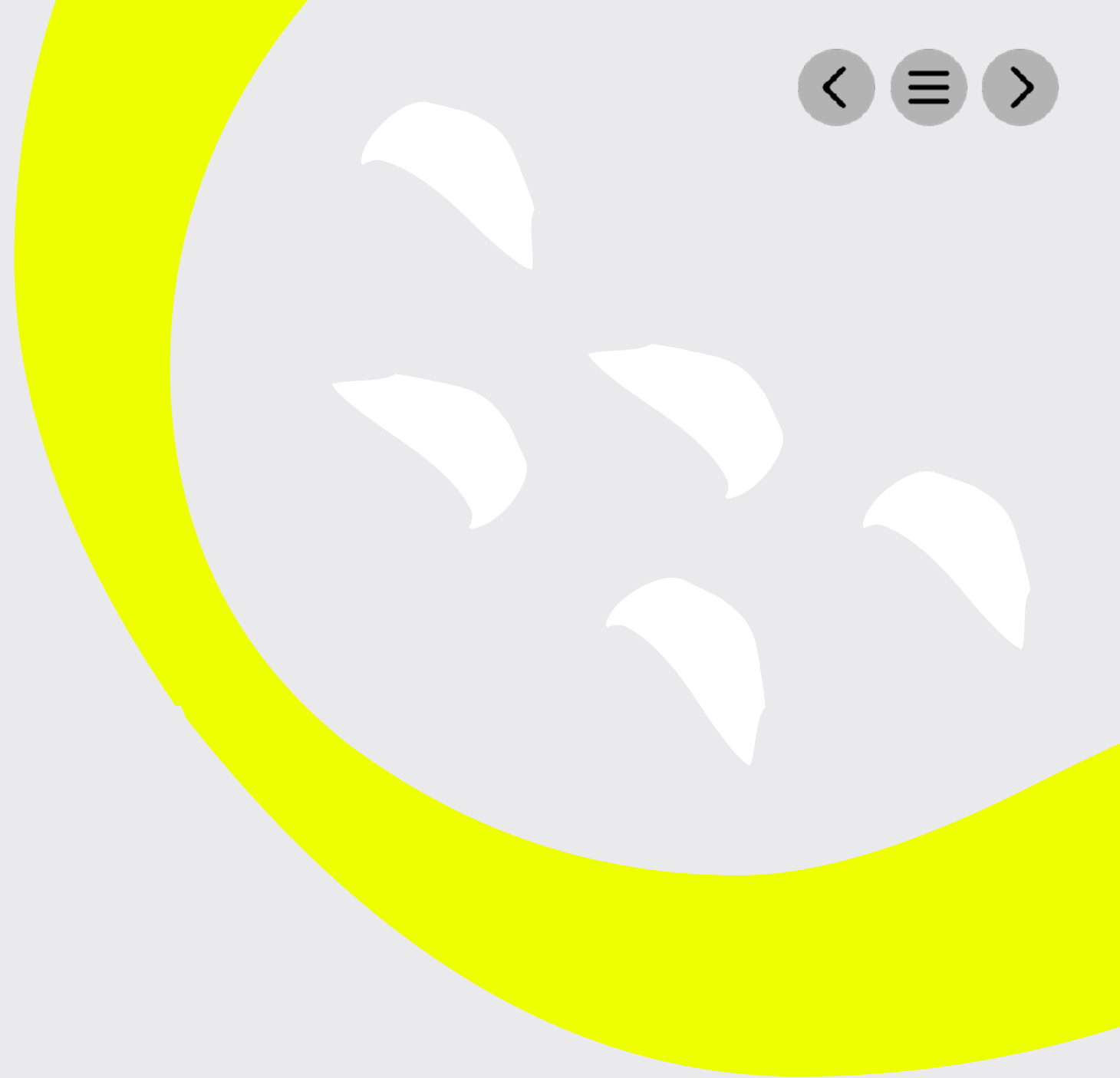


Swing Week 1



Class Timetable - Week 1

Session Length:
60mins

Group Size:
1:8

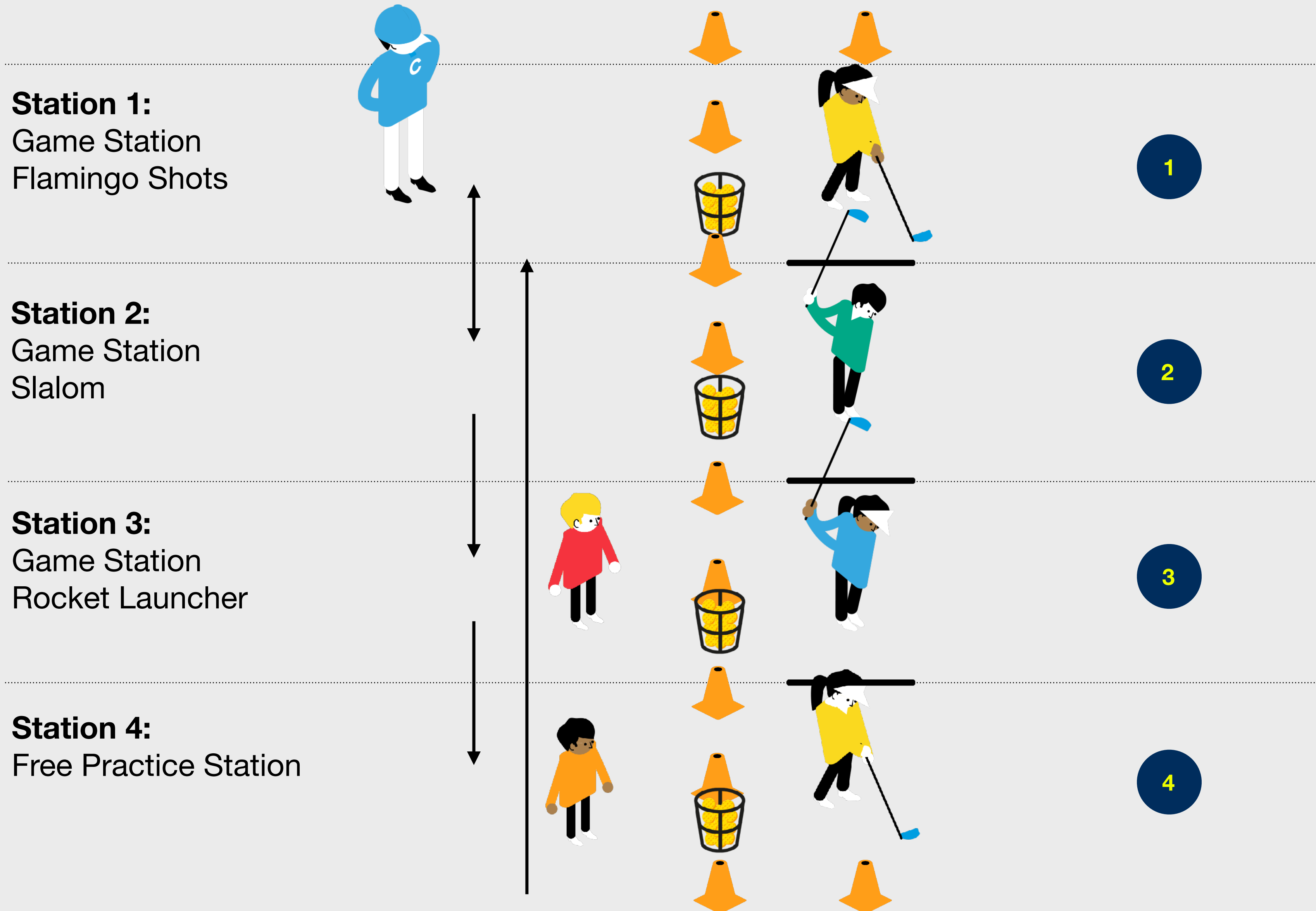
Mastering the Game Focus:
Swing:
Irons

Whole Child Focus
Cognitive:
Beginners Mindset

Learning the Game Focus:
Rules and Etiquette:
Introducing Yourself

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Relay Race, In and Outs
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Introduce to the group the Learning the Game focus of the class 	<ul style="list-style-type: none"> Introducing Yourself
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> Introduce to the group the Whole Child focus of the class 	<ul style="list-style-type: none"> Beginners Mindset
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games Deliver one to one and group coaching on the Mastering the Game learning outcomes Children rotate around the stations Opportunity for free practice if appropriate 	<ul style="list-style-type: none"> Slalom Rocket Launcher Flamingo Shots
5 Mins	myAcademy Folder Track and Reward	<ul style="list-style-type: none"> Recap Mastering the Game and Learning the Game Focus from the session to check for understanding Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

