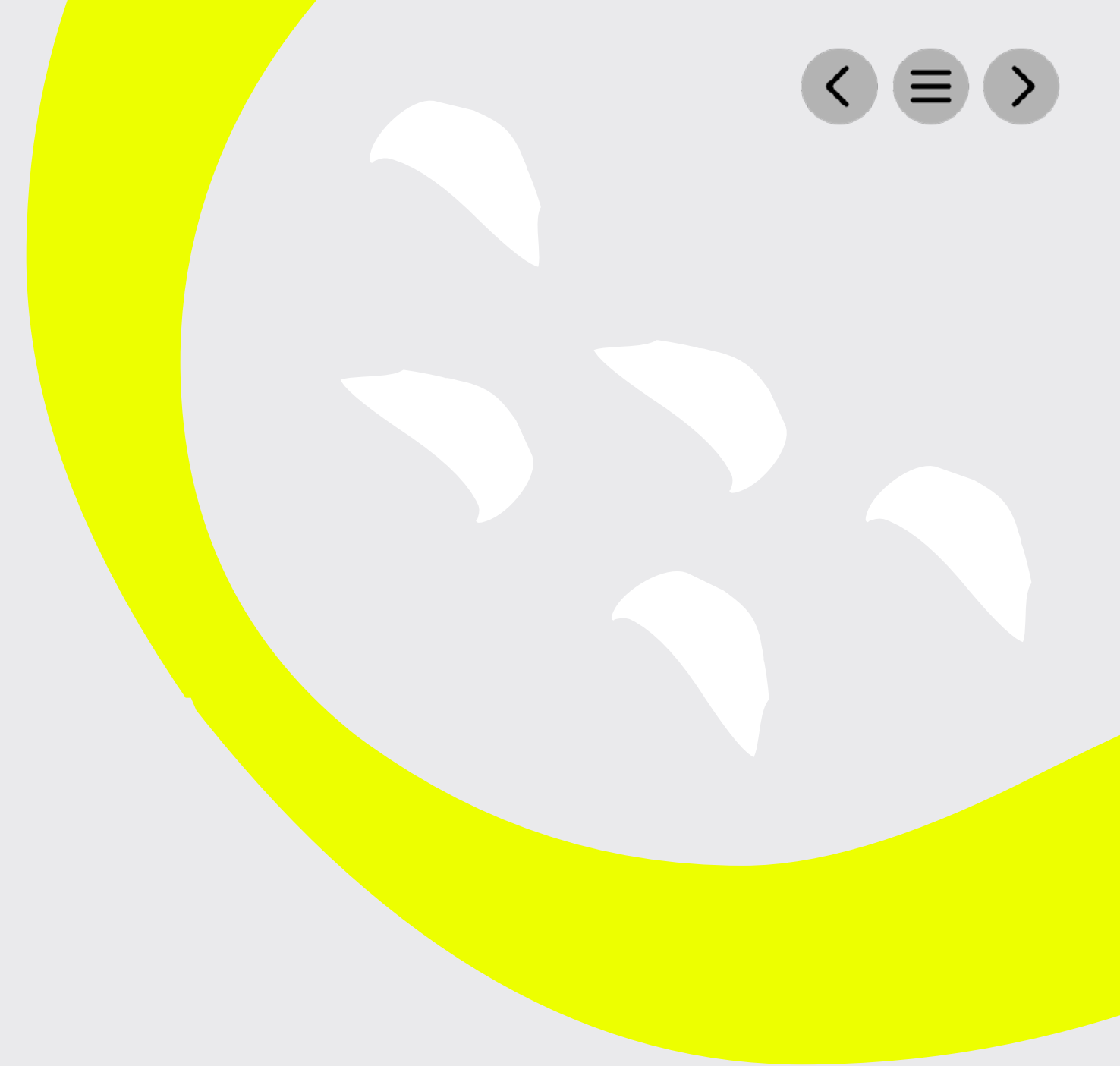


# Around the Green

## Week 12





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# Class Timetable



# 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

**Mastering the Game Challenge:**  
Chipping Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<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 and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	<ul style="list-style-type: none"> <li>Hurdles</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Using different clubs, with different lofts</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Body Language</li> </ul>
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games and challenge</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice</li> </ul>	<ul style="list-style-type: none"> <li>Cone Crusher</li> <li>Mouse Trap</li> <li>Chipping Challenge</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> <li>GLF. Connect myGame+</li> </ul>



