

# On the Green

## Week 14



# Class Timetable - Week 14

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
On the Green:  
Long Putts

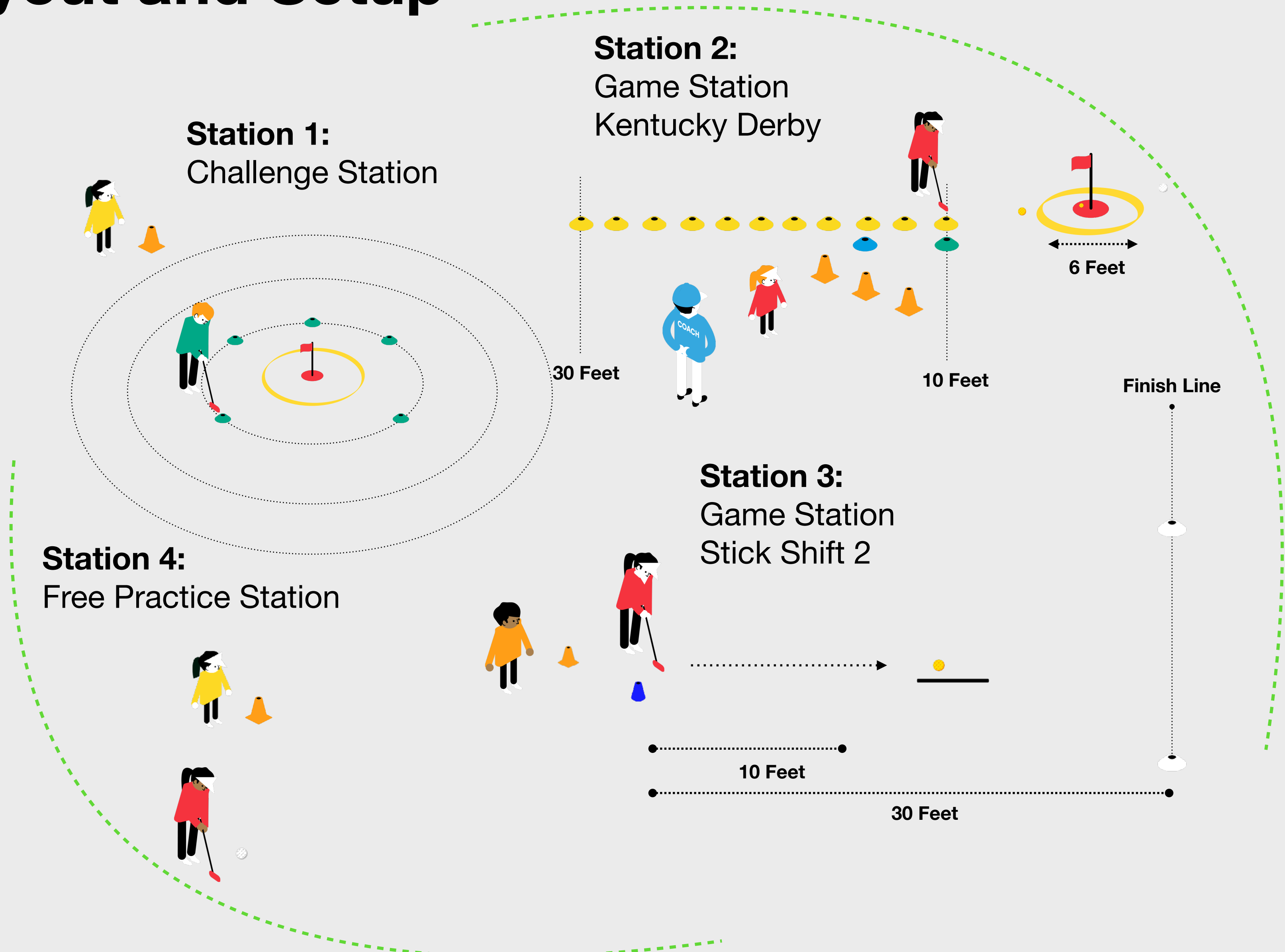
**Whole Child Focus**  
Personal:  
Honesty

