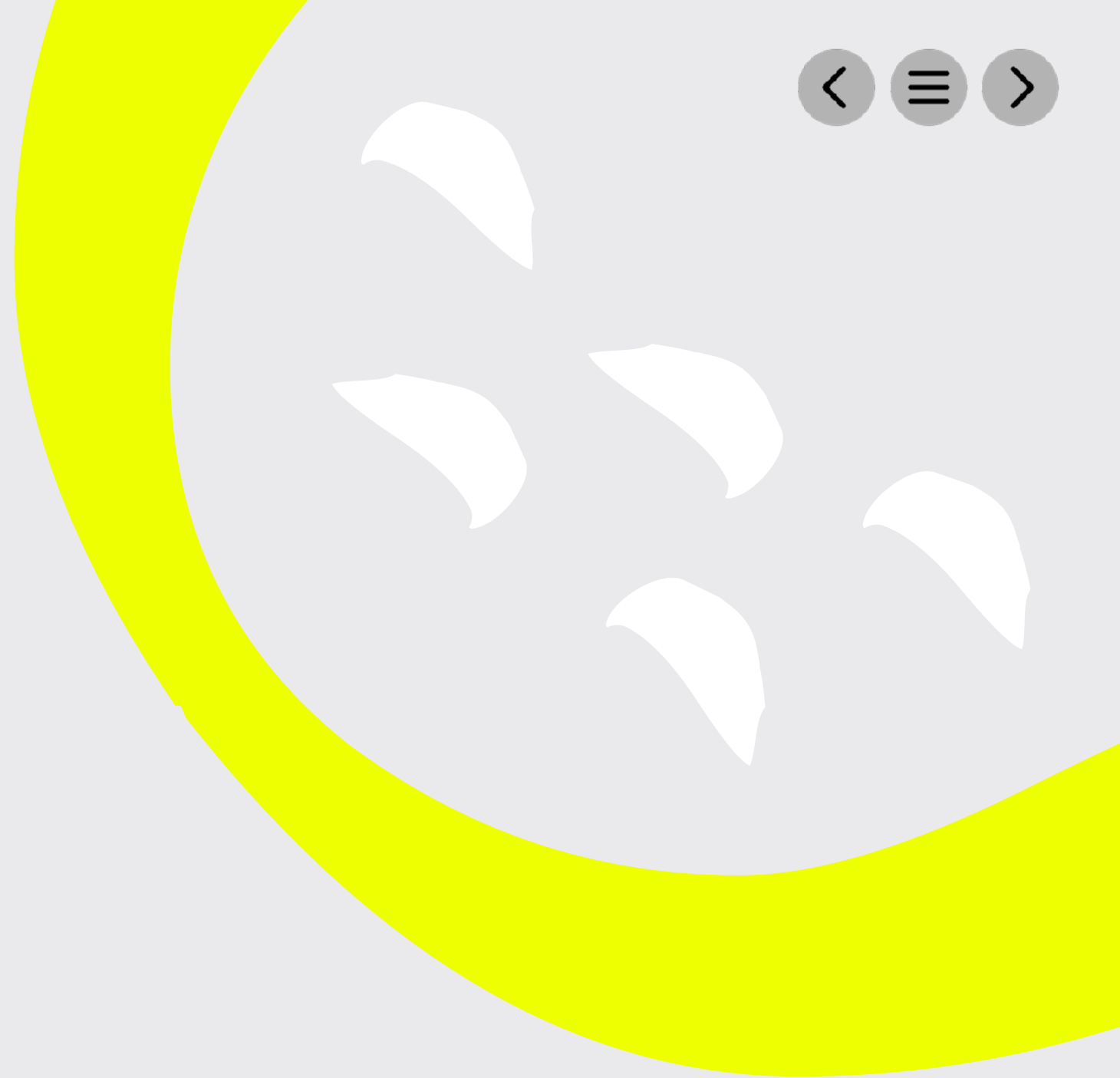


Swing Week 1



Contents

- 3 **Class Timetable**
- 5 **Class Setup and Layout**
- 8 **Physical Literacy Warm Up**
- 11 **The Whole Child Focus**
- 13 **Learning the Game Focus**
- 15 **Mastering the Game Cards**
- 18 **Mastering the Game Challenges**



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 group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams & demonstrate warm up game Play 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 Bag Introduce the Iron & components of the club 	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions & class layout Introduce games, tasks & challenges Deliver one to one & group coaching on the Mastering the Game learning outcomes Children can attempt the Iron Challenge Children rotate around the stations 	Coming Soon
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 understanding Distribute Learning the Game Resource if appropriate Children can complete myProgress Wheel and add stickers where appropriate Add any lesson notes to the child's myProgress section Award the Achiever Reward to a student in front of the parents and the group Award any Pins & Hats 	<ul style="list-style-type: none"> The Iron Challenge Tug of War Stepping Stones

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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

Mastering the Game Challenge:
Iron Challenge

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 and challenge Deliver one to one and group coaching on the Mastering the Game learning outcomes Children can attempt the Challenge in pairs Children rotate around the stations Opportunity for free practice 	<ul style="list-style-type: none"> Slalom Rocket Launcher The Iron Challenge
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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 The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app Present the Achiever Award to a student in front of the parents and the group Award any Pins and Hats that may have been achieved 	<ul style="list-style-type: none"> myAcademy Folders GLF. Connect myGame+

