

On the Green

Week 17



Class Timetable - Week 17

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Scoring

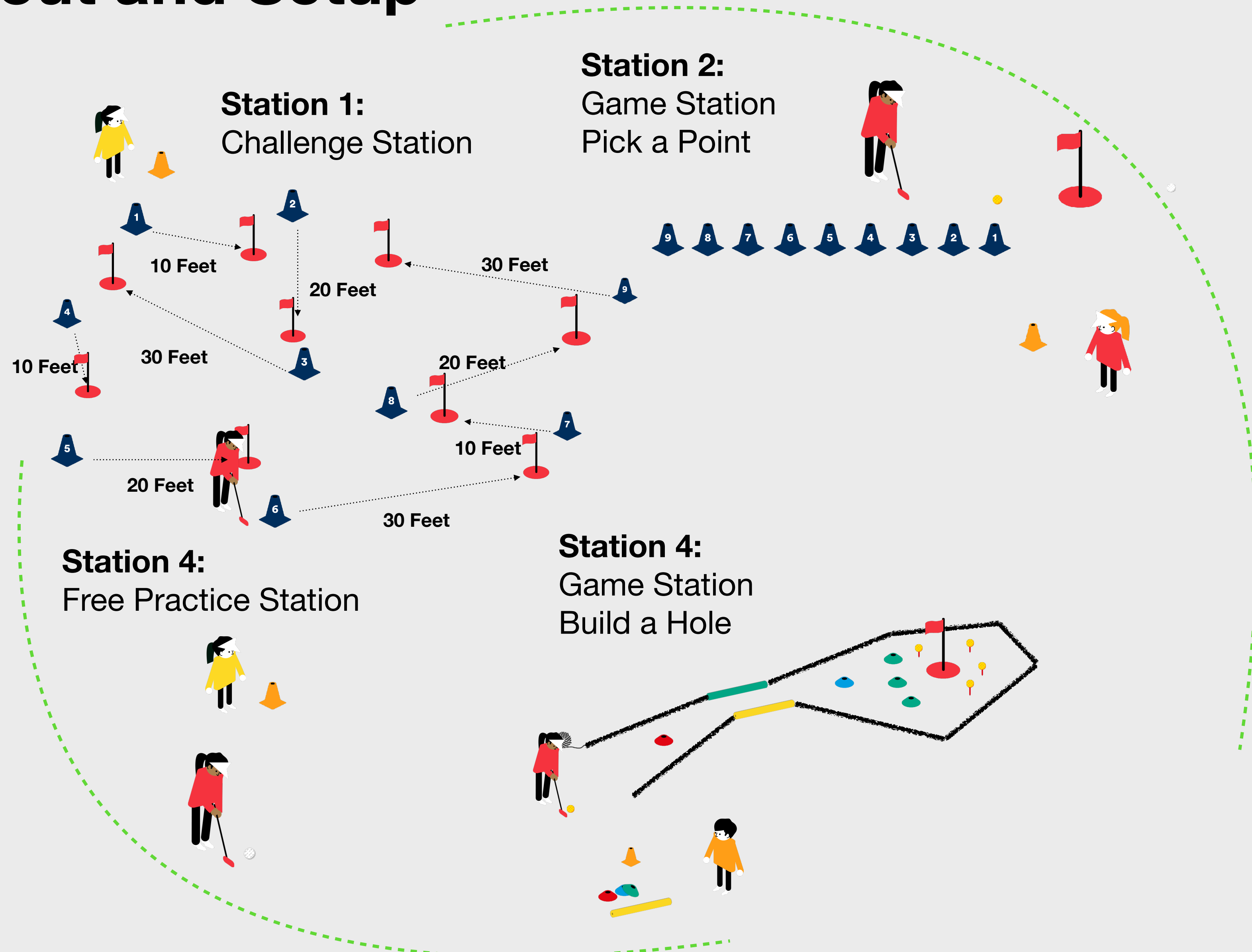
Whole Child Focus
Cognitive:
Understanding

Learning the Game Focus:
Rules and Etiquette:
Where to leave your bag near
the Green?