**Learning the Game Focus:**  
Rules and Etiquette:  
Ball Marker

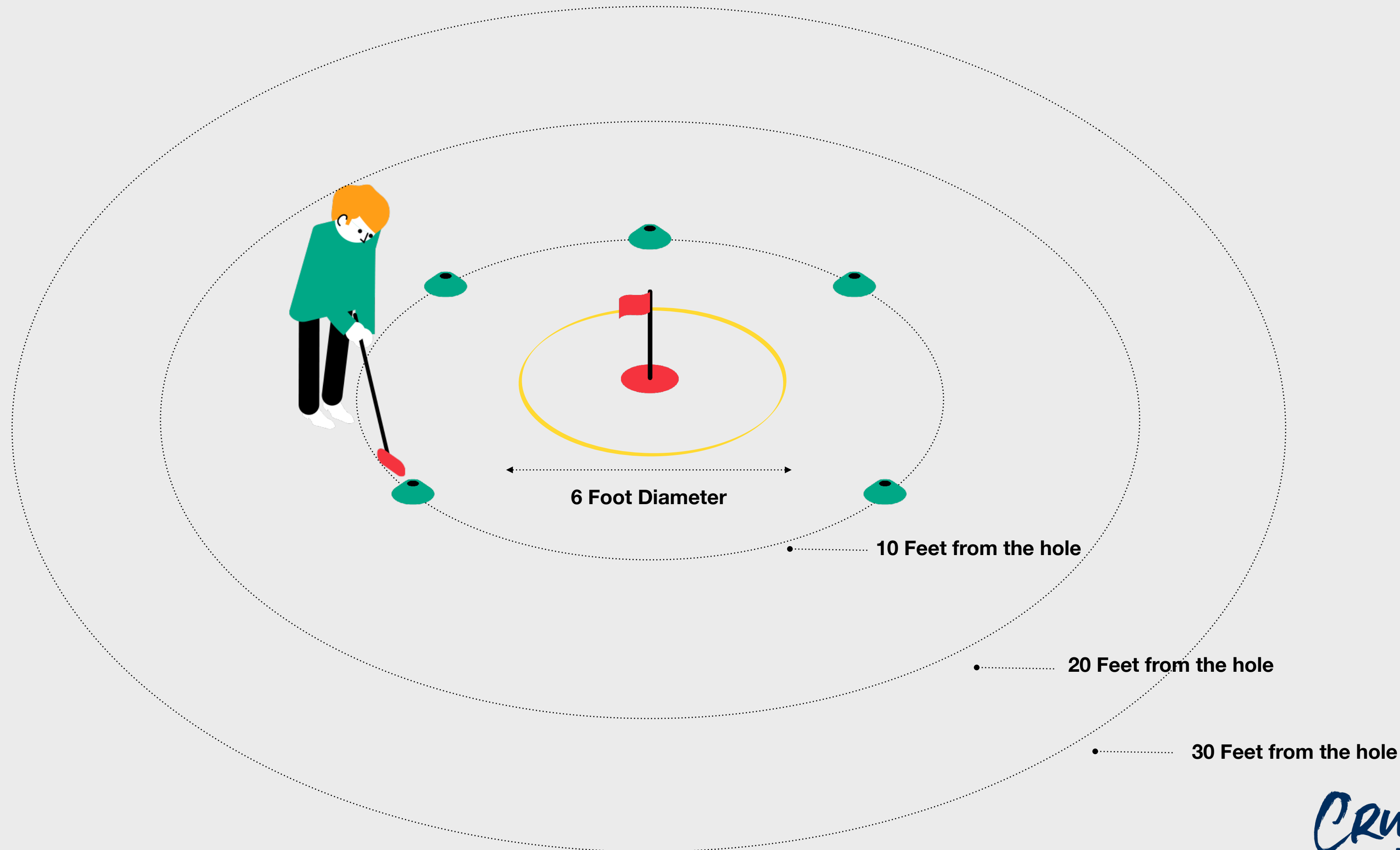
**Mastering the Game Challenge:**  
Long Putt Challenge

| 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>Hop Frog</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>Ball Marker</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>Honesty</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>Kentucky Derby</li> <li>Stick Shift 2</li> <li>Long Putt 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>                    |