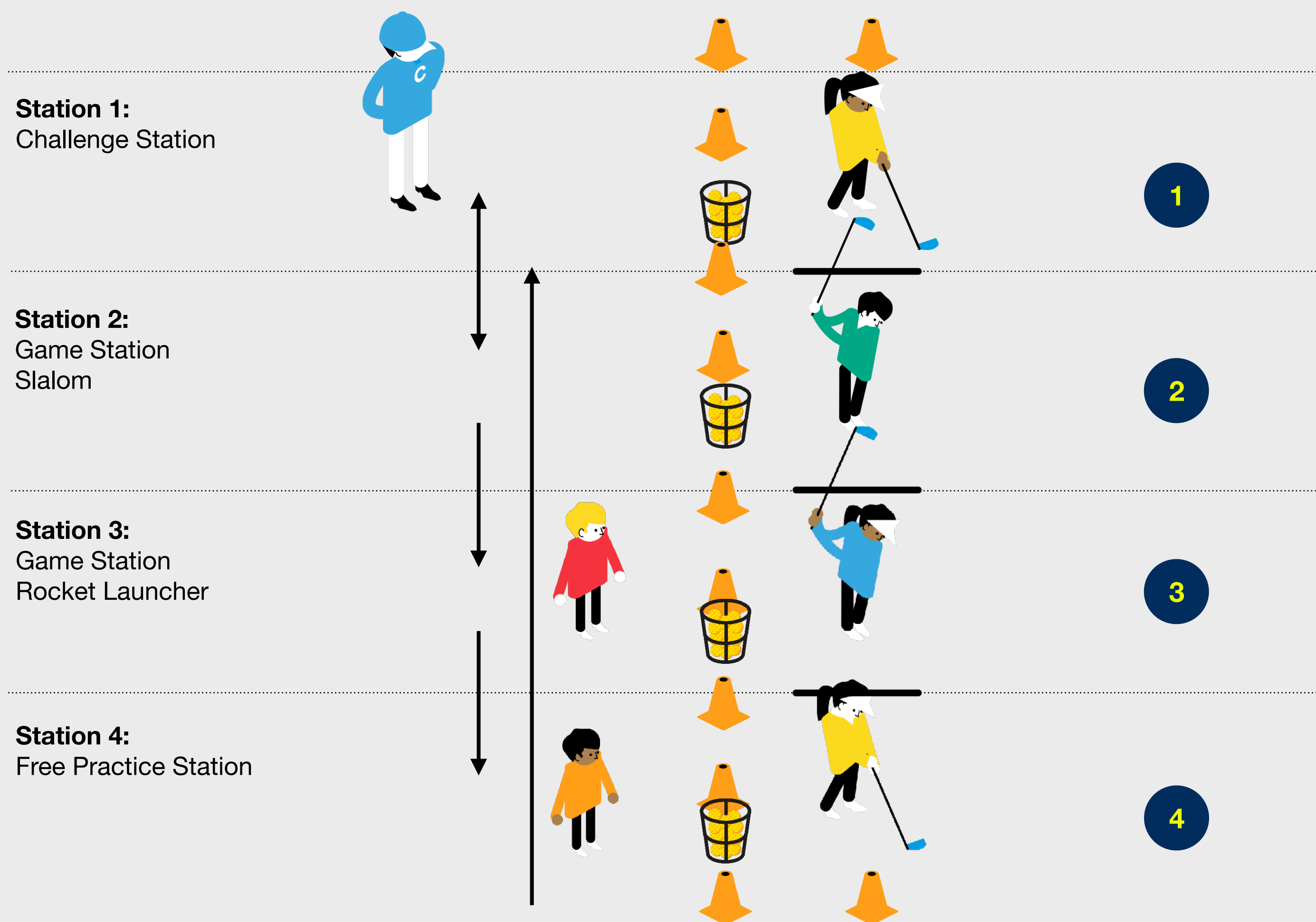
Layout and Setup



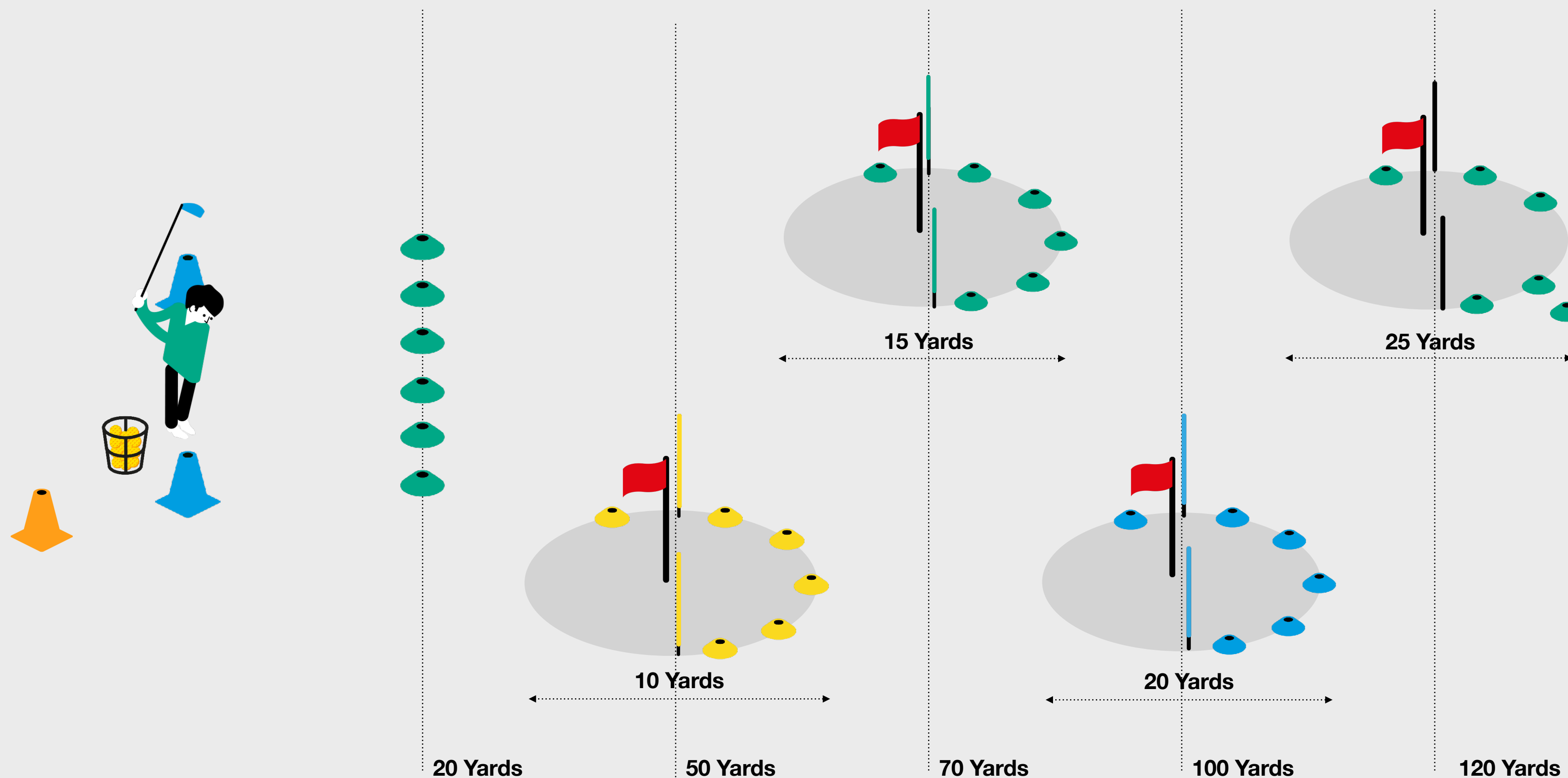
Class Layout and Setup

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 **Challenge Station**. This is where the child, under the supervision of the coach, can attempt the Mastering the Game Challenge to achieve their Achiever Sticker, virtual reward on GLF. Connect and work towards their pins and hats
- Stations 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, away from any form of game or competitive play. Those in the Practice Station rotate with their partner in the Challenge Station. You may decide the layout a technical drill if appropriate for the child
- Children should play in pairs, with stations 1 and 2 being a pair, another pair at station 3 and the last pair at station 4
- Children should rotate around the stations, with each pair spending approximately **8 minutes** to spend at each station. Each child should get an opportunity at each station during 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 juniors where they are required to stand when not hitting from the hitting station
 - Dividers should be used to identify the hitting stations
 - Baskets should be placed to the side of the golfers and behind the hitting area
 - Juniors should never go in front of the hitting stations to collect a golf ball or golf club
 - Juniors should always exit the hitting stations from the rear by crossing the orange safety cones