Class Layout and Setup



Relay Race In and Outs



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child races to the end cone, weaving in and out of the cones, runs around the end cone and back tagging the next player
- The team that wins is the team that gets all players home first

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

Equipment Needed

Orange Safety Cones

SAFETY



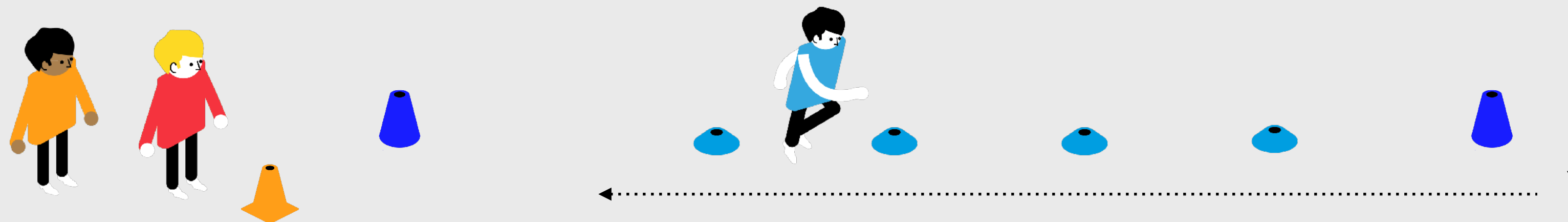
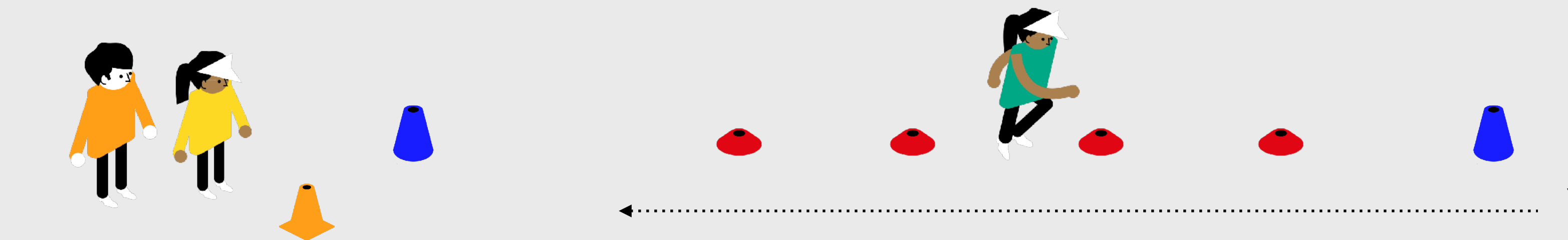
4 x Cones