# Layout and Setup



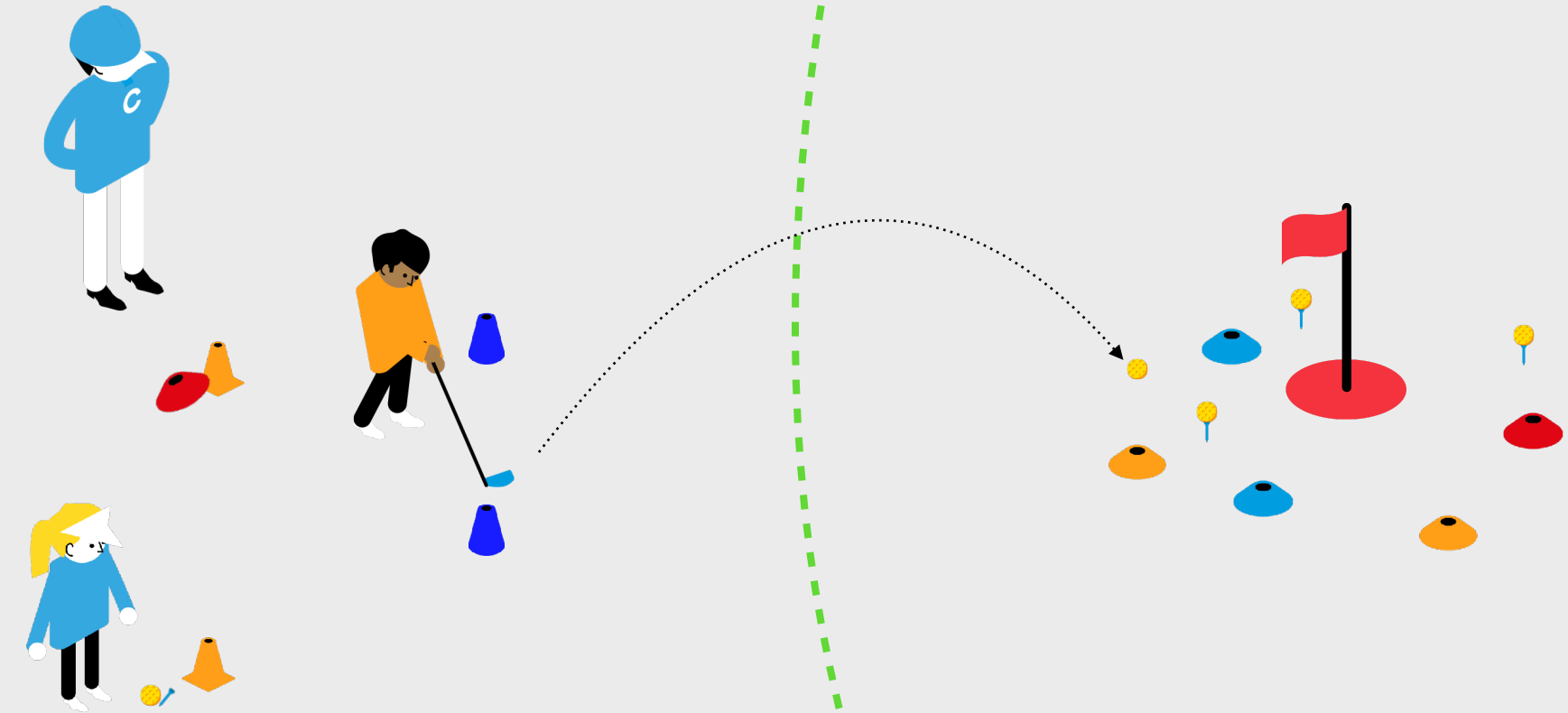


# Class Layout and Setup

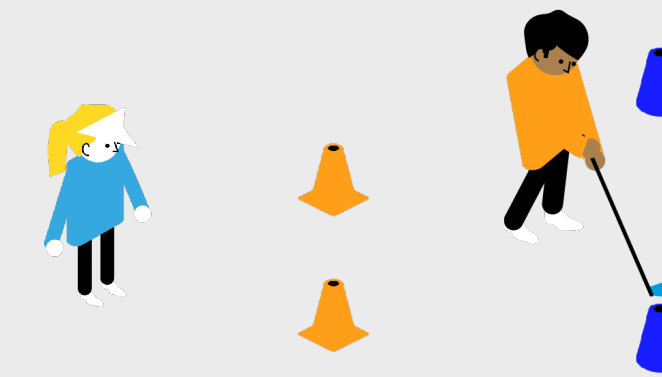
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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

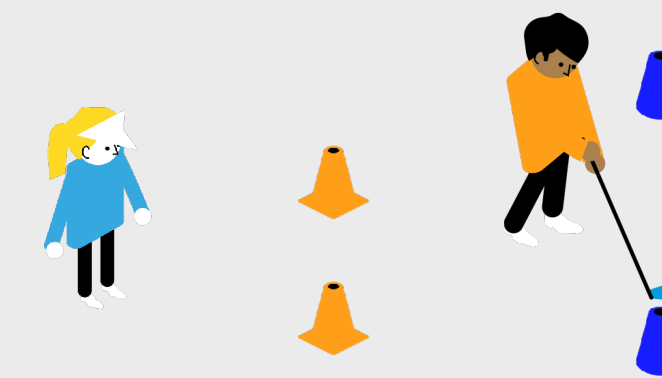
**Station 3:**  
Game Station  
Cone Crusher



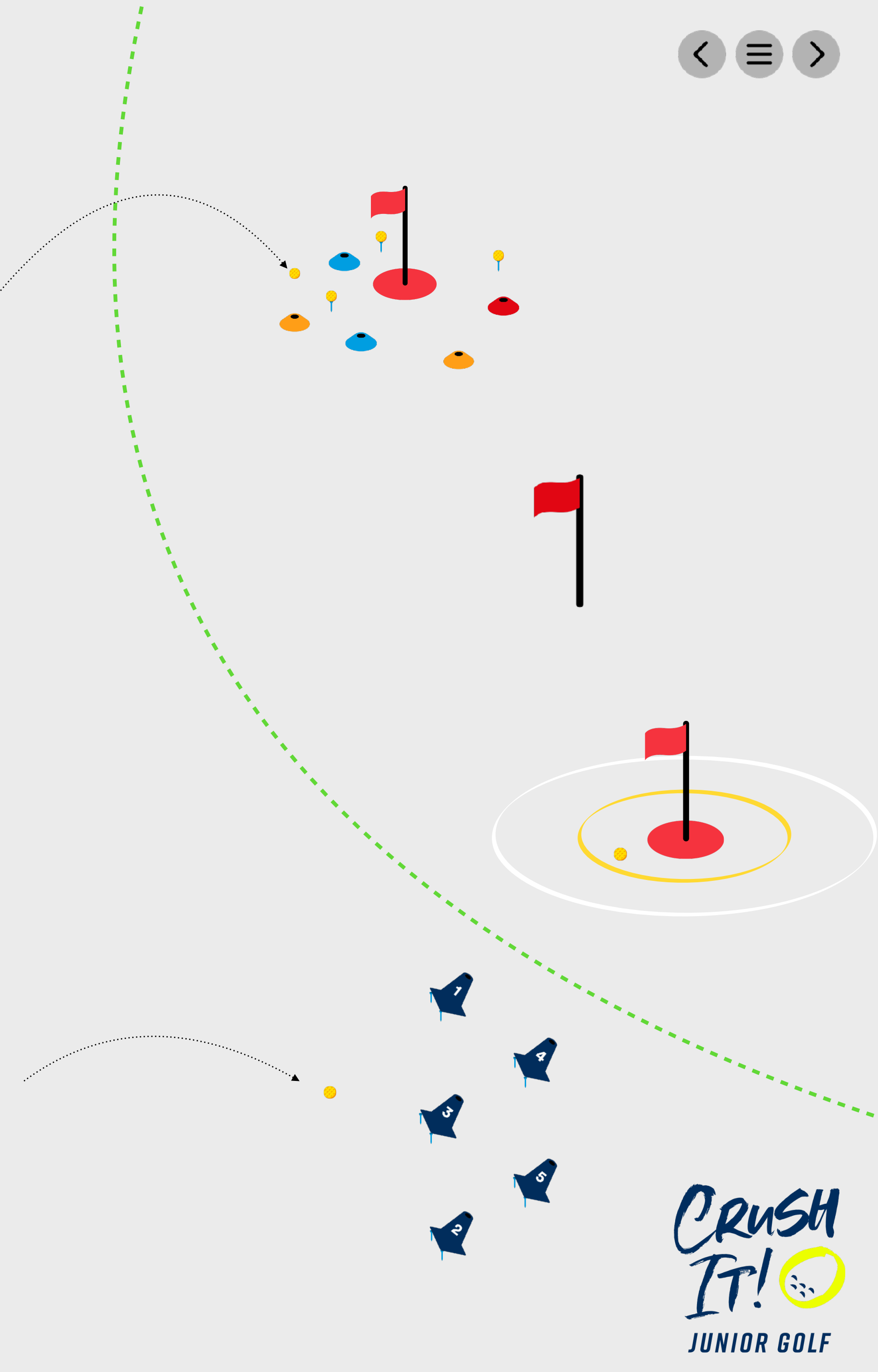
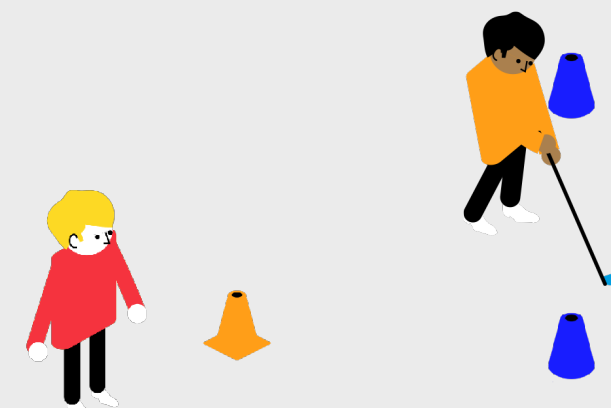
**Station 4:**  
Free Practice Station



