

# Around the Green

## Week 18



# Class Timetable - Week 18

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Around the Green:  
Bunker Play

**Whole Child Focus**  
Personal:  
Integrity

**Learning the Game Focus:**  
Orientation:  
Sand Wedge, Loft and Bounce

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>Obstacle Course</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>Sand Wedge, Loft and Bounce</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>Integrity</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>Sand Shots</li> <li>Erase the face</li> <li>Bullseye</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 2:**  
Game Station  
Sand Shots



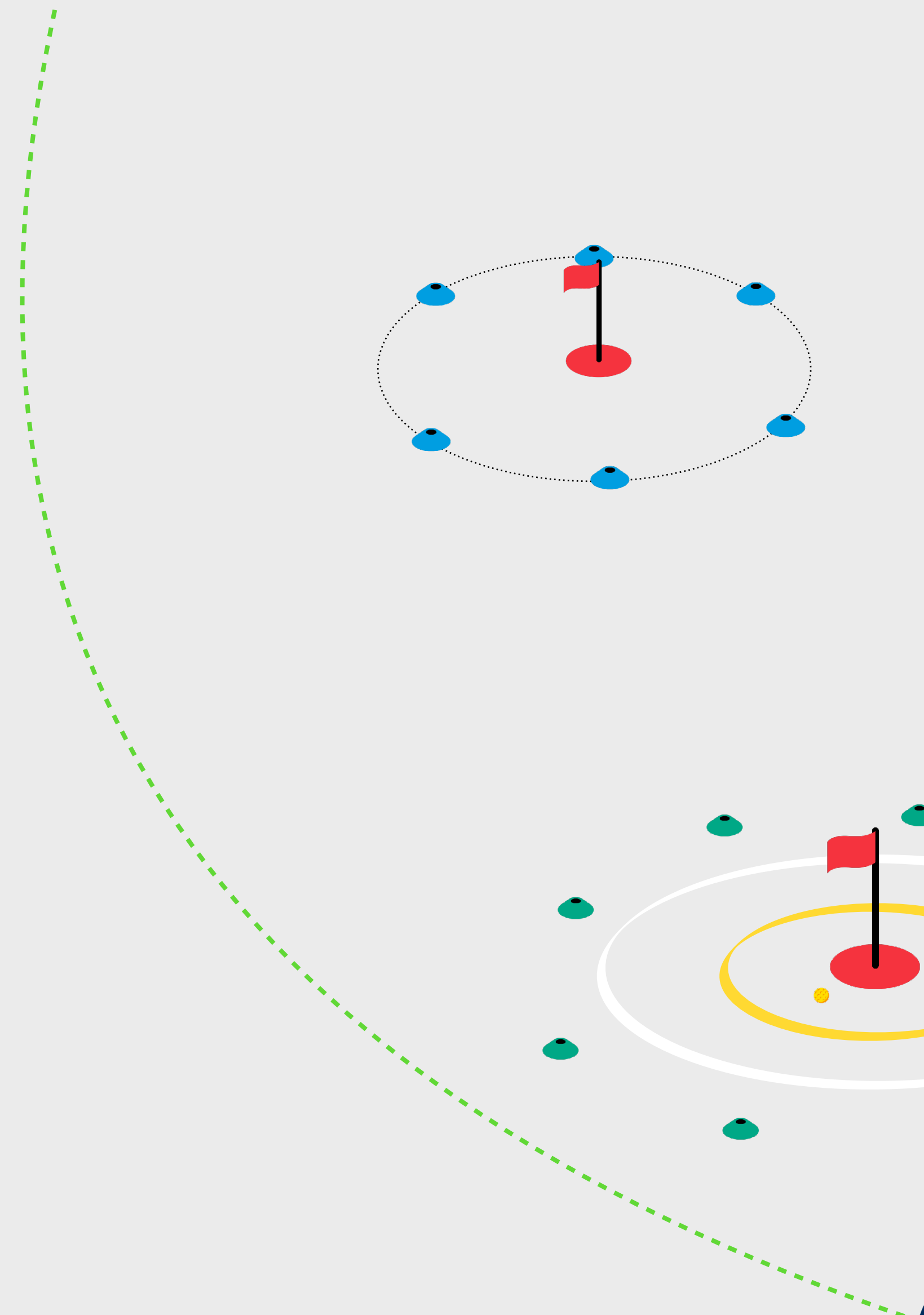
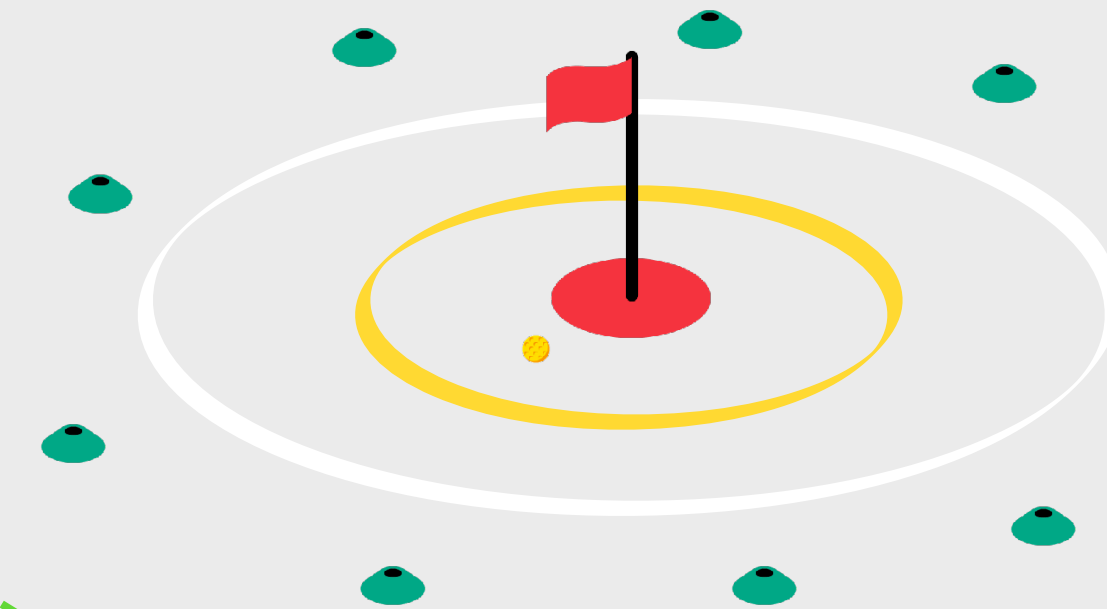
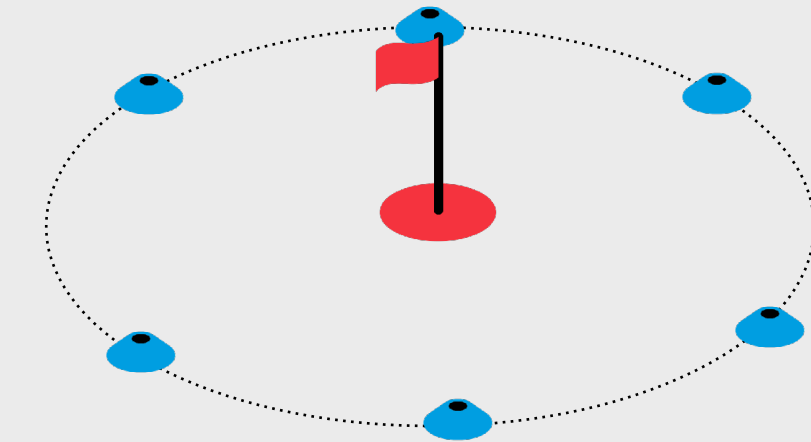
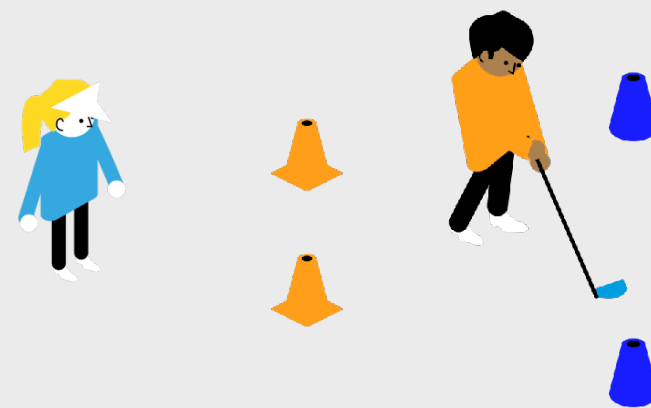
**Station 3:**  
Game Station  
Erase the Face



