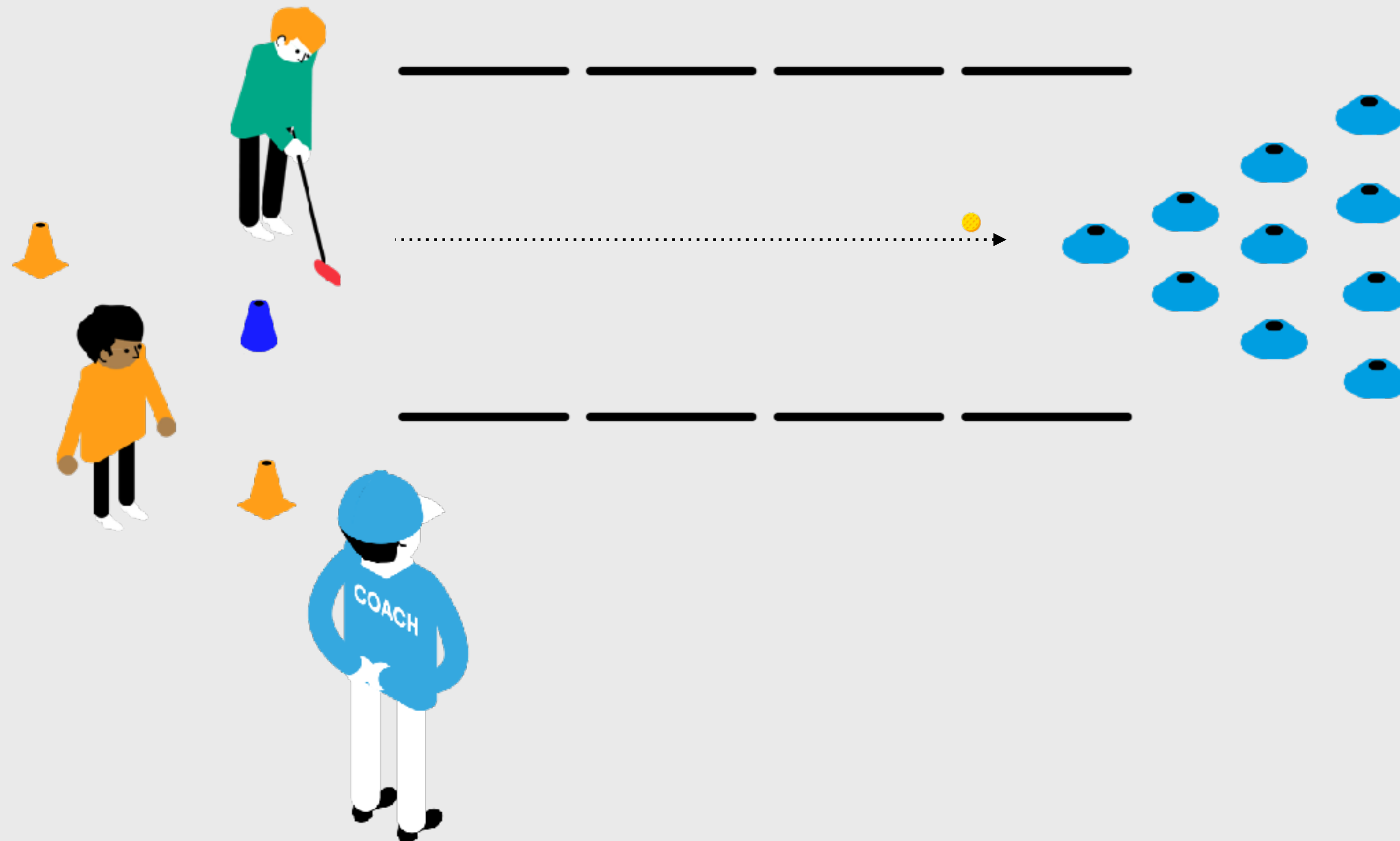




# On the Green Game Cards



# 10 Pin Bowling



## 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

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills

## Equipment needed

2 x Orange Safety Cones



2 x Cones to mark out the necessary hitting stations.



10 x Blue Cones



Spare equipment that may be required for the group attendees.



