

On the Green

Week 11



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Class Timetable



Class Timetable - Week 11

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Short Putts

Whole Child Focus
Social:
Praise

Learning the Game Focus:
Orientation:
The Putter

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"> Connected
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"> The Putter
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"> Praise
35 Mins	Mastering the Game Focus	<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 on the Mastering the Game learning outcomes Children can attempt the Challenge in pairs Children rotate around the stations Opportunity for free practice if appropriate 	<ul style="list-style-type: none"> Putting Poison Putting Runway Through the Gates
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

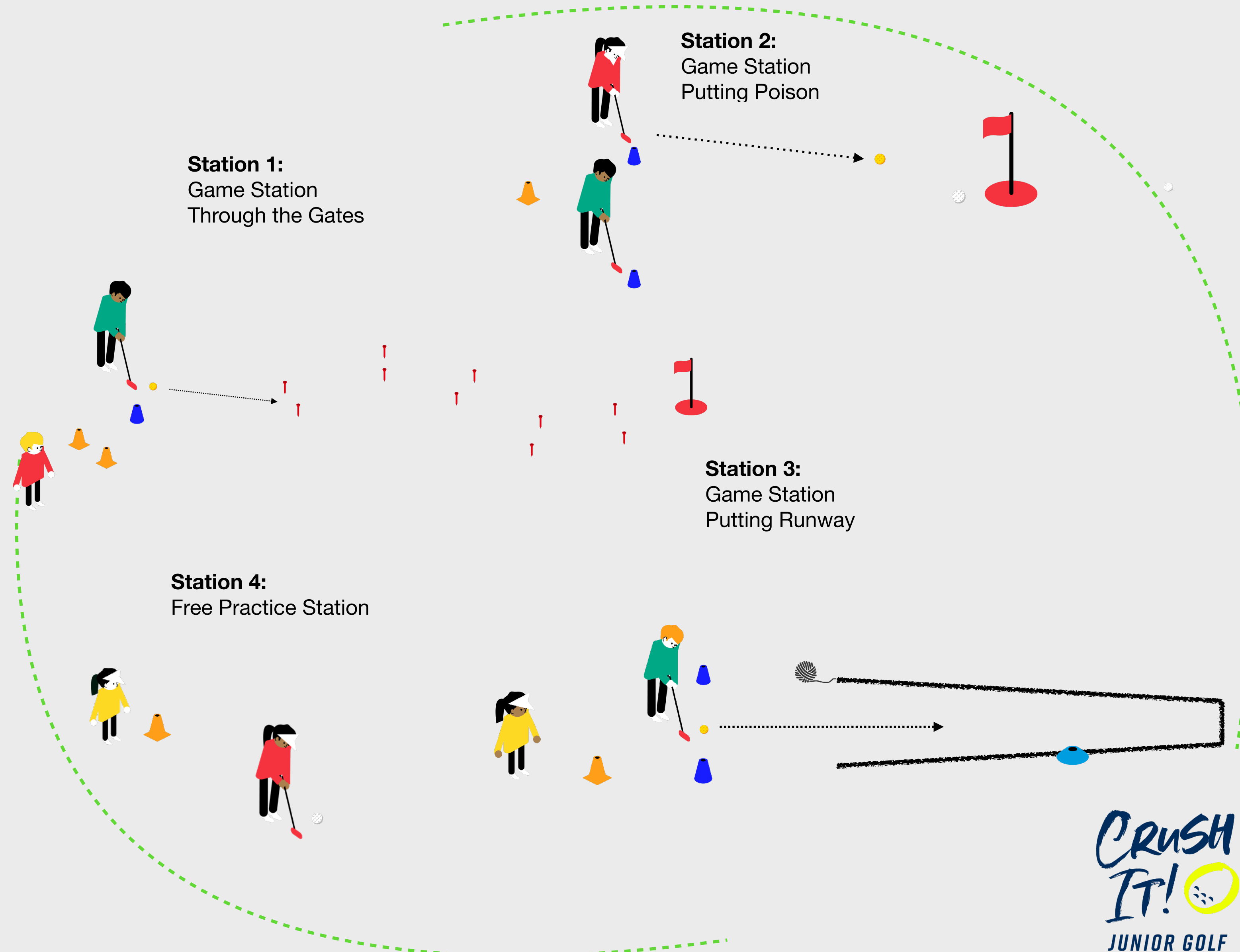
Layout and Setup



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:

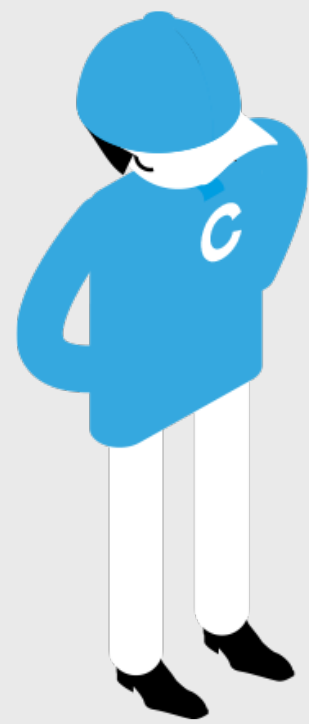
- Stations 1, 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, away from any form of game or competitive play. You may decide the lay out 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



Physical Literacy Warm Up Game



Connected



How to Play

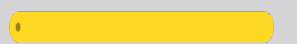
- This game should be played in pairs
- Each pair is connected by a foam noodle
- The aim is to get from the starting cones to the other side, round the JGA cone and back with out dropping the noodle or touching it with their hands

Progression Ideas

- The pairs gets an extra go to beat their time
- Increase the distance between the cones
- Switch partners and try the game again
- Add penalties for dropping the noodle or touching it with their hands

Equipment Needed

3 x Foam Noodles



3 x Orange safety cones



6 x Cones



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



Social Praise

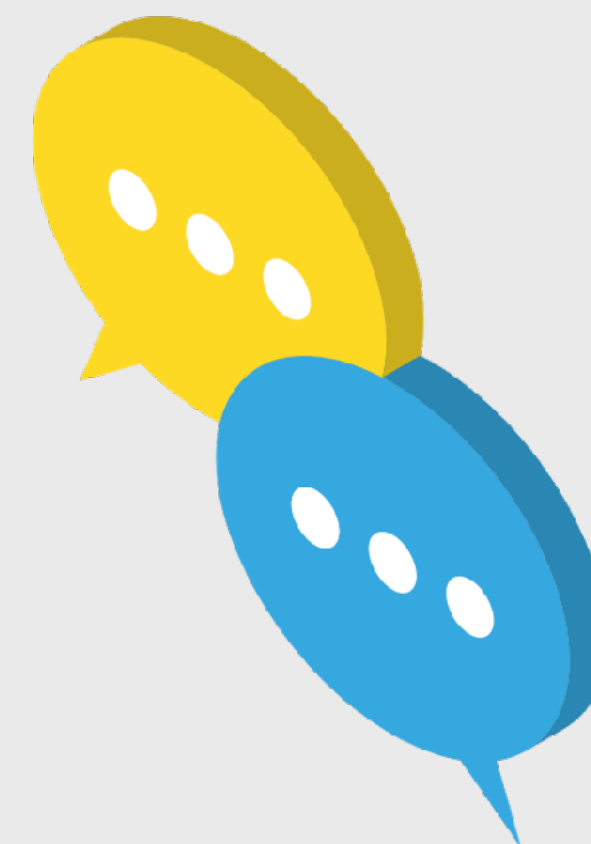
The Whole Child theme this week is to encourage the children to praise each other for their efforts and good shots.

Carry this theme into the class by going around the group and asking each child which putt from another child impressed them the most during the session.

It should be highlighted that the Achiever Award is presented to the child that demonstrates praise for another child in the class.

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



Orientation

The Putter

The Learning the Game focus this week is to educate the children about the different parts of the putter and how the design will help children to putt more effectively.

You should explain why the putter is designed as such and highlight the alignment aids that will help the children to aim.

For more advanced groups take the time to discuss the effect an off-center hit will have on the direction and roll of the golf ball. Help them to understand the technique to produce a putt that rolls well, as opposed to skidding and bouncing.

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



Questions to Ask

- Do you know the different parts of a putter?
- Does a putter have loft?
- What helps you to aim the putter?
- Why is the shaft angle more upright on a putter?

