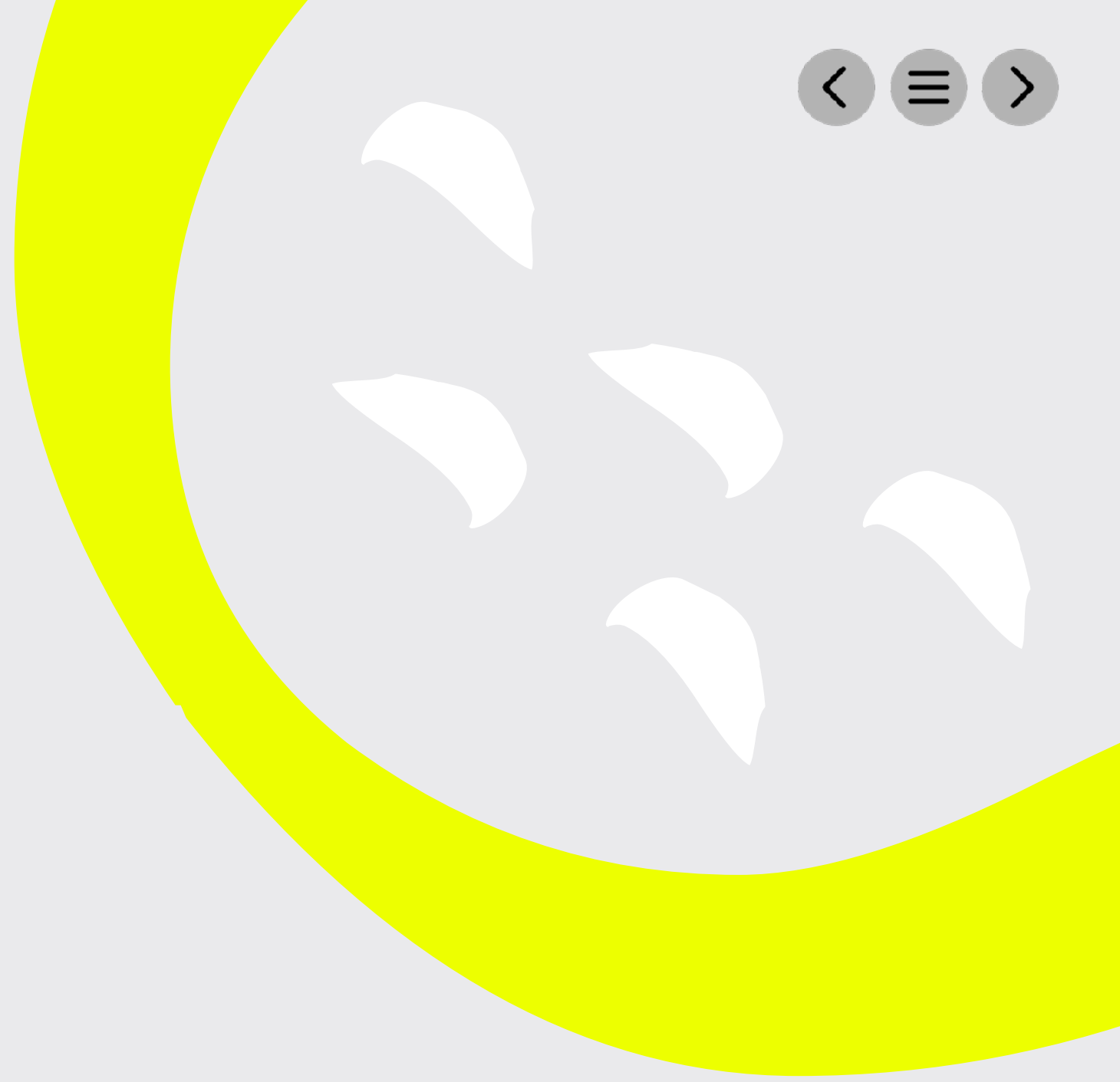


Around the Green

Week 18



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- 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 	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

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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

Mastering the Game Challenge:
Bunker 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"> Obstacle Course
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"> Sand Wedge, Loft and Bounce
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"> Integrity
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"> Sand Shots Erase the face Bunker 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

Station 3:
Game Station
Erase the face



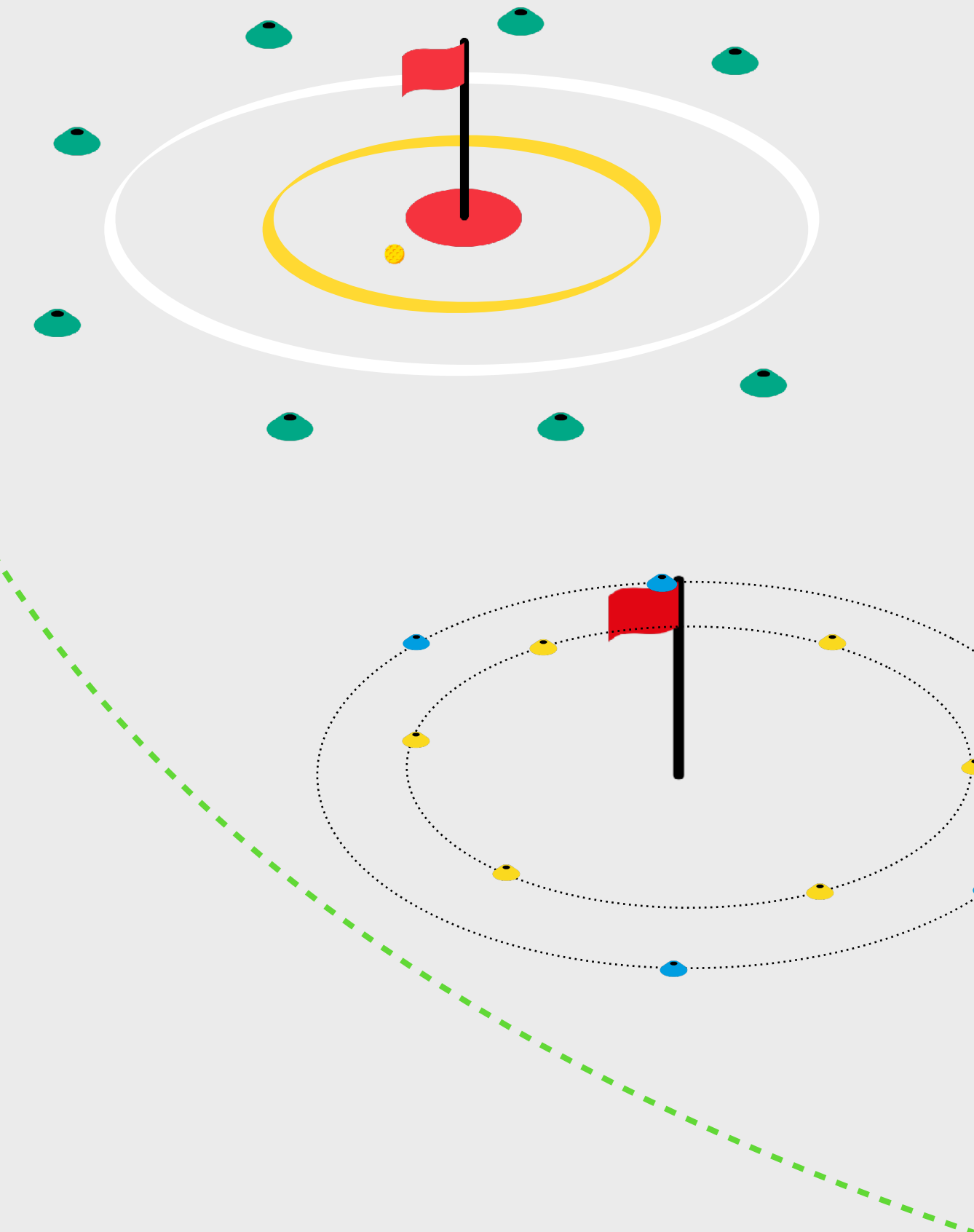
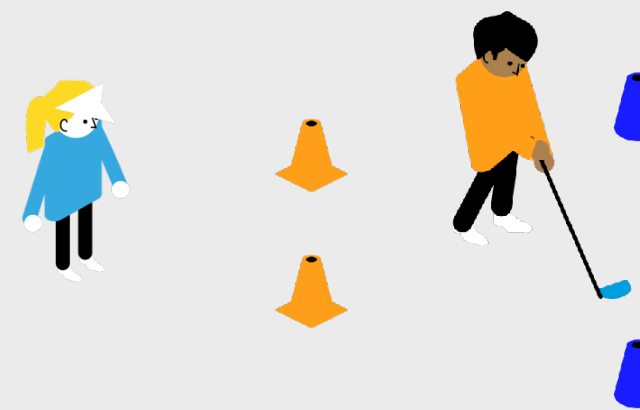
Station 2:
Game Station
Sand Shots



