

# Around the Green

## Week 15



# Class Timetable - Week 15

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Around the Green:  
Pitching

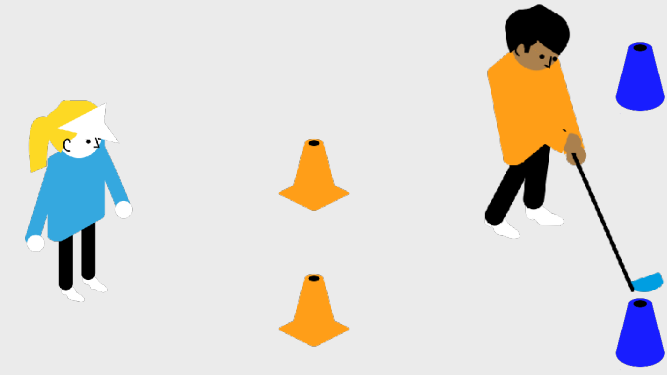
**Whole Child Focus**  
Social:  
Gratitude

**Learning the Game Focus:**  
Rules and Etiquette:  
The Pitchfork

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 Zig-Zag</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>The Pitchfork</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>Gratitude</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, tasks and challenges</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 if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Field Goal</li> <li>Crossbar Challenge</li> <li>Choose Your Trajectory</li> </ul>
5 Mins	myAcademy Folder Track and Reward	<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>Present the Achiever Award to a student in front of the parents and the group</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> </ul>

# Class Layout and Setup

**Station 3:**  
Game Station  
Field Goal



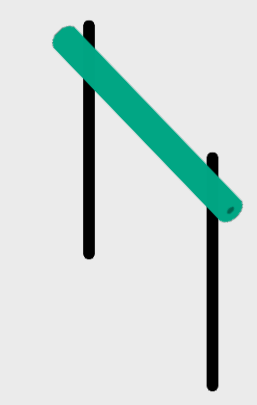
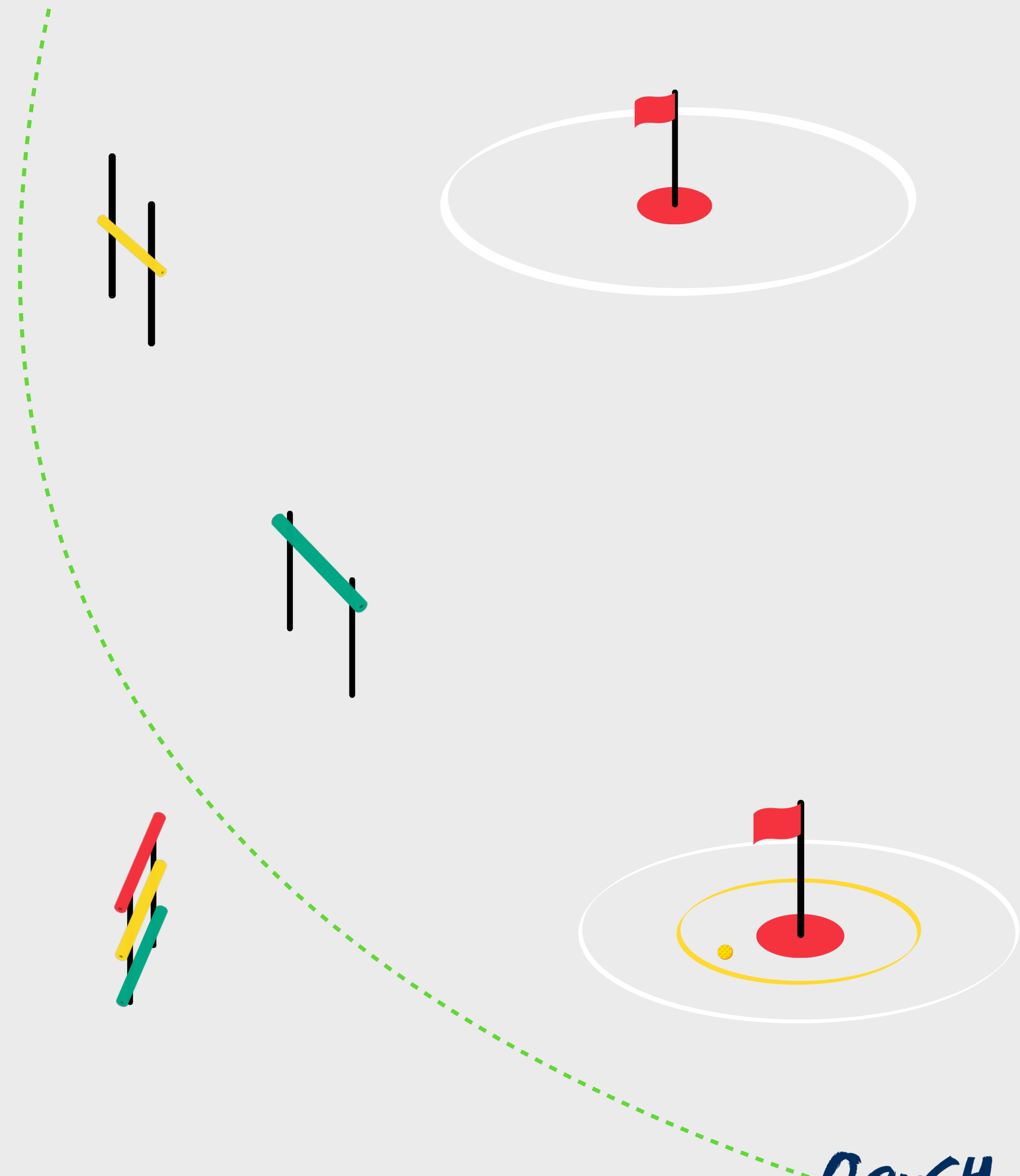
**Station 2:**  
Game Station  
Crossbar Challenge