Irons Challenge Setup



Equipment Needed

- Orange safety cones for a safety line
- Cones to mark out the necessary hitting stations
- Cones to mark the target zones if foam noodles aren't available
- Alignment Sticks
- Flag (if available)
- Foam Noodles

Setting out the Challenge

- Foam Noodles placed onto the alignment sticks should be used to mark the perimeter of the target zones either side of the flag
- Alignment sticks should be used to mark the target when a flag isn't possible
- Green Cones should be used to mark the target lines for the level 2 challenge
- Set out all the markers to enable every child to attempt their challenges in the class

**CRUSH
IT!**
JUNIOR GOLF

Physical Literacy Warm Up Game



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



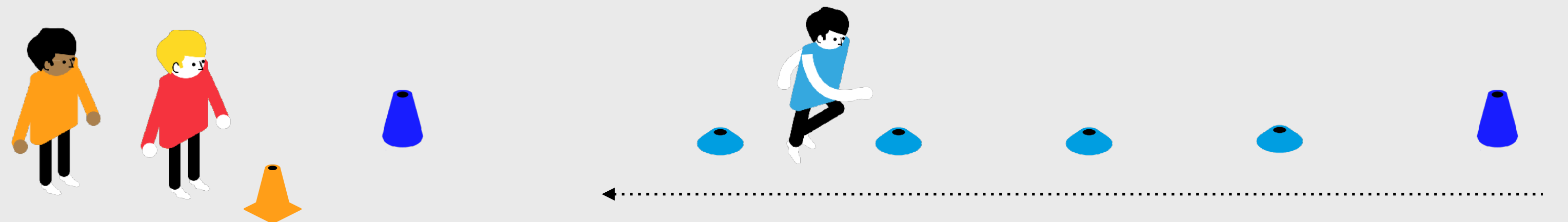
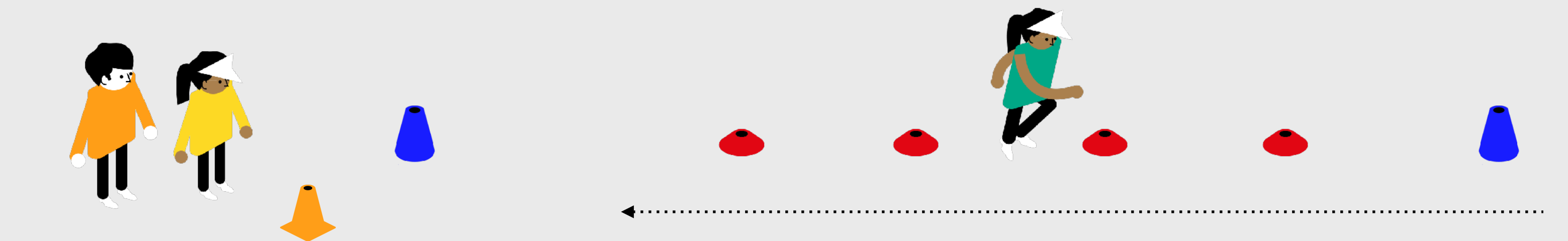
4 x Cones



4 x Red coloured cones



4 x Blue coloured cones



CRUSH
IT!
JUNIOR GOLF

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

The Whole Child



Cognitive

Beginners Mindset

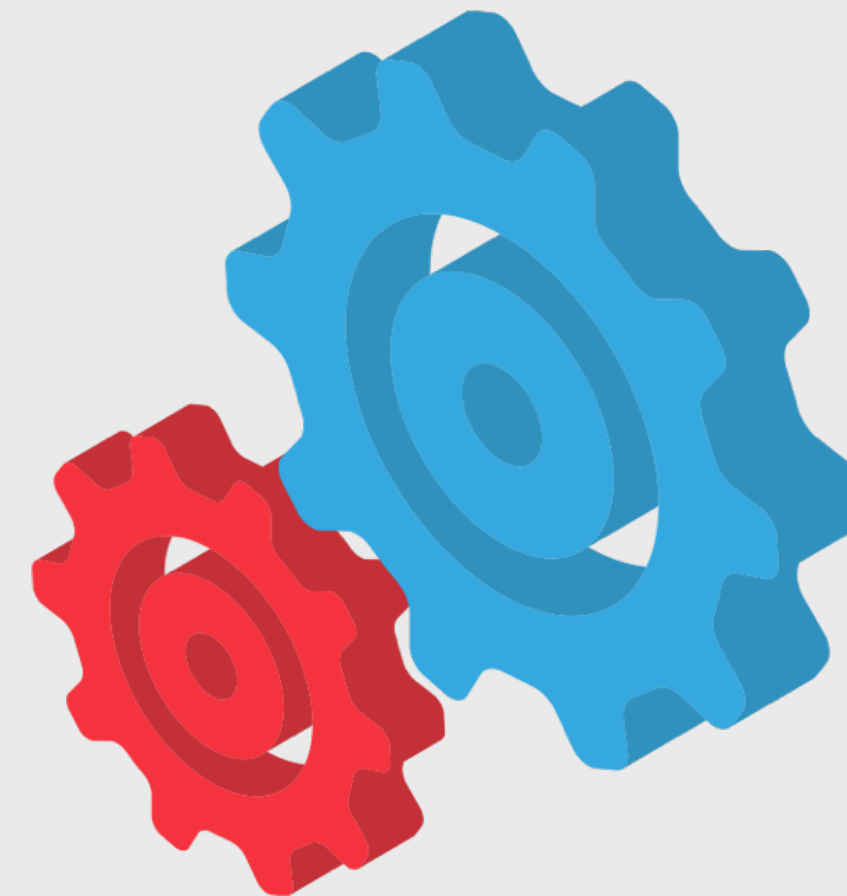
The Whole Child theme this week is to learn to have a beginners mindset when approaching the games and challenges.