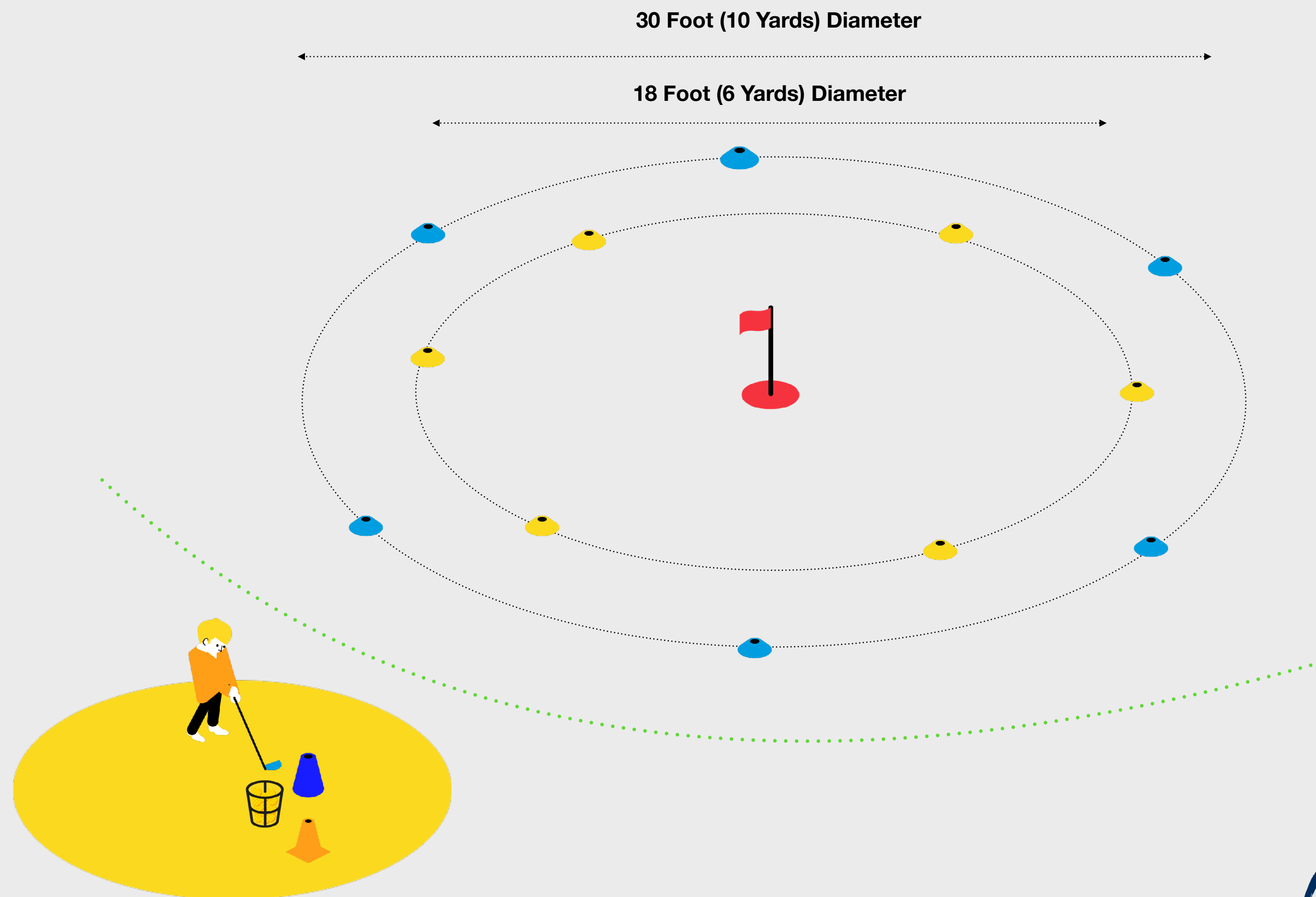
Station 1:
Challenge Station



Station 4:
Free Practice Station



Bunker Play Challenge Setup



Setting out the Challenge

- 1 flag should be selected on the green. Alignment sticks could be used where this isn't possible
- 2 target circles are placed around each of these targets at the diameters in the graphic opposite
- One starting position is marked in the bunker using cones