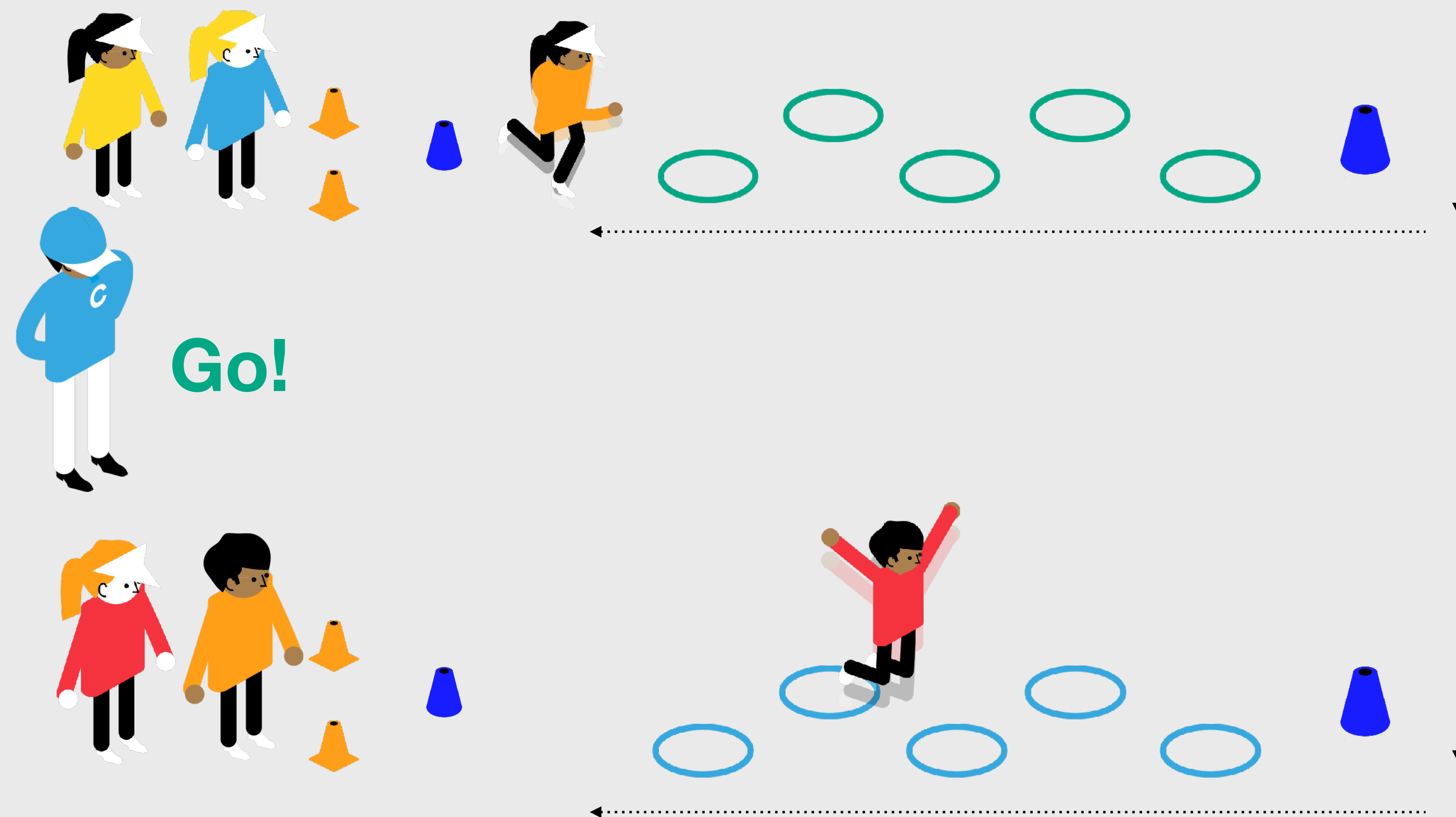
**Station 1:**  
Game Station  
Choose your Trajectory