Carry this theme into the class by allowing children to retake a shot if they make a mistake because mistakes are how you learn.

It should be highlighted that the Achiever Award is presented to the child that displays an attitude of openness, eagerness to learn and lack of preconceptions.

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

An Achievement Sticker can be added to the myAcademy Folder if applicable to your program.



**CRUSH
IT!** 
JUNIOR GOLF



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



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.

Make sure children understand that first impressions are really important, and by making a good first impression you will start to build a great friendship with that person.

Outline to the children that it is common in golf for players to shake hands prior to play on the 1st tee and then at the end of the round.

Carry this theme throughout the class and reward any behaviours with an achievement sticker.



Questions to Ask

- What is the best way to introduce yourself to someone new?
- Where should you be looking when you introduce yourself to your playing partner?
- Do you think it's better to be confident or timid when introducing yourself for the first time?



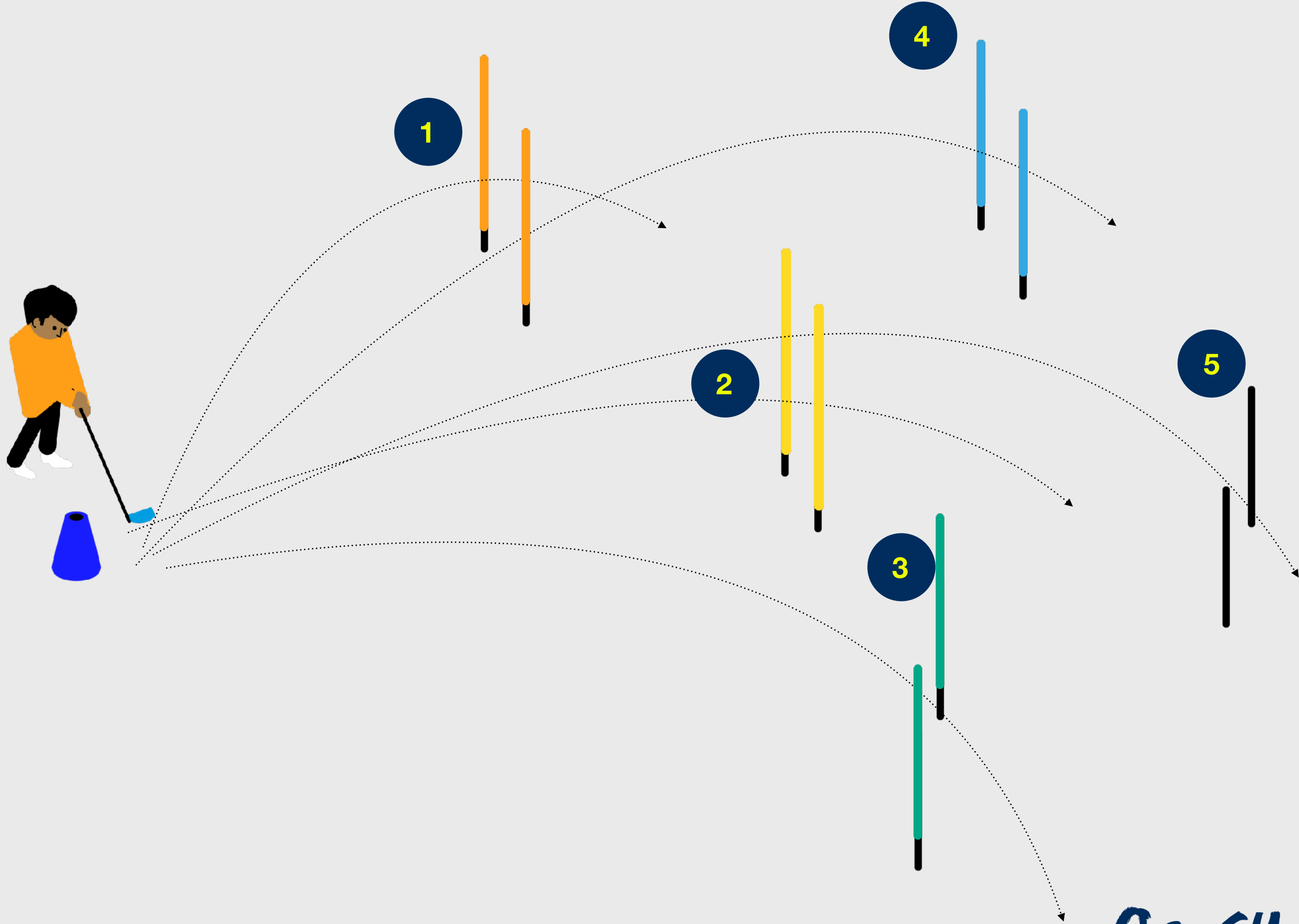
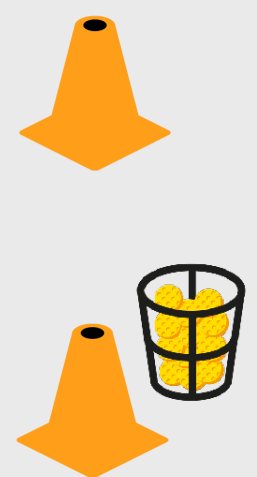
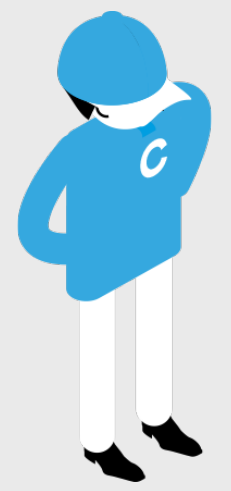
**CRUSH
IT!** 
JUNIOR GOLF