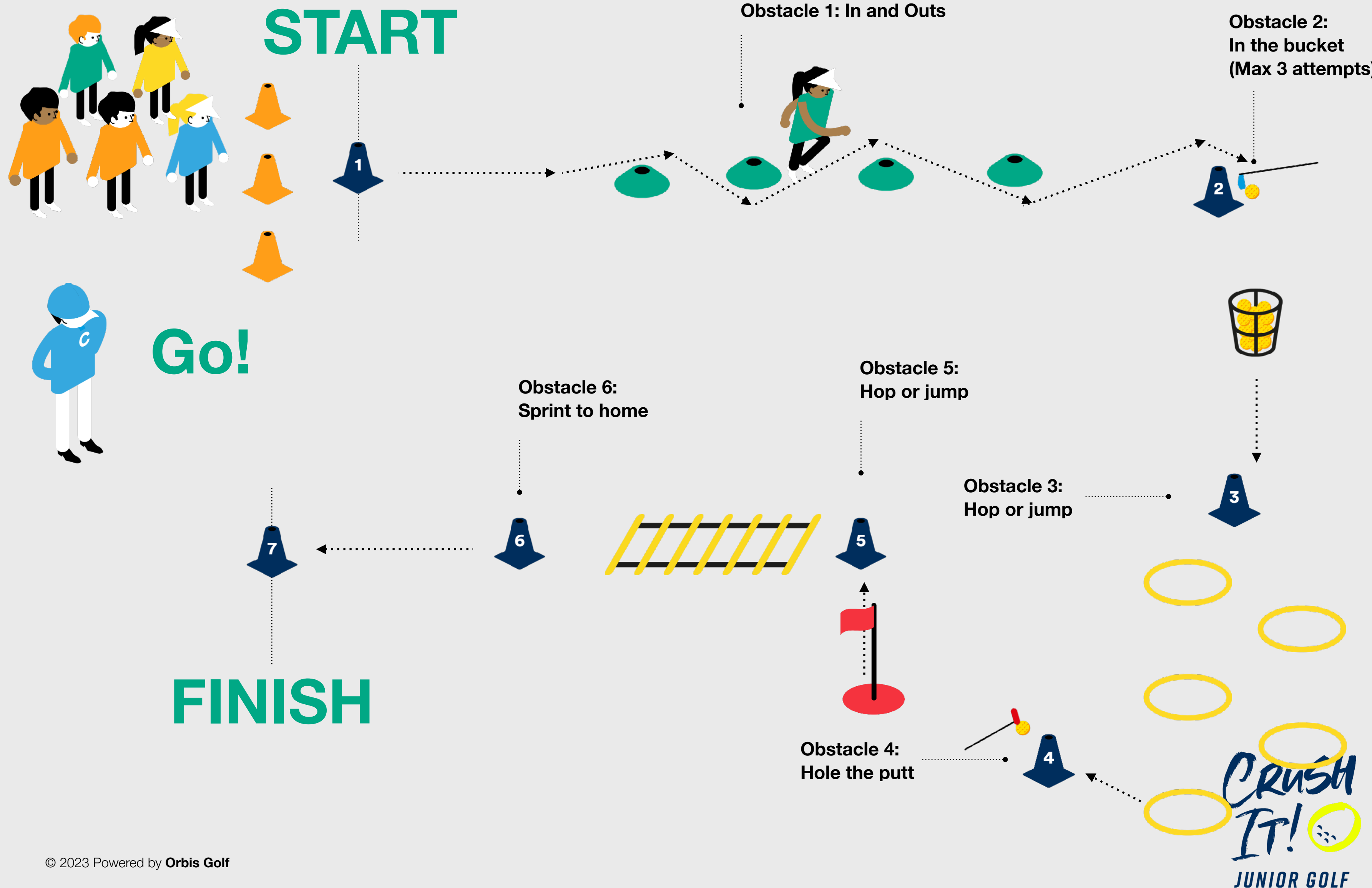
**Station 1:**  
Game Station  
Bullseye