**Station 1:**  
Challenge Station

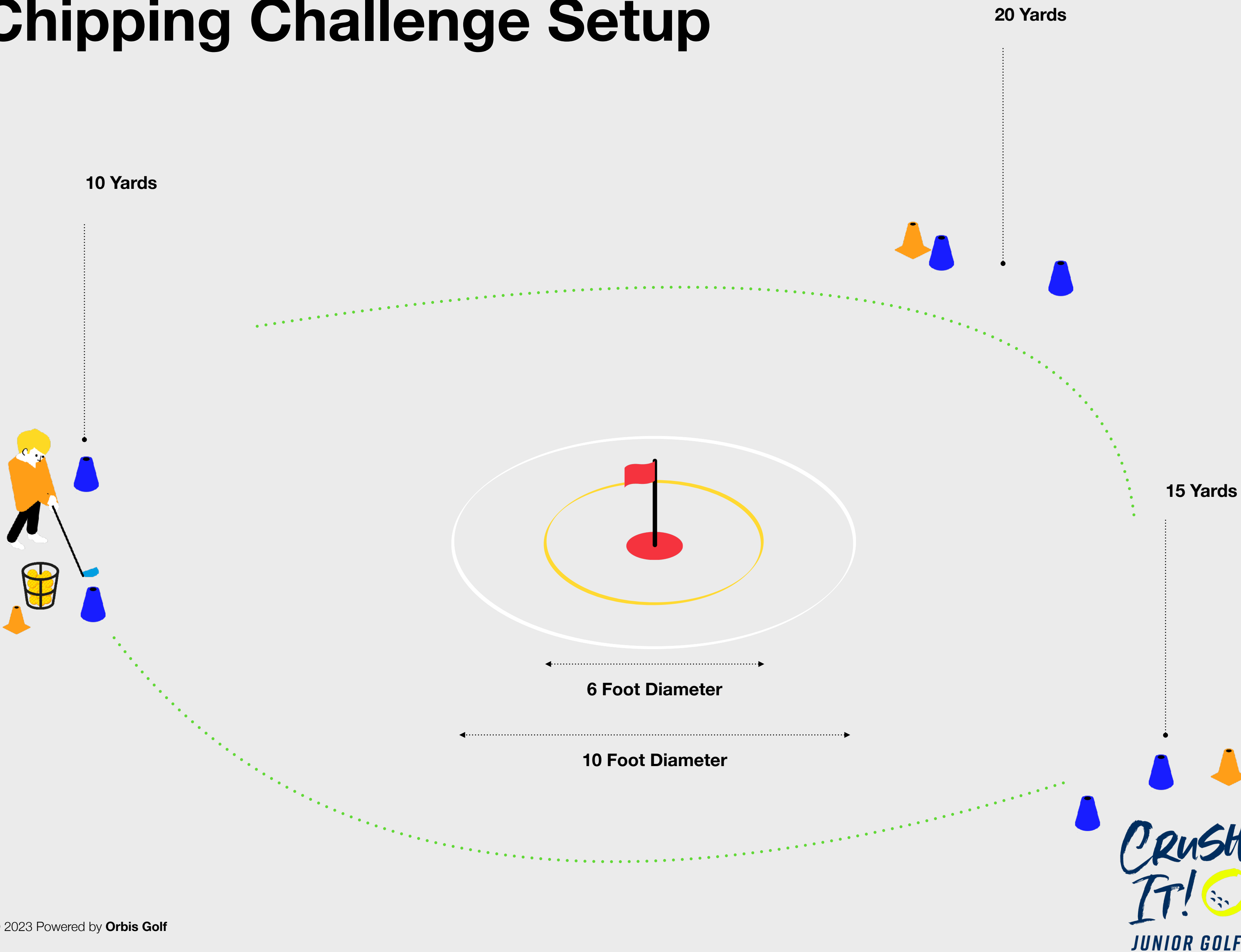


**Station 2:**  
Game Station  
Mouse Trap





# Chipping Challenge Setup



## Setting out the Challenge

- 1 flag should be selected on the green. Alignment sticks could be used where this isn't possible
- 2 target circles from your equipment bag are placed around the flag at the diameters in the graphic opposite
- Three starting points are positioned around the green for level 3-6 challenges
- These should offer variation and at the approximate distance indicated in the graphic

## Equipment Required

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Target circles
- Flag
- Alignment Sticks for a flag if this isn't possible