Mastering the Game Cards





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



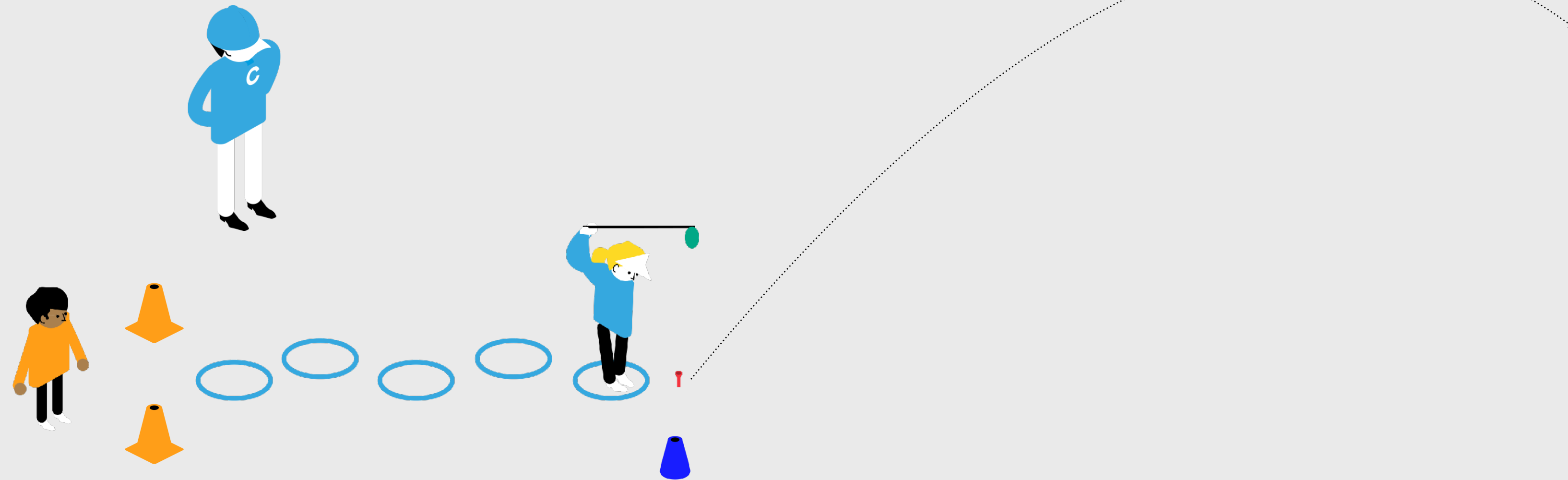
10 x Alignment Sticks



10 x Foam Noodles



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

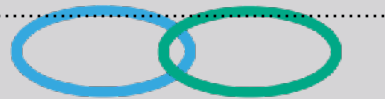
- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

Equipment needed

4 x Orange Safety Cones

SAFETY

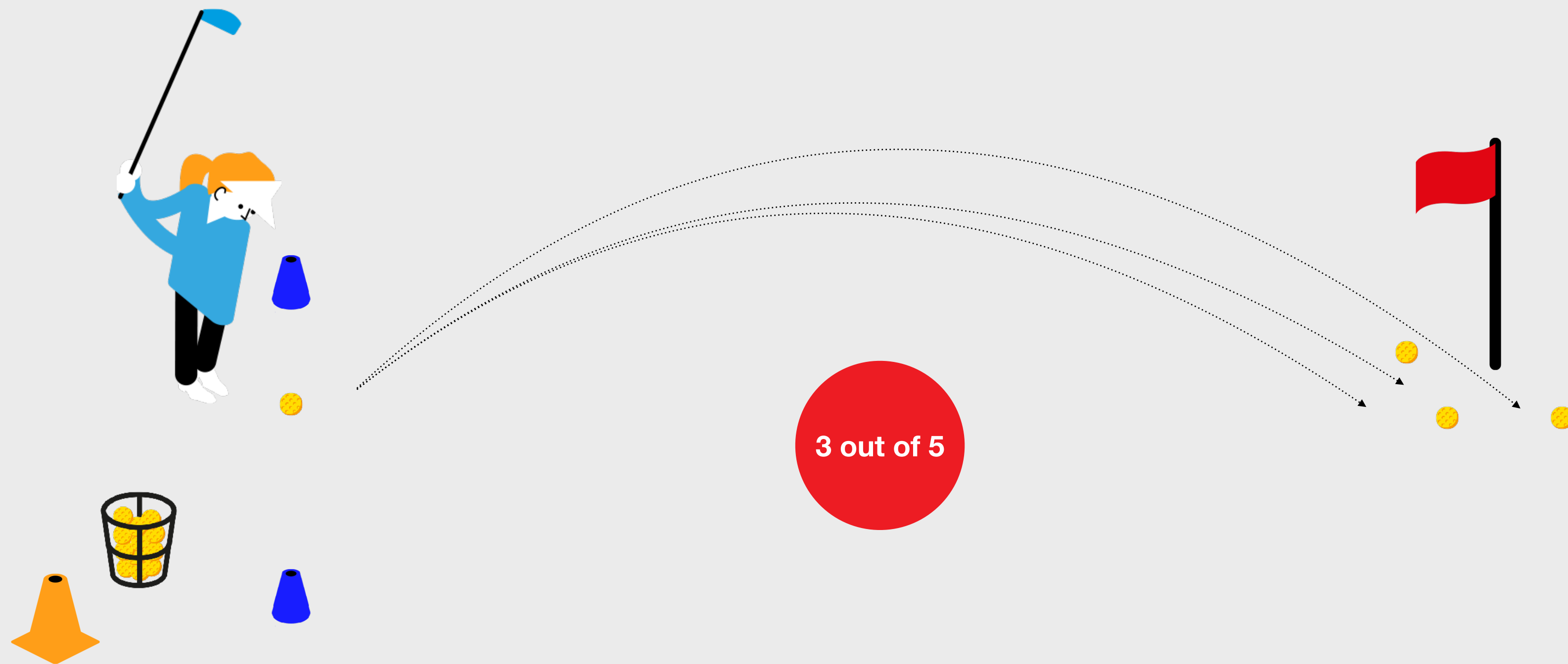
Hoops



Mastering the Game Challenge Cards



Iron Challenge



3 out of 5



The Challenge

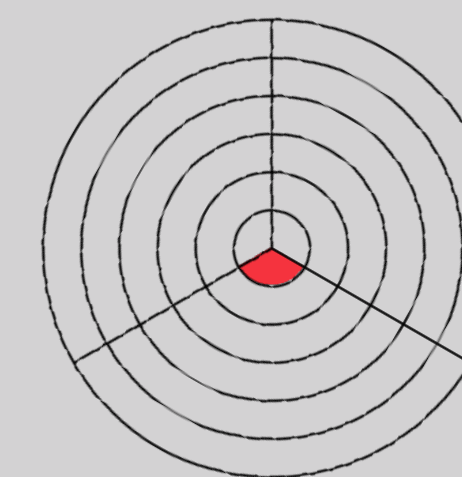
To complete the Level 1 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air.