Mastering the Game Challenge:
Scoring 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"> Heads, Shoulders, Knees and Toes
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"> Where to leave your bag near the Green?
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"> Understanding
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"> Build a Hole Pick a Point Scoring 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+

Class Layout and Setup



Scoring Challenge Setup

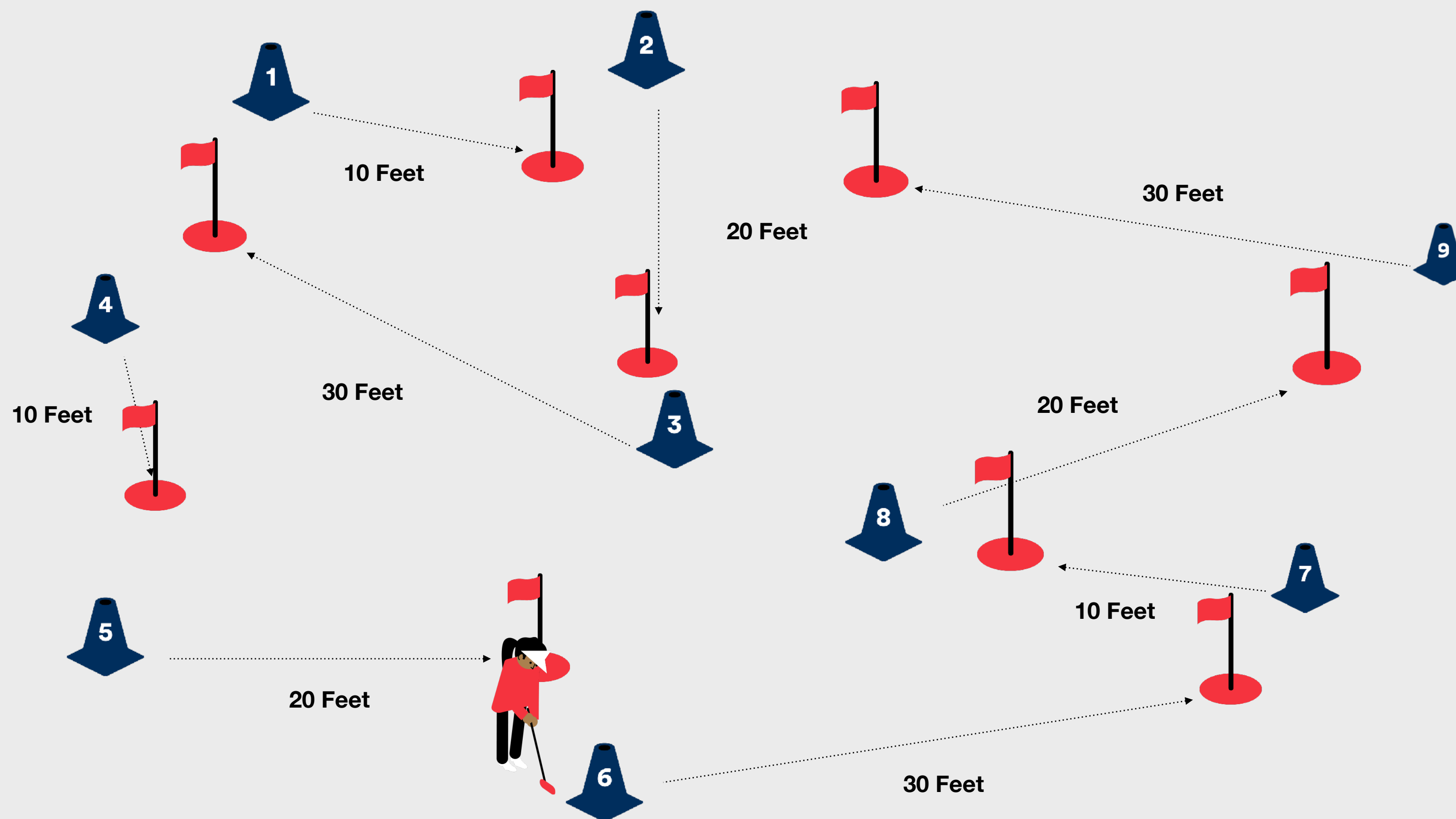


Setting out the Challenge

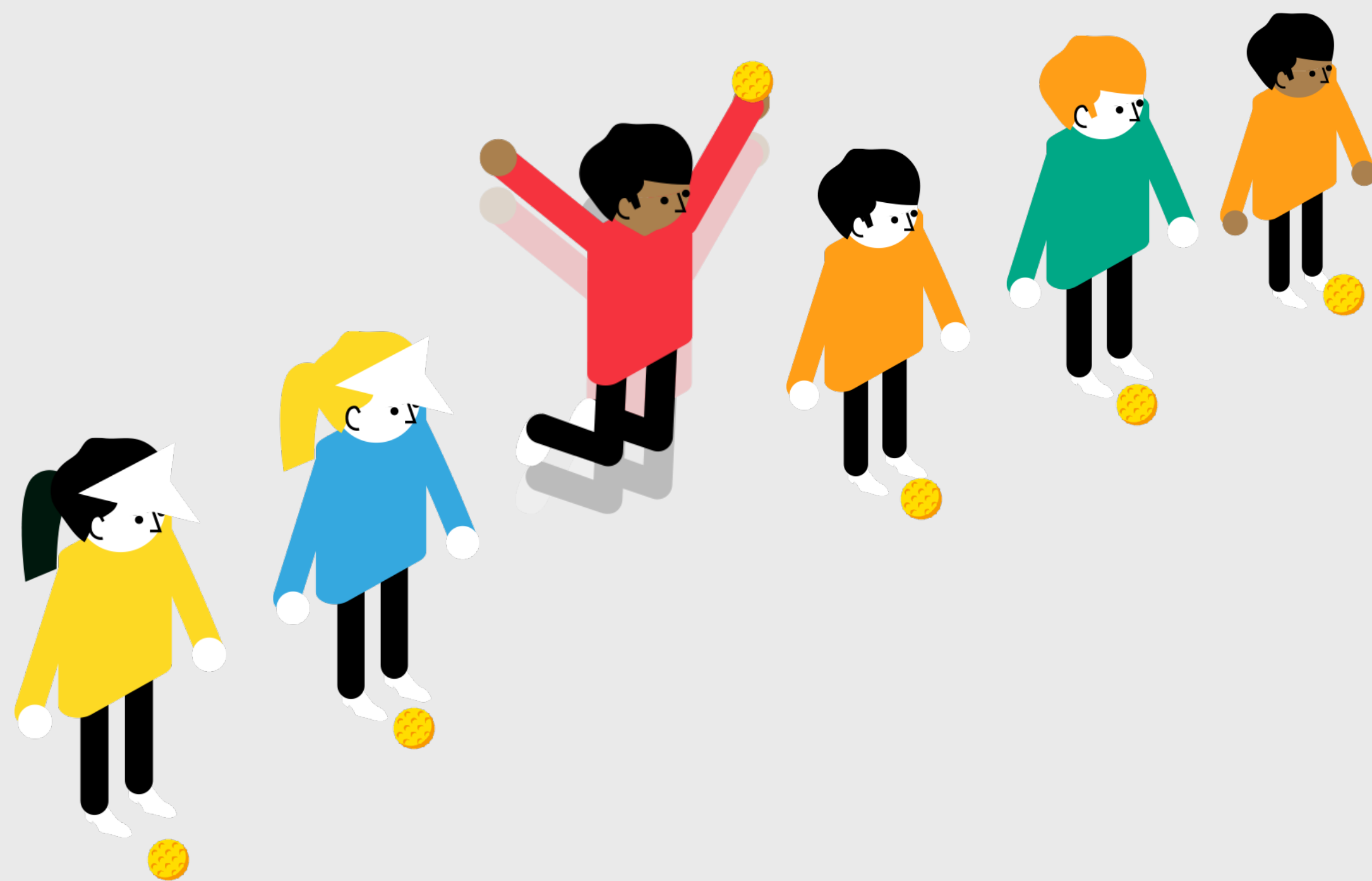
- 9 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet, 3 cones at 20 feet and 3 cones at 30 feet
- You can use your string to clearly define each putting hole
- Children can attempt the challenge depending on the progression level they are on by playing the required number of holes and distances