**Station 2:**  
Free Practice Station



# Obstacle Course



## How to Play

- This game can be played individually or in teams
- Split into even teams or nominate players 1-6 if playing individually
- Player number 1 starts with their hand touching the start cone
- On go, the stop watch is started and the child attempts the obstacle course
- The stopwatch is stopped when the child reaches the finish line
- The winner is the child who gets round the obstacle course fastest

## Progression Ideas

- The child gets an extra go to beat their time
- Increase the difficulty of the movement stations
- Increase the entire length of the course
- Add penalty seconds if the child incorrectly completes an obstacle
- Increase the difficulty of the golf stations

## Equipment Needed

2 x Orange Safety Cones		SAFETY	Alignment Sticks	
7 x Numbered Cones		1	Colored Cones	
1 x Wedge & 1 x Putter			Hoops	
Golf Balls			Ladder	





## Personal Integrity

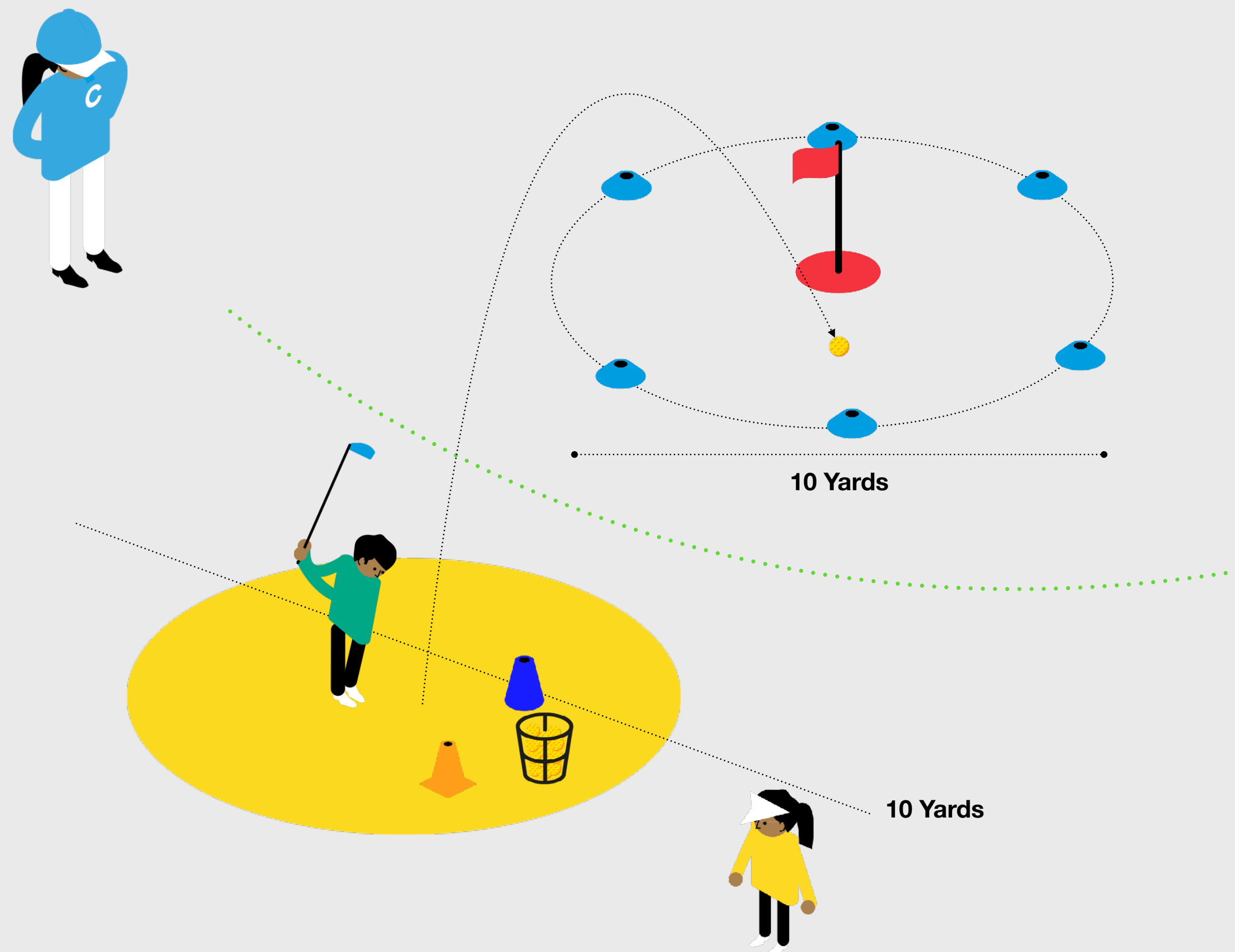
- The Whole Child theme this week is to highlight the importance of integrity, being honest and maintaining your moral principles.
- Carry this theme into the class by encouraging all the children to be honest with their challenge scores because it will be more rewarding to complete them truthfully.



## Orientation Sand Wedge, Loft and Bounce

- The Learning the Game focus this week is about understanding the Sand Wedge, in particular the loft on the club and what the bounce of the club is.
- You should highlight to your juniors, through questioning, how the bounce on a club works, why the loft is important and how you can use other clubs to hit bunker shots.

# Sand Shots



## How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their five shots, in a row, without stopping their swing
- Players score a point for getting the ball out of the bunker first time, and 2 points if they get it into the circle
- Players hit 5 shots each to get a total score for the round
- The aim is to beat your team's best score each time

## Progression Ideas

- Vary the starting point in the bunker
- Vary the club that is being used
- Add additional points for getting the ball inside target circle

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark out the necessary hitting station