# Class Layout and Setup



# Long Putts Challenge Setup



## Setting out the Challenge

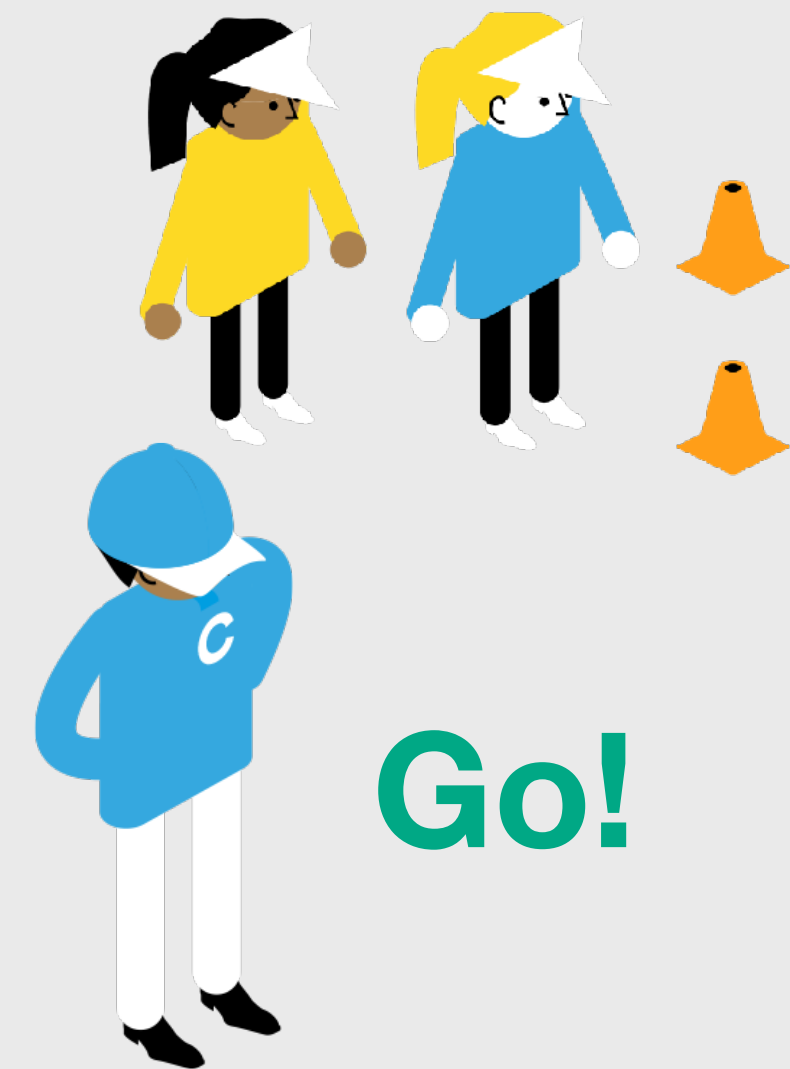
- A hole should be selected on the putting green on an average sloped surface
- A 6 foot diameter circle should be made around the hole using the target circle from your equipment bag
- 5 Positions should be marked on the green at 10 feet from the hole
- The 5 distances at 20 feet and 30 feet should be placed by the player using the 10-foot markers as a guide when attempting the challenge

