

Swing

Week 13



Class Timetable - Week 13

Session Length:
60mins

Group Size:
1:8

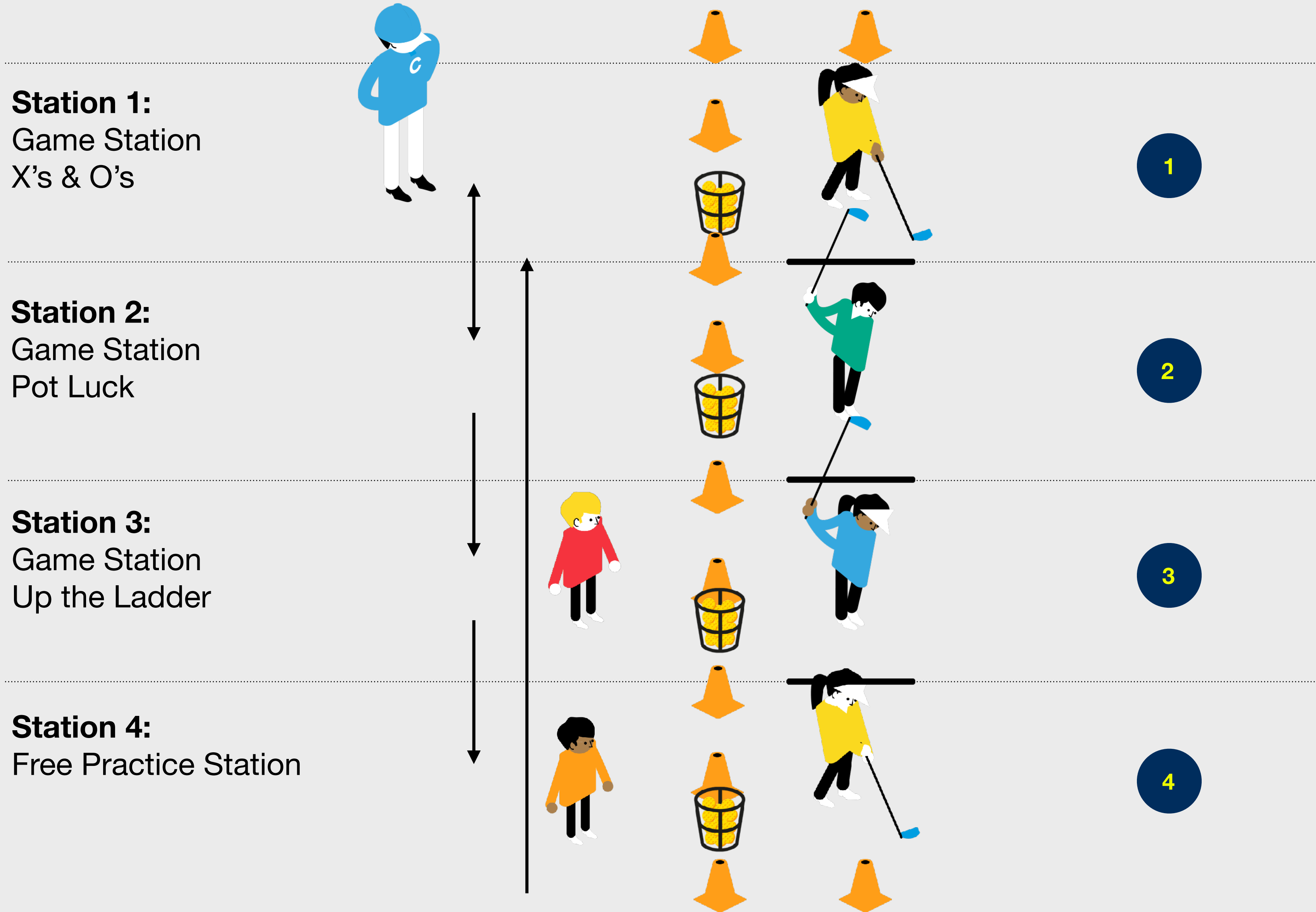
Mastering the Game Focus:
Swing:
Fairway Woods

