

Around the Green

Week 12



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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 12

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Chipping

Whole Child Focus
Creative:
Body Language

Learning the Game Focus:
Orientation:
Using different clubs, with different lofts

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"> Hurdles
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"> Using different clubs, with different lofts
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"> Body Language
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"> Cone Crusher Mouse Trap Luck of the Draw
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

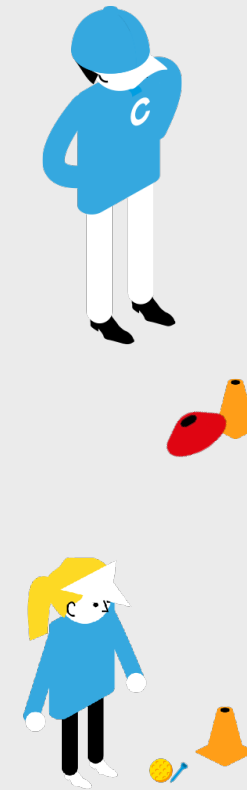


Class Layout and Setup

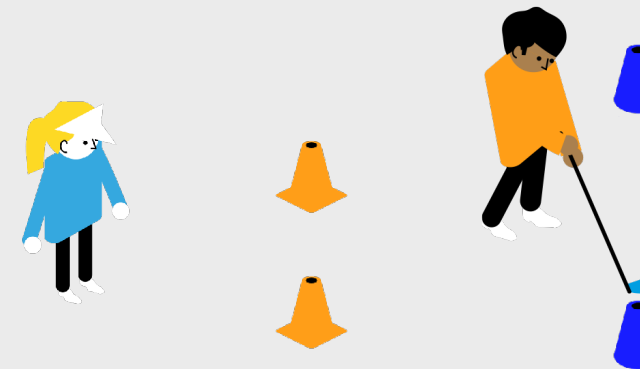
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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