4 x Red coloured cones



4 x Blue coloured cones



CRUSH
IT!
JUNIOR GOLF



Cognitive Beginners Mindset

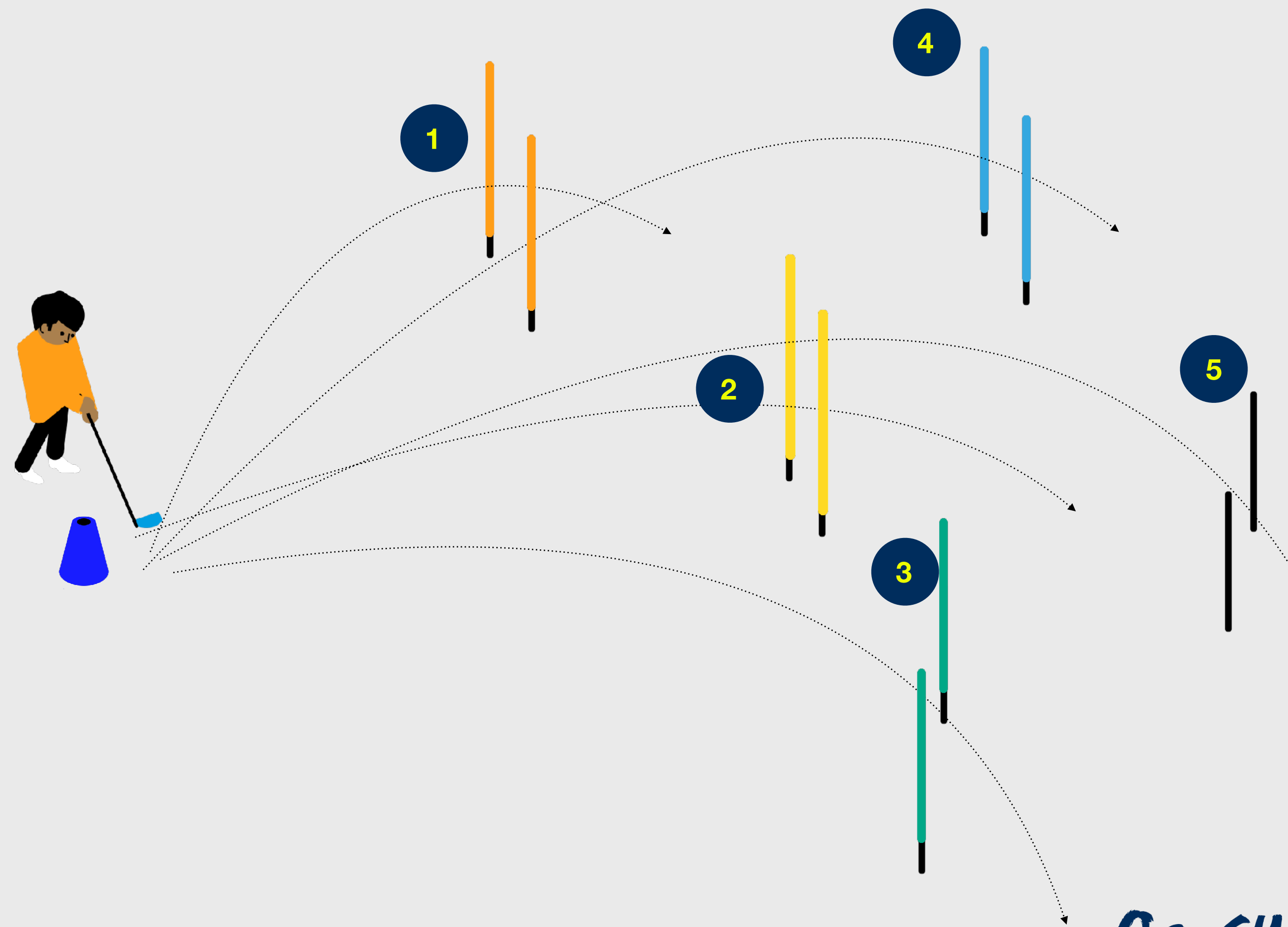
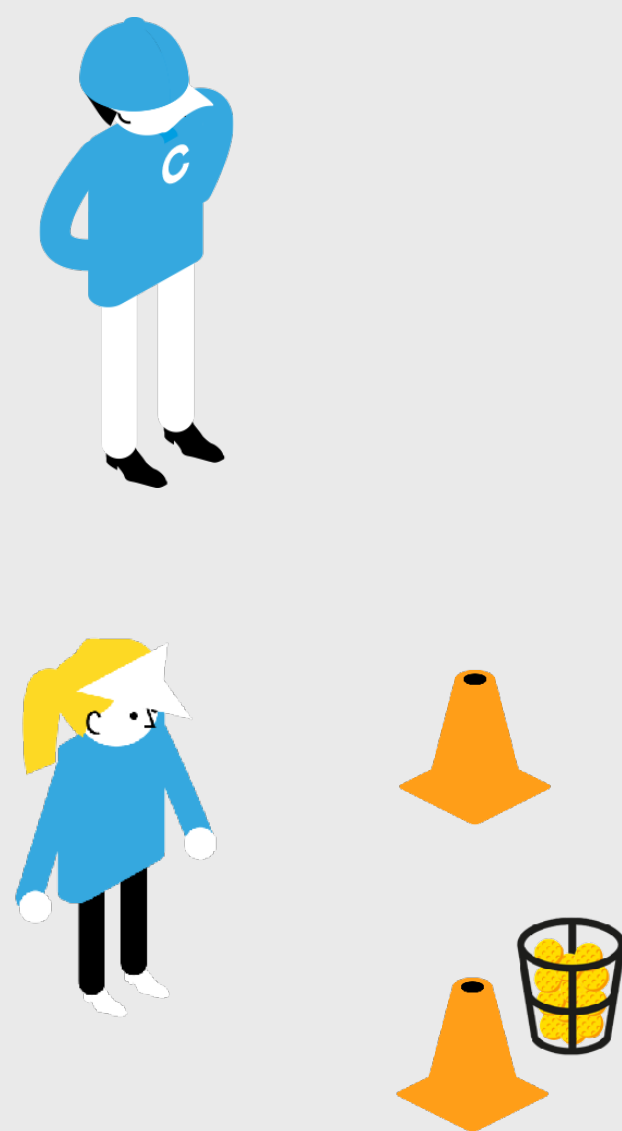
- The Whole Child theme this week is to learn to have a beginners mindset when approaching the games and challenges.
- Carry this theme into the class by allowing children to retake a shot if they make a mistake because mistakes are how you learn.