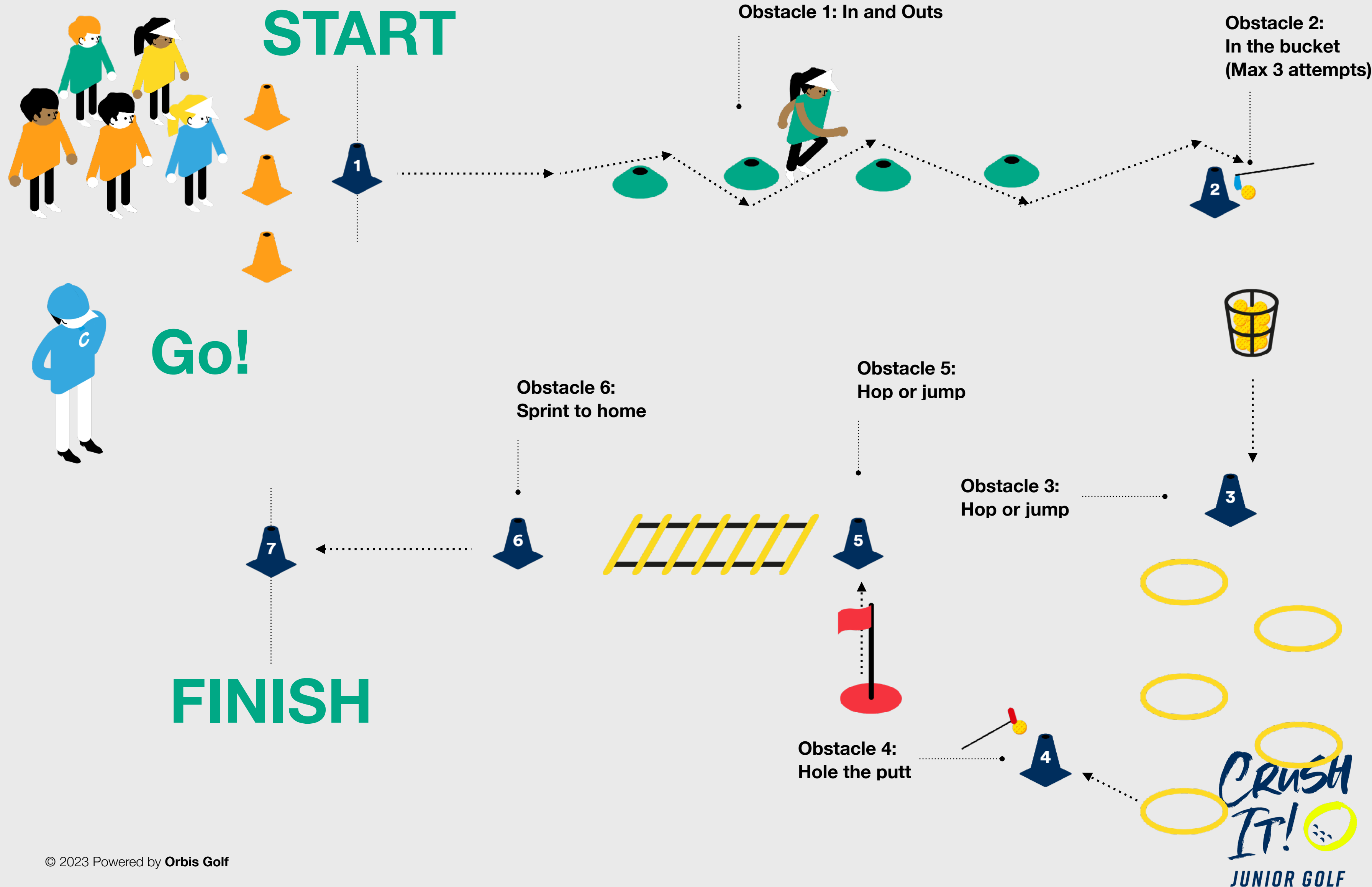
Equipment Required

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Cones to mark target circles
- Flag
- Alignment sticks for a flag if this isn't possible

Physical Literacy Warm Up Game



Obstacle Course




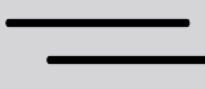


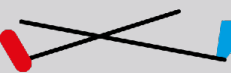



How to Play

- 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	



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



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.

It should be highlighted that the Achiever Award is presented to the child that displays levels of integrity throughout the class.

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.



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

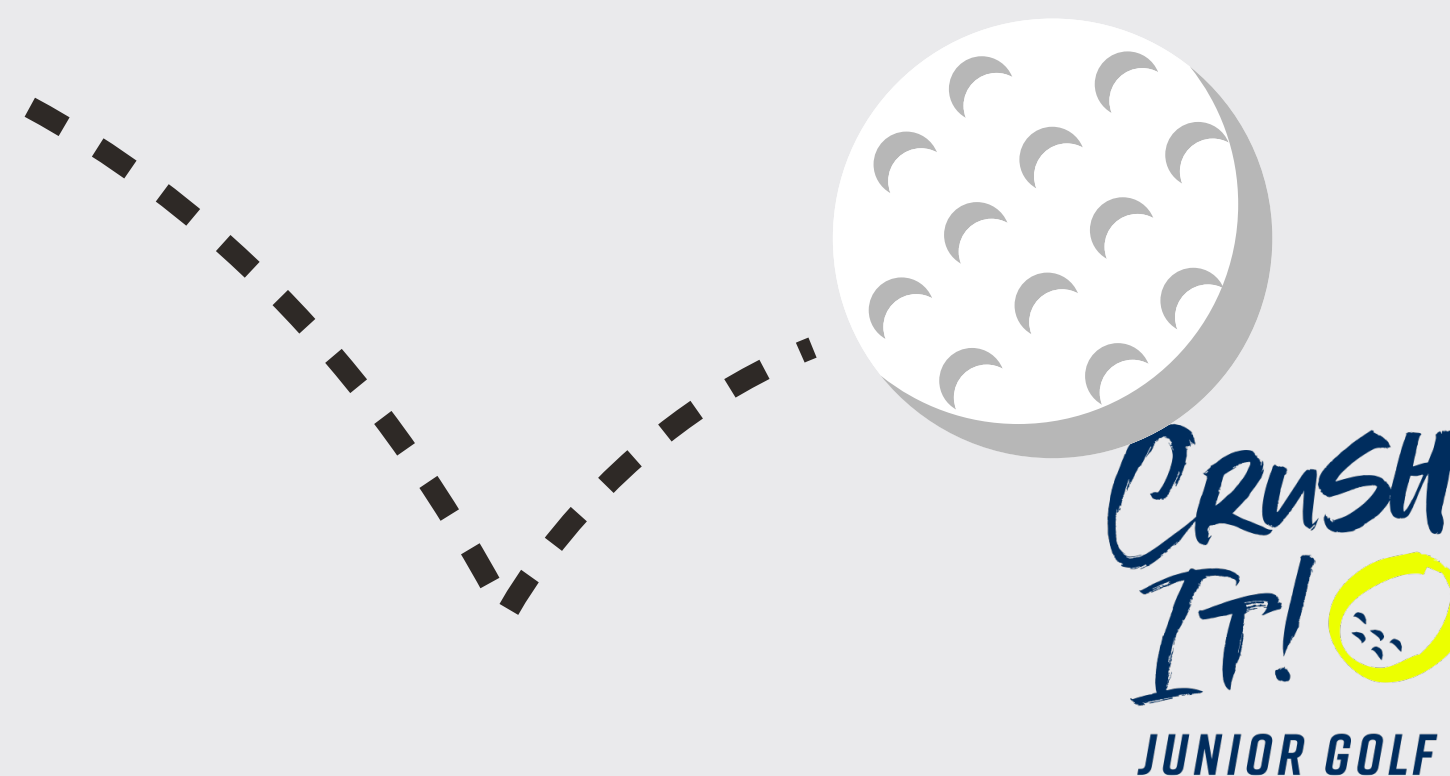
Sand Wedge, Loft and Bounce

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.