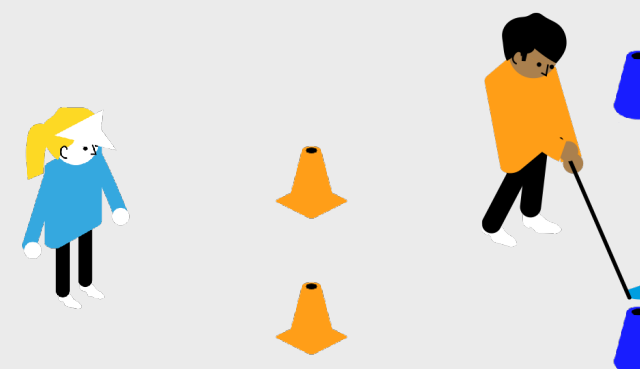
Station 3:
Game Station
Cone Crusher



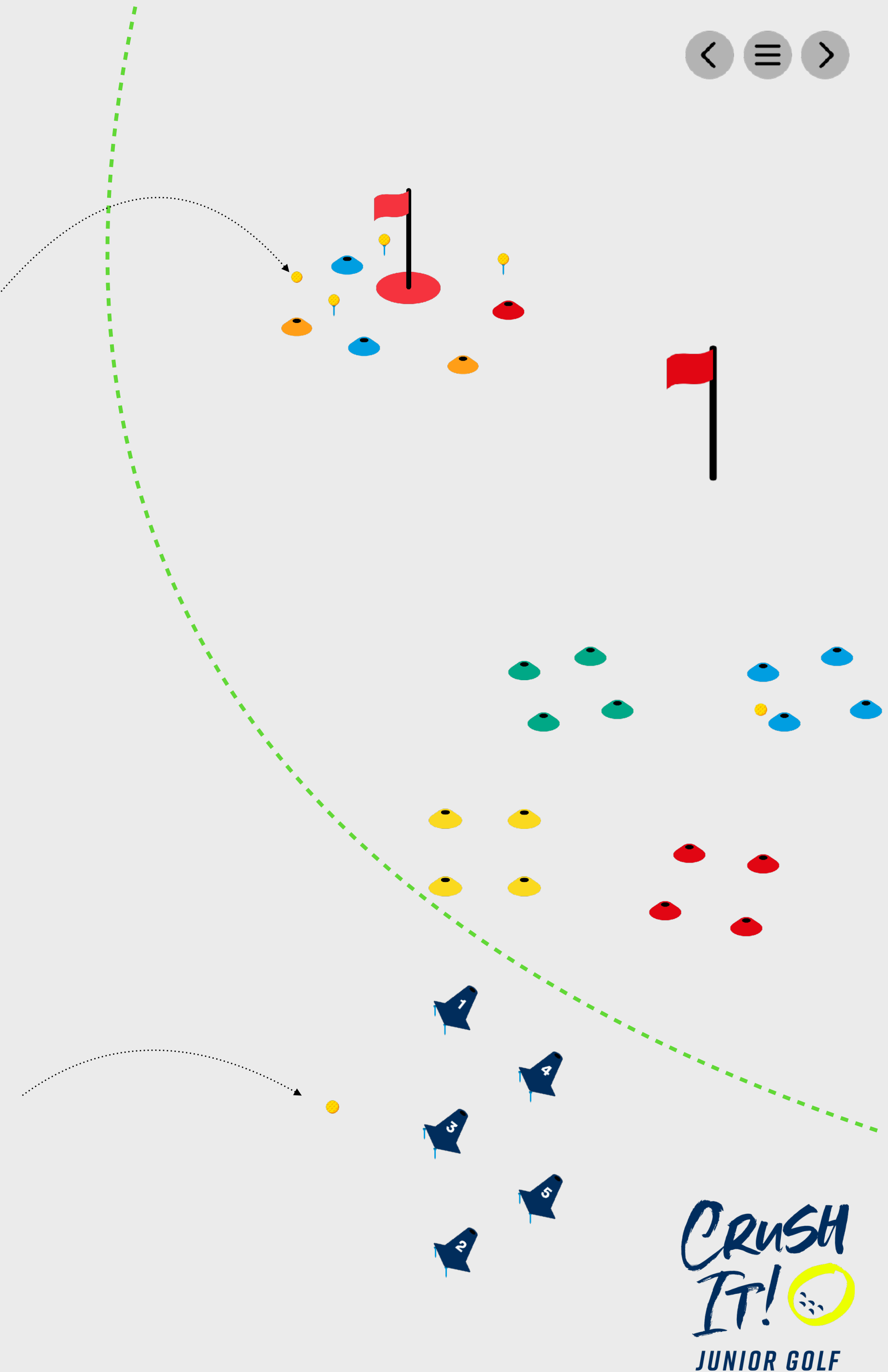
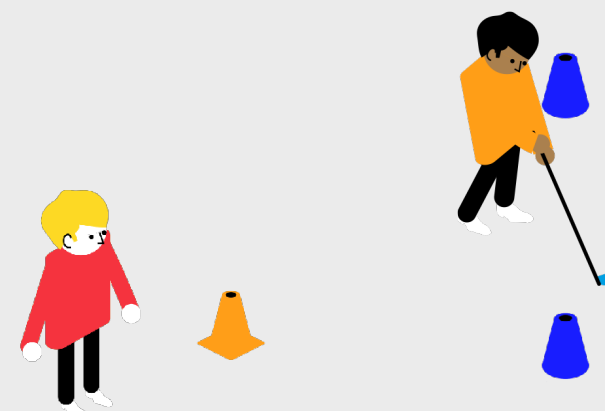
Station 4:
Free Practice Station