## Equipment Required

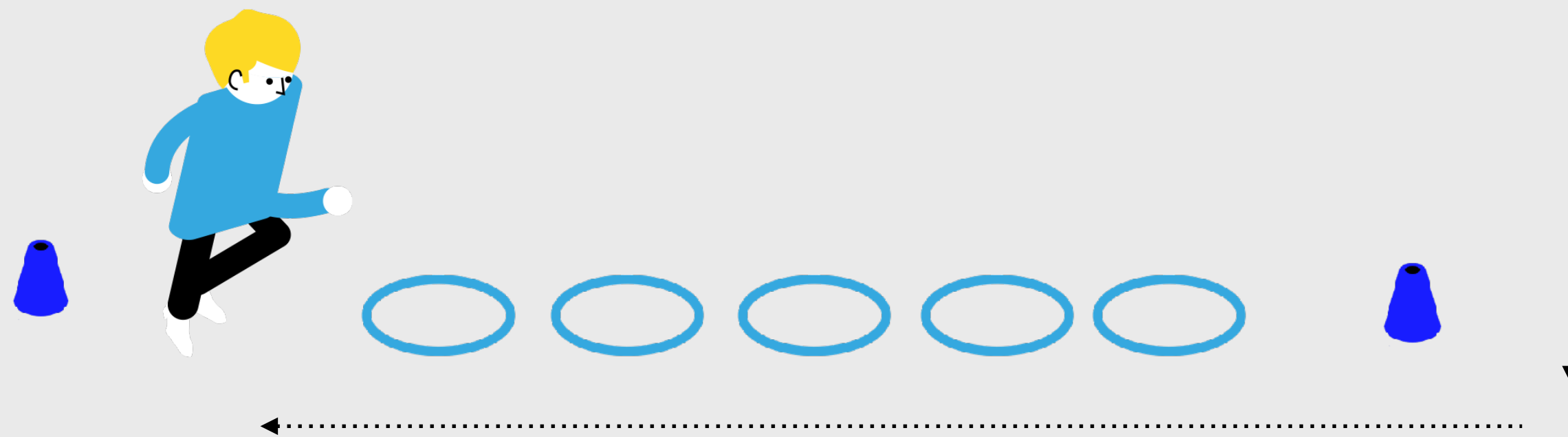
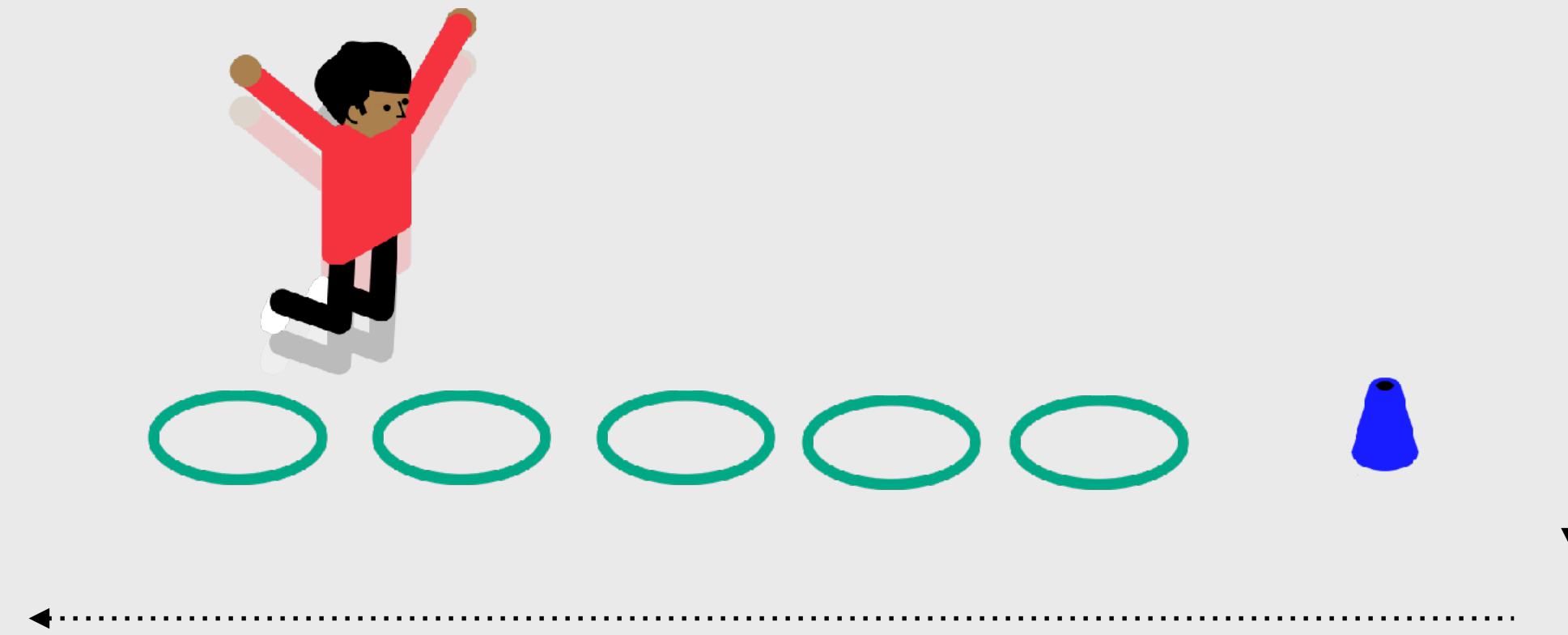
- 1 hole on the green
- 5 x tee pegs to mark the 5 starting positions at 10 feet
- 6 foot diameter target ring



