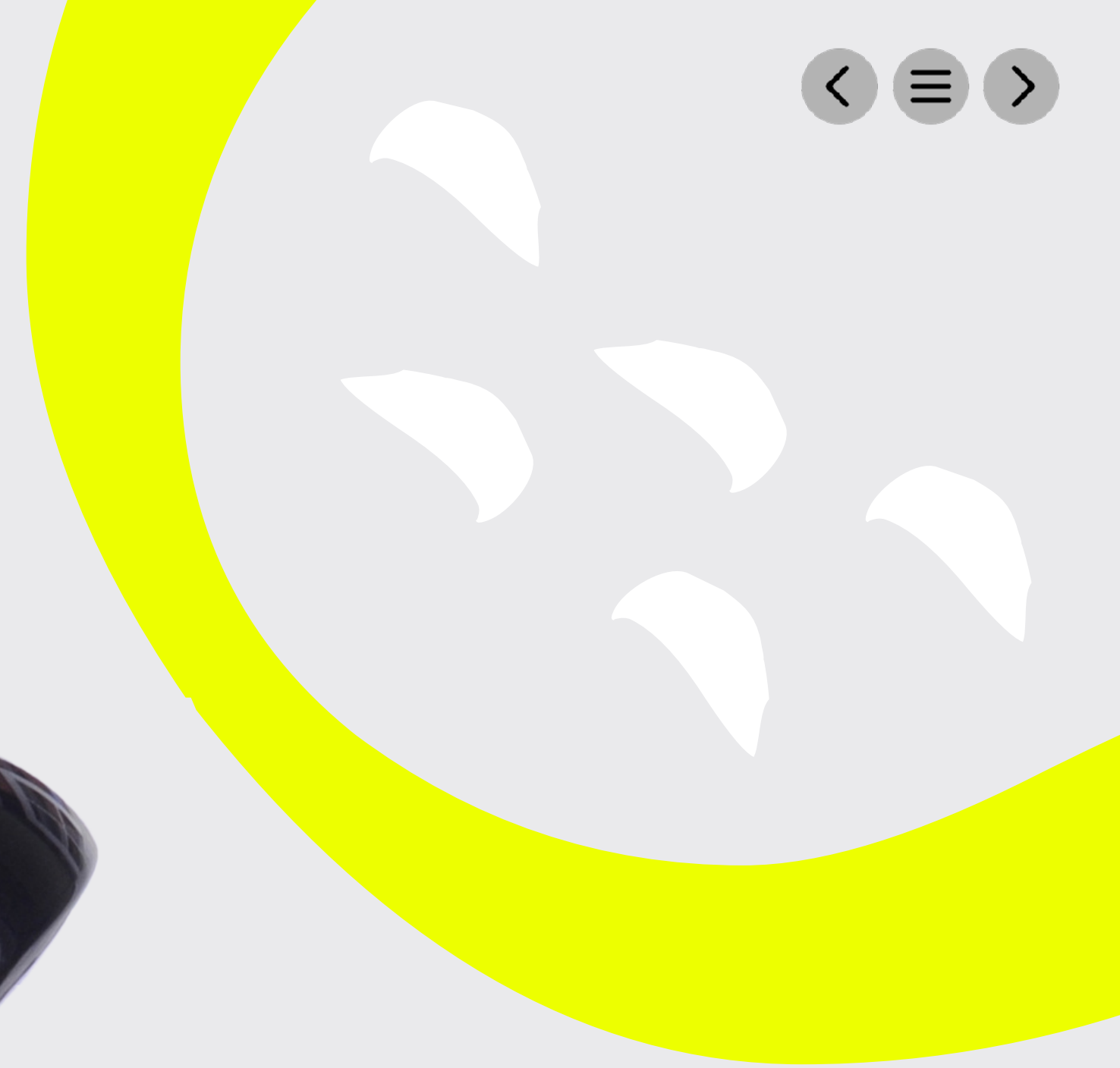


Swing Week 13



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 	<ul style="list-style-type: none"> 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

© 2020 Powered by Orbis Golf

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

Mastering the Game Challenge:
Fairway Wood 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"> 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 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"> Pot Luck Up the Ladder Fairway Wood 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+