Station 1:
Game Station
Luck of the Draw



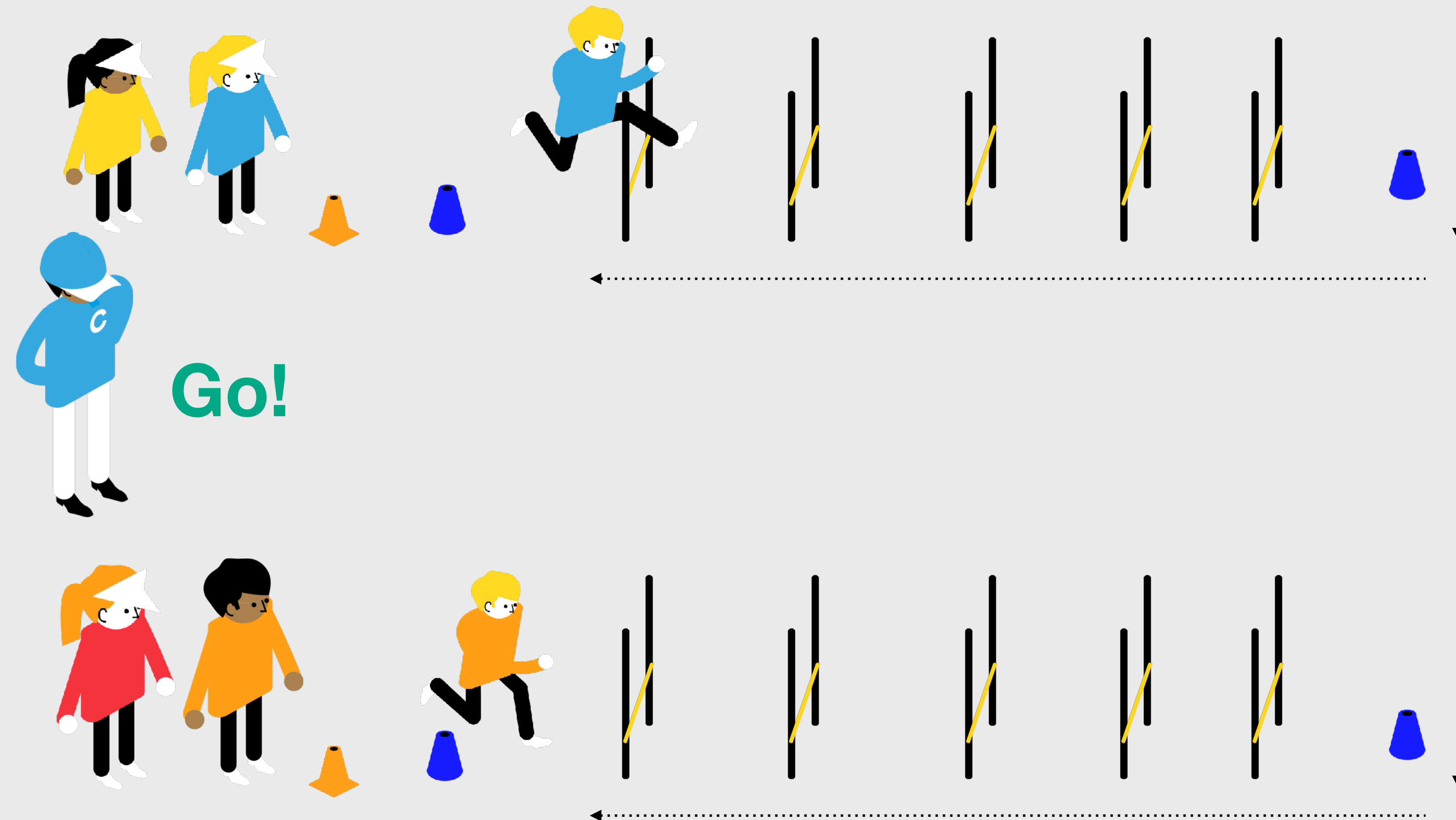
Station 2:
Game Station
Mouse Trap



Physical Literacy Warm Up Game



Hurdles



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 attempts to step or hurdle over the 5 hurdles, around the end cone and back to the start
- Once the first player returns the next player on the team goes
- The team that wins is the one who gets all players home first

Progression Ideas

- Add extra goes for each child
- Raise the height of the hurdles
- Introduce different FMS skills such as jumping, or hopping
- Raise the foam noodles all the way up and play Limbo as an alternative

Equipment Needed

4 x Orange Safety Cones

SAFETY



4 x Cones to mark starting positions and end cones



10 x Foam Noodles



20 x Alignment Sticks



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



Creative

Body Language

The Whole Child theme this week is to highlight the importance of positive body language.