Use the lesson to demonstrate some shots using different clubs, and how you can change the loft on a club in order to change the flight of the ball.

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



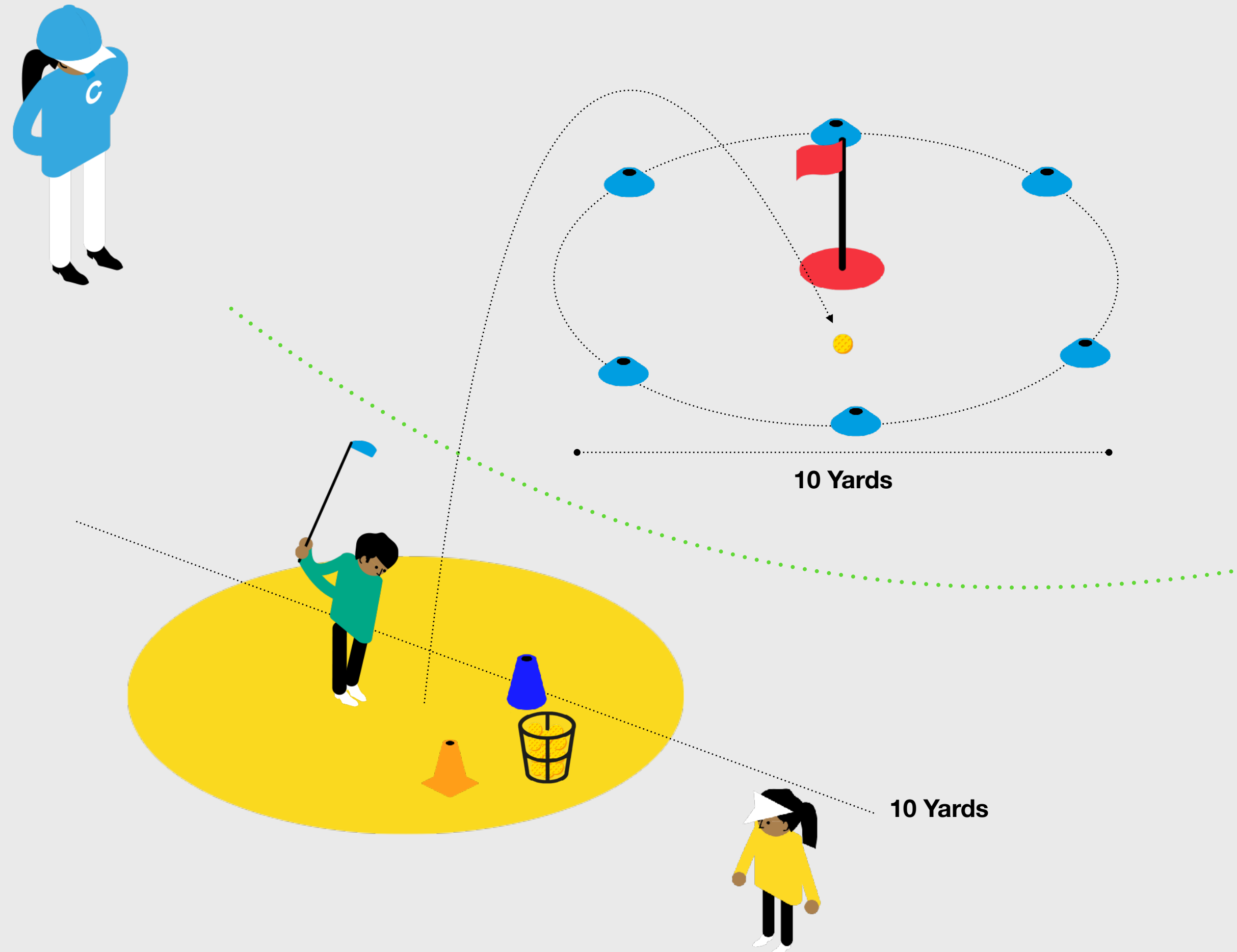
Questions to Ask

- What is the loft on a club?
- What is the normal loft on a Sand Wedge?
- Are we able to play shots out of a bunker using a club other than a Sand Wedge?
- What is the bounce on a Sand Wedge?
- What does the bounce do? How does it help us to get the ball out of a bunker?