**Station 2:**  
Free Practice Station



# Hop Frog Zig-Zag



## 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 jumps with both feet together into each hoop in alternative directions
- The team that wins is the one who gets all players home first

## Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with different fundamental movements such as single leg jumping and alternative leg jumping
- Increase the number of steps of the ladder
- Increase the width of the ladder steps.

## Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



10 x Hoops



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## Social Gratitude

- The Whole Child theme this week is to understand what gratitude is and why it is important.
- Carry this theme into the class by going round the class and asking the children one thing they are thankful for in golf.

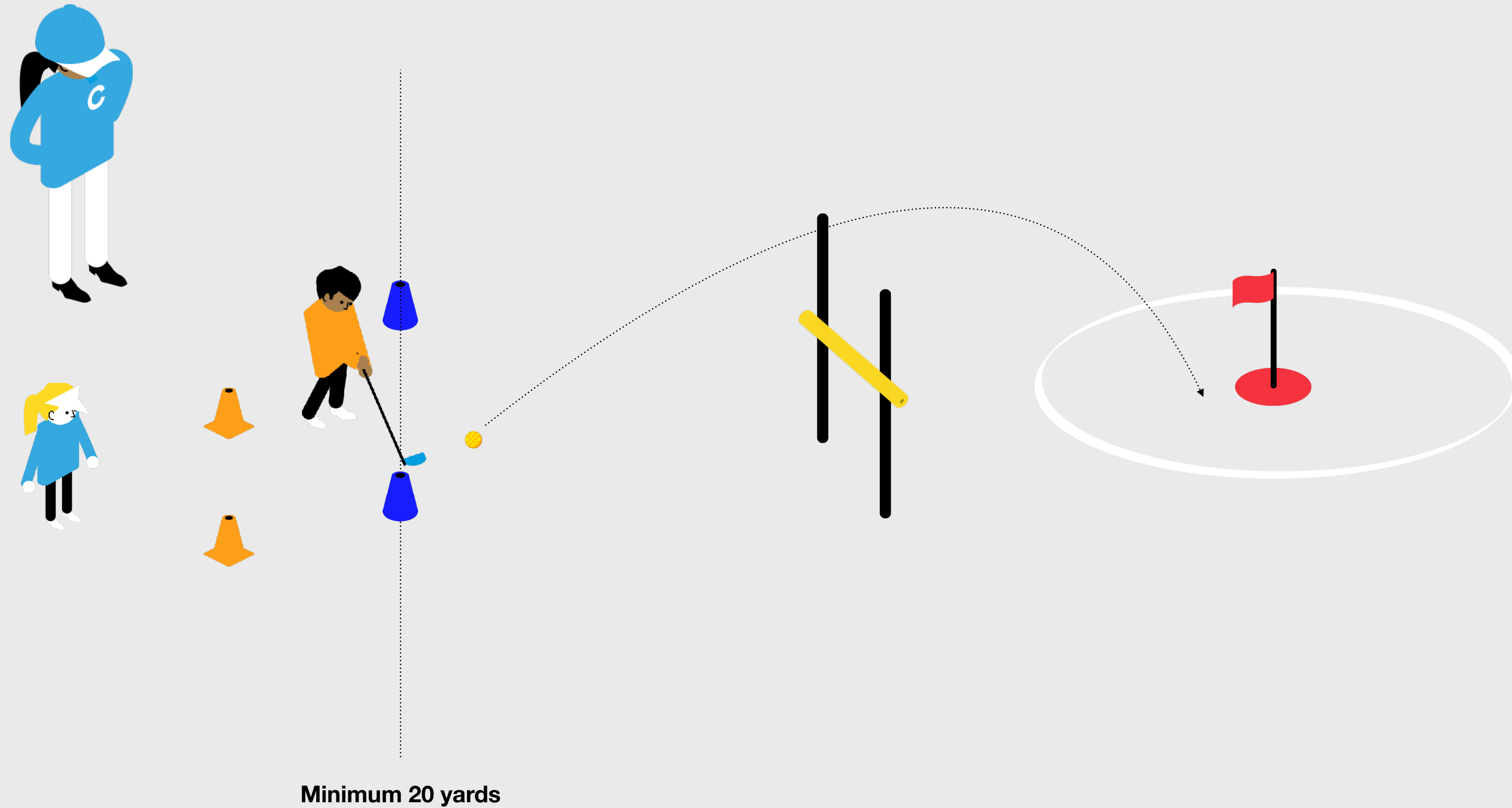


## Rules and Etiquette The Pitchfork

- The Learning the Game focus this week is to learn how to use a pitchfork.
- You should make sure children know how to repair their pitchmarks and that it is every golfer's responsibility to look after the golf course.



# Field Goal



Minimum 20 yards



## How to Play

- Players work as a team to accumulate the most points possible
- Nominate a player to play first.
- The first player attempts their shot and aims to get the ball through the posts to score a field goal