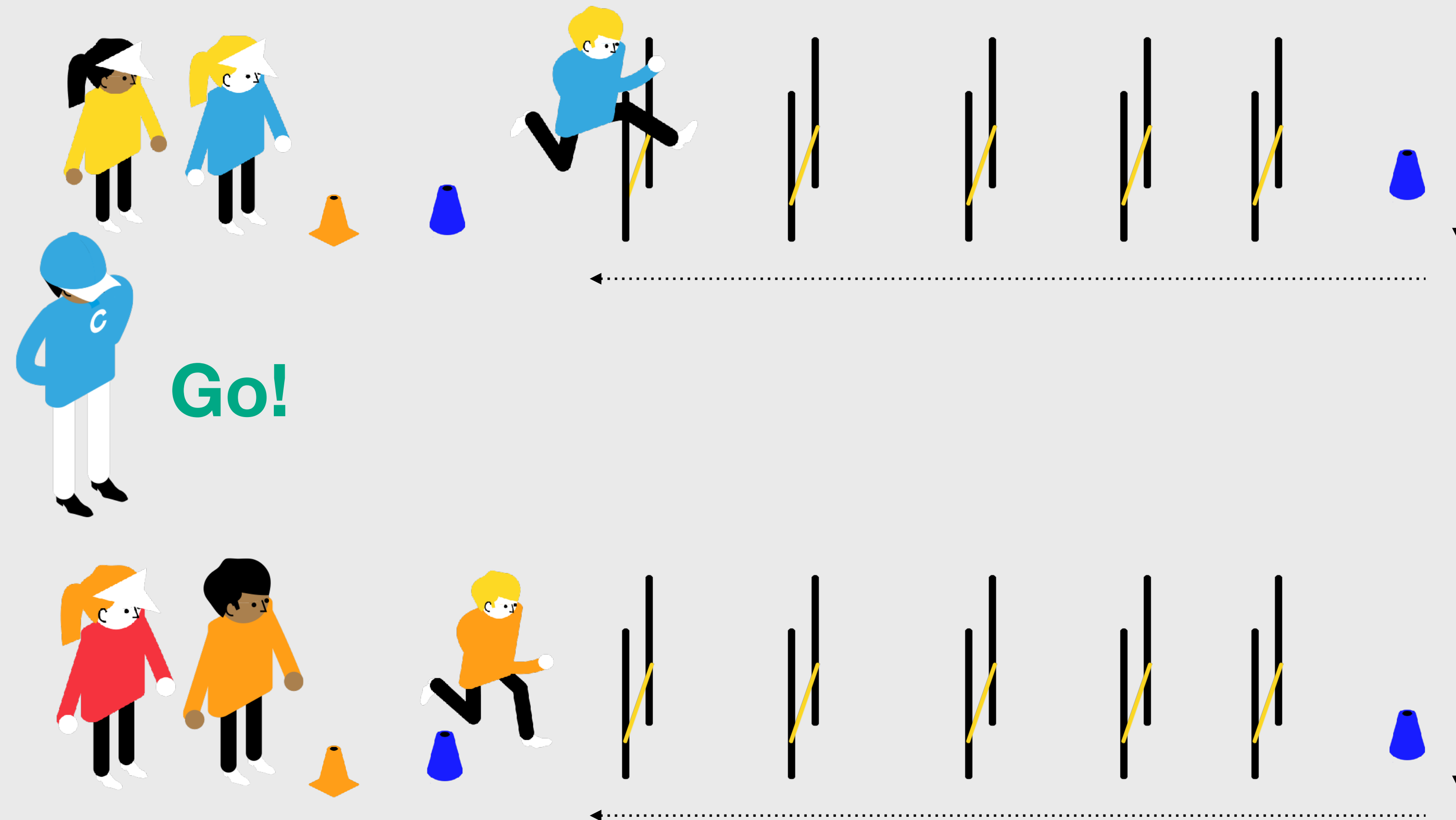


# Physical Literacy Warm Up Game





# 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?



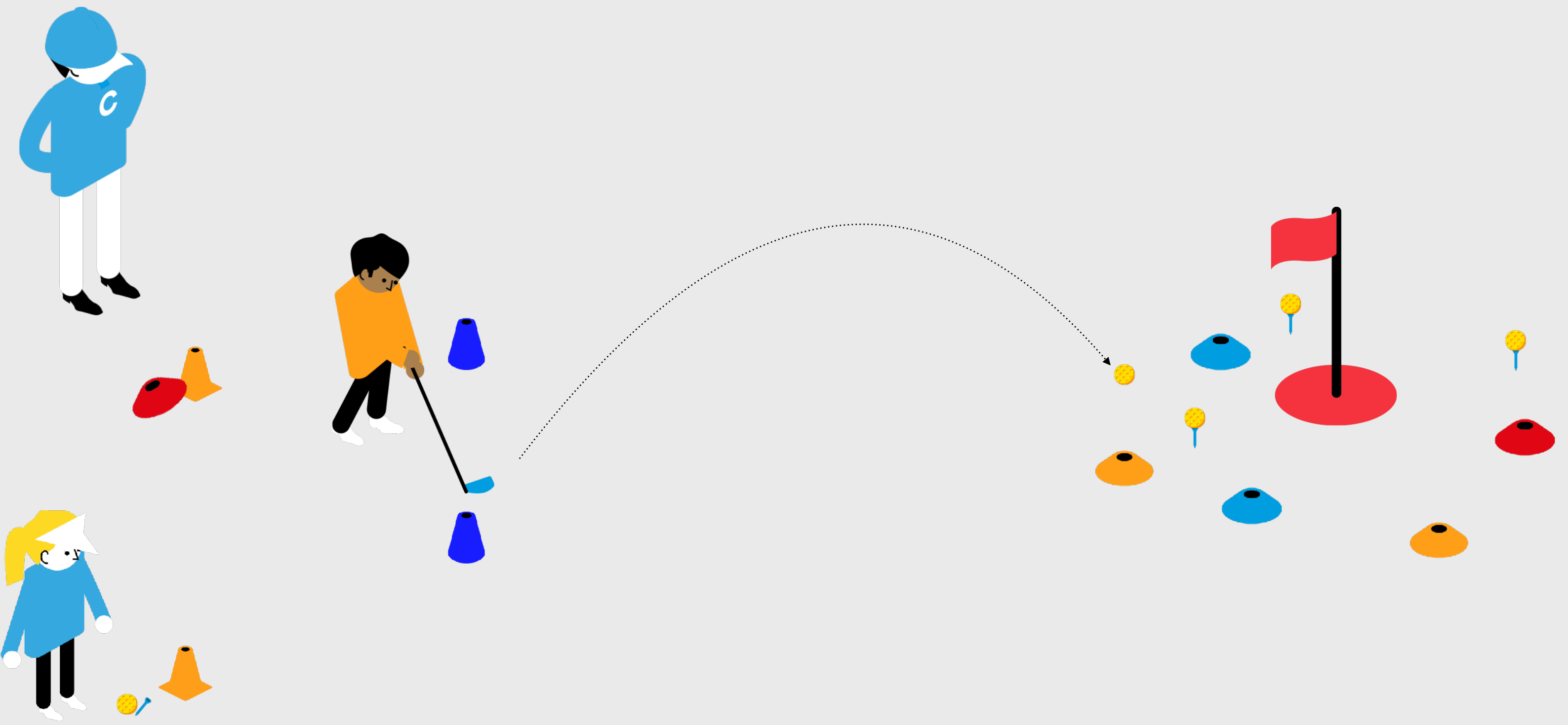
# Mastering the Game Cards







# 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 players 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




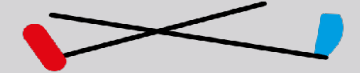

### Progression Ideas

- 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

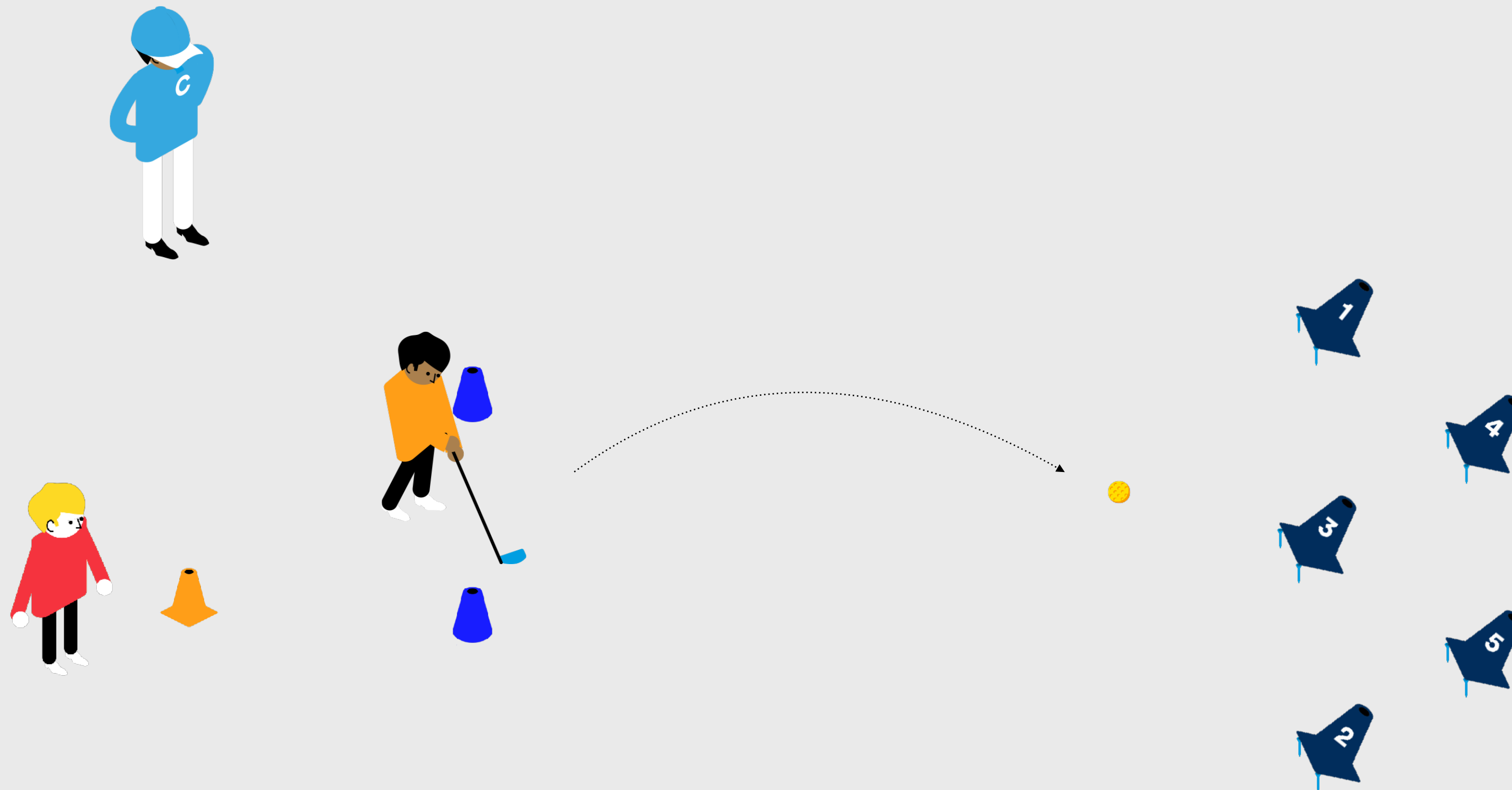
- Controlling direction and distance on a chip shots
- Working together to collect the targets and choose which targets to aim for