Whole Child Focus
Cognitive:
Coachable

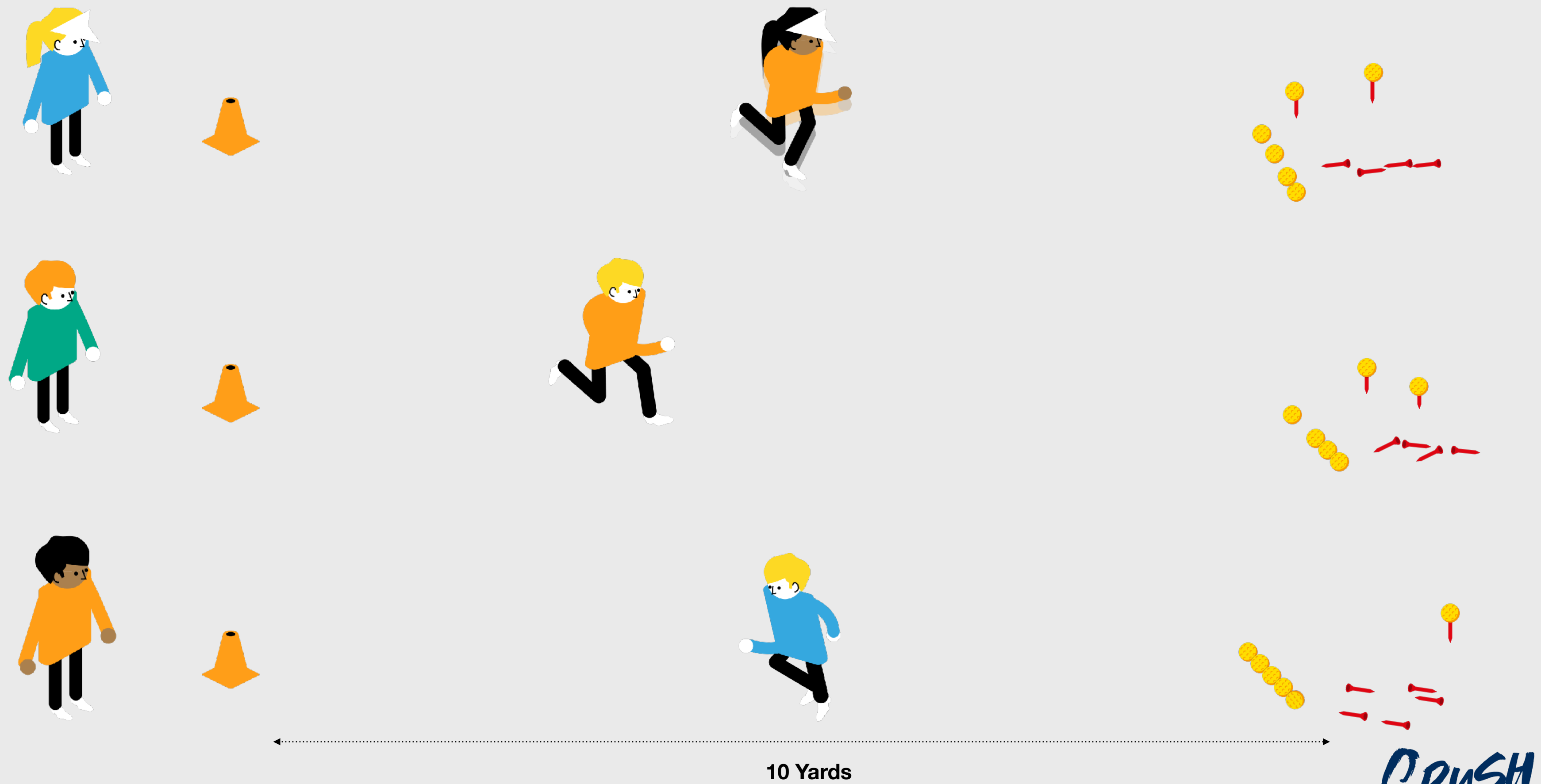
Learning the Game Focus:
Rules and Etiquette:
The Woods

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"> Tee it Up Challenge
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 Woods
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"> Coachable
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"> Pot Luck Up the Ladder X's & O's
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



Tee It Up Challenge



How to Play

- Each team has 6 tees and 6 golf balls that are placed on the ground 10 yards from their safety cone
- When the Coach shout “Go!” the first player on each team runs forward and tees the ball up
- They run back and once they pass the safety cone their teammate can run and tee up the next ball
- The winners are the team that make it back to their safety cone with all the balls teed up properly

Progression Ideas

- Increase or decrease the gap between the safety cones and the tees and balls
- Experiment with different FMS, for example hopping or skipping