To complete the challenge, the child doesn't need to demonstrate control over direction or distance and the challenge can be completed off a tee.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

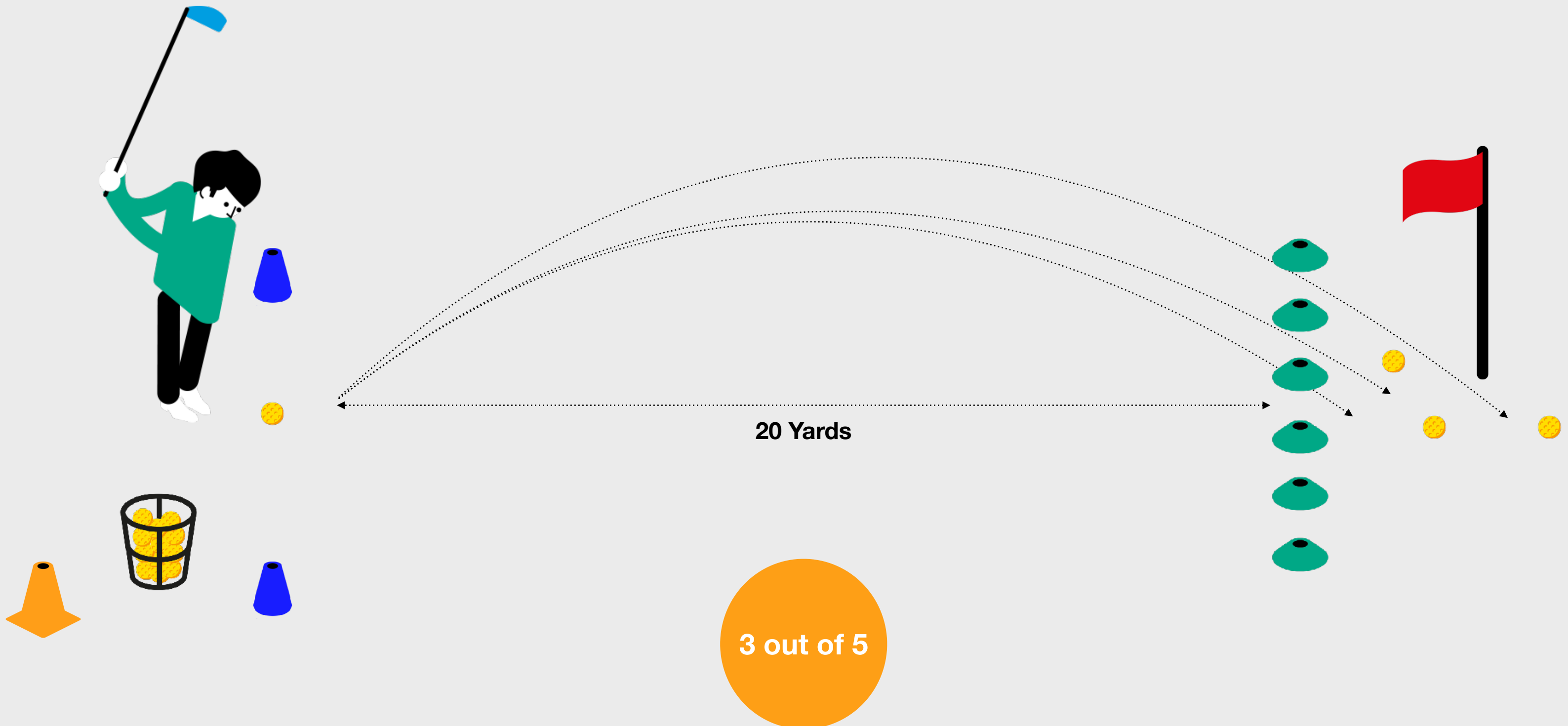
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Irons



Iron Challenge



The Challenge

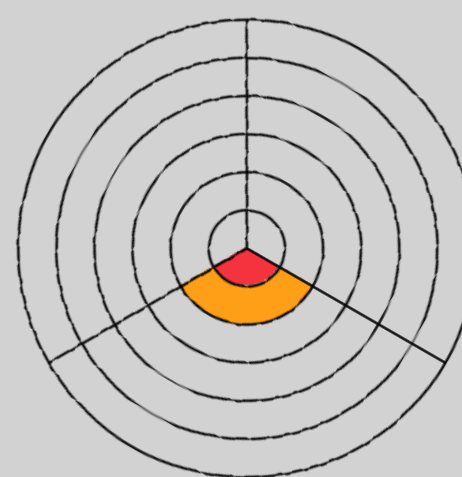
To complete the Level 2 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum carry distance of 20 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction, and the challenge can be completed off a tee.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Irons



Iron Challenge



The Challenge

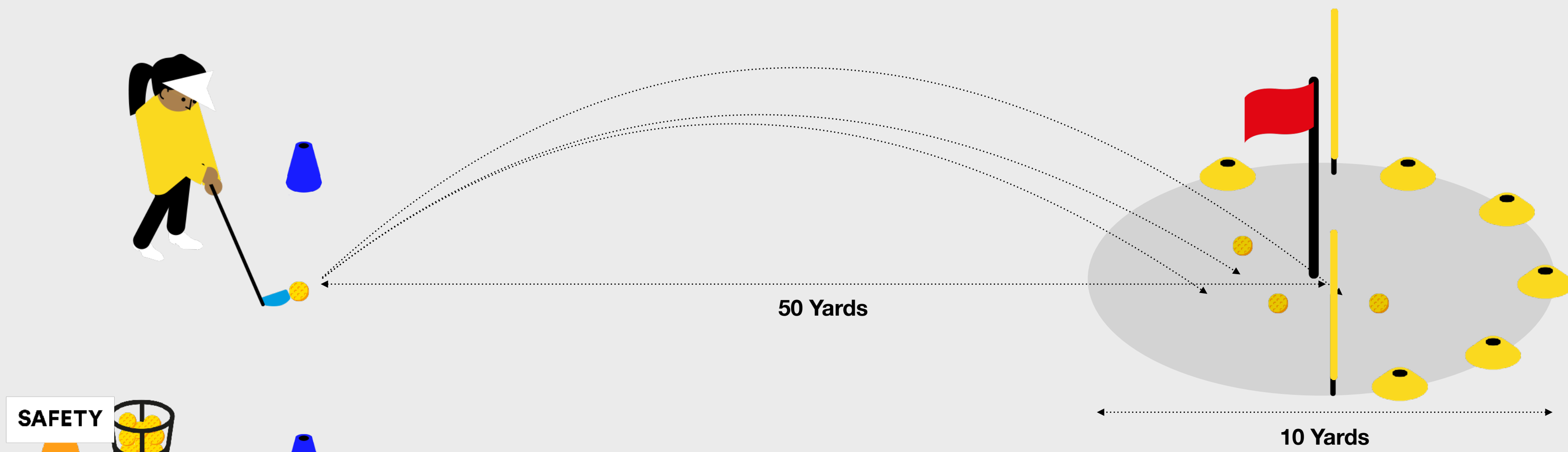
To complete the Level 3 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots where the ball must come to rest within a 10-yard diameter target circle to a target flag 50 yards away.