### 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 



# 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



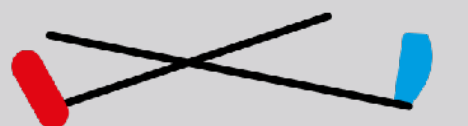
### Cones to mark starting position



### 5 x Crush It cones and tees for the mouse traps



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



### Golf Balls



**CRUSH IT!**  
JUNIOR GOLF



# Mastering the Game Challenge Cards





# Chipping Challenge



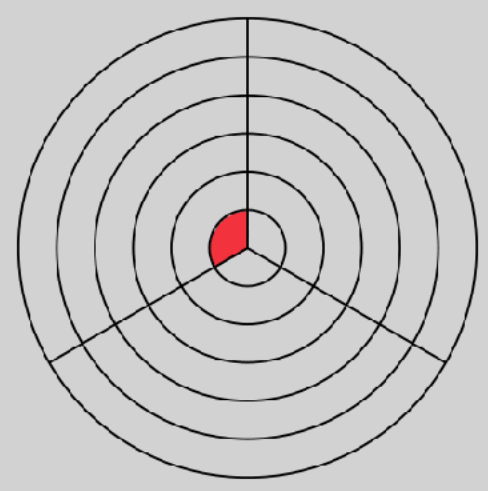
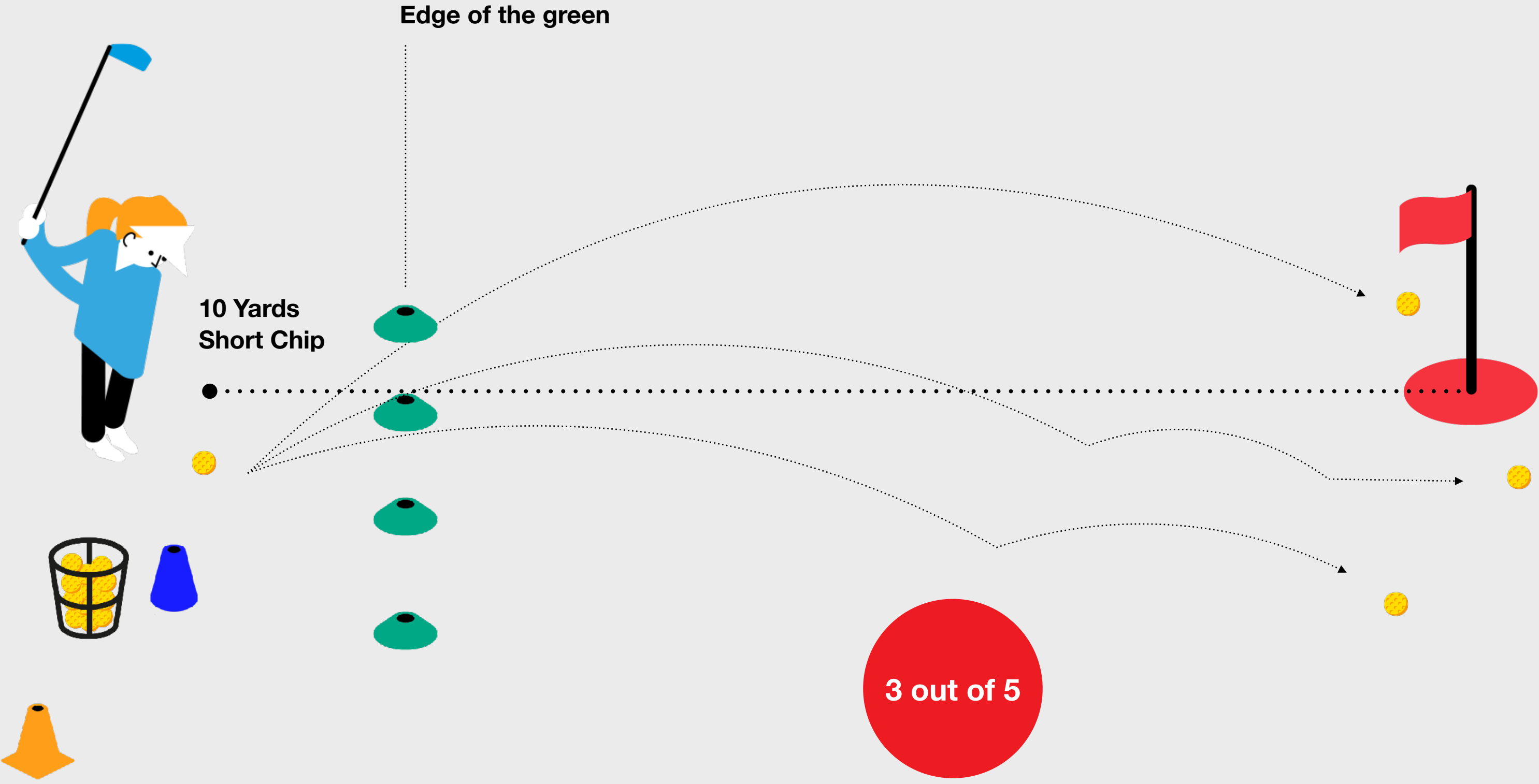
### The Challenge

To complete the Level 1 Challenge within the Chipping skill element, the child needs to get 3 shots out of 5 anywhere on the green from a starting distance of 10 yards.