Mastering the Game Cards



Putting Poison



How to Play

- Children take it in turns to hit their putts
- The aim is for the child to hole their putt to become the “poison” so that they can eliminate the other players from the game
- The player becomes poison if they hole their putt, and they then get another turn to putt
- The player who is poison then attempts to hit the other player’s ball in order to eliminate them
- The winner is the player who eliminates all other players

Progression Ideas

- Increase or decrease the starting distance

Learning Outcomes

- Short and middle distance putting skills
- Consistency of direction and distance control

Equipment needed

Orange Safety Cones

SAFETY



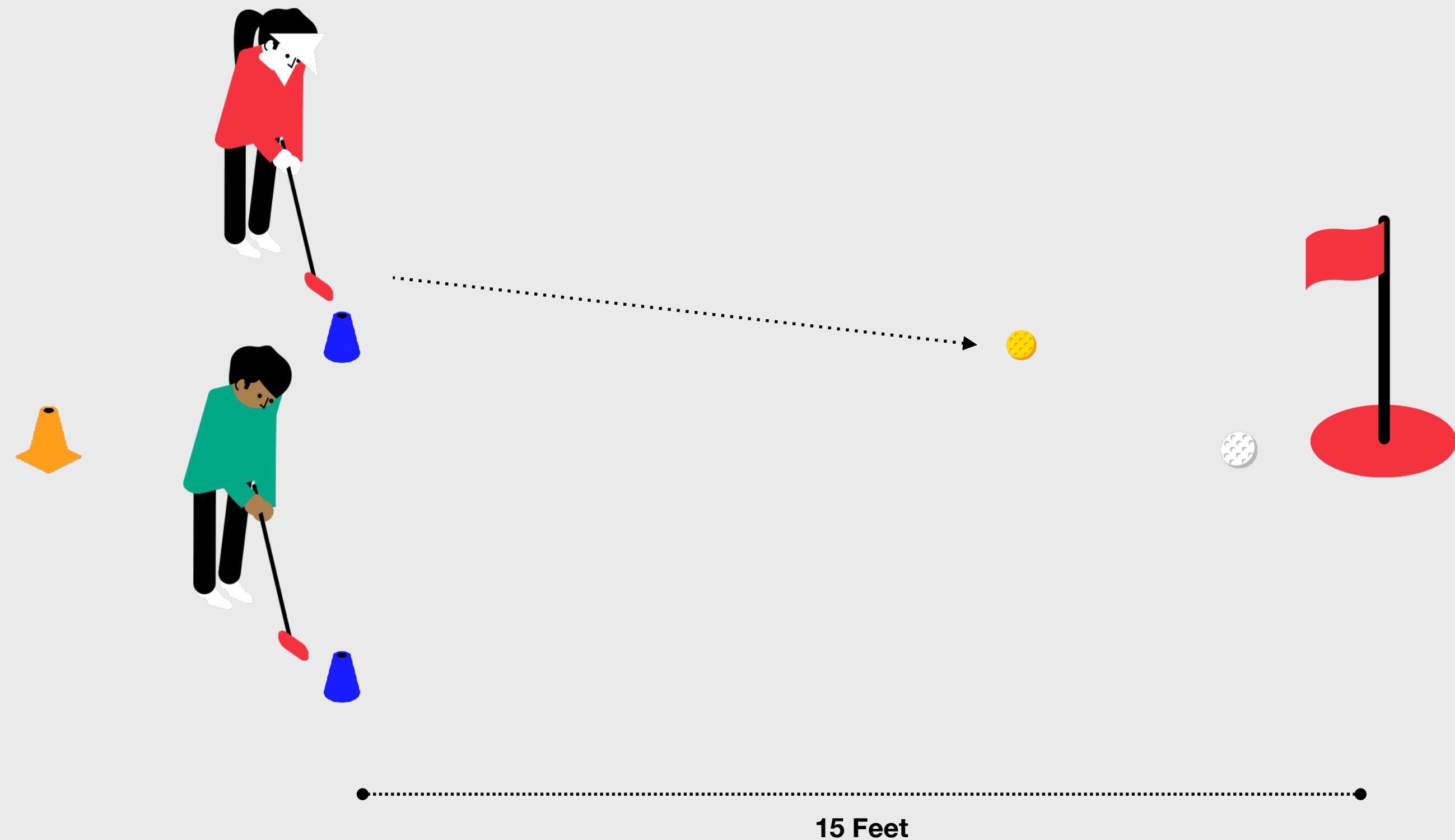
2 x Cones to mark out the necessary hitting stations.