# Hop Frog



Go!



## How to Play

- Split the children into two even teams
- Mark out 10 hoops, approximately 1 yard apart in a line or in a curve
- Half the group starts at one end, the other half starts at the other
- The first child from each side bunny hops along the hoops until they reach the end cone
- They run back from the end cone and the next player on their team can go
- This continues until one of the groups gets all their players back to the start

## Progression Ideas

- Explore FMS during the game
- Change the distance between the hoops
- Add in additional turns

## Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



10 x Hoops





## Personal Honesty

- The Whole Child theme this week is to understand the importance of honesty within the game of golf and in life.
- Carry this theme into the class by not paying attention to the challenge station in this session and asking the children how they scored.



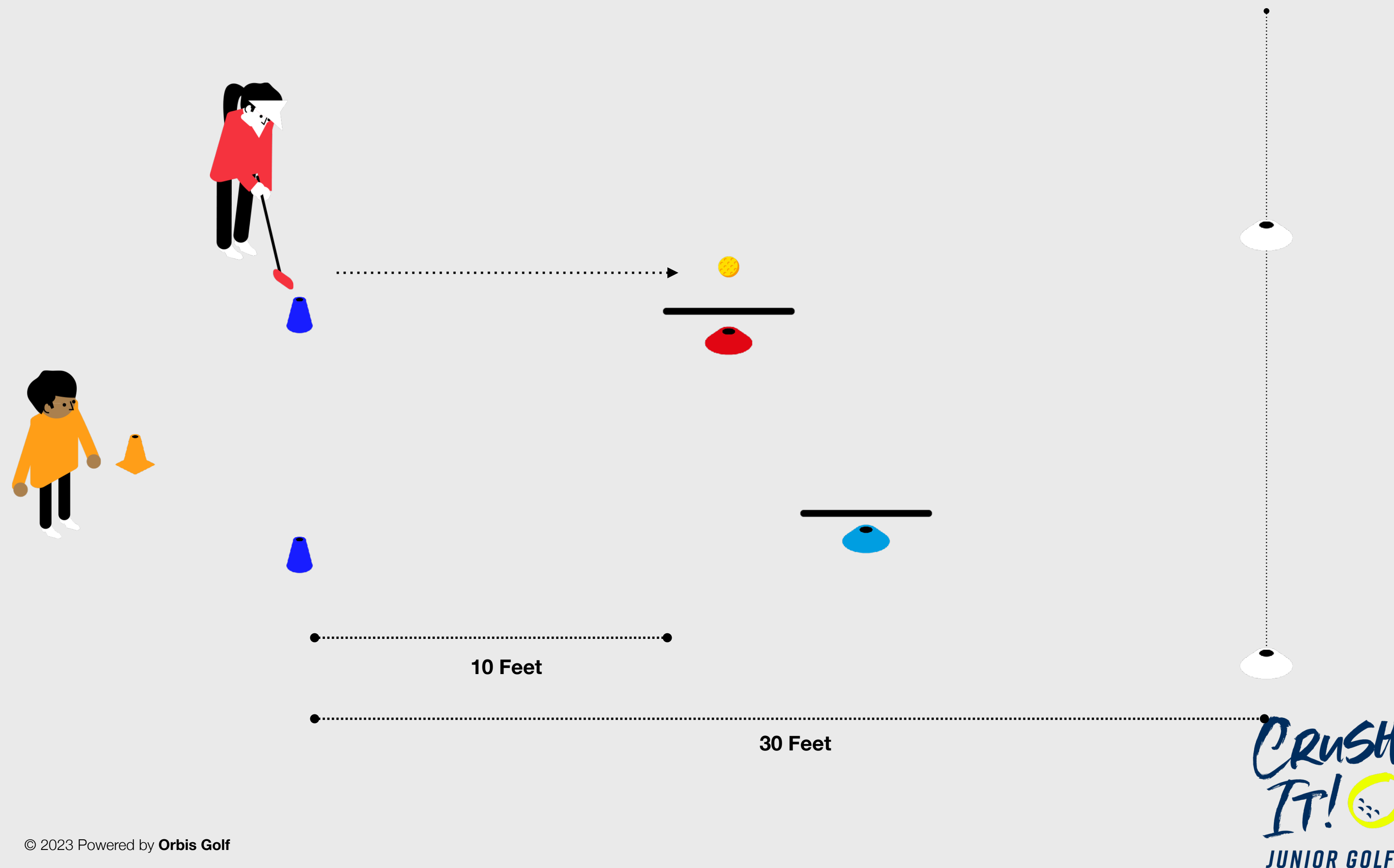
## Rules and Etiquette Ball Marker

- The Learning the Game focus this week is about using a ball marker.
- You should highlight to your juniors best practice of using a ball marker after you've hit your putt so that their ball is out of the way of others putting and so they can align the markings on their ball on the next putt if they want.

# Stick Shift 2



Finish Line



## How to Play

- Each child is nominated an alignment stick and a colored cone. In this example either blue or red
- The children take it in turns to hit a putt towards their alignment stick
- The aim is to get the ball to stop within the length of the alignment stick. If they are successful they get to move the alignment stick one length further on
- If the player is not successful in putting the ball inside the length of the alignment stick they have to try again when it is their turn
- The winner is the player who gets their alignment stick past the finish line
- Incorporate the Matchplay format of scoring by dictating that the winner is the first player to reach the score "3 up"

## Progression Ideas

- Increase or decrease the starting distance and the finish line distance
- Add in a rule whereby the player has to move the alignment stick back one distance if they are not successful

## Learning Outcomes

- The primary learning outcome is control of distance
- Consistency of 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.