### 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.

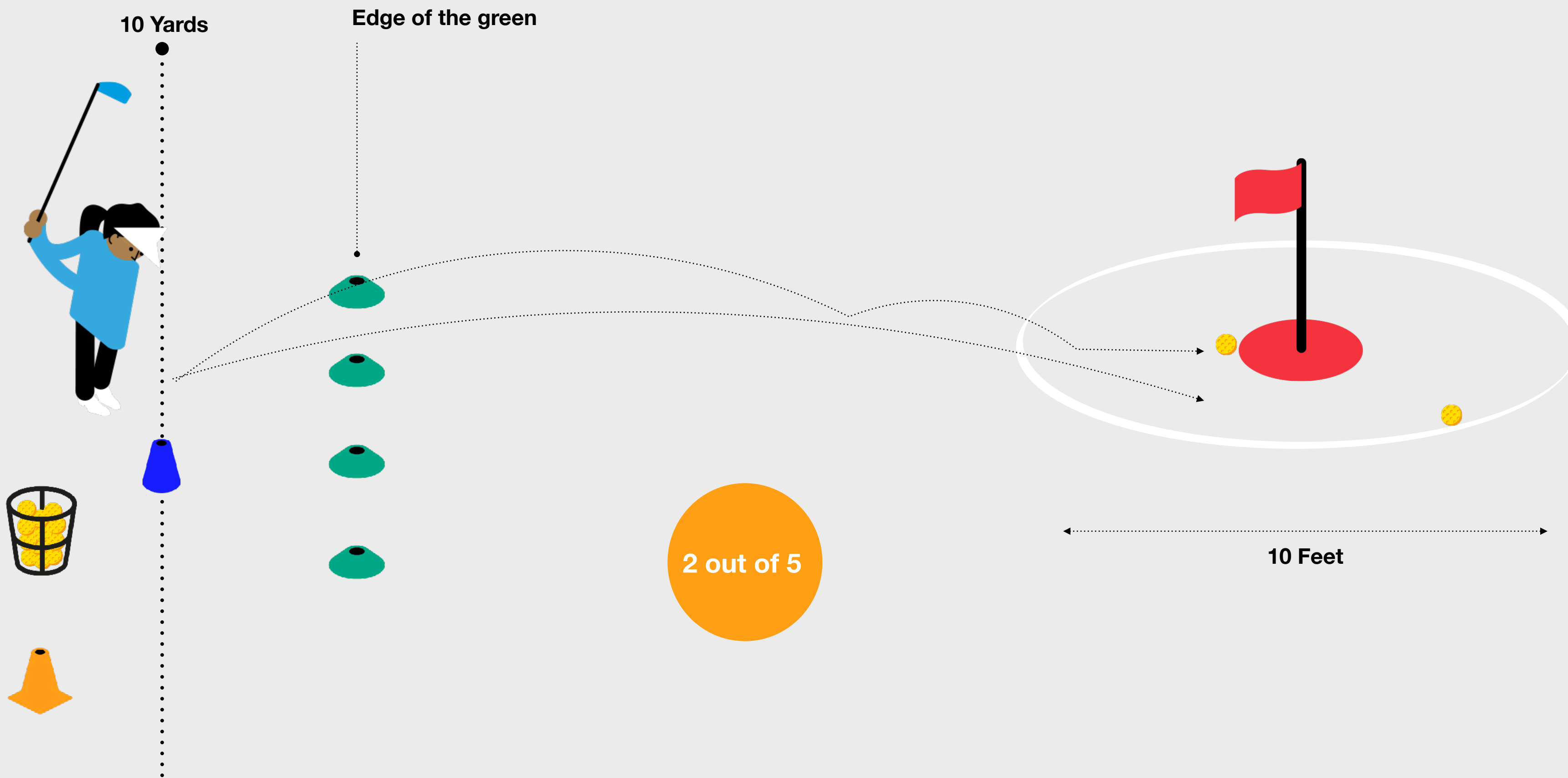


### Chipping





# Chipping Challenge



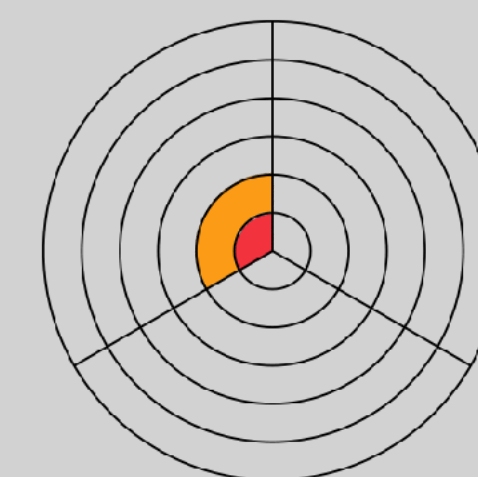
## The Challenge

To complete the Level 2 Challenge within the Chipping skill element, the child needs to get 2 shots out of 5 within a 10-foot diameter target circle from a starting distance of 10 yards from the flag.

## 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.

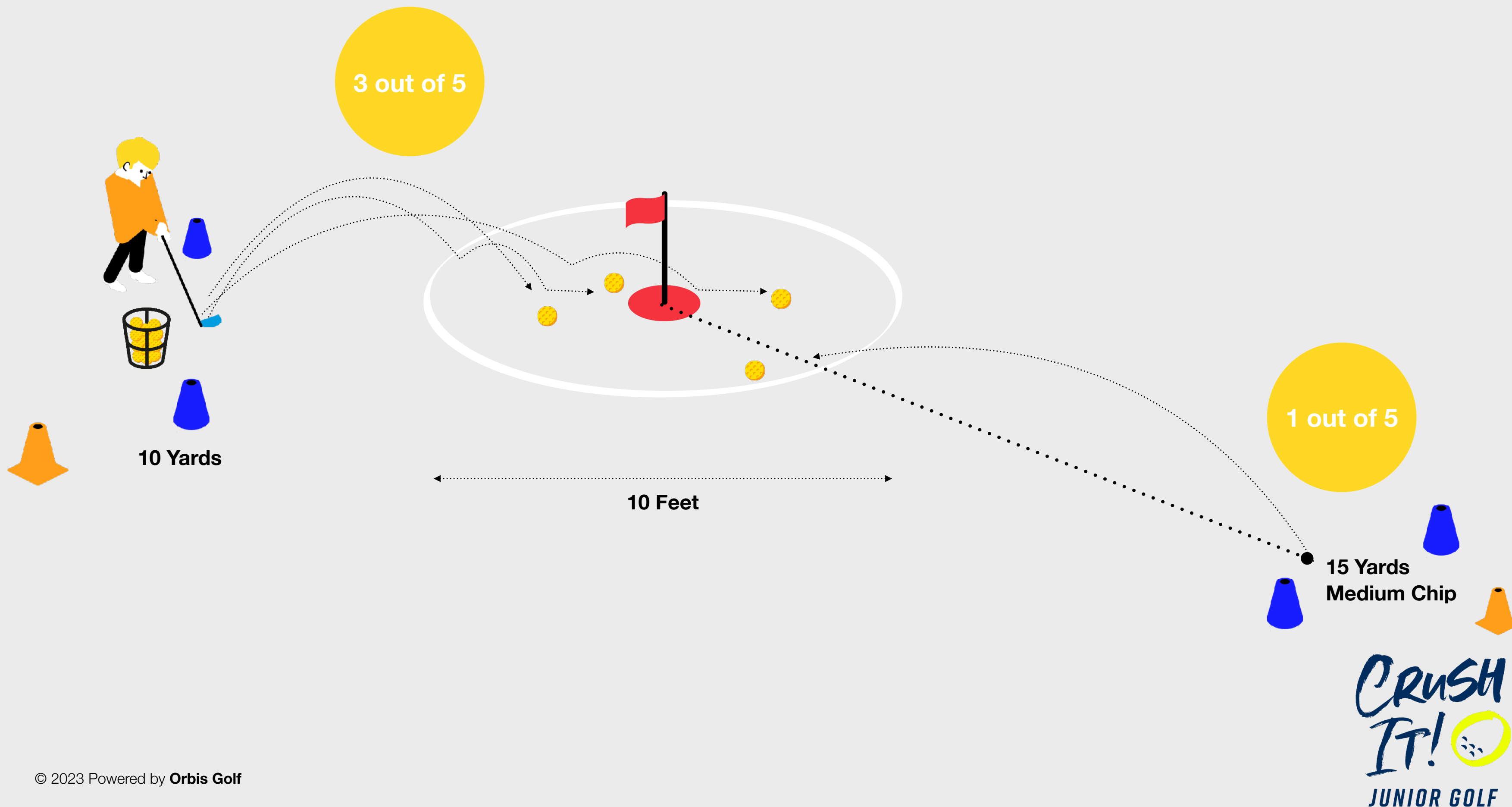
If they are also assigned to the Crush It myGame+ program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Chipping



# Chipping Challenge



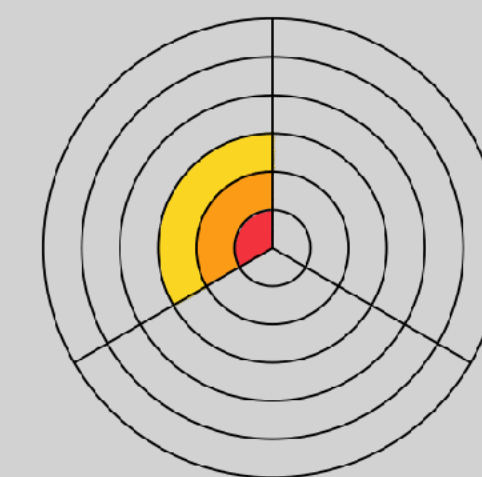
## The Challenge

To complete the Level 3 Challenge within the Chipping skill element, the child needs to hit 3 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter circle around the flag.