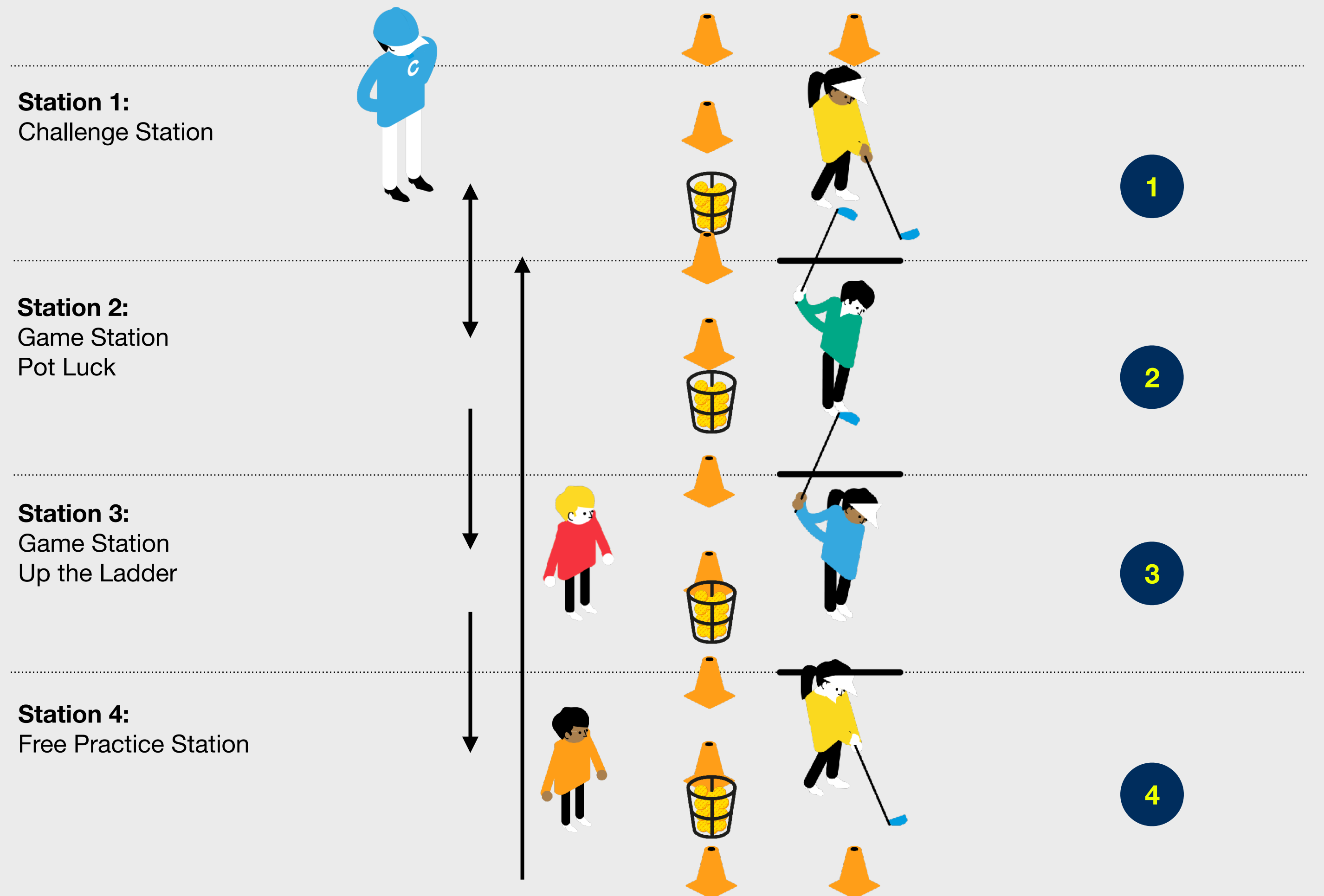
Layout and Setup



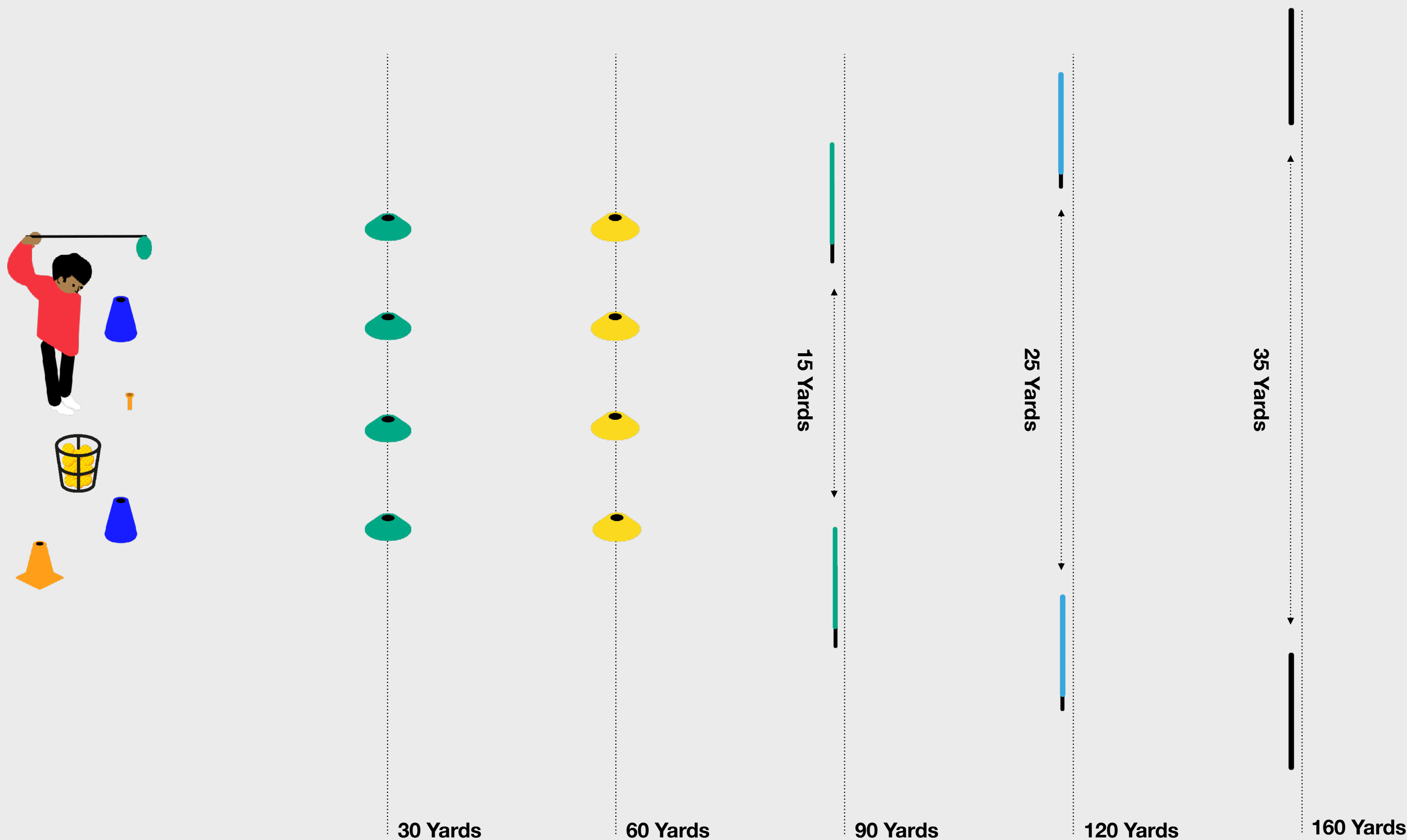
Class Layout and Setup

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



Fairway Woods Challenge Setup



Equipment Needed

- Orange safety cones for a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines for the level 2 and 3 challenges
- Alignment Sticks with a foam noodle on top to mark out the target gates