Mastering the Game Cards



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



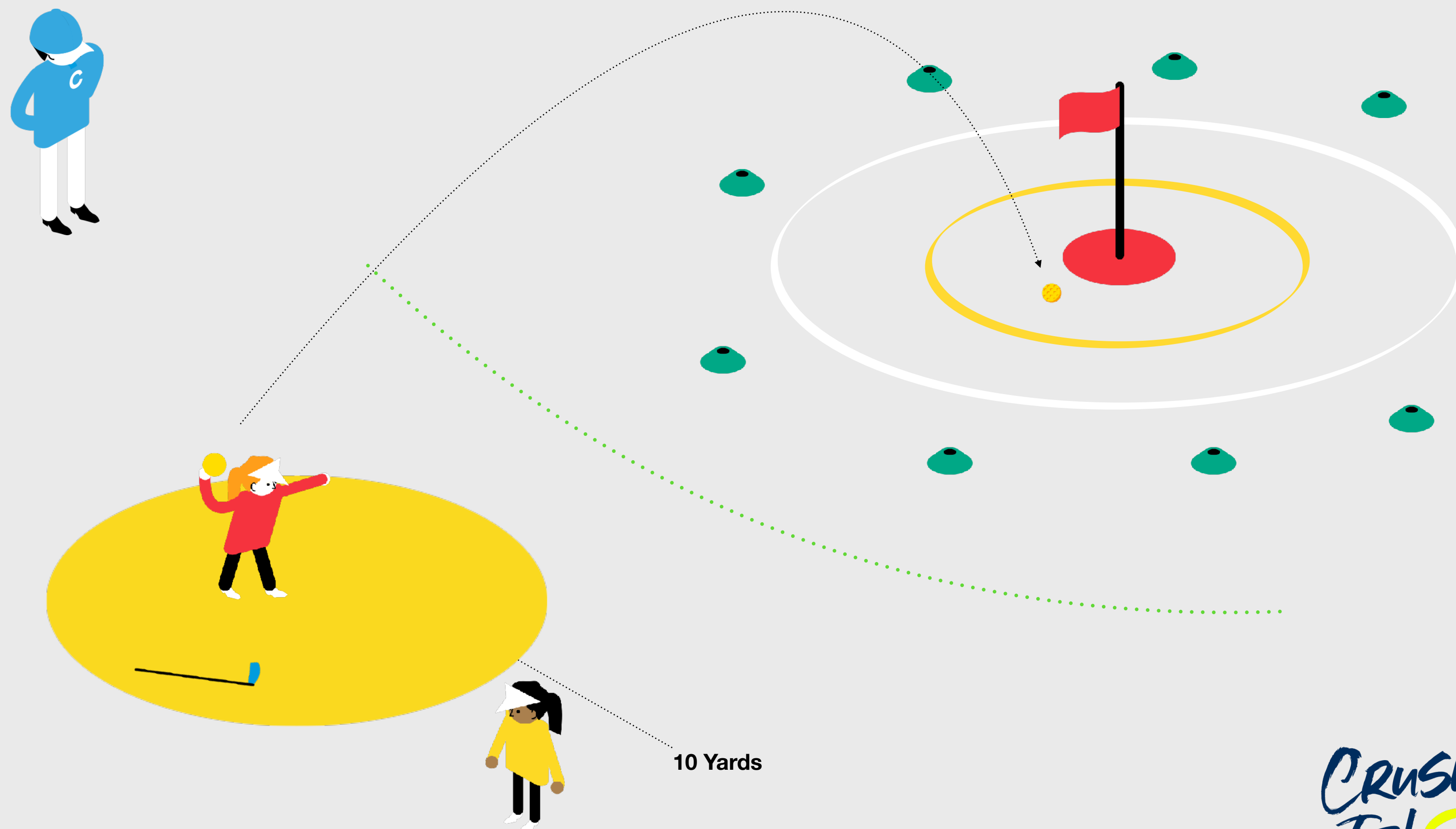
Spare equipment that may be required for the group attendees.



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

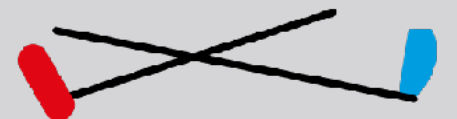
SAFETY



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

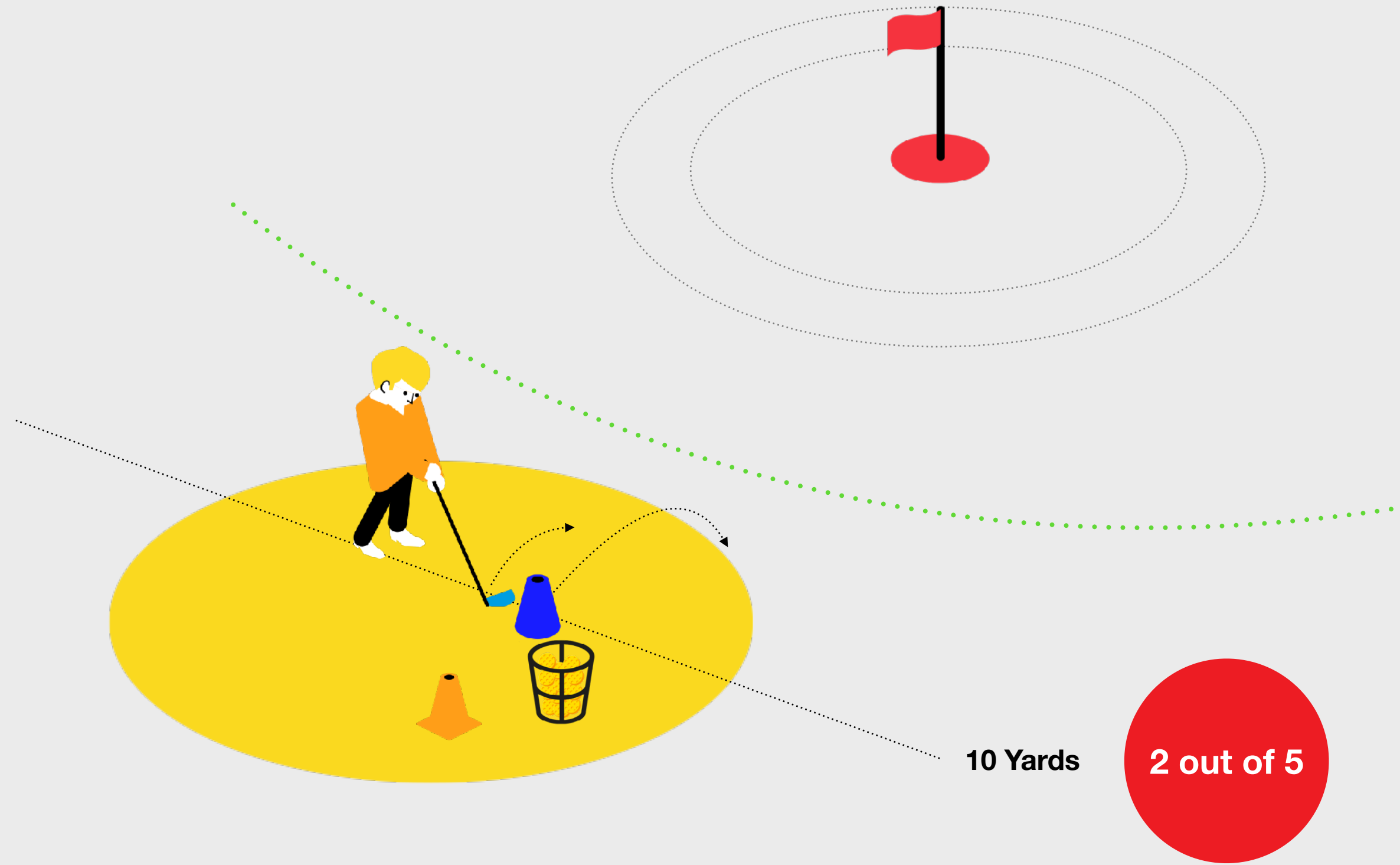


CRUSH
IT!
JUNIOR GOLF

Mastering the Game Challenge Cards



Bunker Play Challenge



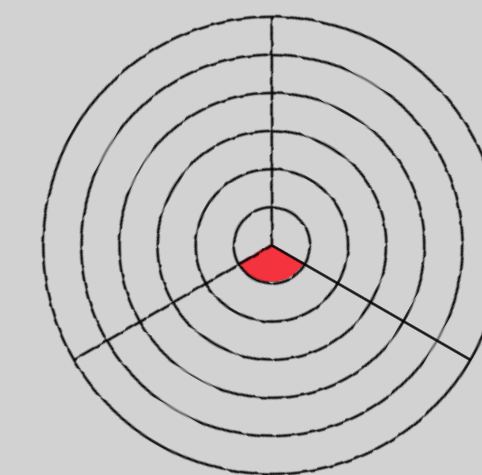
The Challenge

To complete the Level 1 Challenge within the Bunker skill element, the child needs to contact the ball in the sand 2 out of 5 times.