This challenge can be completed off a tee.

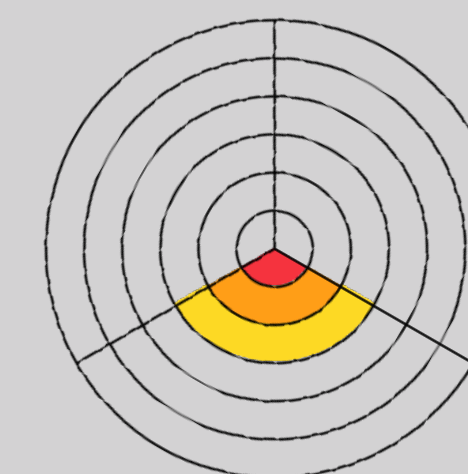
What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



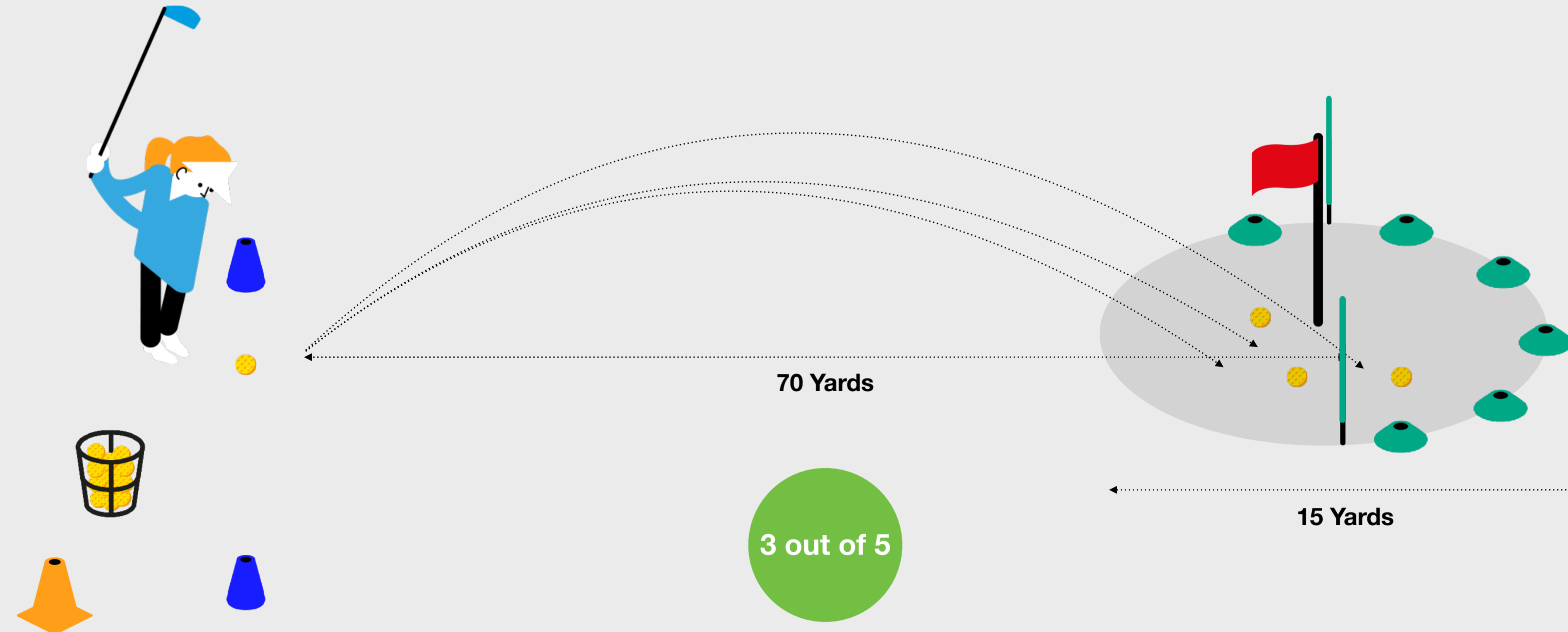
3 out of 5



Irons



Iron Challenge



The Challenge

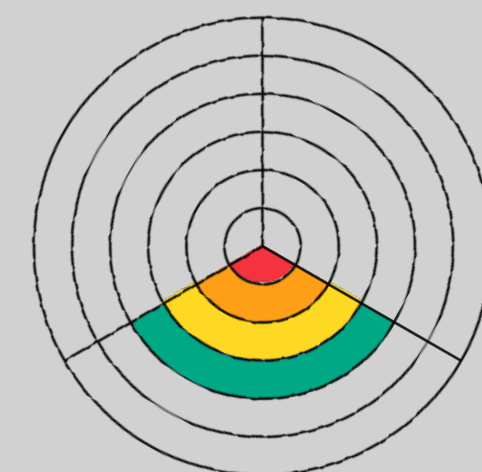
To complete the Level 4 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots where the ball must come to rest within a 15-yard diameter target circle 70 yards away.

This challenge should be completed with the ball on the ground.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Irons