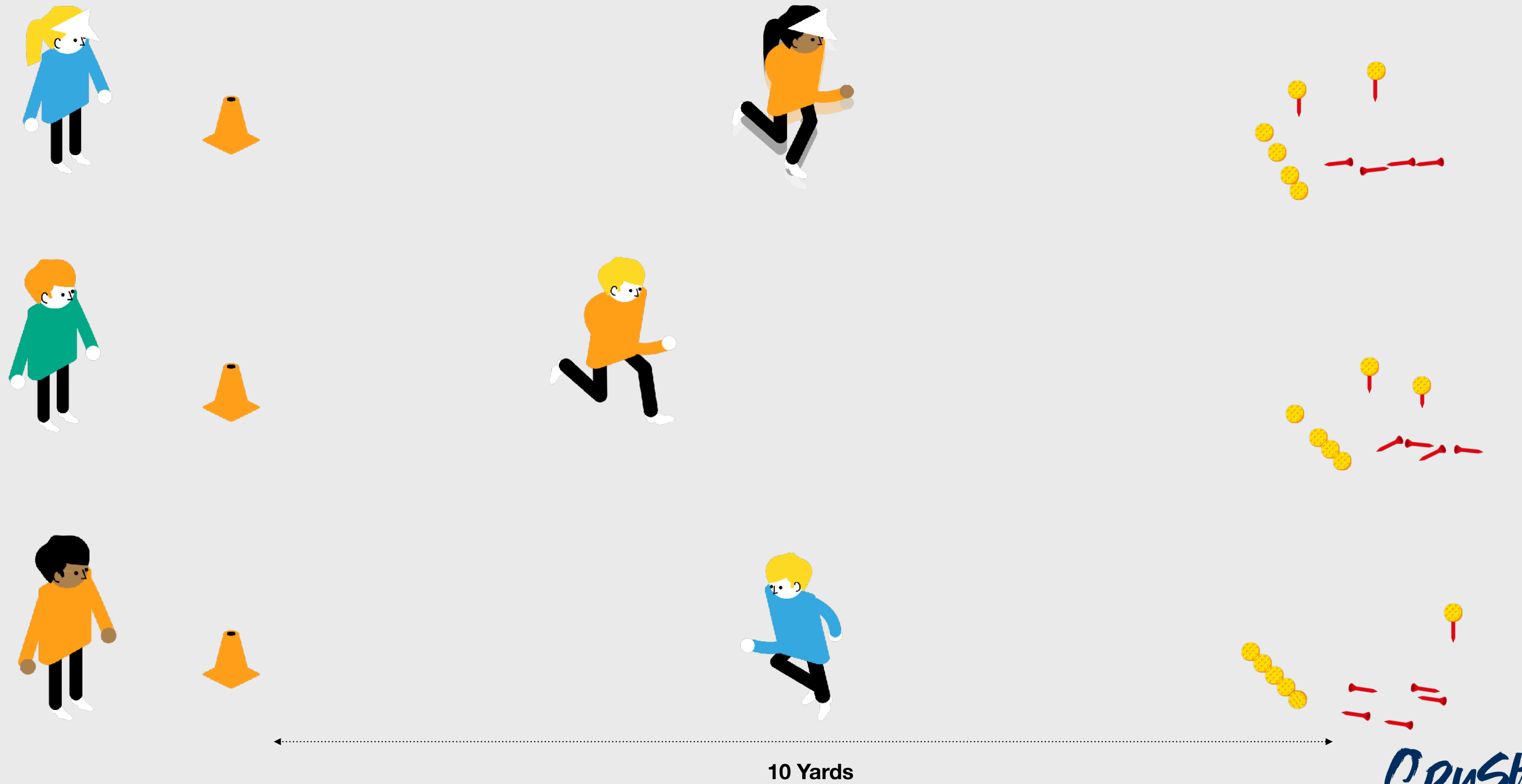
Setting out the Challenge

- Use cones to mark out the carry distance lines for the level 2 and 3 challenges
- Alignment sticks with foam noodles should be used to measure the gates for the level 4-6 challenges at the target distances and widths
- Set out all the markers to enable every child to attempt their challenges in the class

Physical Literacy Warm Up Game



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



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 Coachable

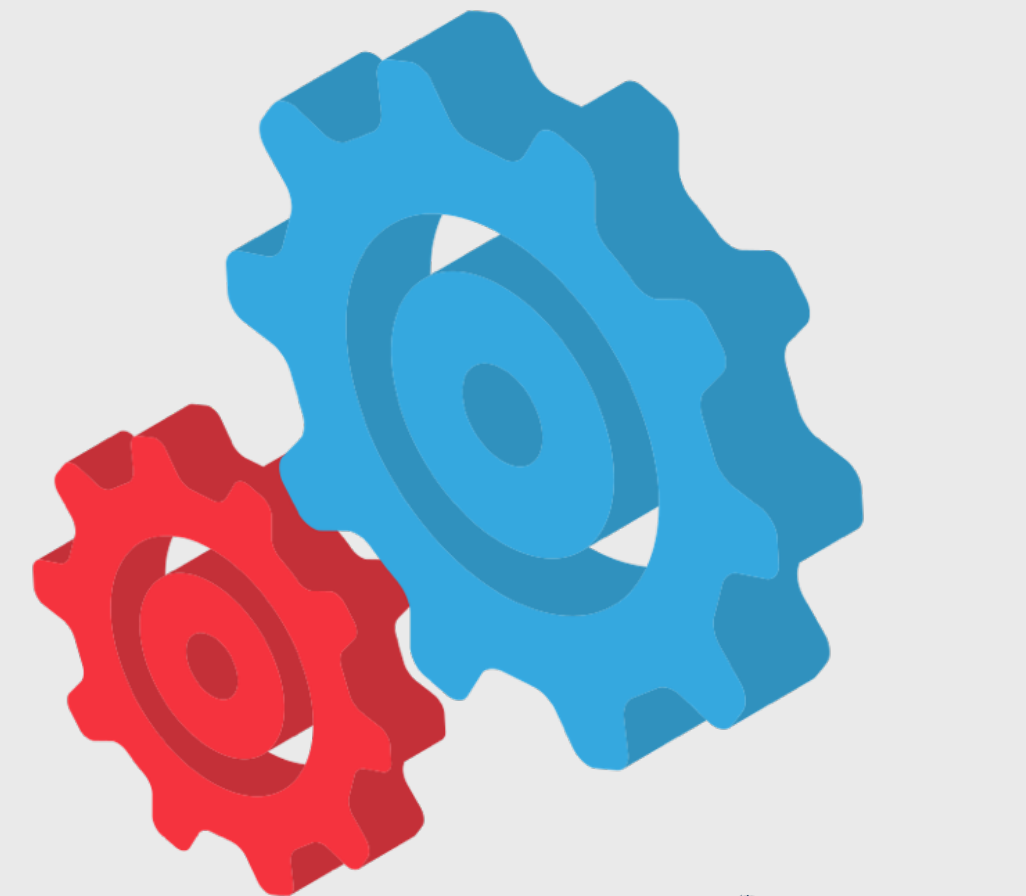
The Whole Child theme this week is to encourage the children to demonstrate characteristics of a person who is coachable, open to trying new things and is not afraid to fail.

Carry this theme into the class by paying closer attention to the free practice station and helping the children with their technique more closely.

It should be highlighted that the Achiever Award is presented to the child that demonstrates coachable characteristics.

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 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.

For more advanced groups highlight the specific design of woods as well as, hybrids and how the design helps us to launch the ball long and high off the fairway.