8 x Alignment Sticks

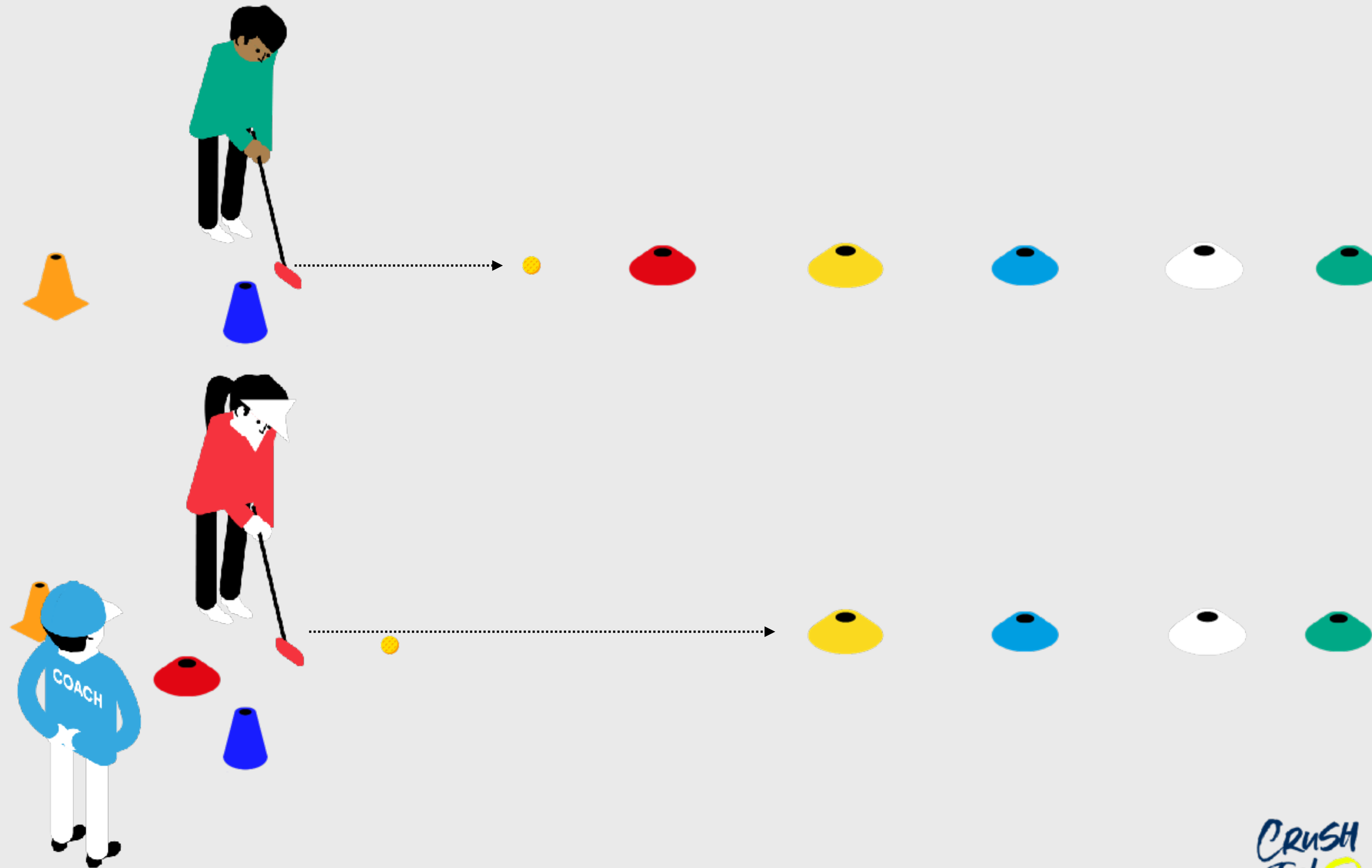


Golf Balls





# Domino Race



## How to Play

- Each player is nominated a line of colored cones and a starting point
- Each player hits their first putt and attempts to hit the first colored cone. If the player misses, they return to the start and tries again
- When a player successfully hits the cone, they pick the cone up and bring it back to the start
- The player who wins is the one who hits every cone in order

## Progression Ideas

- Change the distance between the starting cone and the target cones
- Change the size of the targets
- Introduce a sloped surface when playing the game
- Introduce a rule where the player must return the cone after a certain number of attempts
- Alternate the direction of each cone