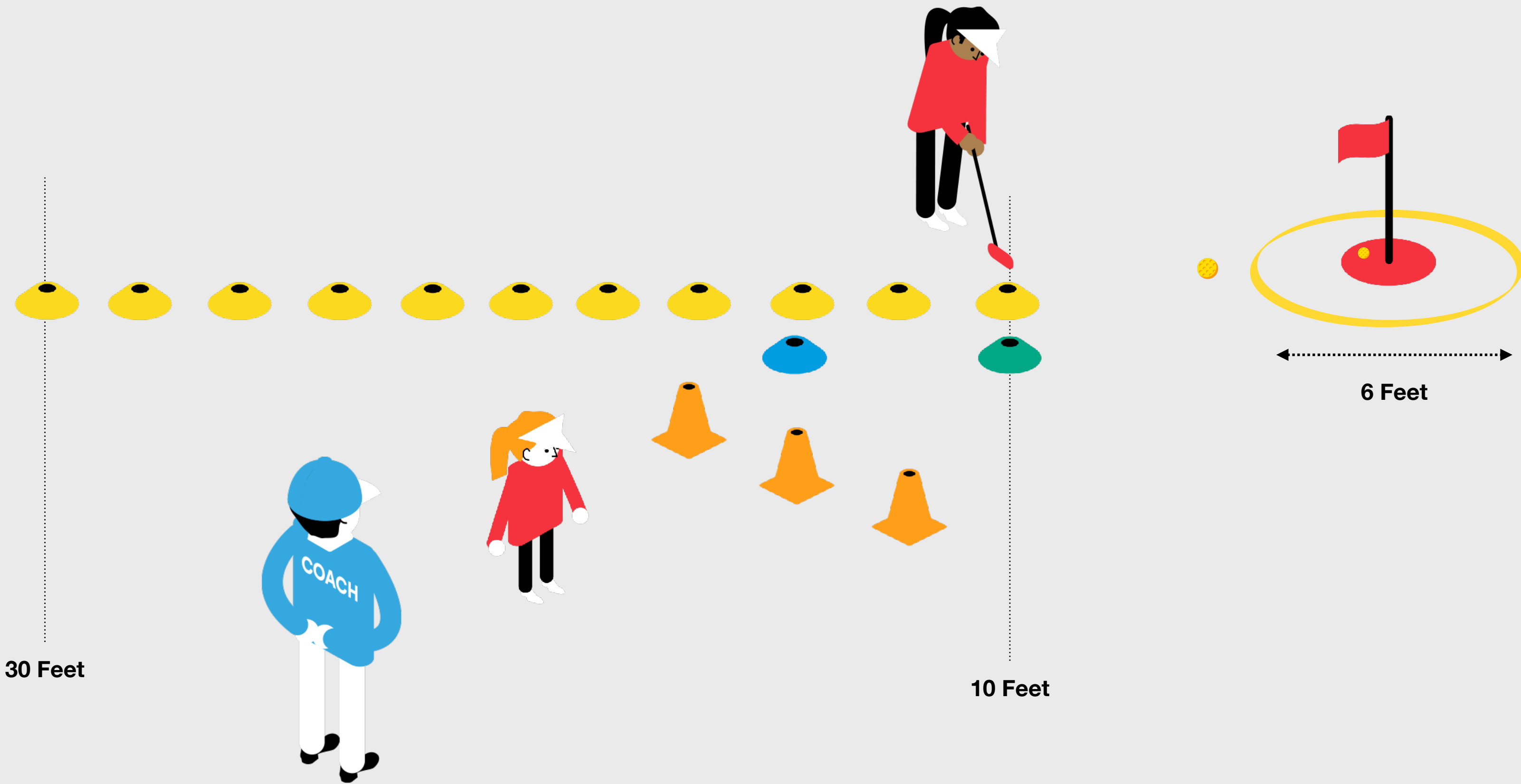
1 x Golf ball

2 x Alignment Sticks

2 x White cones for the finish line

2 x Colored Cones

# Kentucky Derby



### How to Play

- Nominate a child to play first. Both players place their cone opposite the first starting cone
- From the starting cone at 10 feet, any putt that is holed allows the player to jump three cones. Any ball finishing in the target circle but past the hole jumps two cones. Any putt that finishes in the target circle but short of the hole moves one cone
- The player who wins is the one who reaches the final colored cone first








### Progression Ideas

- Change the distance between the starting cone and the hole
- Change the distance between each of the cones
- Introduce a rule where the number of attempts is limited otherwise the player moves back a step
- Attempt the game on a sloped surface
- Change the size of the target circle

### Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills over varying distances