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



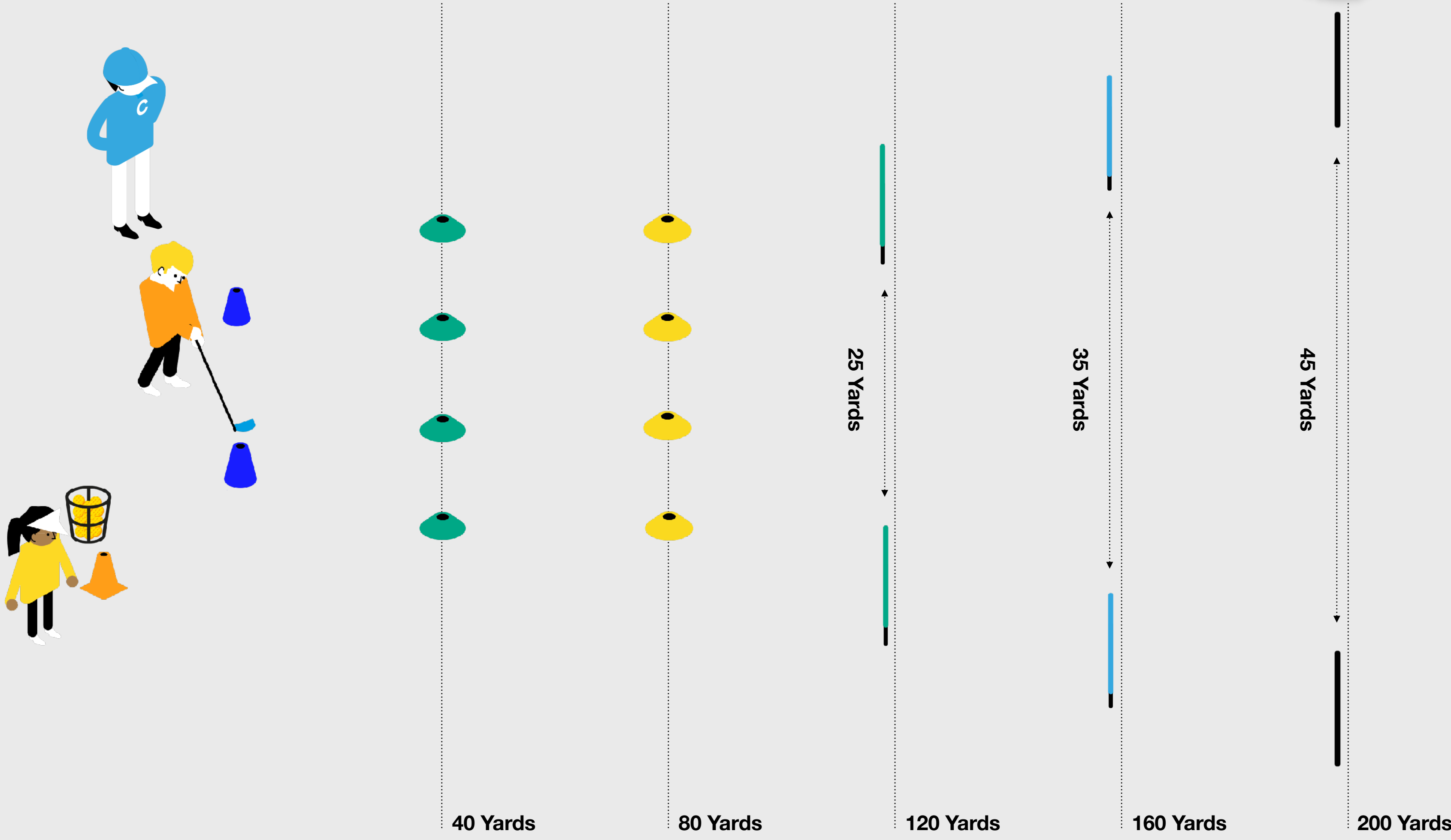
Questions to Ask

- Who knows what a driver is designed to do?
- What is it about the driver that helps us to hit the ball high and far?
- How does the driver differ from other clubs in the bag?
- What rules do we need to be aware of on the tee box when using the driver or any other club in the bag?

Mastering the Game Cards



Pot Luck








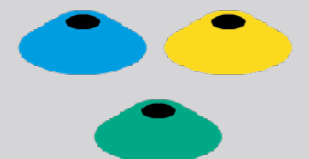
How to Play

- 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

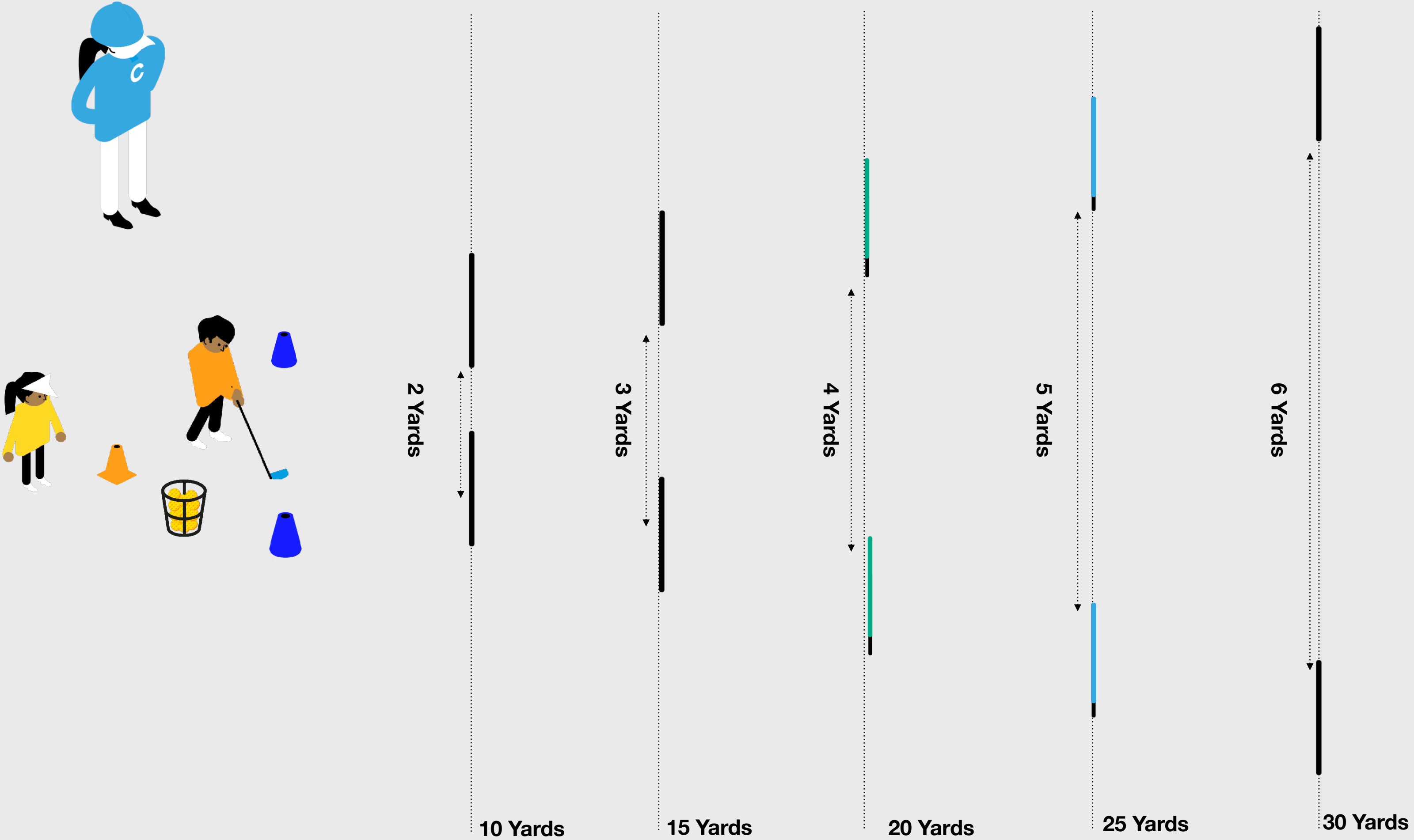
- Add in special rules for certain playing cards
- Allow the players to come up with their own rules