Iron Challenge



The Challenge

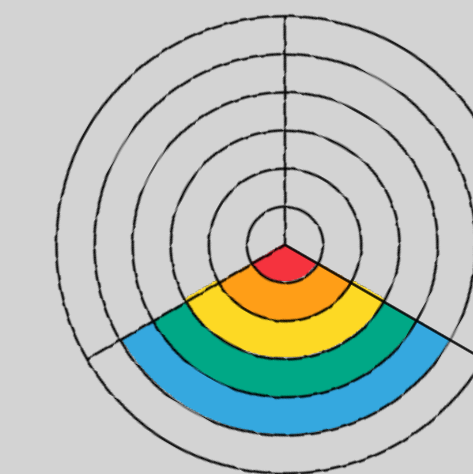
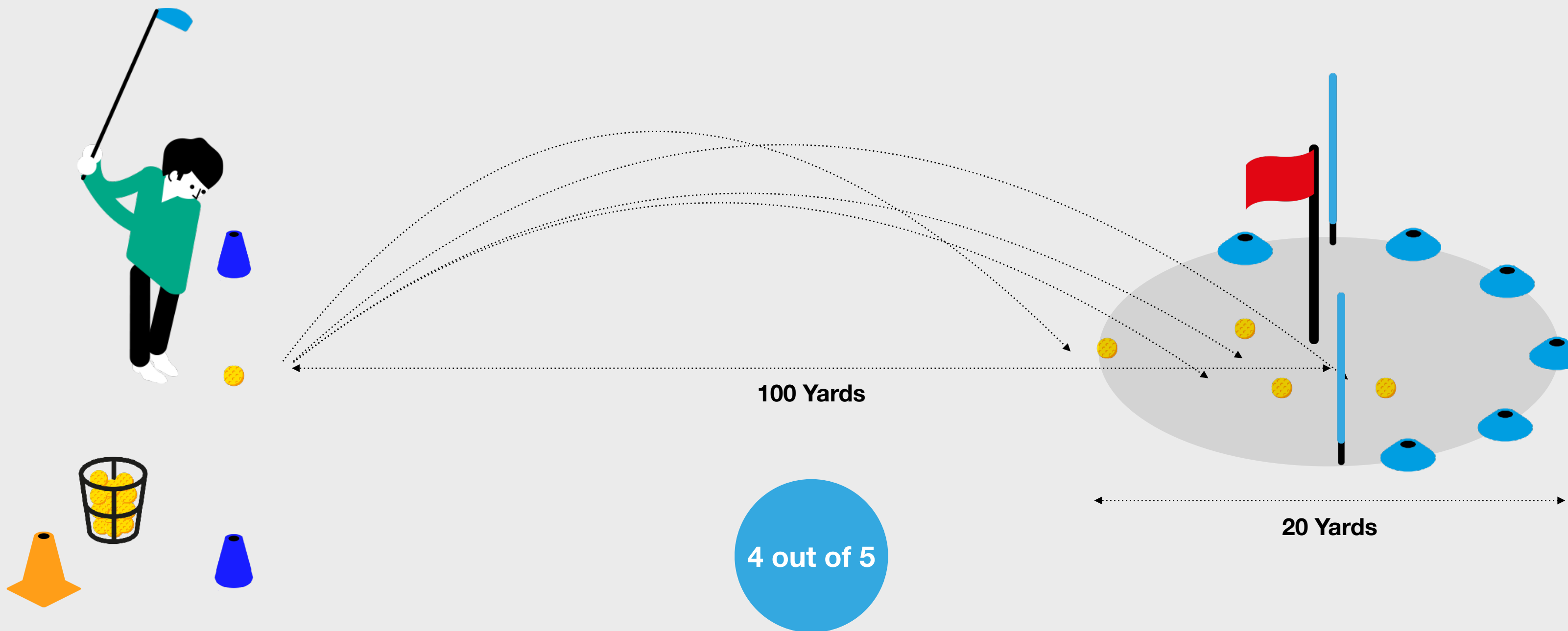
To complete the Level 5 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots where the ball must come to rest within a 20-yard diameter target circle 100 yards away.

This challenge should be completed with the ball on the ground.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

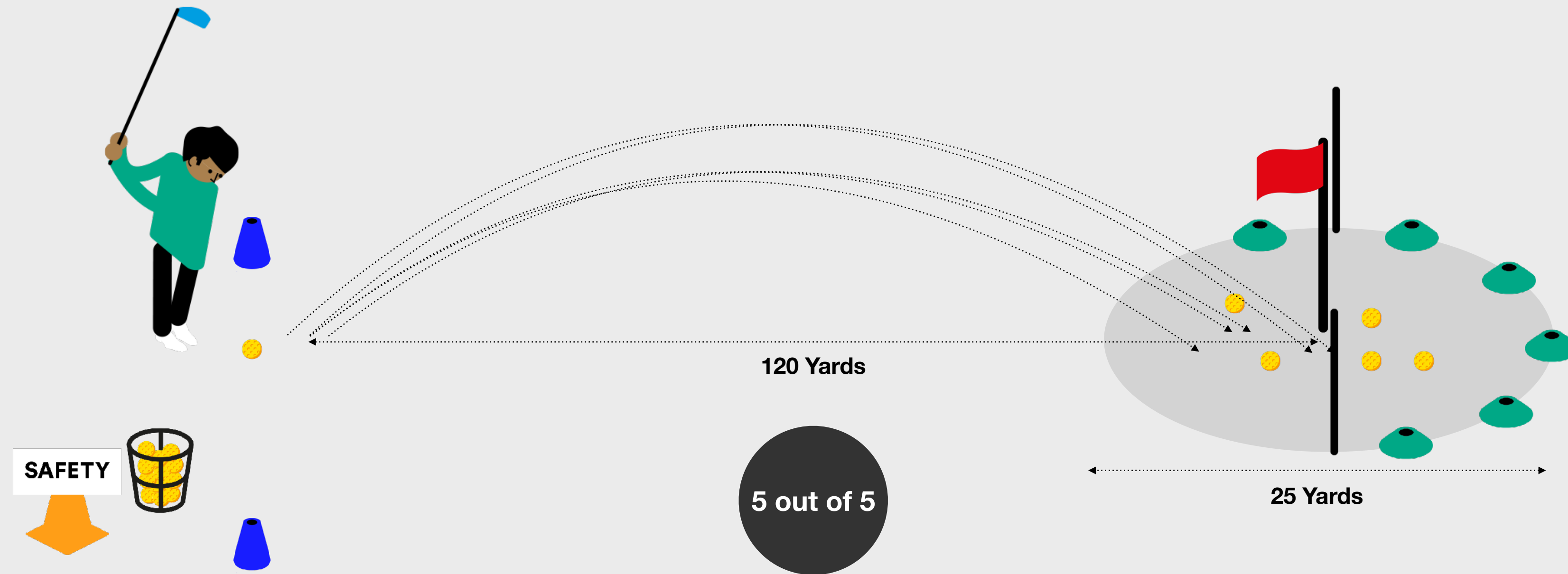
If they are also assigned to the *Crush It myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Irons



Iron Challenge



The Challenge

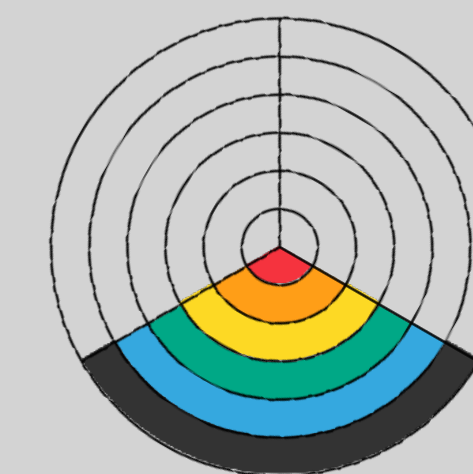
To complete the Level 5 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots where the ball must come to rest within a 20-yard diameter target circle 100 yards away.

This challenge should be completed with the ball on the ground.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Irons