### Colored Cones for Target Circles



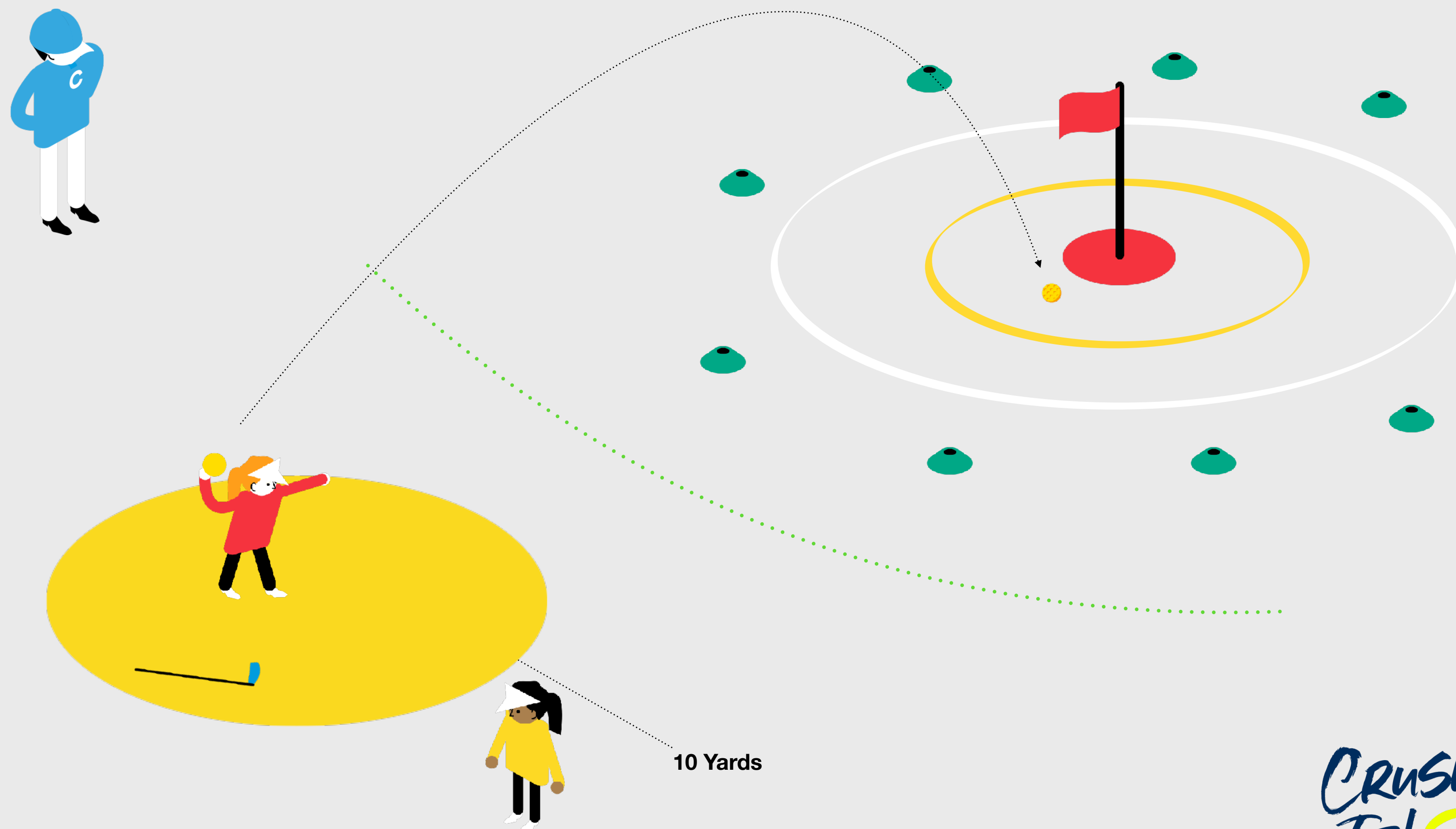
### Spare equipment that may be required for the group attendees.



### Golf Balls



# Throw then Chip



## How to Play

- Give the target circles different points
- Each child has 5 throws and 5 bunker shots
- The aim is to accumulate as many points as possible as a team, based on where the ball finishes
- The pair should try to beat their personal best score each time

## Progression Ideas

- Change the size of the target circles
- Introduce a rule that the ball must land over the fringe to count