Equipment Needed

- 3 x Orange Safety Cones 
- Golf Balls 
- Tees 





Cognitive Coachable

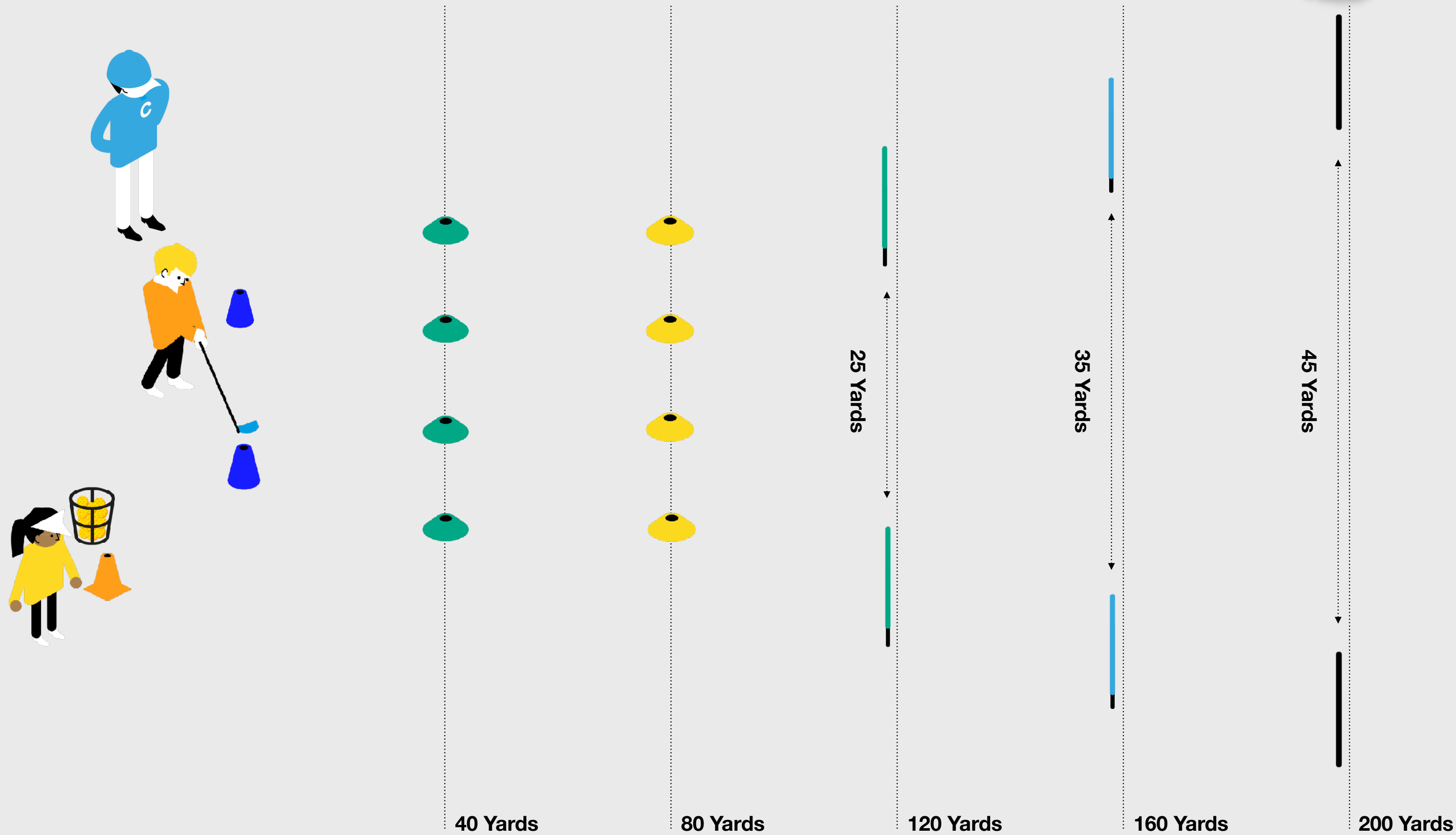
- The Whole Child theme this week is to encourage the children to demonstrate characteristics of a person who is coachable, open to trying new things and is not afraid to fail.
- Carry this theme into the class by paying closer attention to the free practice station and helping the children with their technique more closely.



Orientation The Woods

- The Learning the Game focus this week is to introduce the Wood and how it differs from other clubs in the bag.
- In addition to fairway woods, mention hybrids and the purpose of each on the course.

Pot Luck



How to Play

- Players take in turns to pull a playing card from the deck of cards
- The number on the card dictates how many shots the player can take to complete their challenge (Picture cards count as 10)
- If the player completes their challenge within the designated number of shots they score 1 point
- The first player to score 5 points wins the game

Progression Ideas

- Add in special rules for certain playing cards
- Allow the players to come up with their own rules

Equipment needed

Orange Safety Cones



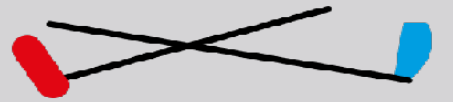
Cones to mark out the necessary hitting stations



Deck of playing cards



Spare equipment that may be required for the group attendees.