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

10 x Alignment Sticks

10 x Foam Noodles

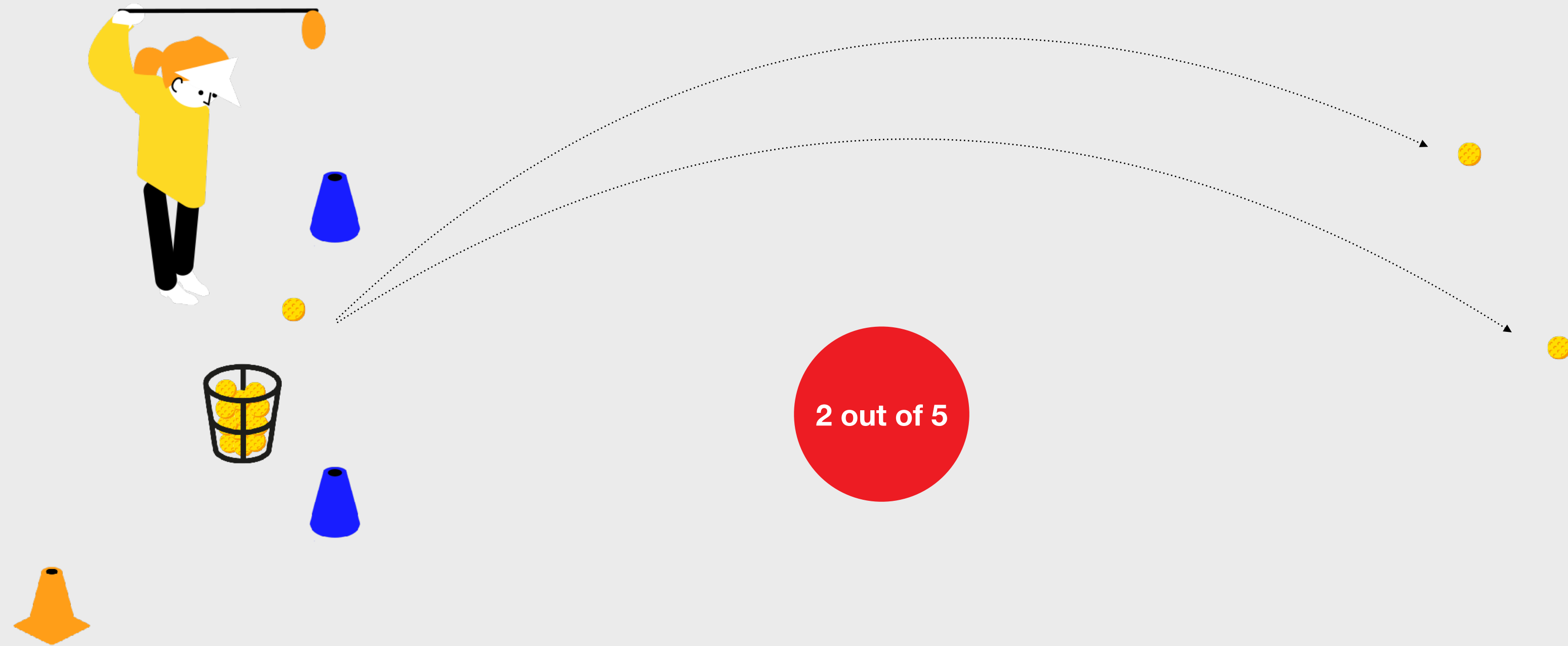
SAFETY



Mastering the Game Challenge Cards



Fairway Wood Challenge



The Challenge

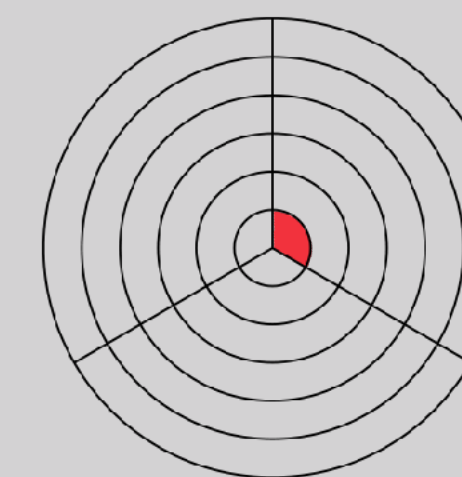
To complete the Level 1 Challenge within the Fairway Woods element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the child doesn't need to demonstrate control over direction or distance. This challenge can be attempted 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.

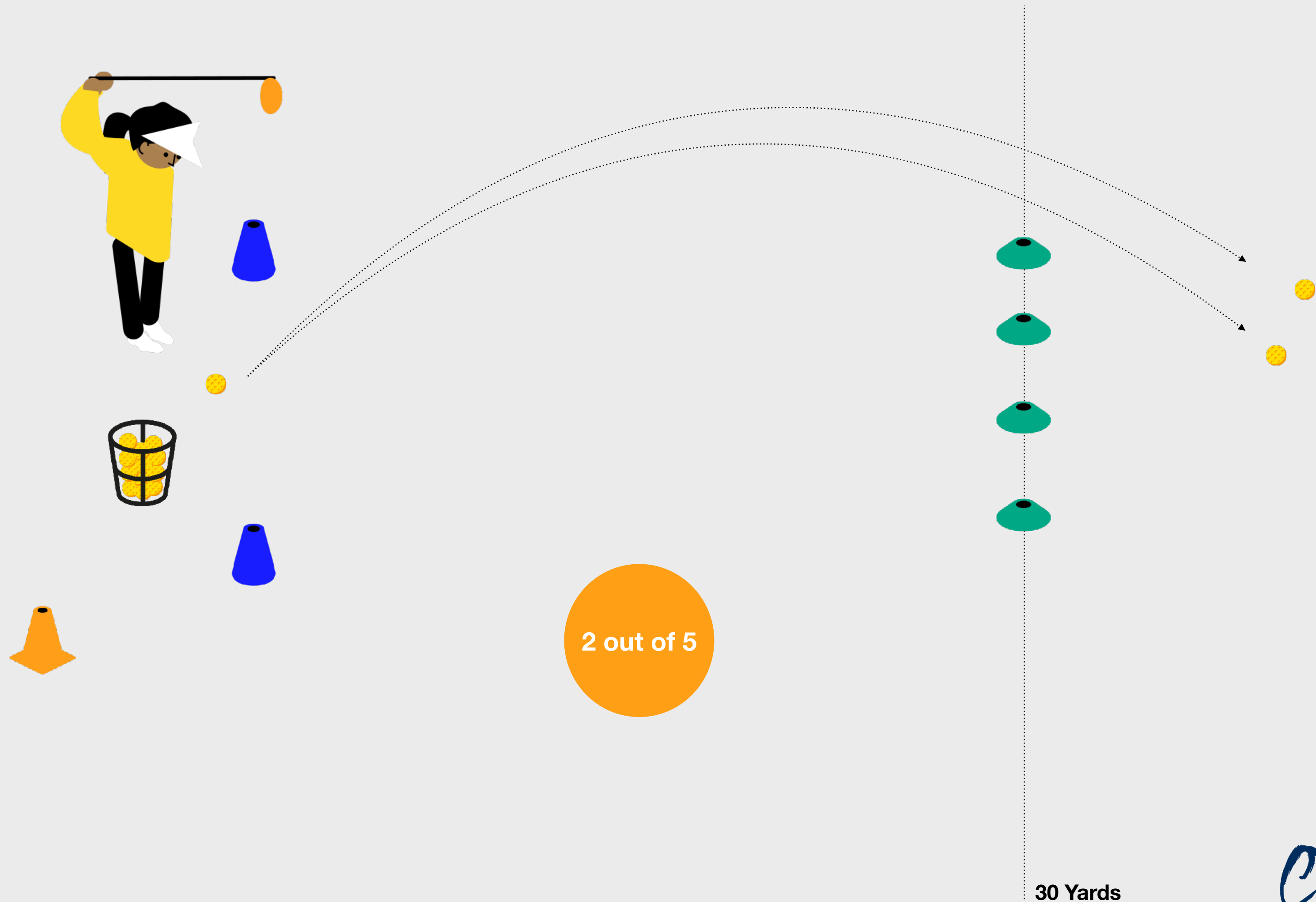
If they are also assigned to the *Crush It myGame+* program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



The Challenge

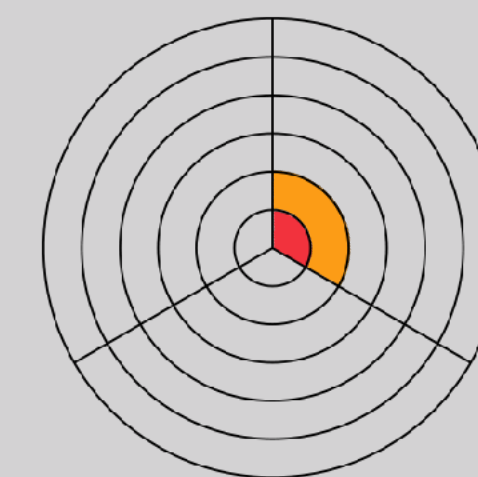
To complete the Level 2 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air, a minimum carry distance of 30 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction and the shots can be attempted 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.