Equipment Required

- 9 holes on the green
- 9 numbered starting cones
- String
- Scorecard and pencil



Head, Shoulders, Knees and Toes



5!



How to Play

Each child has a golf ball that they place at their feet. The coach calls out a number between 1 and 5. If the coach calls "1" the juniors have to place their hands on their head. If "2" is called, the juniors have to place their hands on their shoulders, "3" is knees, "4" is feet and if the coach calls "5" the children need to pick up the ball and jump into the air.

The coach should call slowly at first, then faster and faster before finishing the round by calling "5".

The winner is the first child to pick up their ball and jump into the air!

Progression Ideas

- Allow the children to call the numbers
- Add in additional actions with more numbers

Equipment Needed

Golf Balls





Cognitive Understanding

- The Whole Child theme this week is to make sure all children feel comfortable asking questions to make sure they fully understand the concept they are learning.
- It should be highlighted that the Achiever Award is presented to the child that speaks up and asks questions to ensure understanding.

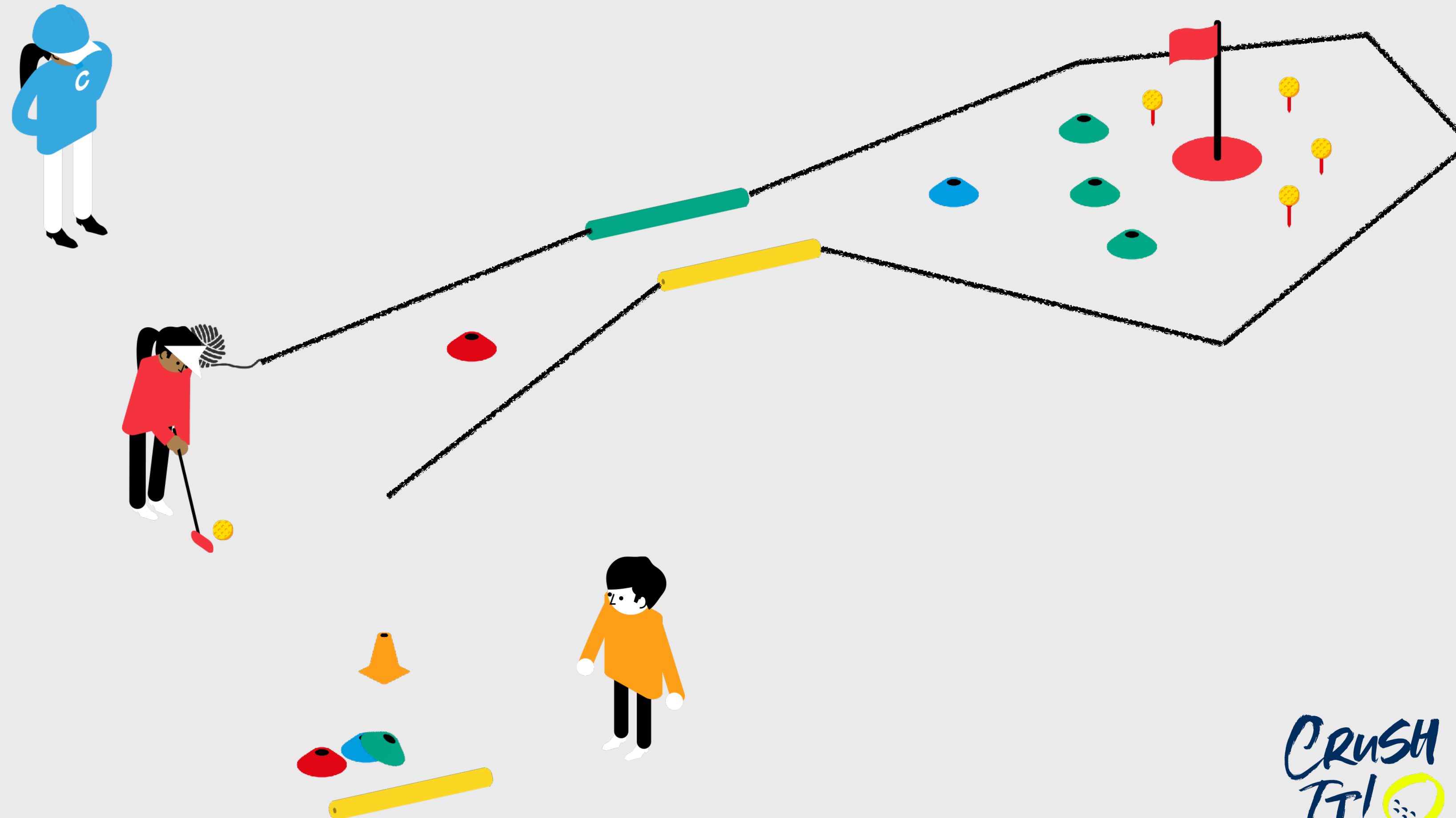


Rules and Etiquette

Where to leave your bag near the green

- The Learning the Game focus this week is learning about where to put your golf bag when you are near the green.
- You should highlight to the children that they should leave their bag between the hole and the next tee, so they can minimise the time it takes to move off the green once they've finished a hole, allowing the group behind to play.

Build a Hole



How to Play

- Children work together to create their own putting hole
- Encourage use of all the equipment and allow the players to come up with their own rules
- Make sure they leave enough time to play their hole before switching to the next game

Junior Progression Ideas

- Introduce additional rules, for example an out of bounds area
- Add or remove equipment

Learning Outcomes

- This game is great for encouraging creativity and teamwork
- Depending on the hole that the children build, and the rules they introduce, the game can be linked back to the required skills needed to complete the hole in the least number of shots