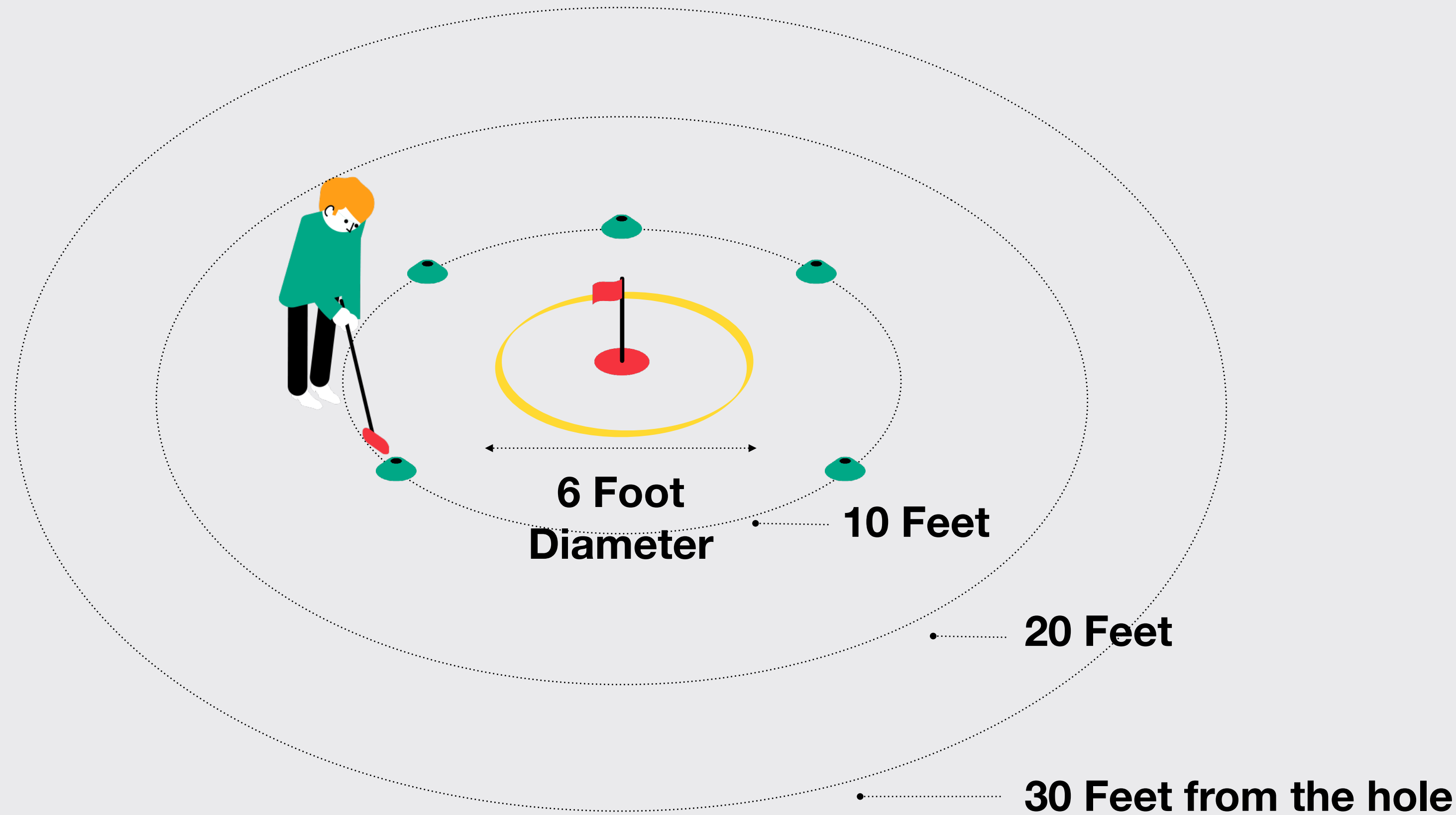
### Equipment needed

- 2 x Orange Safety Cones 
- 10 x Colored Cones 
- 1 x Colored Cone 
- 1 x Colored Cone 
- Spare equipment that may be required for the group attendees. 
- 6 ft Target Circle 
- Golf Balls 





# Long Putts Challenges



## Attempting the Challenge

- Juniors have 5 attempts at the Challenge
- Juniors should attempt the Challenge for the level they are aiming to complete
- Juniors get 1 point for every successful attempt for the team challenge

## The Challenges

- 1** Complete this Level 1 Challenge by putting 1 ball to within a 6-foot circle from 10 feet . You have 5 attempts.
- 2** Complete this Level 2 Challenge by putting 3 balls to within a 6-foot circle from 10 feet. You have 5 attempts.
- 3** Complete this Level 3 Challenge by putting 4 balls to within a 6-foot circle from 10 feet and Putting 2 balls to within a 6-foot circle from 20 feet. You have 5 attempts from each distance.
- 4** Complete this Level 4 Challenge by putting 4 balls to within a 6-foot circle from 10 feet. Putting 2 balls to within a 6-foot circle from 20 feet. Attempt 1 putt from 5 different positions around the hole from each distance.
- 5** Complete this Level 5 Challenge by putting 5 balls to within a 6-foot circle from 10 feet Putting 2 balls to within a 6-foot circle from 20 feet, Putting 1 ball to within a 6-foot circle from 30 feet. Attempt 1 putt from 5 different positions around the hole from each distance. You have 5 attempts.
- 6** Complete this Level 6 Challenge by putting 8 balls to within a 6-foot circle from 10 feet, Putting 5 balls to within a 6-foot circle from 20 feet, Putting 3 balls to within a 6-foot circle from 30 feet. Attempt 1 putt from 5 different positions around the hole from each distance. You have 5 attempts.