Rules and Etiquette Introducing Yourself

- The Learning the Game focus this week is to learn how to introduce yourself confidently and respectfully to your playing partners and members at the club.
- You should highlight to the children how important it is to introduce yourself well, with confidence and respect.

Slalom



How to Play

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order
- When a child hits the ball through the gate they move to the next gate
- The children take it in turns to hit their shots
- The winner is the child who gets their ball through the final gate first

Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets at each gate
- Change the width of the target gates
- Introduce a rule whereby the child has a certain number of attempts before moving back a gate or back to the start

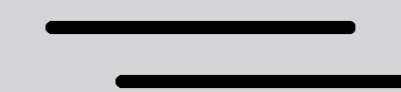
Equipment needed

4 x Orange Safety Cones

SAFETY



10 x Alignment Sticks

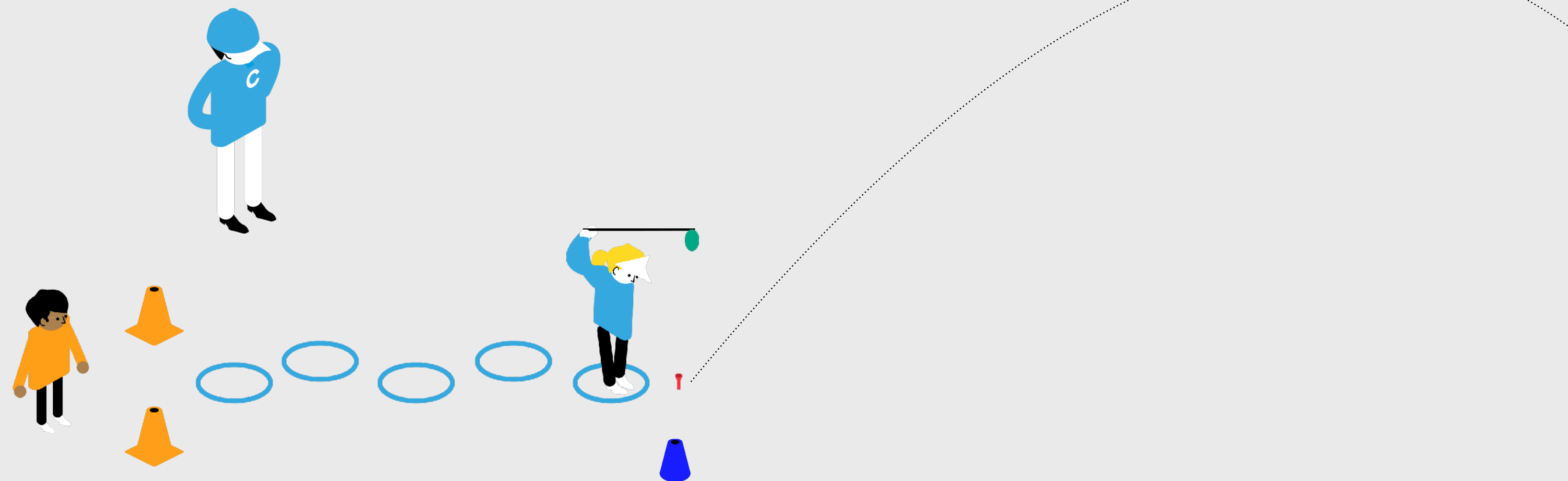


10 x Foam Noodles



CRUSH
IT!
JUNIOR GOLF

Rocket Launcher



How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1...”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