## 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.

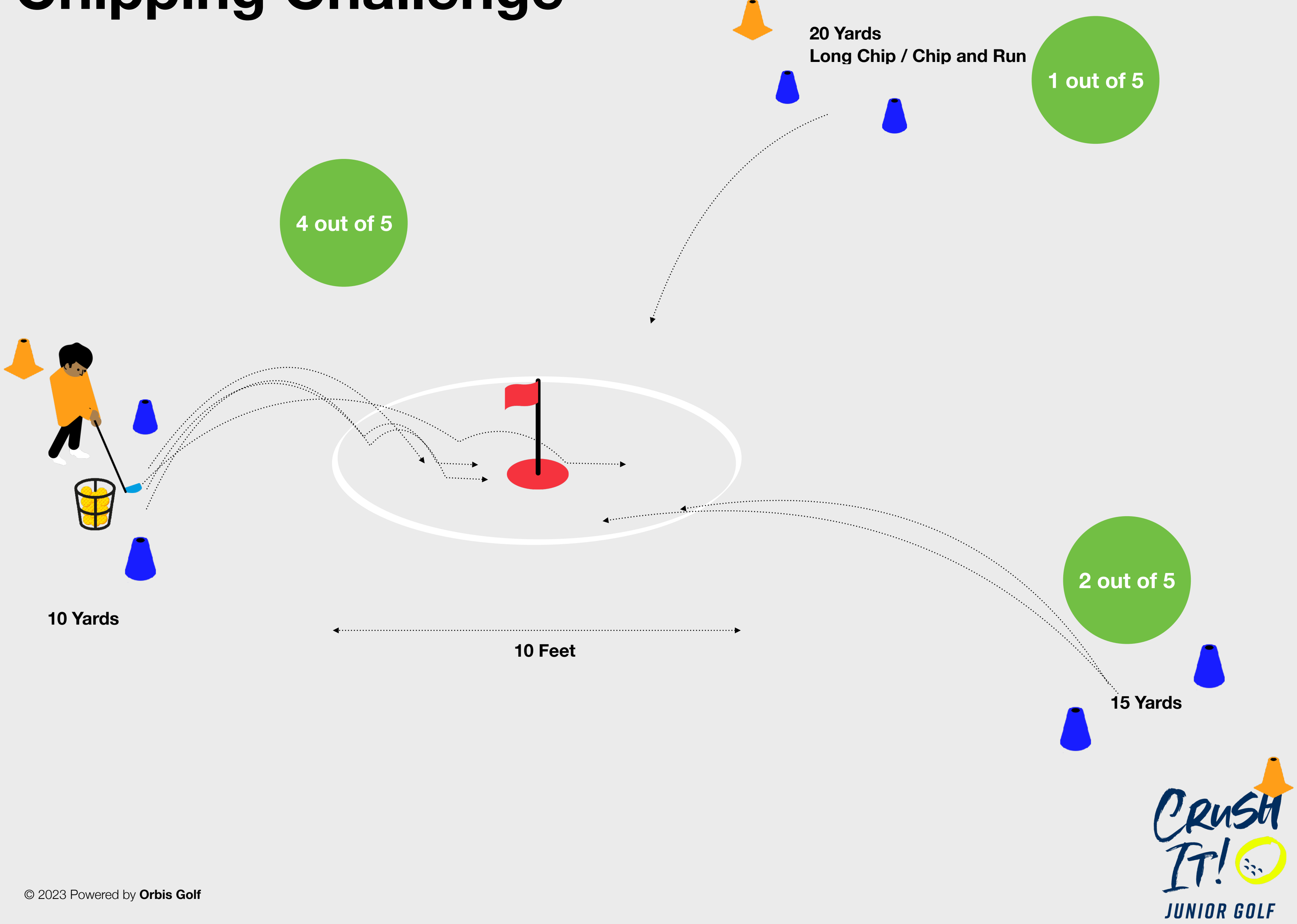


Chipping





# Chipping Challenge



### The Challenge

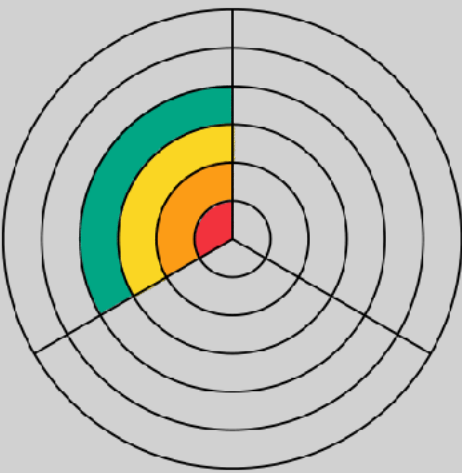
To complete the Level 4 Challenge within the Chipping skill element, the child needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 shots from 20 yards within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

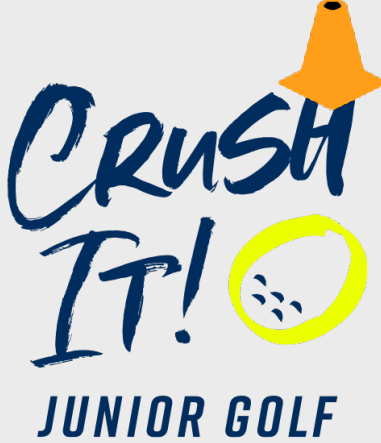
### What to do next?

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.

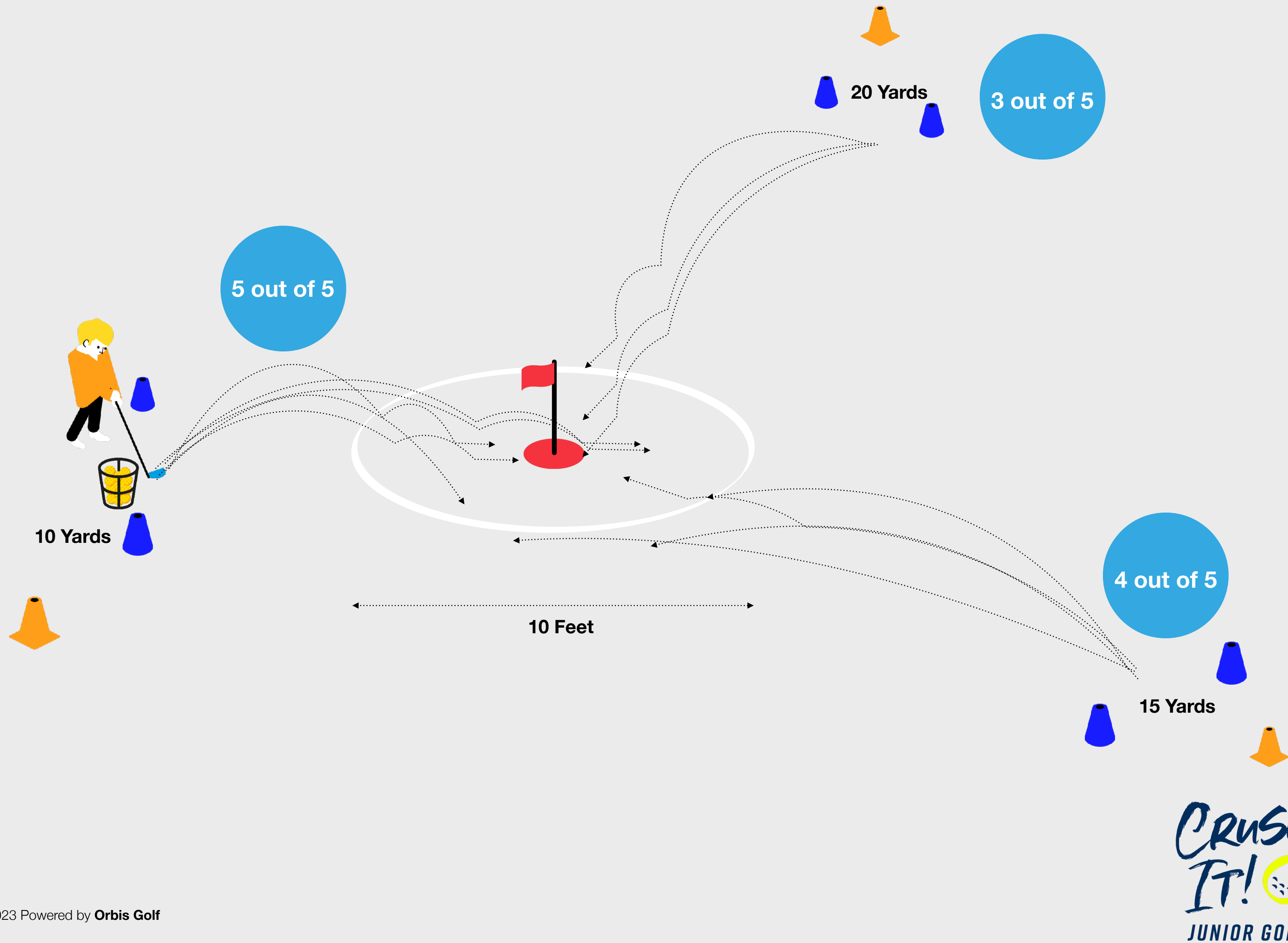
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Chipping