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.

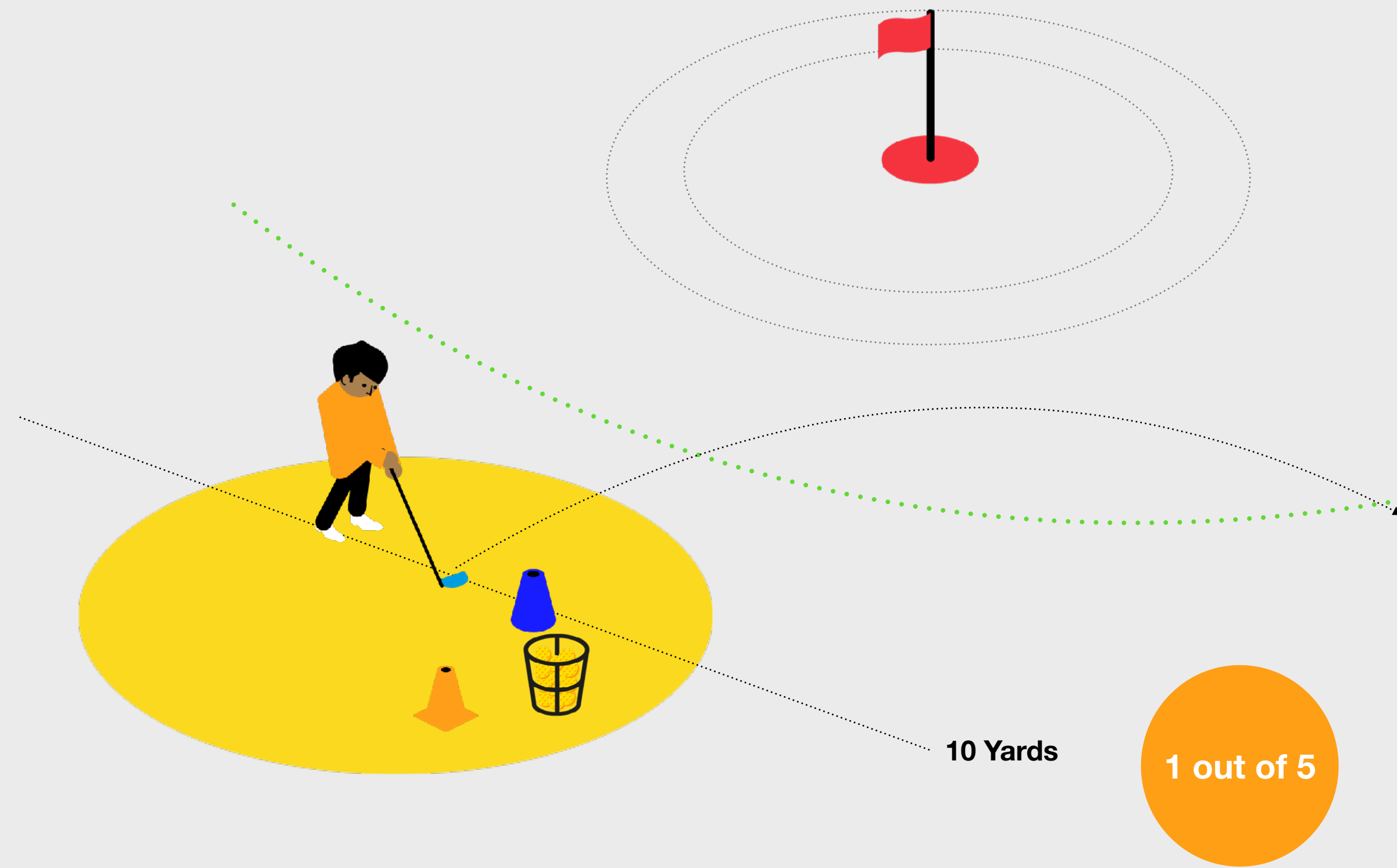
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play



Bunker Play Challenge



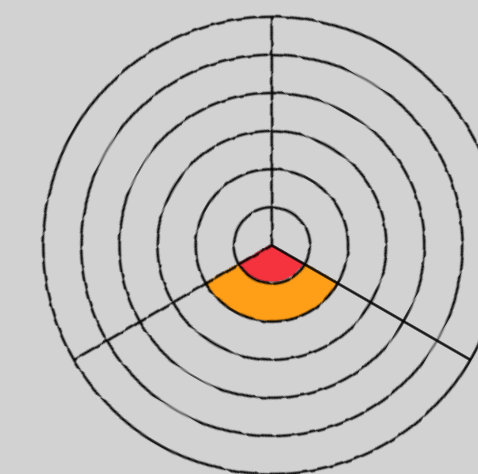
The Challenge

To complete the Level 2 Challenge within the Bunker skill element, the child needs to get 1 out 5 shots out of the greenside bunker. They should make contact with the ball on all other attempts.

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.