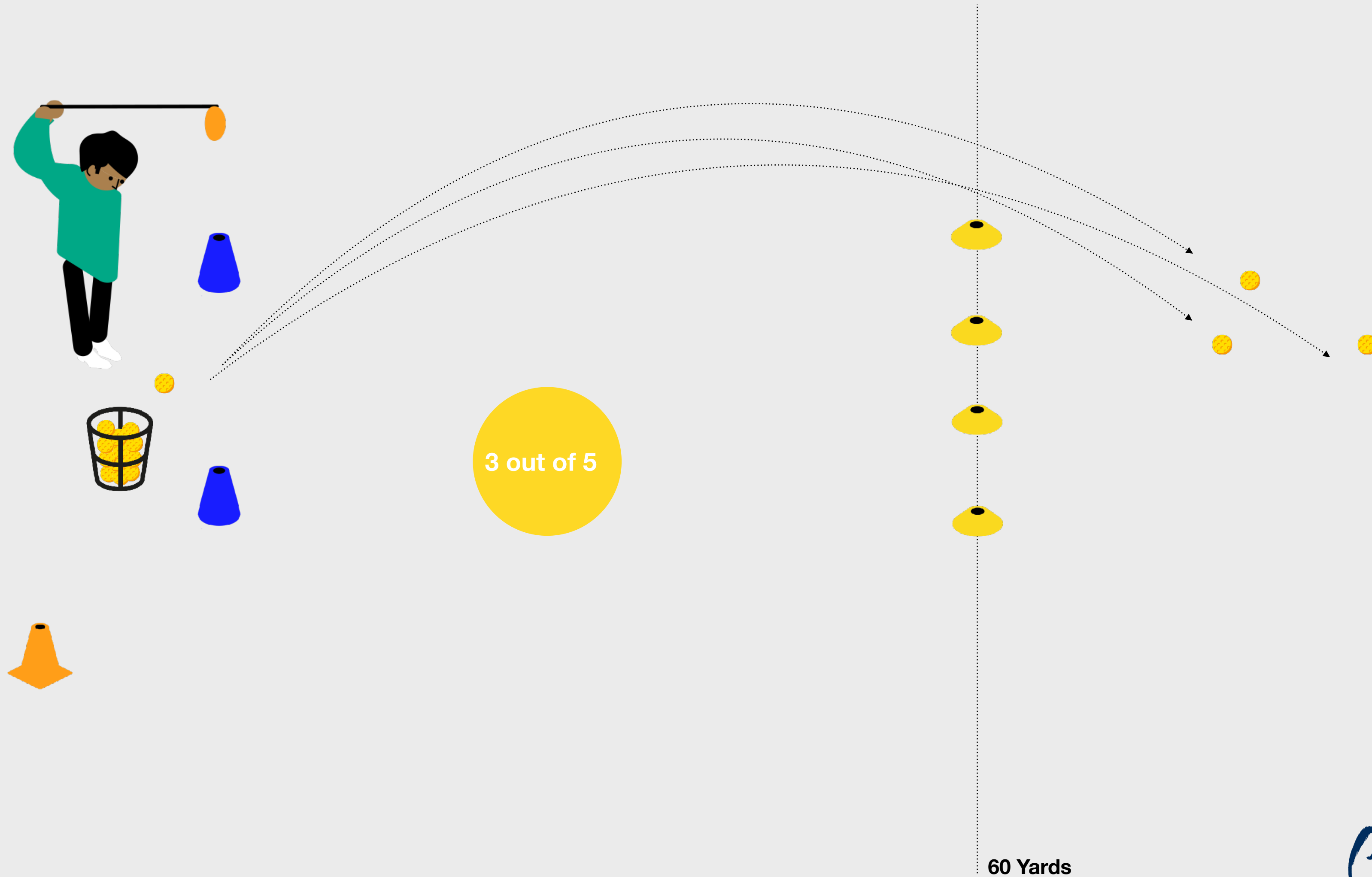
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



The Challenge

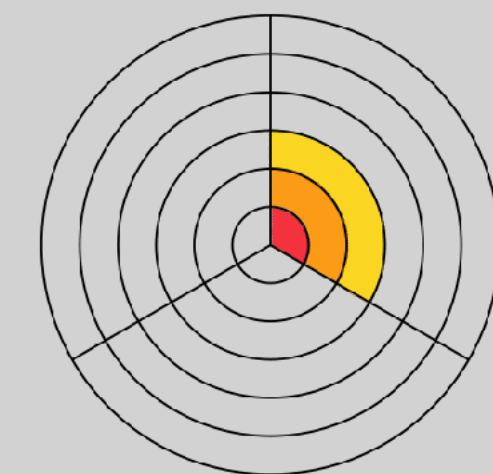
To complete the Level 3 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum distance of 60 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction and can hit their shots 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.

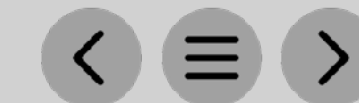
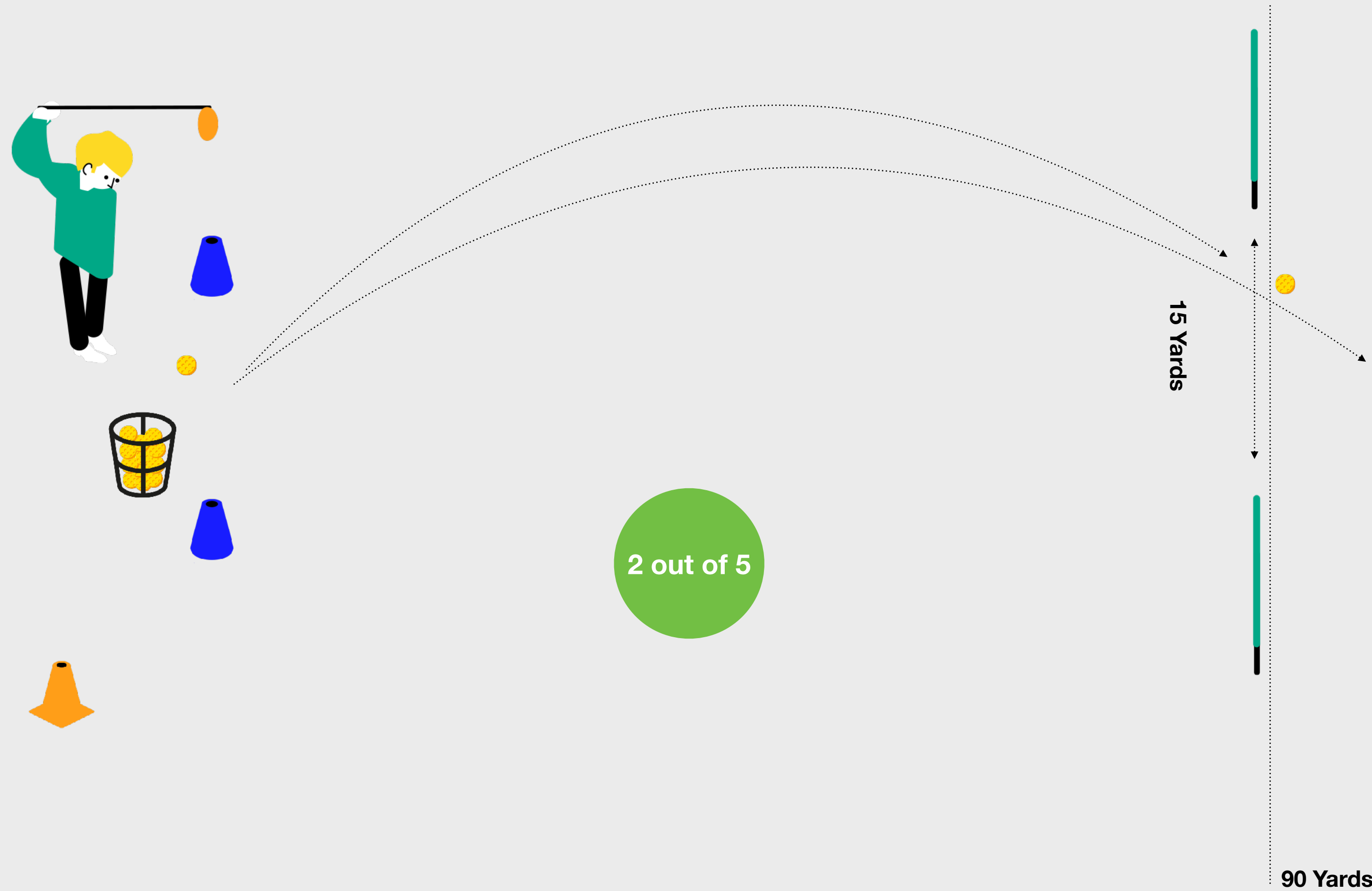
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