# Chipping Challenge



### The Challenge

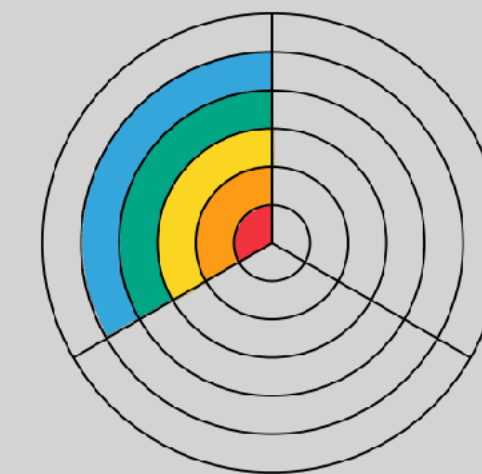
To complete the Level 5 Challenge within the Chipping skill element, the child needs to 5 out of 5 shots from 10 yards, 4 out of 5 shots from 15 yards and 3 out of 5 shots from 20 yards to finish within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

### 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.

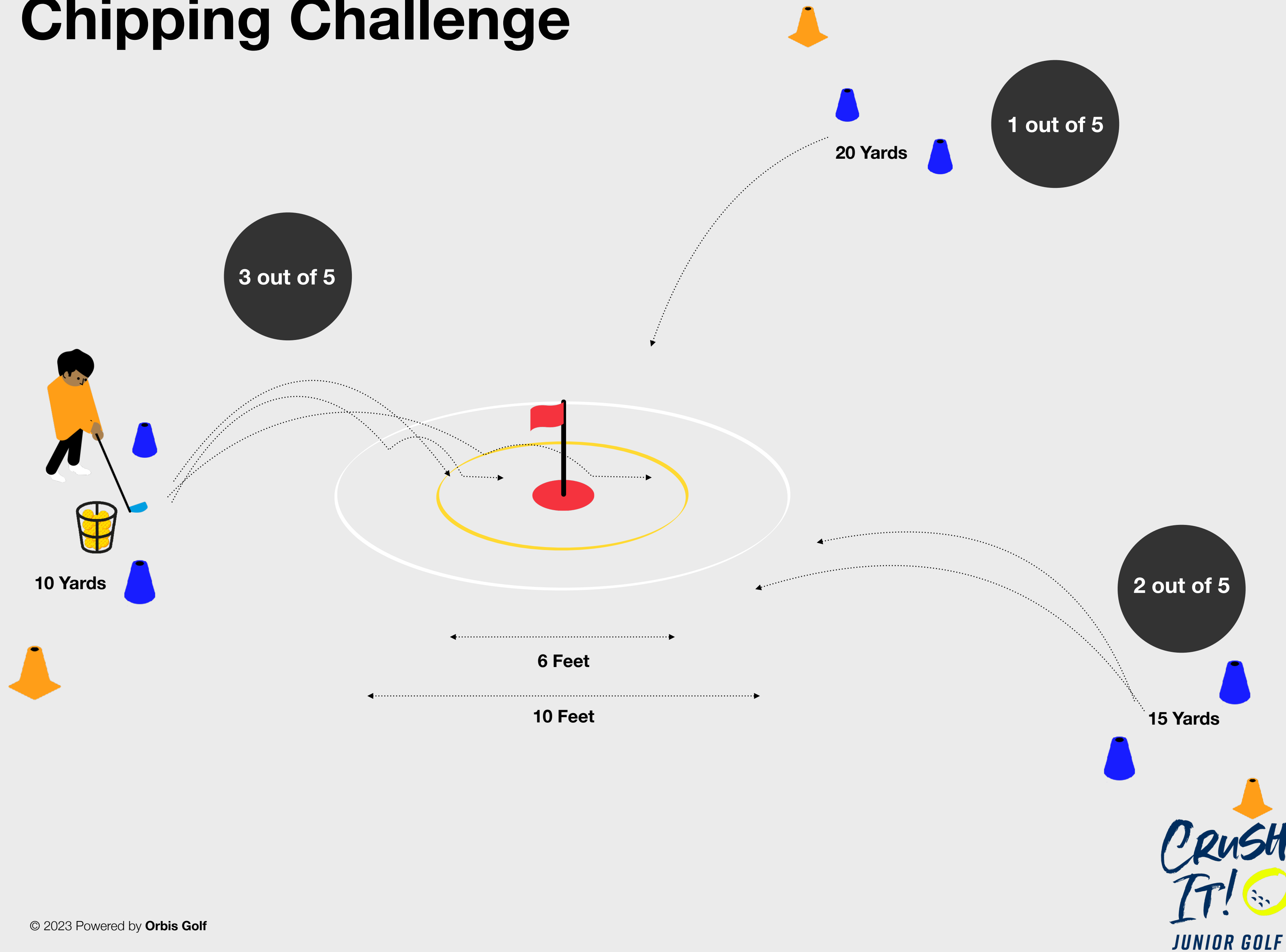


Chipping





# Chipping Challenge



## The Challenge

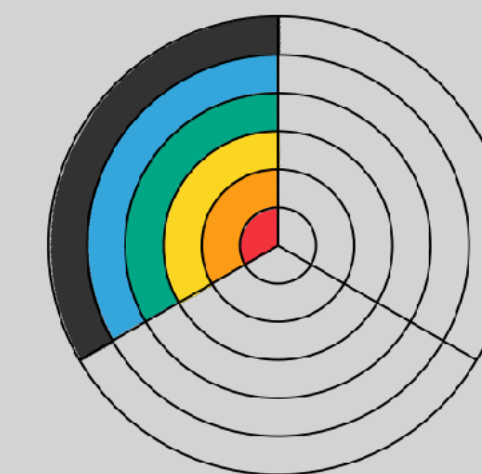
To complete the Black Sticker Challenge within the Chipping skill element, the child needs to get 3 out of 5 from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 from 20 yards to finish within a 6-foot diameter circle.

All shots must finish with the 10 foot target circle and the child should demonstrate good control of contact.

## 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.



Chipping