Spare equipment that may be required for the group attendees.

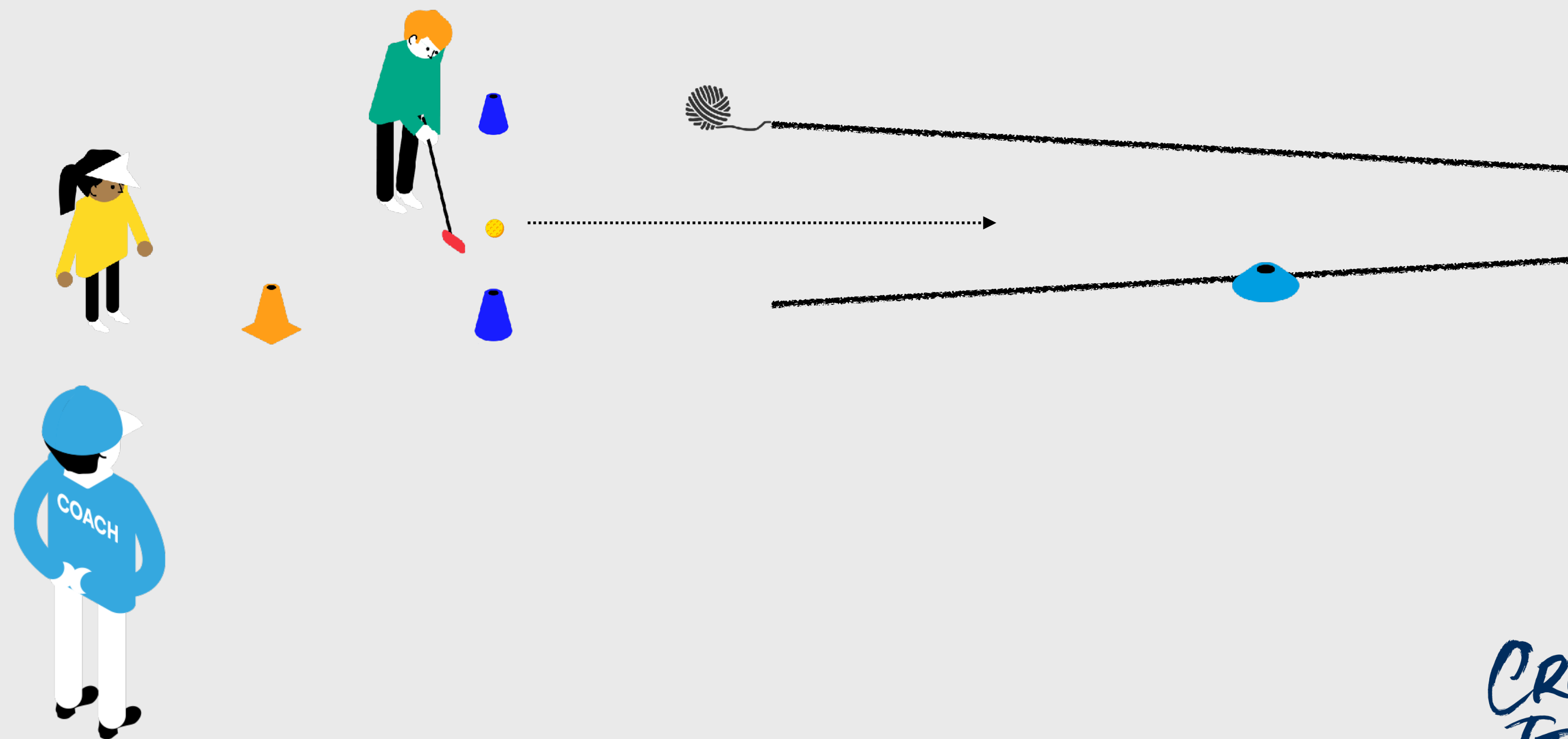


2 x Golf balls



CRUSH
IT!
JUNIOR GOLF

Putting Runway



How to Play

- Children take it in turns and attempt to putt their ball down the runway
- If the ball runs outside of the runway they place a cone at the point that it rolled over the string
- The aim of the game is to hit a putt that stays on the runway to the end of the string

Progression Ideas

- Change the width of the runway
- Change the length of the runway
- Introduce a sloped surface when playing the game
- Introduce a rule where the player must not hit the ball off the end of the runway

Learning Outcomes

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

Equipment needed

Orange Safety Cones



2 x Cones to mark out the necessary hitting stations.