## Equipment needed

### Orange Safety Cones

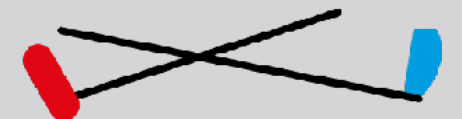
SAFETY



### Cones to mark out the necessary hitting station



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



### Golf Balls



### 1 x 6 feet Target Circle



### 1 x 10 feet Target Circles

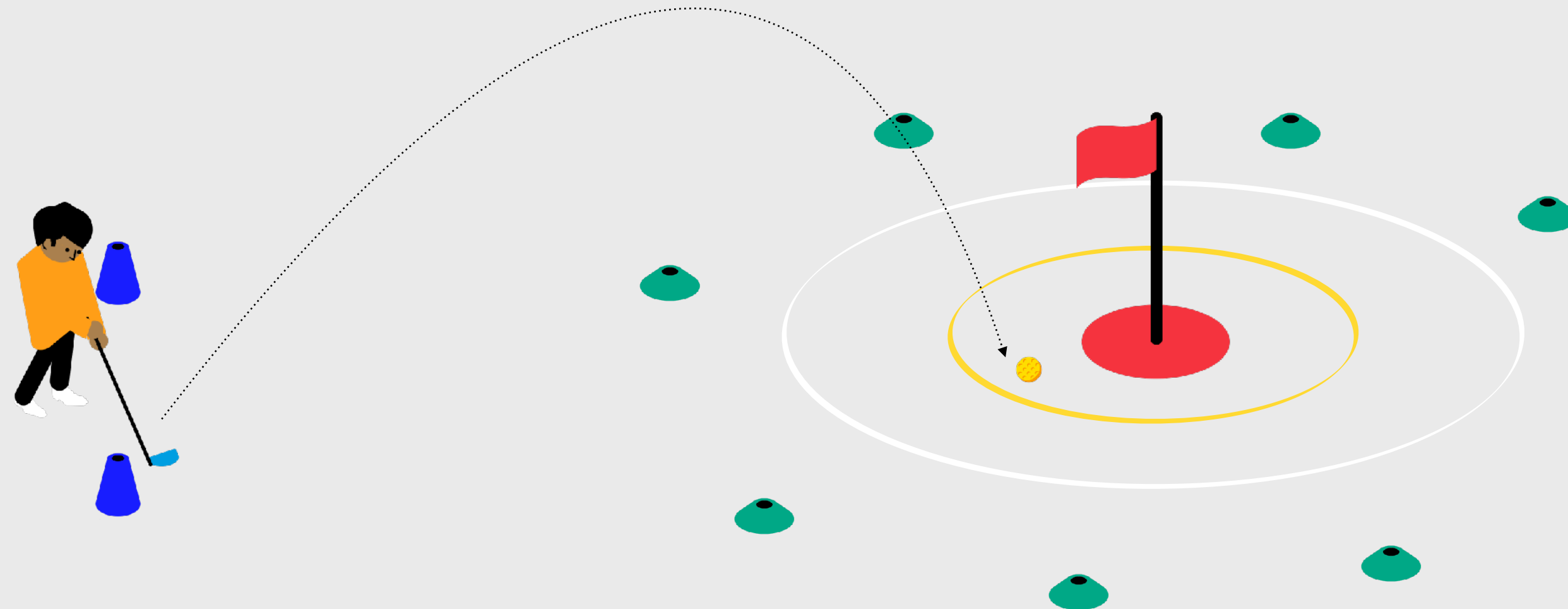
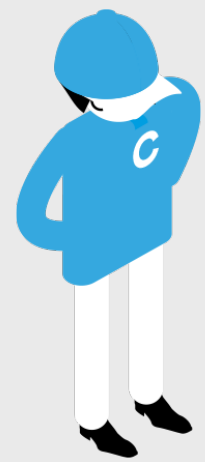


### 10 x Green Colored Cones for Outer 12 feet Target Circle



CRUSH  
IT!  
JUNIOR GOLF

# Bullseye



**CRUSH  
IT!**  
JUNIOR GOLF



## How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- 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

- Change the size of the target circles
- Vary the starting point from around the green
- Introduce a rule that the ball must land over the fringe to count
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

## Equipment needed

### Orange Safety Cones



### Cones to mark out the necessary hitting station



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



### Golf Balls



### 1 x 6 feet Target Circle



### 1 x 10 feet Target Circles



### 10 x Green Colored Cones for Outer 12 feet Target Circle