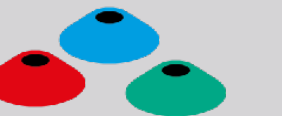
Equipment needed

1 x Orange safety cone

SAFETY



Colored cones



Foam Noodles



String



Tees

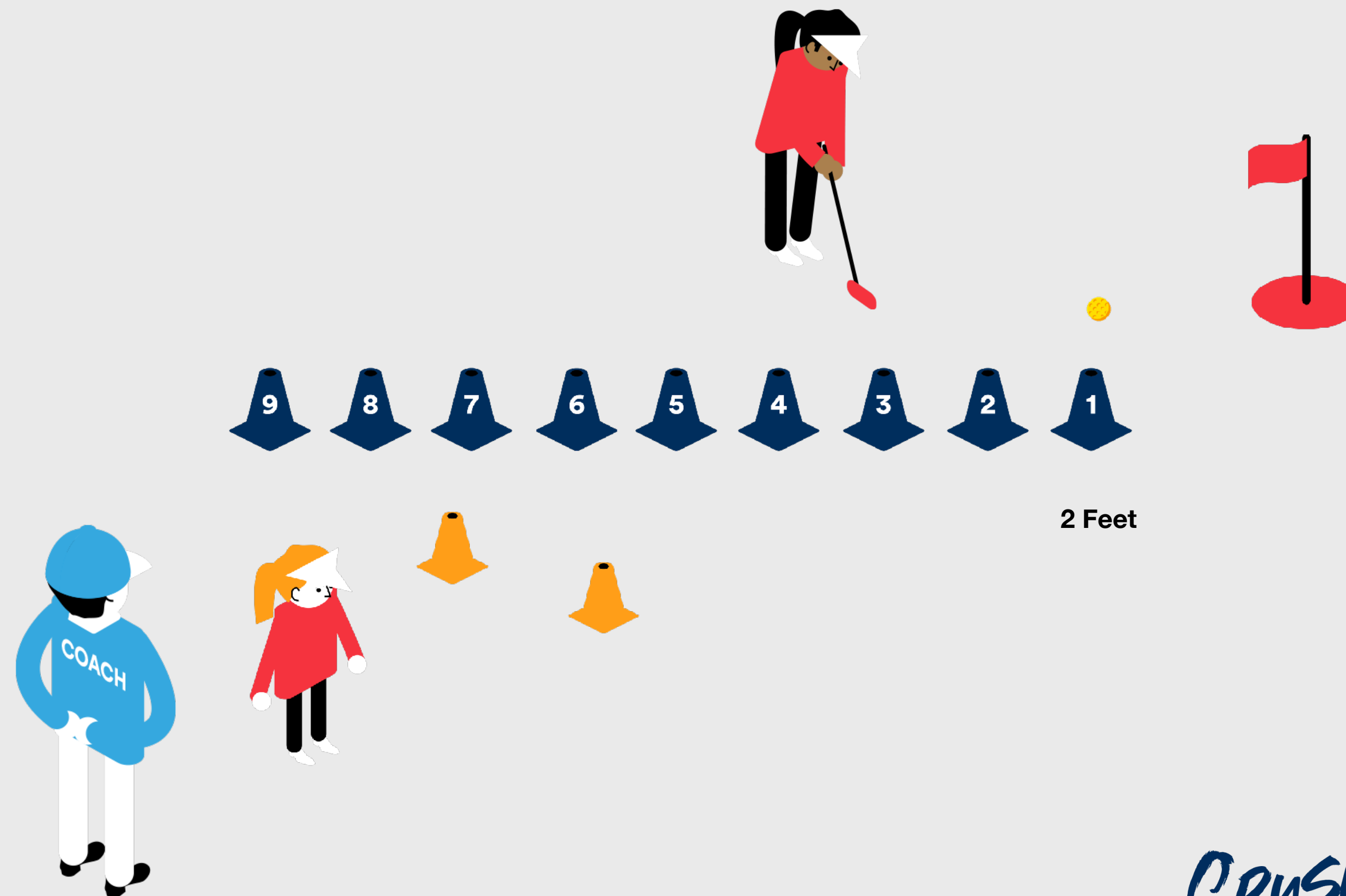


Golf balls



CRUSH
IT!
JUNIOR GOLF

Pick a Point



How to Play

- Place the first cone two feet from the hole, and then each cone in order with one foot between each one
- Nominate a child to play first. Each child has five putts to score as many points as possible
- The child chooses a starting position, and if they putt the ball successfully they will score as many points as the number on the cone
- Children take it in turns to putt
- The child who wins is the one who scores the most points out of their five putts

Progression Ideas

- Change the distance between the starting cone and the hole
- Change the distance between each of the cones
- Attempt the game on a sloped surface

Learning Outcomes

- A great game to introduce the concept of risk and reward, along with improving accuracy and distance control