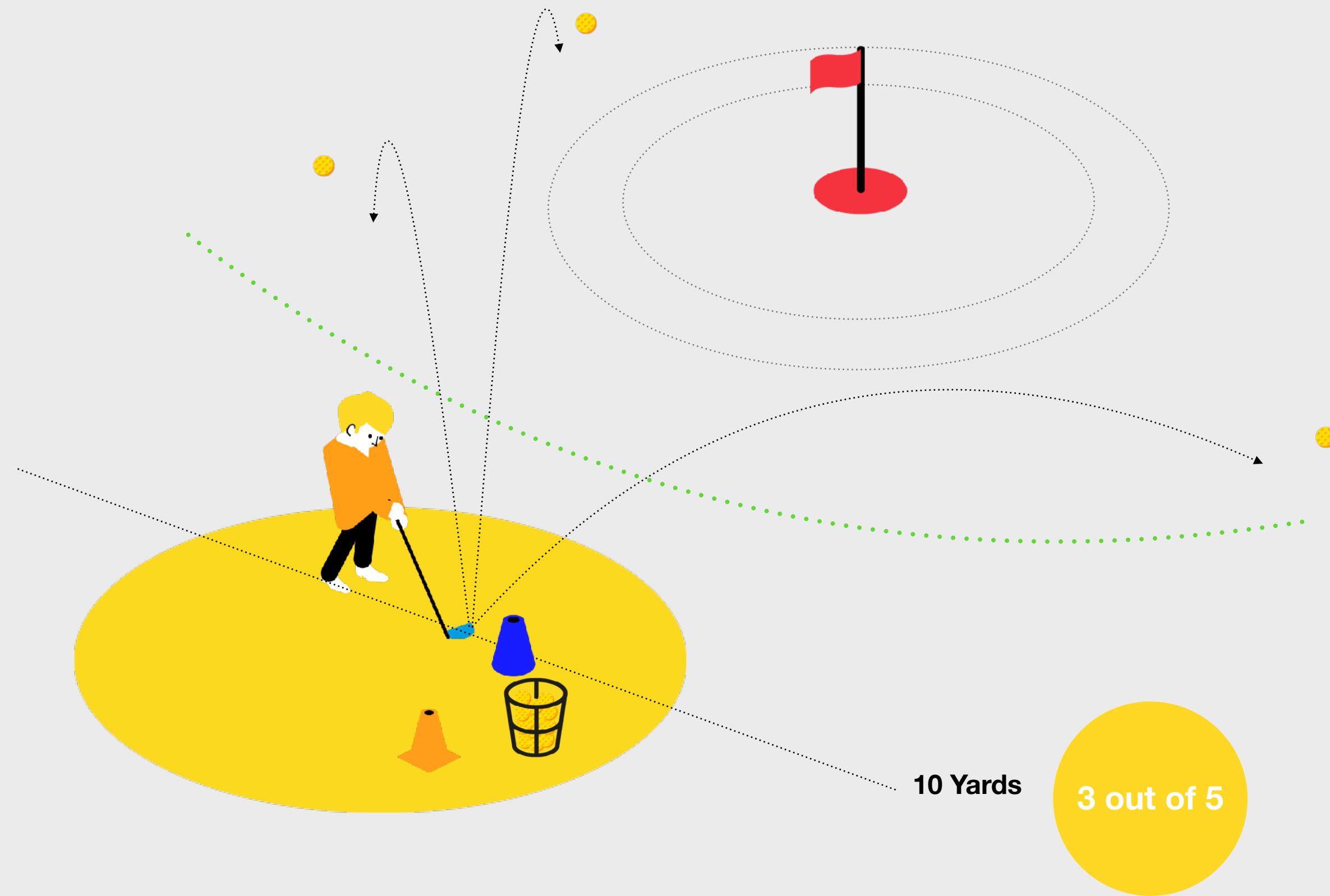
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play



Bunker Play Challenge



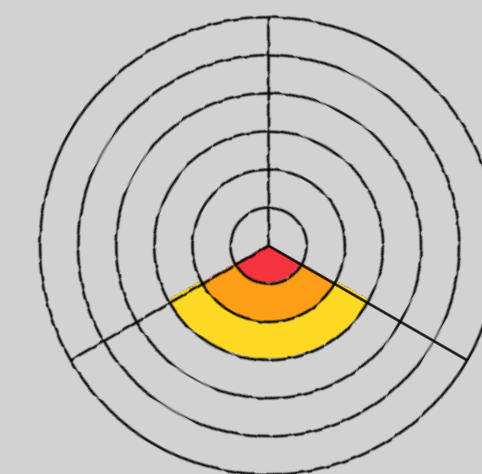
The Challenge

To complete the Level 3 Challenge within the Bunker skill element, the child needs to get 3 out of 5 shots anywhere on the green. All attempts should finish out of the bunker.

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.

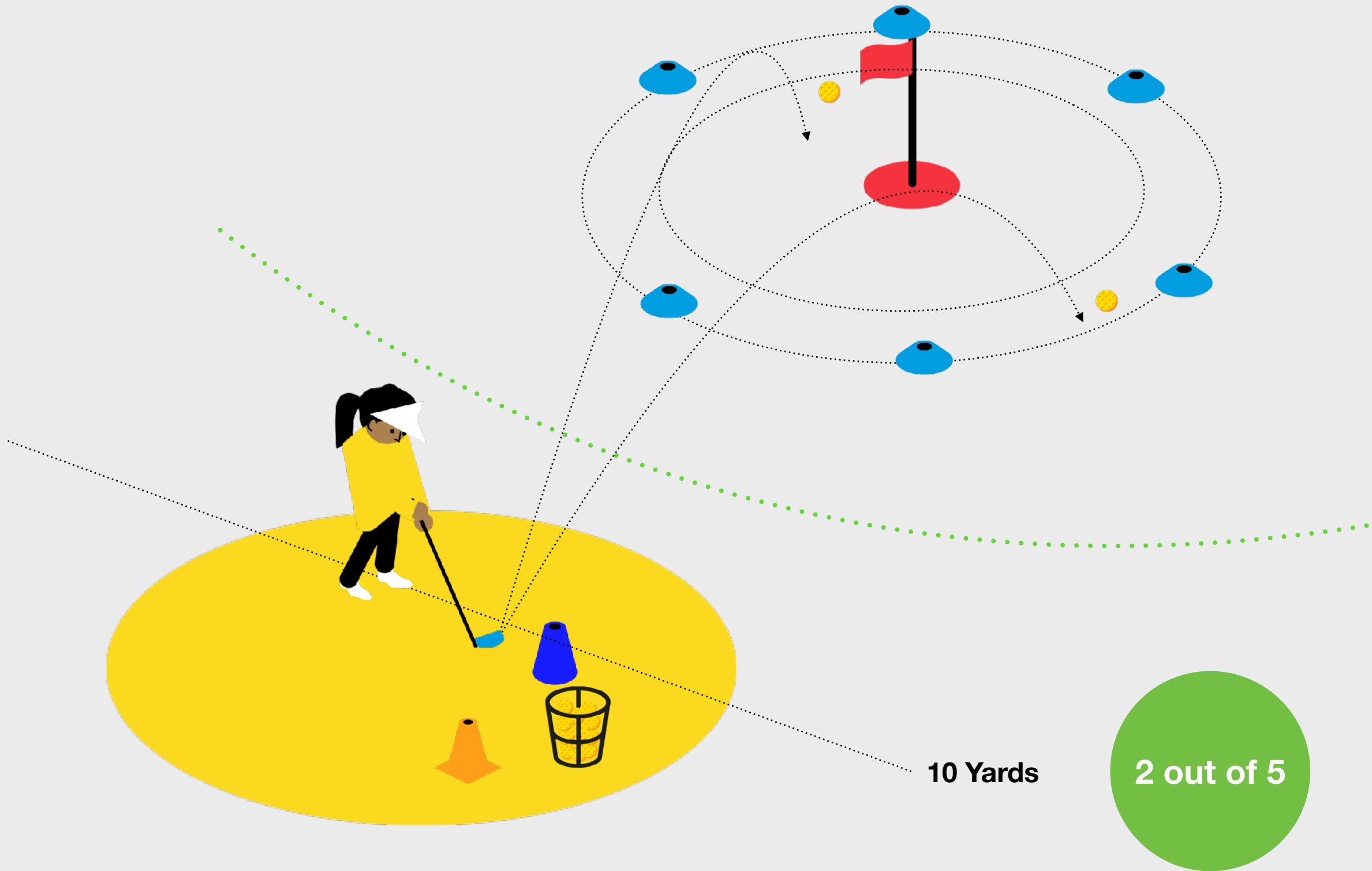
If they are also assigned to the *Crush It myGame+* program on GLF, Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play