Carry this theme into the class by explaining the children the importance of standing tall or keeping your head up after a poor shot. Reiterate that this behaviour can help to raise your spirits and improve your performance on the next shots.

It should be highlighted that the Achiever Award is presented to the child that displays positive body language throughout the lesson.

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

Using different clubs, with different lofts

The Learning the Game focus this week is learning about different lofts and the influence on trajectory.

You should highlight to your juniors that they can practice with different clubs to try to hit the ball different heights and the effect on the ball once it lands

For more experienced players you can develop their knowledge further by asking if any of them understand the impact of loft on spin.

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



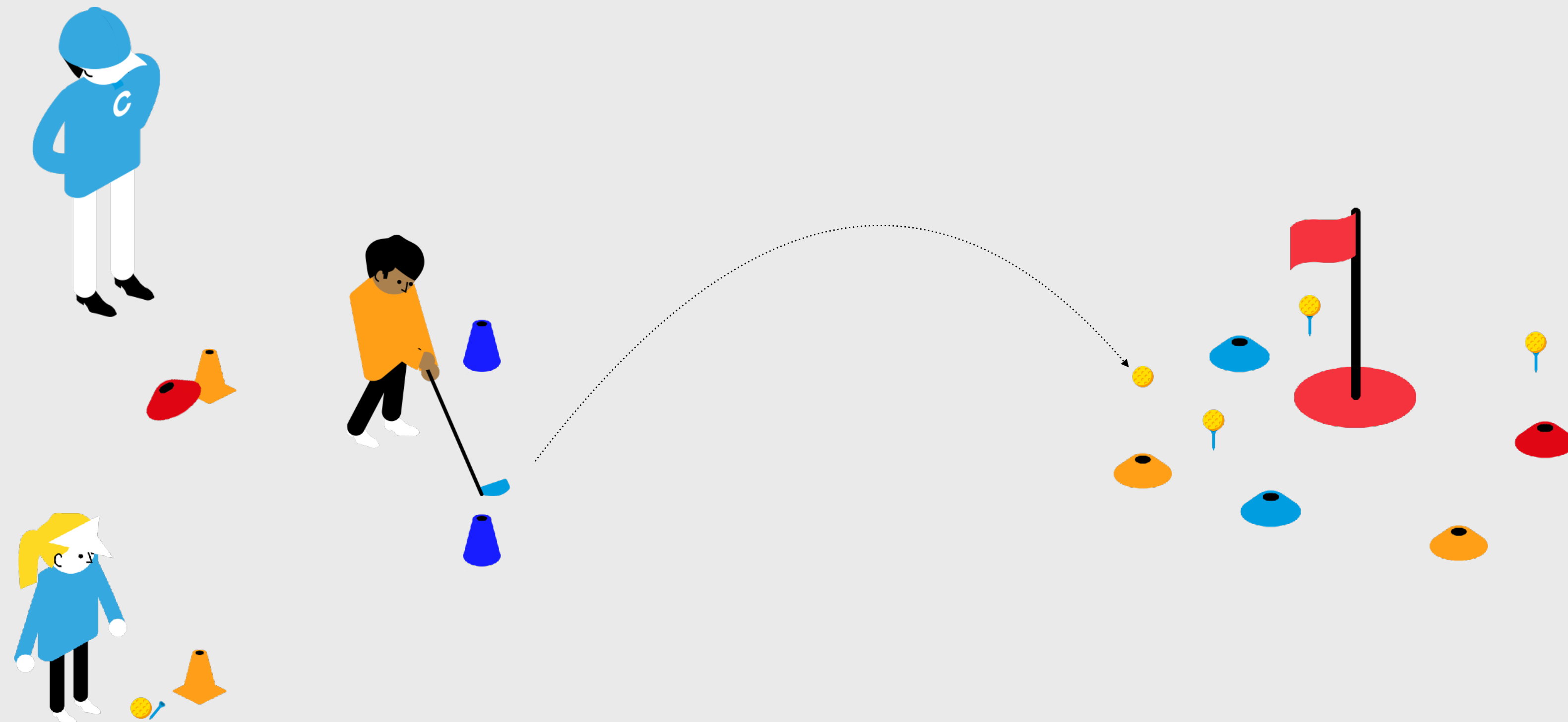
Questions to Ask

- Why would we use different clubs when chipping?
- What happens to the ball when it lands if we strike it well with a lofted club?
- Can we hit the ball different heights with the same club?
- What is the effect on spin when using a more lofted club?

Mastering the Game Cards



Cone Crusher



How to Play

- Allocate points for each of the targets. For example, 5 points for the holing out, 2 points for hitting a ball and 1 point for hitting a cone
- Children take it in turns to hit their chip shot and attempt to hit one of the targets
- If the child is successful they collect their ball and the target they hit and bring it back to the safety cones
- If they miss they should just collect their ball and it's the next player's turn
- Each player has 10 shots to hit as many targets as possible and score as many points as possible for their team
- At the end of the lesson see which team scored the most points for this game

Progression Ideas

- Add or remove targets
- Vary the size of the gaps between targets
- Vary the starting point from around the green
- Add penalty points if the children hit a particular cone (the red cone, for example)
- Add a line behind the hole, which if the ball travels over then the child has to put back one of the targets they have hit

Learning Outcomes

- Controlling direction and distance on a chip shot
- Working together to collect the targets and choose which targets to aim for

Equipment needed

Orange Safety Cones



Cones to mark starting position



Cones for the targets



Tees and balls for the targets



Spare equipment that may be required for the group attendees.