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure

## Equipment needed

### Orange Safety Cones

SAFETY



### 2 x Blue cones



### 2 x Green cones



### 2 x Yellow cones



### 2 x Orange cones



### 2 x White cones

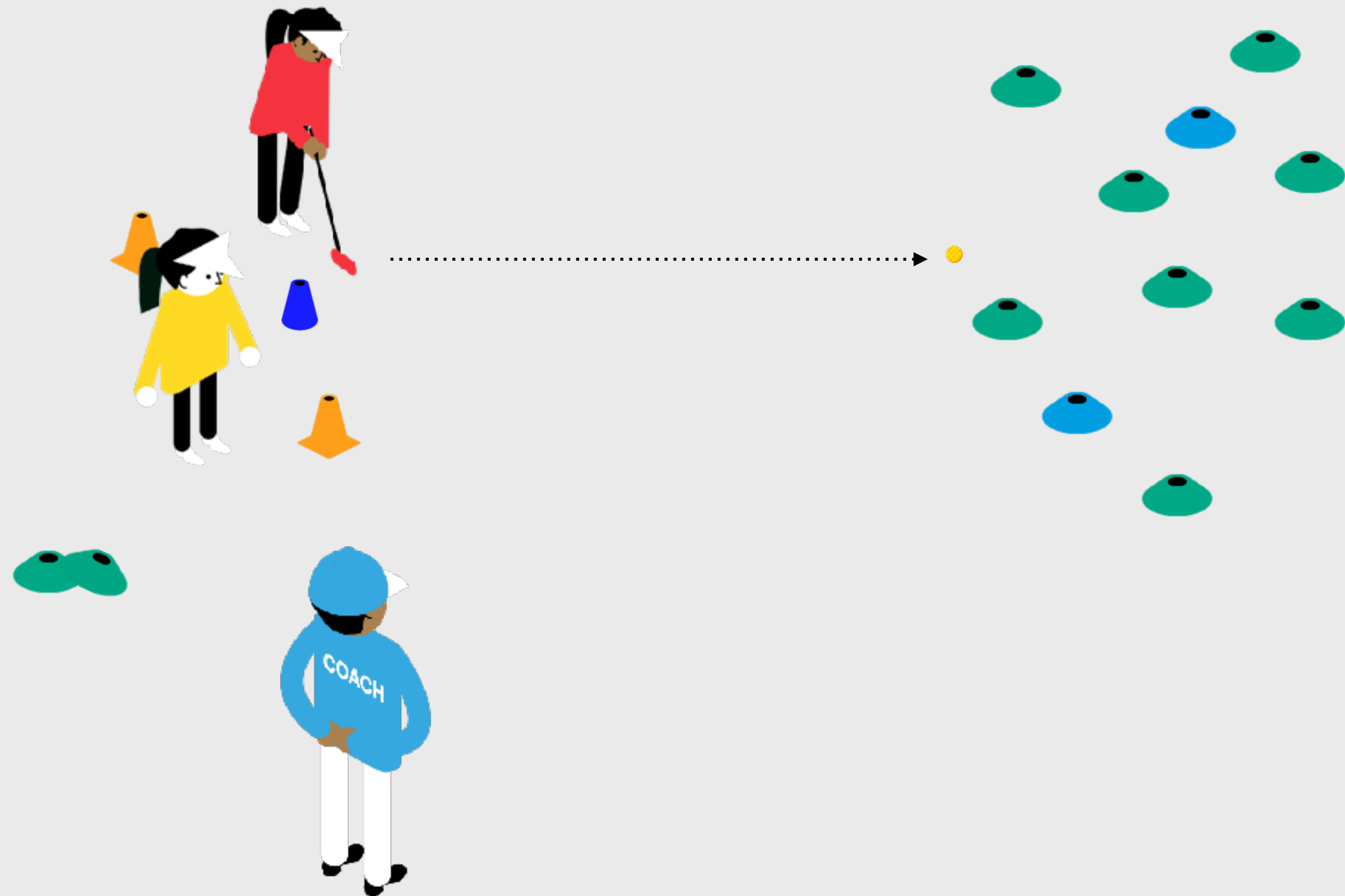


### 2 x Starting Cones



CRUSH  
IT!  
JUNIOR GOLF

# Finders Keepers



## 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

## Learning Outcomes

- This game is great for improving accuracy of putts
- Children have to think which cones to aim for, strategic thinking is improved as they navigate the cones that are of a different color

## Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



1 x String



4 x Tees



10 x Cones in one color

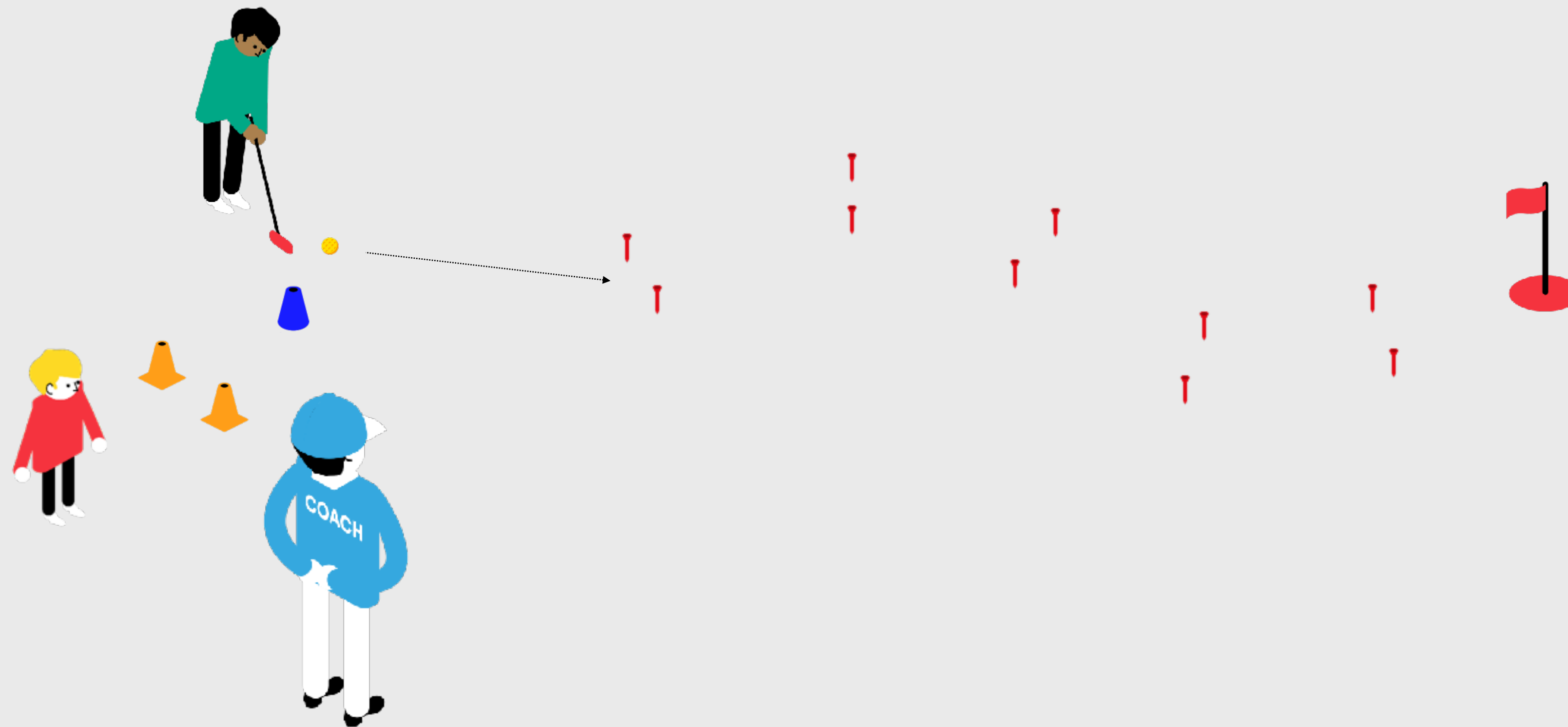


2 x Cones in another color





# Through the Gates



## 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

## Progression Ideas

- 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

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore green reading skills and understanding the impact of slopes on the roll of the ball