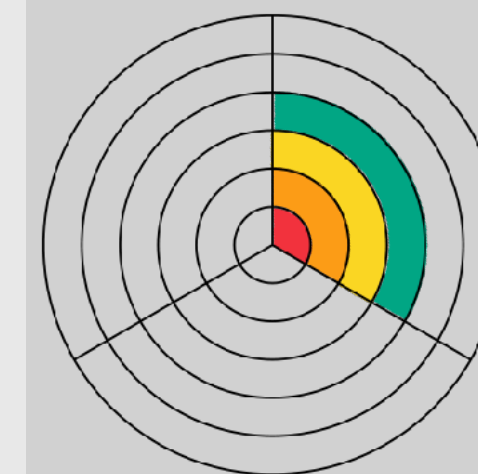
The Challenge

To complete the Level 4 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air, a minimum total distance of 90 yards. The ball must come to rest within a 15-yard-wide gate. This challenge should be attempted 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.

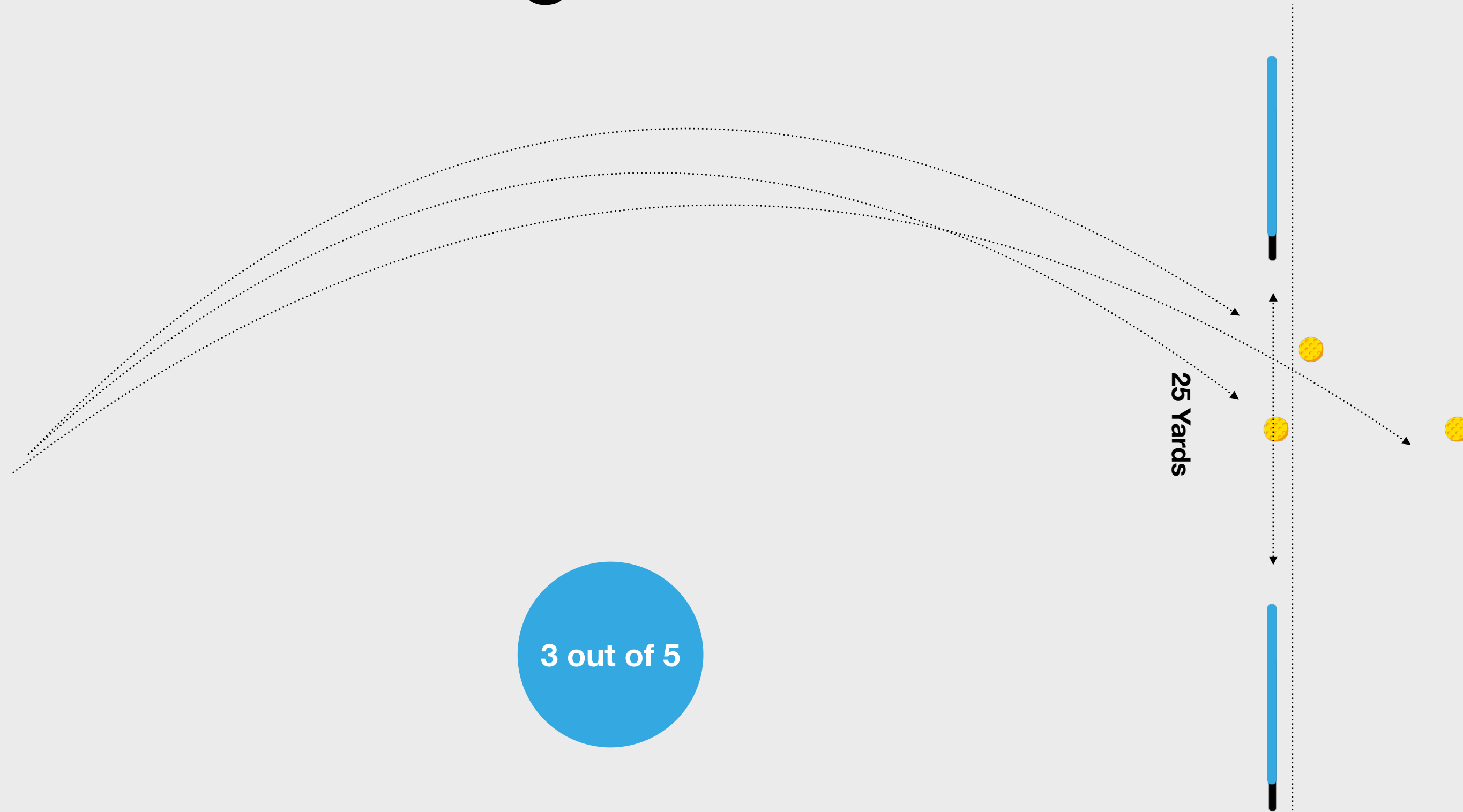
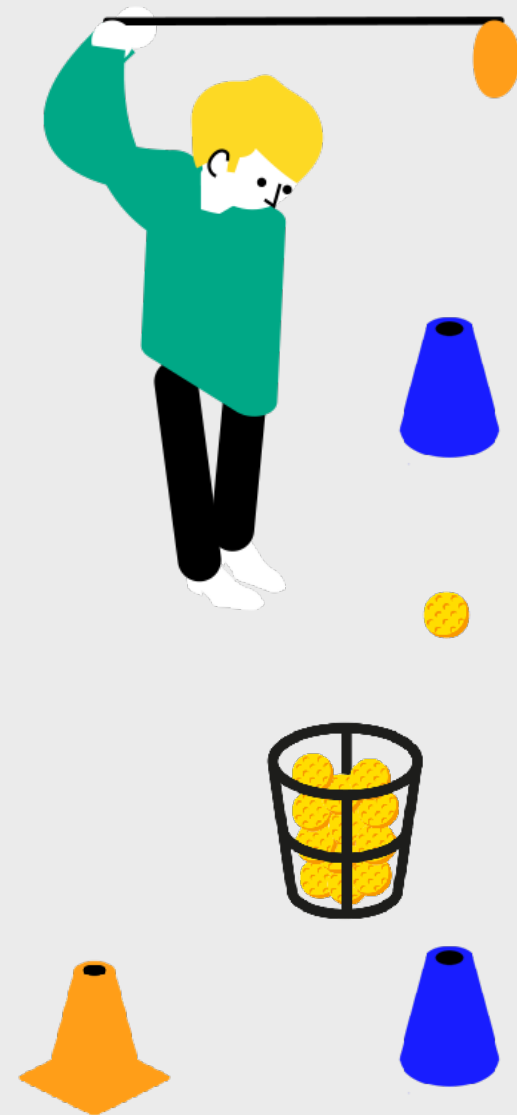
If they are also assigned to the Crush It myGame+ program on GLF, Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