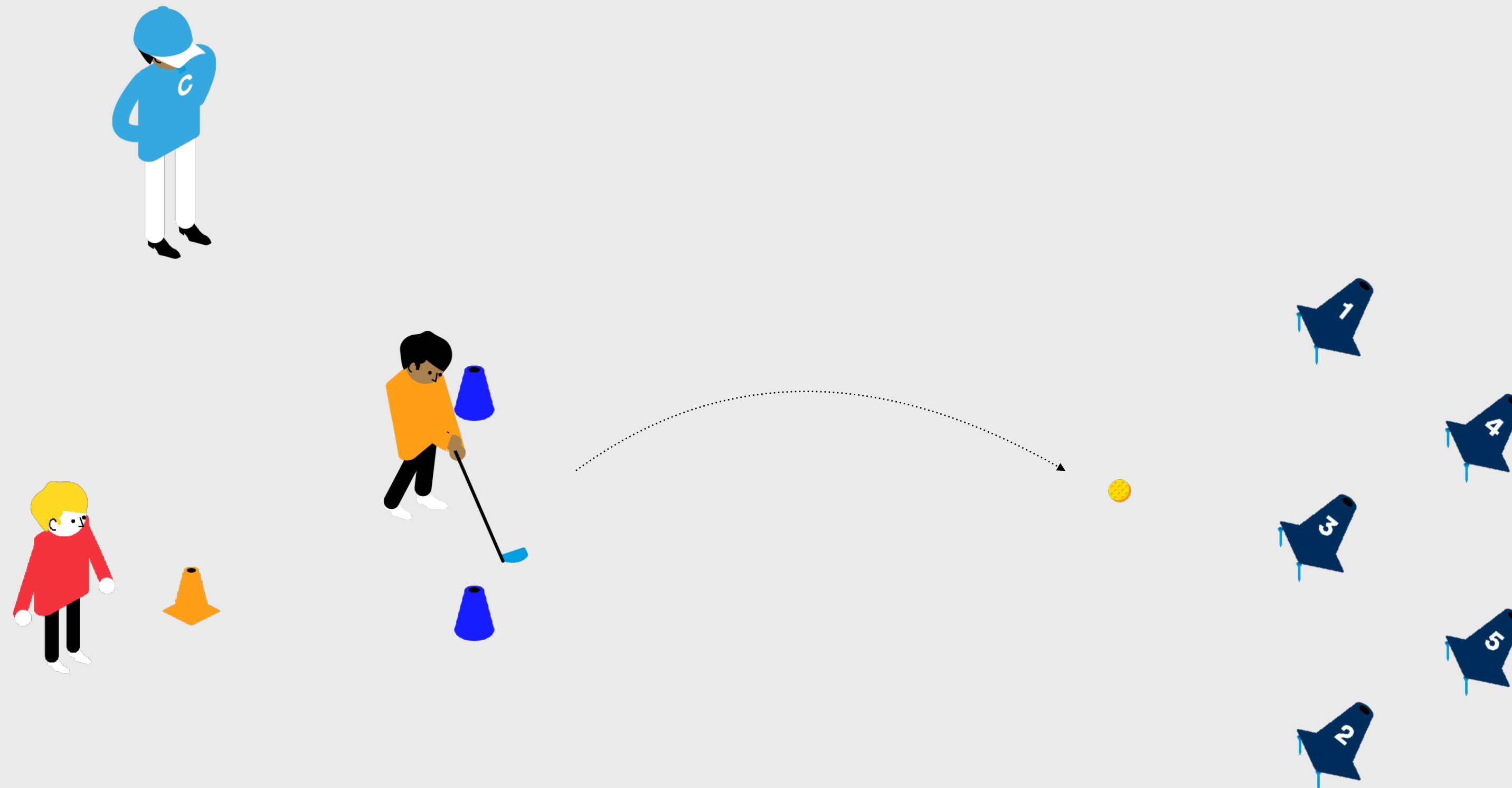


Golf Balls



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JUNIOR GOLF

Mouse Trap



How to Play

- Children take it in turns to hit their chip shot towards the cones that have been propped up with tees
- The aim of the game is to knock the cone so it traps the golf ball
- The children take it in turns to hit their shots
- The challenge is complete when the team manage to trap all the balls using the cones available

Progression Ideas

- Vary the distance of the chip shot
- Add or reduced the number of traps
- Let the children roll the ball to trap it if chipping is too difficult

Learning Outcomes

- Ability to control distance on a chip shot
- Ability to control direction

Equipment needed

Orange Safety Cones

SAFETY



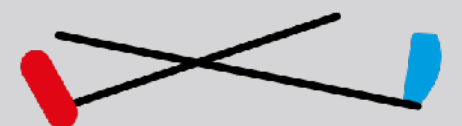
Cones to mark starting position



5 x Crush It cones and tees for the mouse traps



Spare equipment that may be required for the group attendees.



Golf Balls



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Luck of the Draw



How to Play

- Players take it in turns to pick a colored card from a Crush It cone
- Whichever color is picked the player must try to hit the ball into that colored square
- If the player successfully hits their shot into the designated square they score a point
- The team have to try to accumulate as many points as possible before switching games

Progression Ideas

- Move the squares further away
- Make the size of the squares smaller or bigger
- Instead of the squares use the gates as targets

Equipment needed

2 x Orange Safety Cones



2 x Cones



1 x printed "Luck of the Draw" sheet



4 x Yellow Cones



4 x Red Cones



4 x Green Cones



4 x Blue Cones



Golf Balls