1 x Colored Cone



Spare equipment that may be required for the group attendees.



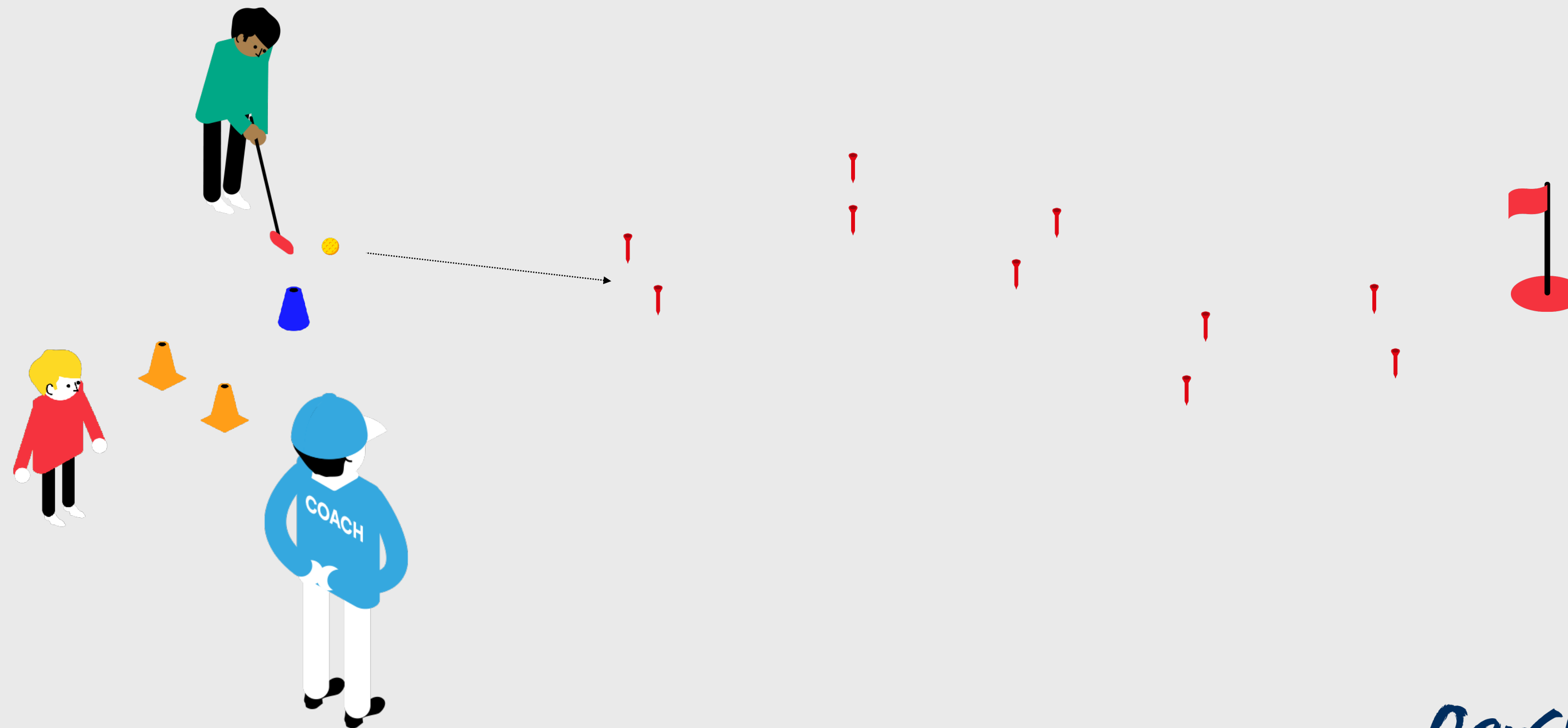
4 x Tees and string to create the runway



Golf Balls



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