120 Yards



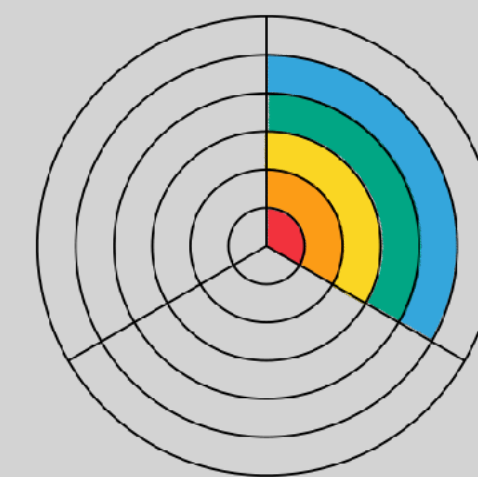
The Challenge

To complete the Level 5 Challenge within the Fairway Wood Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum total distance of 120 yards. The ball must come to rest through a 25-yard wide gate. This challenge should be attempted 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.

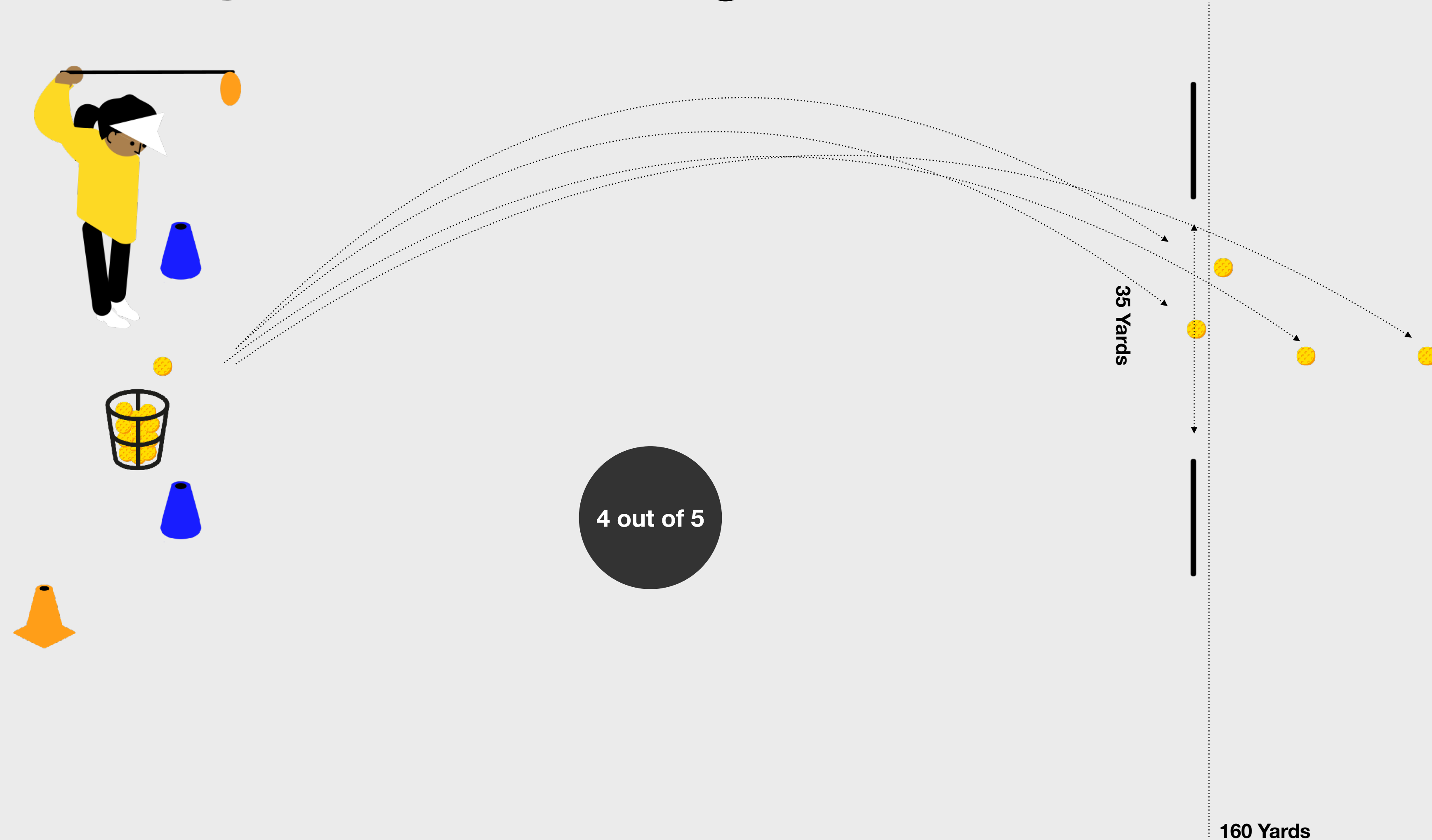
If they are also assigned to the Crush It myGame+ program on GLF, Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



4 out of 5

160 Yards

35 Yards



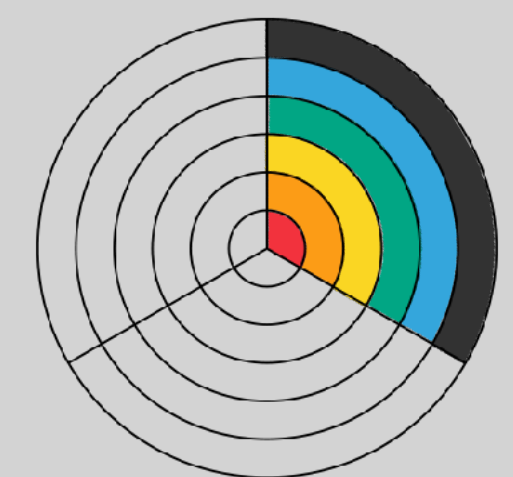
The Challenge

To complete the Level 6 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots a minimum total distance of 160 yards. The ball should come to rest through a 35-yard wide gate. This challenge should be attempted 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.



Fairway Woods