- If the player gets the ball through the posts they score 3 points. If they land the ball into the target circle too they score a touchdown, and a further 6 points
- The team reports their score at the end of the time allowed

## Progression Ideas

- Vary the starting point from around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circle
- Change the distance between the starting position and the posts

## Equipment needed

Orange safety cones

SAFETY



10 ft target circle



2 x Foam Noodles



2 x Alignment Stick



# Crossbar Challenge



## How to Play

- Set a target score for the children to achieve
- The first child attempts to either throw or hit their shot to hit the foam noodle (crossbar)
- The children receive 1 point for hitting the crossbar with a throw, and 2 points with a golf shot
- Players take it in turns, until both have hit 10 shots, the aim is to achieve the target score as a team

## Progression Ideas

- Vary the distance to the crossbar
- Make multiple crossbars
- Specify which club to use

## Learning Outcomes

- Learn to control the distance the ball travels
- Understand how different trajectories can be successful

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark out hitting stations



### 1 x Foam Noodles



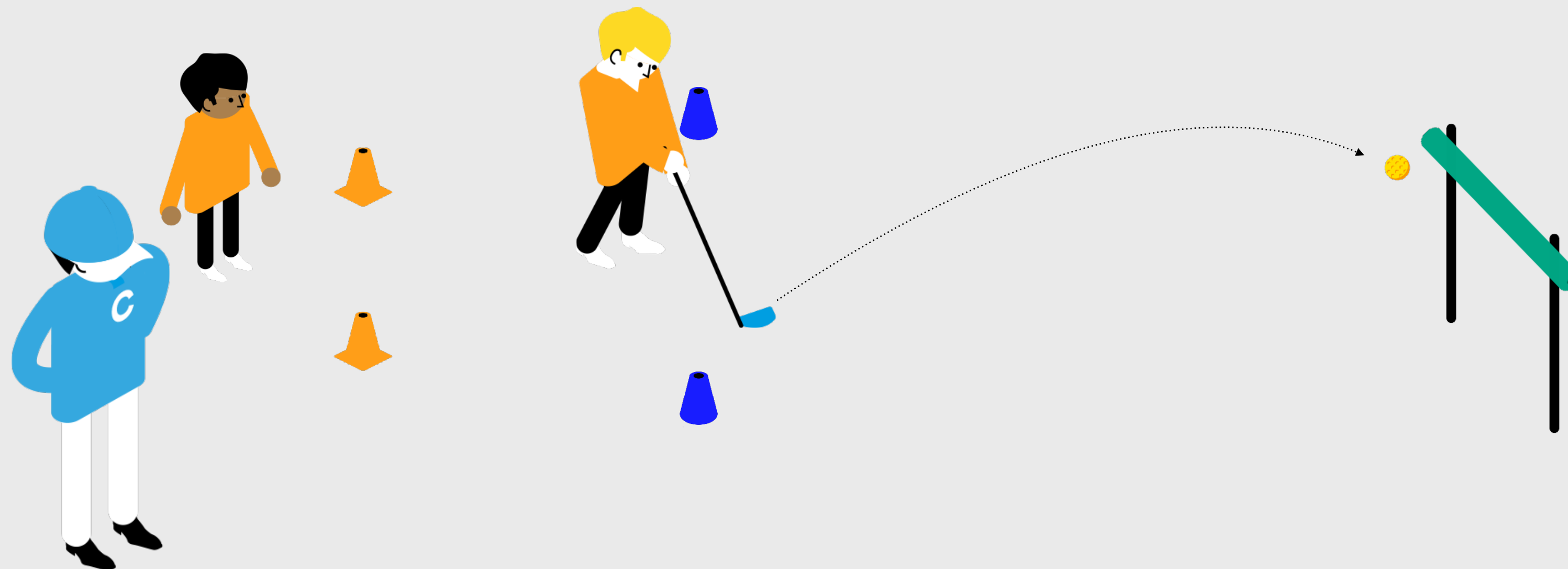
### 2 x Alignment Sticks



Spare equipment that may be required for the group attendees.