Equipment needed

4 x Orange Safety Cones

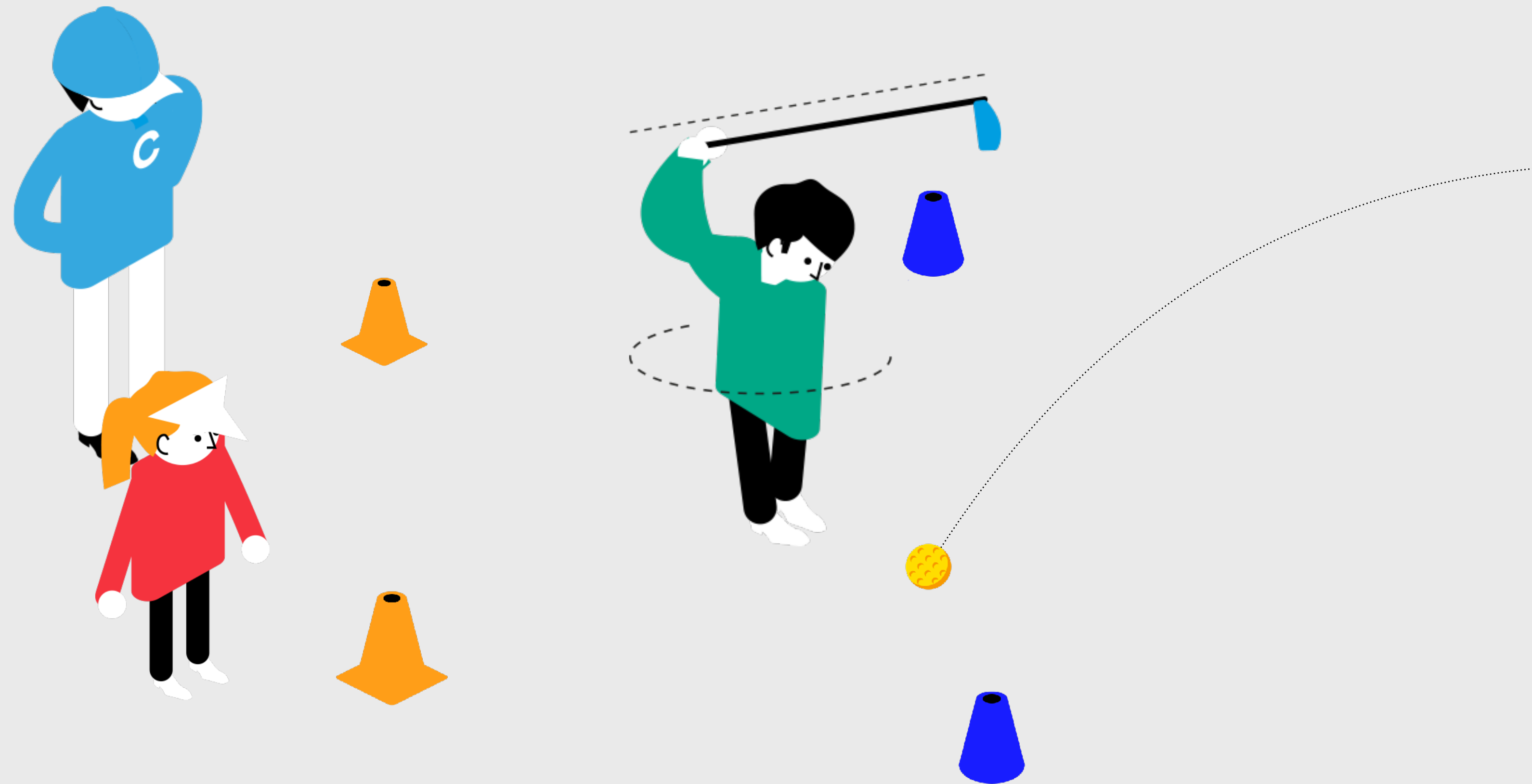
SAFETY



Hoops



Flamingo Shots



How to Play

- The children take it in turns to hit shots, whilst keeping their balance
- The challenge is for children to make good contact with the golf ball whilst standing on one foot like a flamingo
- The children should try one shot on each leg, and if they struggle they should try with their feet together

Progression Ideas

- Further difficulty can be added by standing on a noodle
- If the children find the challenge easy then add in direction and distance targets
- Allocate points for hitting certain targets

Learning Outcomes

- Learn to control strike from challenging situations
- Improve balance and coordination by making the initial challenge more difficult

Equipment needed

Orange Safety Cones



2 x Cones



Golf Balls



Spare equipment that may be required for the group attendees.



1 x Foam Noodle