## Equipment needed

### Orange Safety Cones



### Tee Pegs



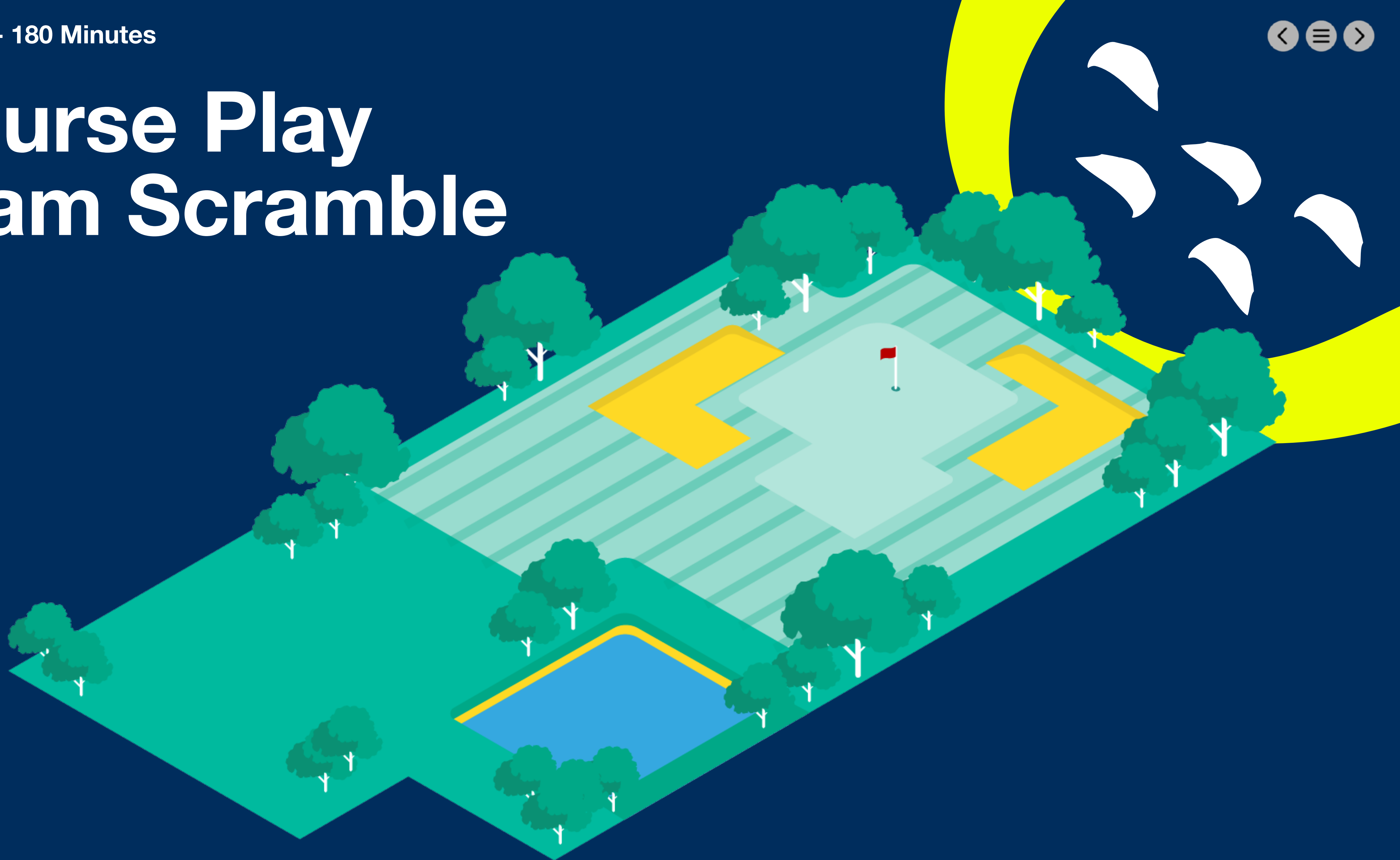
### 2 Colour Cones or Markers



### 2 x Cones to mark the starting point



# Course Play Team Scramble



# Course Play - Equipment you need

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

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Orange Safety Cone



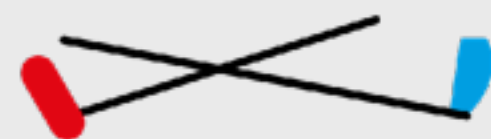
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1 x Cone to mark the starting position for each shot



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Spare equipment that may be required for the group attendees.