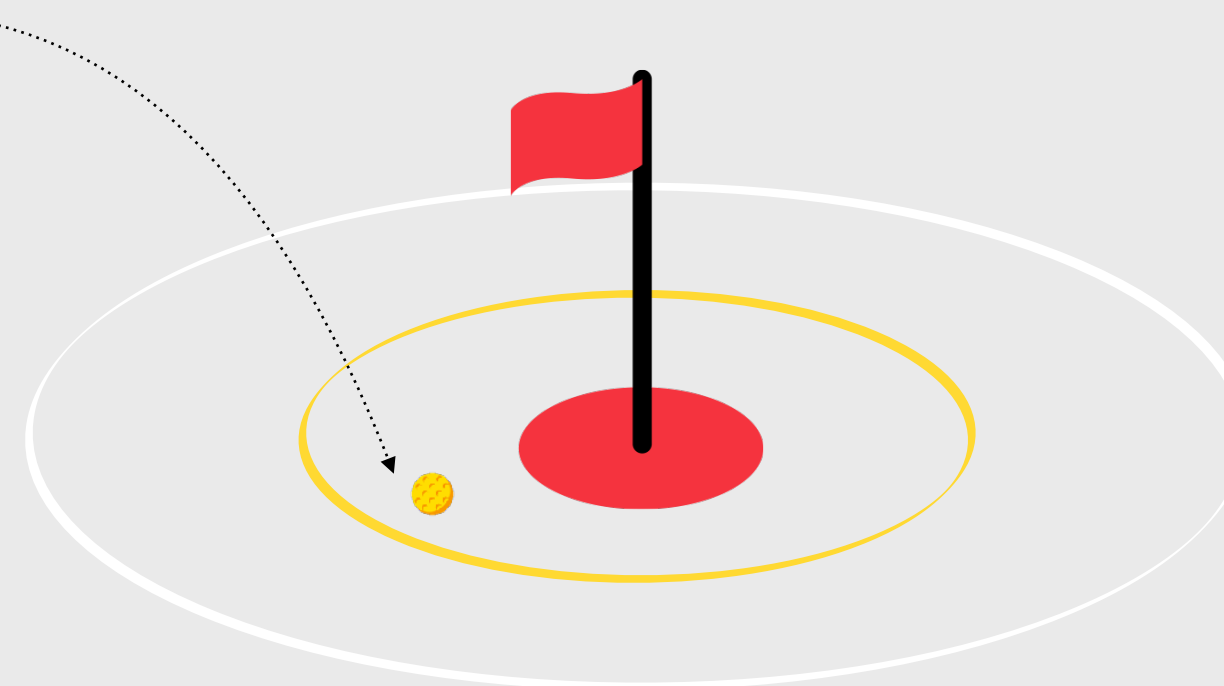
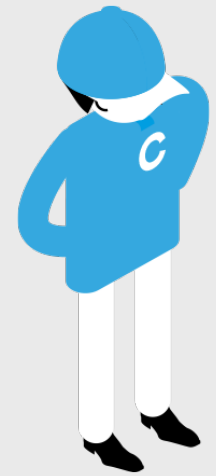


### Golf Balls



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# Choose your Trajectory



## How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible for their team based on where the ball finishes
- In order to score points the player must hit the ball through the gap nominated by their playing partner
- The team try to score the most points from their 10 shots, and then try to beat that score on the next go

## Progression Ideas

- Specify which club must be used
- Change the size of the target circles
- Vary the size of the gaps created by the foam noodles
- Vary the starting point from around the green
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

## Learning Outcomes

- Controlling strike to get a consistent trajectory
- Understanding the loft of the club and it's influence on trajectory
- Develop the ability to control the flight of the ball, hitting different trajectories, using the same golf club

## Equipment needed

### Orange Safety Cones

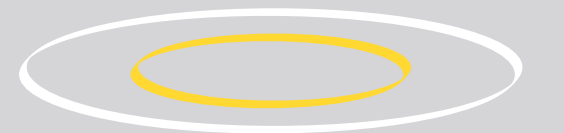
SAFETY



### Cones to mark starting position



### Target Rings



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



### Golf Balls



### 2 x Alignment Sticks



### 3 x Foam Noodles



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