Equipment needed

2 x Orange Safety Cones

SAFETY



9 x Numbered Cones



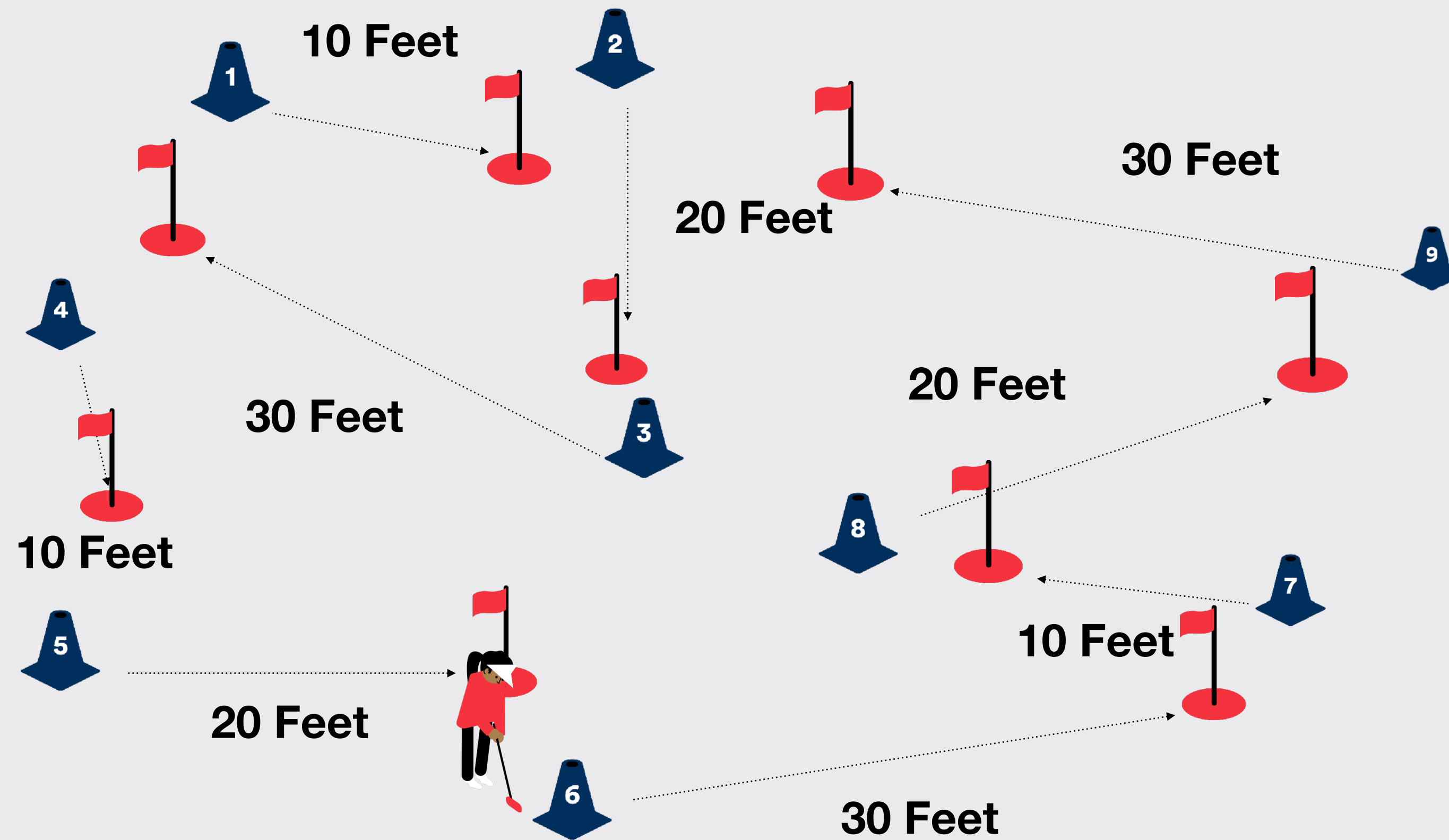
Golf Balls



Spare equipment that may be required for the group attendees.



Scoring Challenge



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 scoring a total of 12 or less over 3 holes. Start 10 feet away on each hole.
- 2 Complete this Level 2 Challenge by scoring a total of 21 or less over 6 holes. Start 10 feet away from each hole.
- 3 Complete this Level 3 Challenge by scoring a total of 18 or less over 6 holes. Start 10 feet away on 3 holes and 20 feet away on the other three holes.
- 4 Complete this Level 4 Challenge by scoring a total of 24 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.
- 5 Complete this Level 5 Challenge by scoring a total of 21 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.
- 6 Complete this Level 6 Challenge by scoring a total of 18 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.