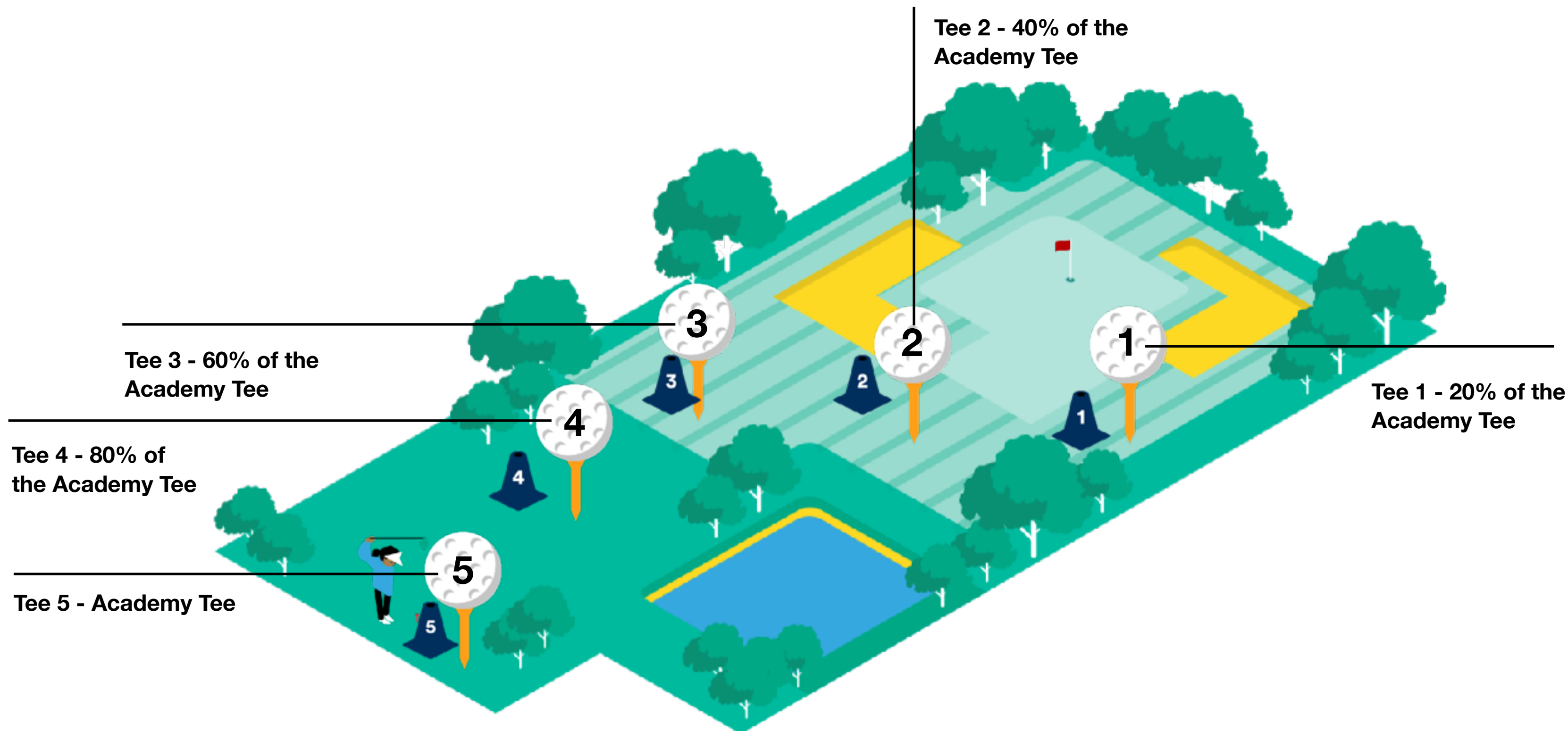


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1 x Golf ball per player



# Team Scramble



## About

The course play team scramble has been designed to provide a taste for how fun it is to play on the course. Use the graphic opposite to understand where your groups should play from, and the guidance below to manage your groups on the course:

## How to Play

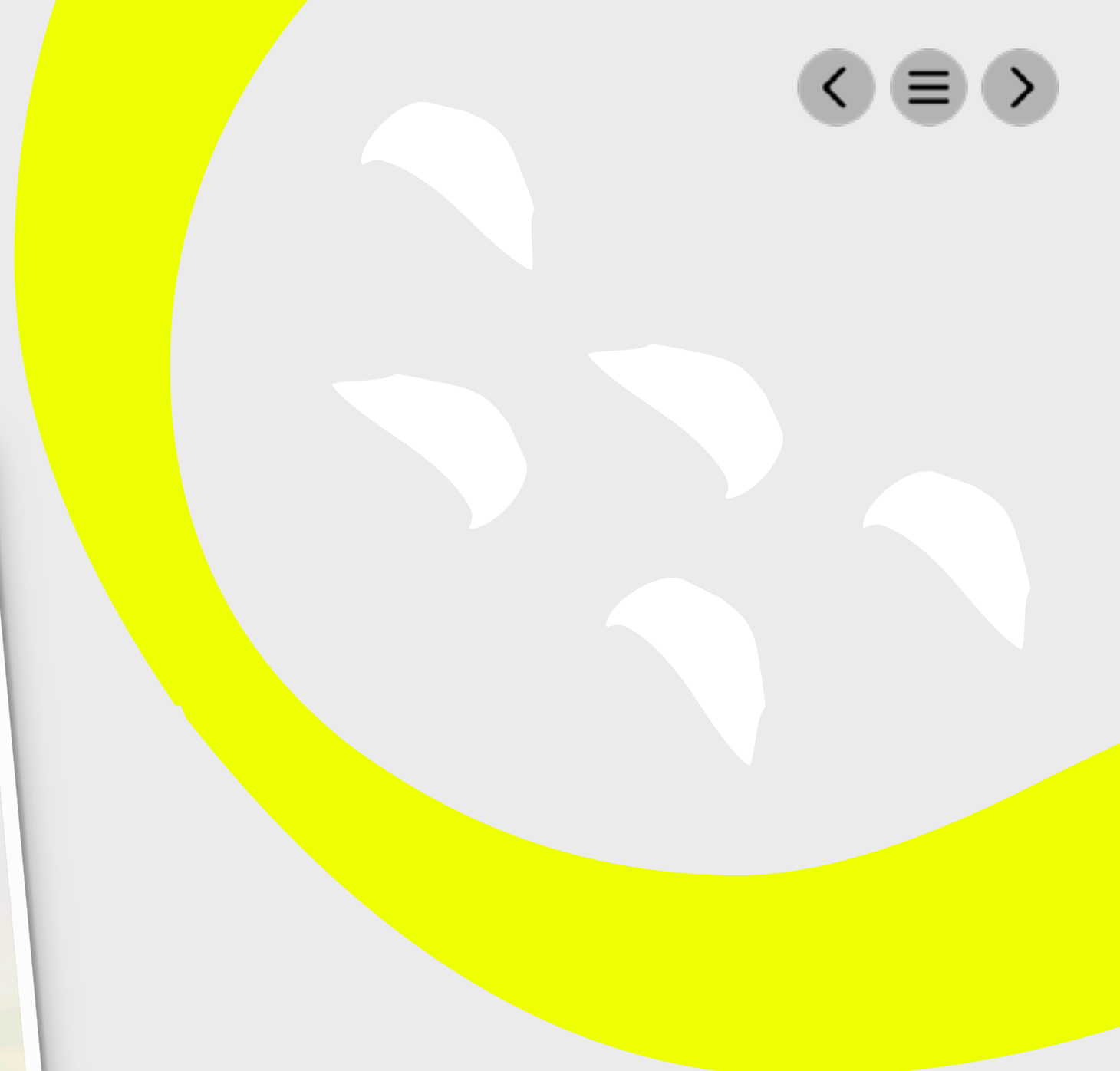
- Based on the skill level of the group play from either Tee 1 or Tee 2.
- The format will be a scramble
- Use your cones to mark out where to play from and where the children need to stand to be safe
- Each player in the group takes a shot, let the group decide which ball to play from next
- Let everyone play again and continue until the hole is finished

## Progression Ideas

- Start further away on each hole
- Allocate one of the older children as a team captain and give responsibility for making sure everyone stays safe
- Play in two teams of four children
- Introduce a time limit on the hole, for example 15 minutes to complete the hole



# Awards Ceremony



# Awards Ceremony and Promotional Activity

At the end of the Fun Day leave enough time to present the children with some small awards based on the group's performance on the course and the Whole Child theme for the day. Be sure to engage parents when explaining why the awards are being given out.

Highlight that one of the keys to the success of the program is the ability for juniors to play on the course no matter what their level of experience, or ability.

Be sure to communicate the passion you have in creating golfers for life, meaning their children will learn to enjoy playing golf with friends and family.



## 1. Regular Communication

We will communicate regularly to inform parents of upcoming events.



## 2. Social Engagement

All program classes, events and life at the club promote fantastic social engagement for their child and the whole family.



## 3. Structured Pathway

Highlight the structure of the program and how this helps to support their child's learning.



### For more information

For those parents who would like to know more before they commit to the junior 'Crush It' program you need to be able to provide them with the relevant resources to take away and review.

These documents are available on the Training Hub for you to download and either email or print out and give to parents:

- Junior Monthly Flyer
- Junior Camps Flyer