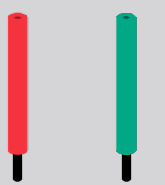
Golf Balls



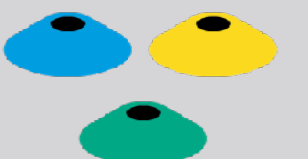
6 x Alignment Sticks



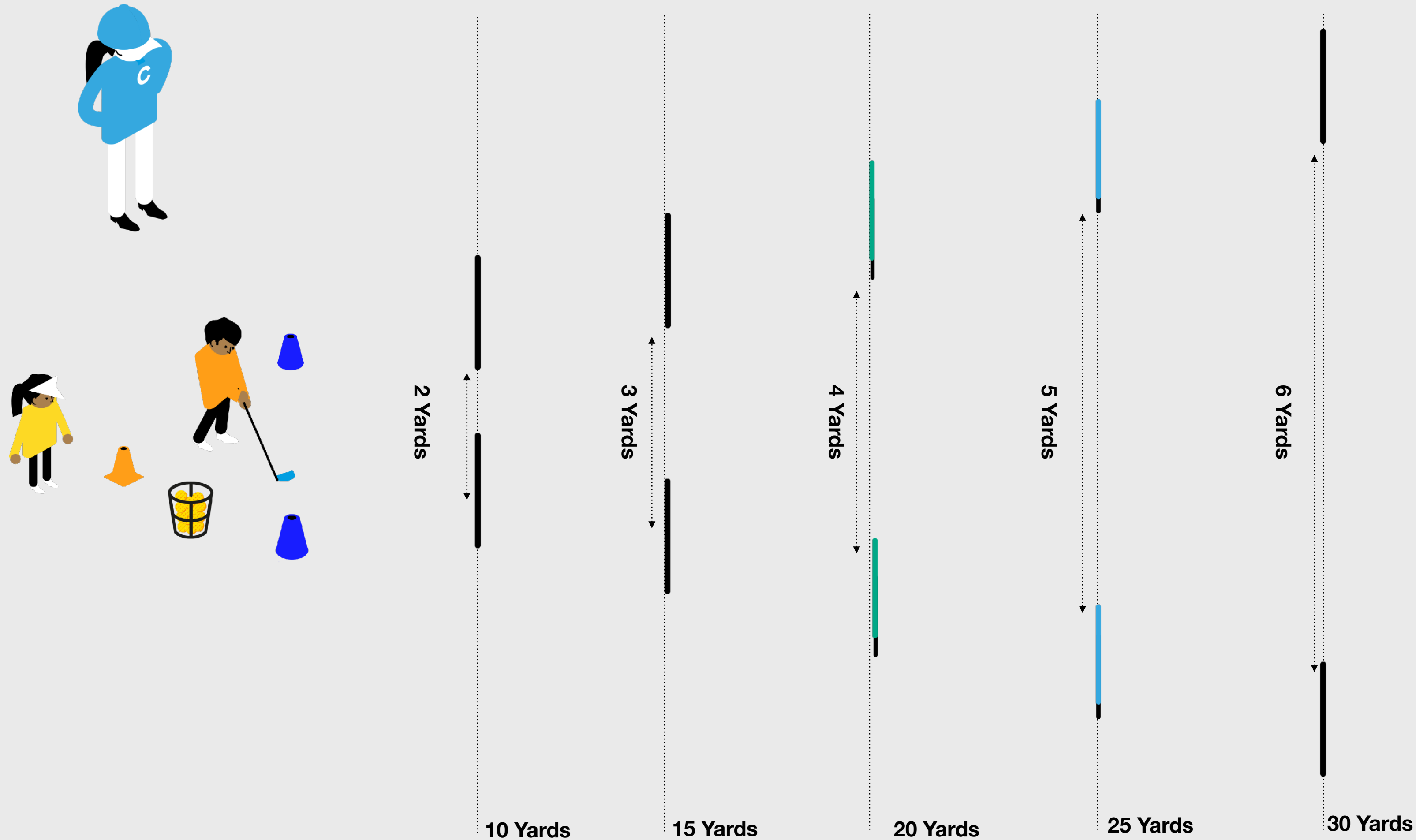
6 x Foam Noodles



Variety of colored cones for 40 yard and 80 yard lines



Up the Ladder



How to Play

- Players attempt to work their way up the ladder in order, starting by trying to hit their shots through the nearest gate
- If a child misses, the team remain on that gate
- If a child successfully hits the ball through the gate, they progress to the next step of the ladder
- The game is complete when the team have completed every step of the ladder in order

Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets to hit the ball through the gate
- Change the width of the target gates
- Introduce a rule where the ball must fly through the air and through the gate

Equipment needed

Orange Safety Cones

SAFETY

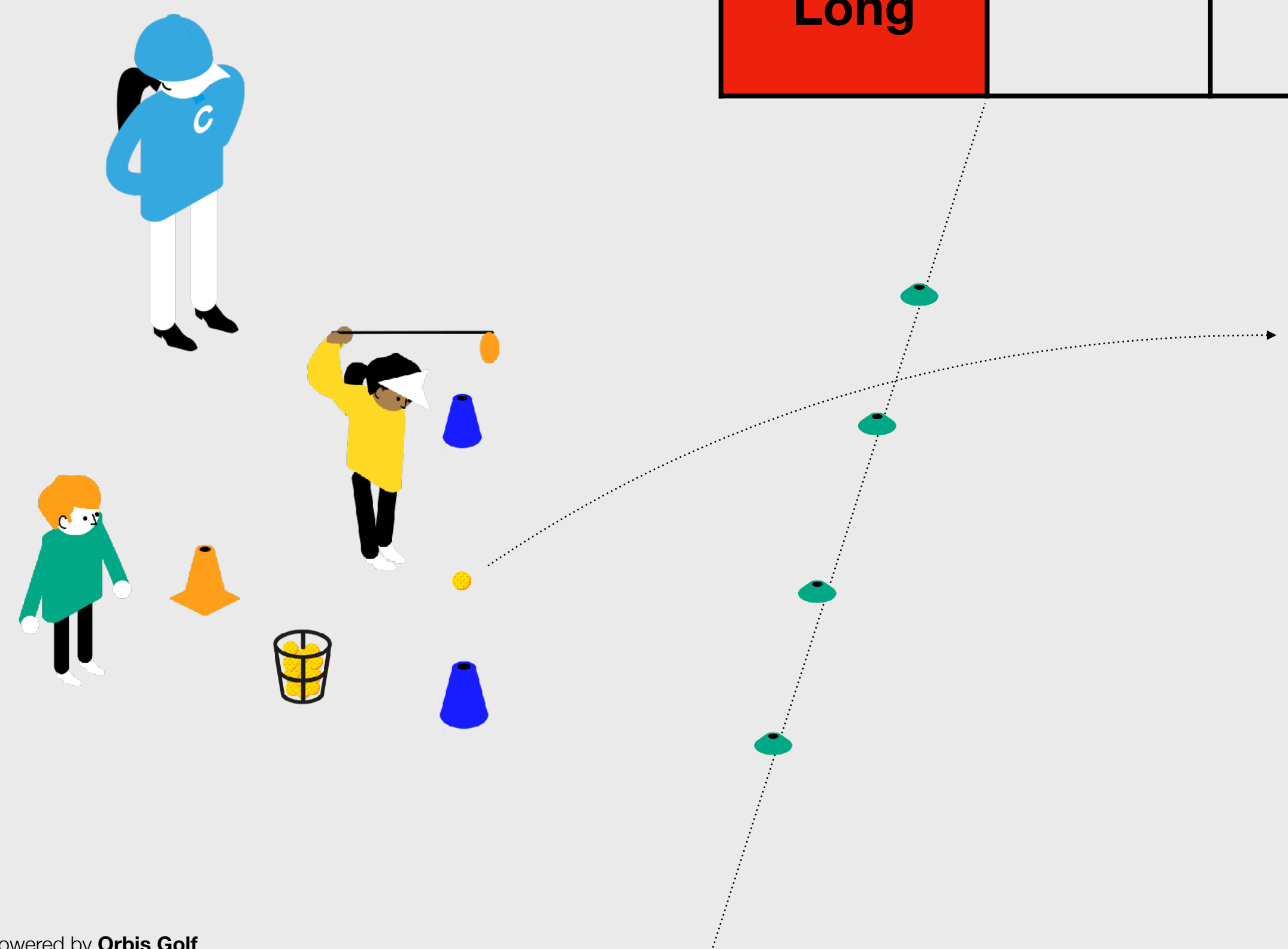
10 x Alignment Sticks

10 x Foam Noodles

X's & O's



Shot Type	Left	Straight	Right
Short	X		
Medium		X	
Long			X



How to Play:

- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The children take it in turns to hit their shots
- If they are successful hitting their chosen shot then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

Progression Ideas:

- Move the minimum distance cone line further out

Equipment Needed:

Orange Safety Cones



Cones to mark out the necessary hitting stations.



Golf balls



Paper and Pen to draw the grid



4 x Green Cones