Bunker Play Challenge



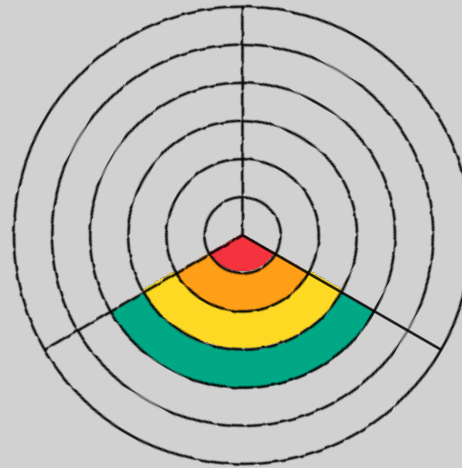
The Challenge

To complete the Level 4 Challenge within the Bunker skill element, the child needs to get 2 out 5 shots within a 10 yard diameter target circle. All shots must finish out of the bunker.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame* Wheel in there junior folder. They can also add a Sticker to the correct level tracker sheet.

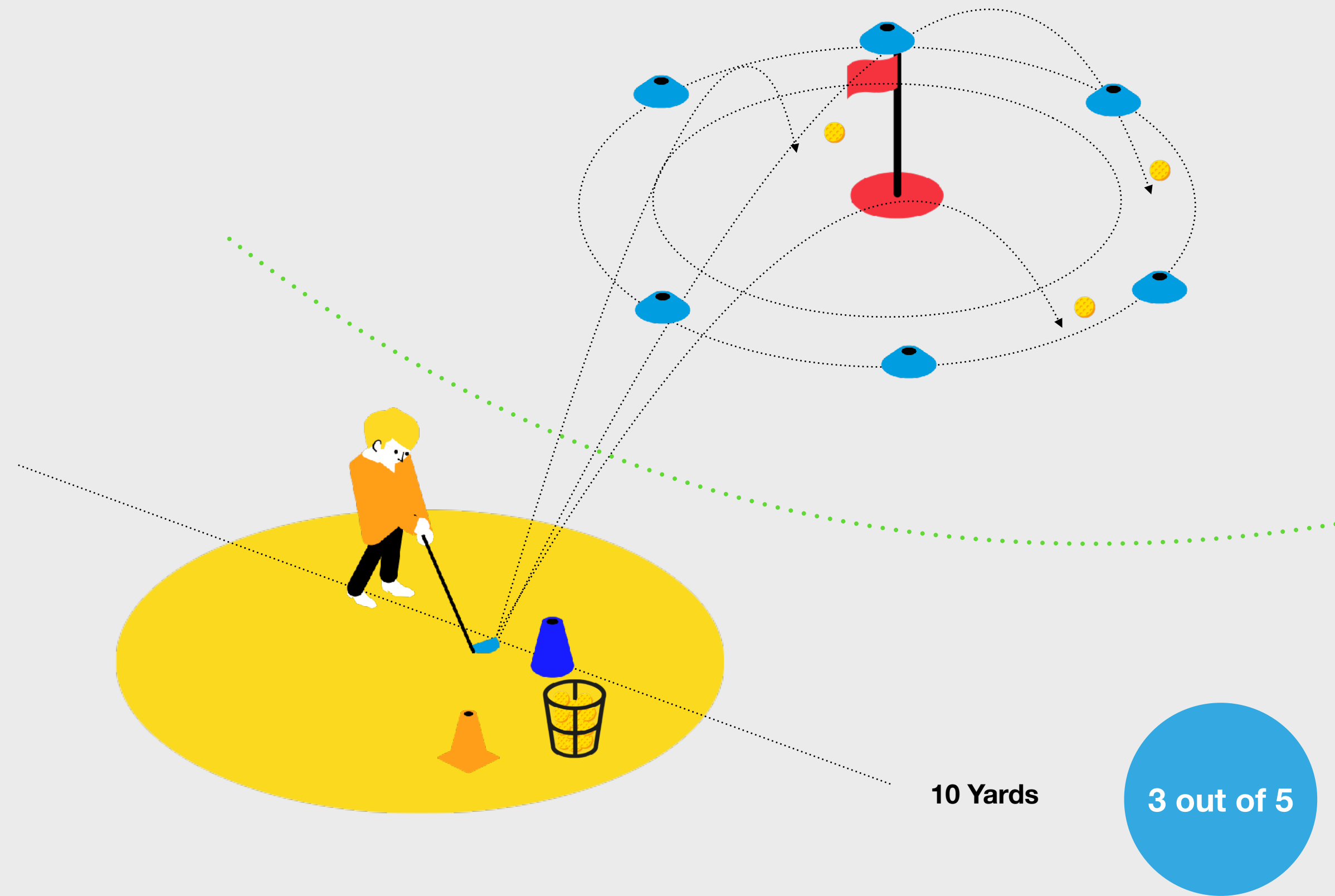
If they are also assigned to the Crush It *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play



Bunker Play Challenge



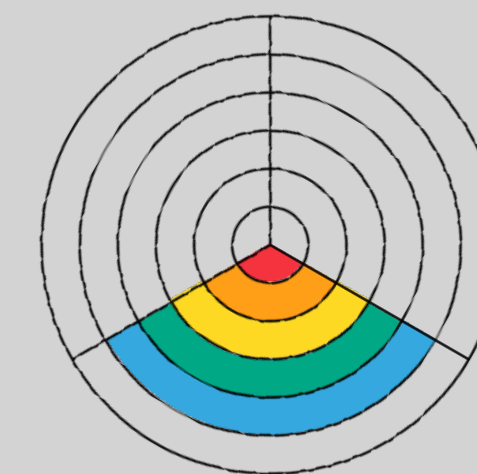
The Challenge

To complete the Level 5 Challenge within the Bunker skill element, the child needs to get 3 out of 5 shots within a 10 yard diameter target circle. All shots must finish on the green.

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.

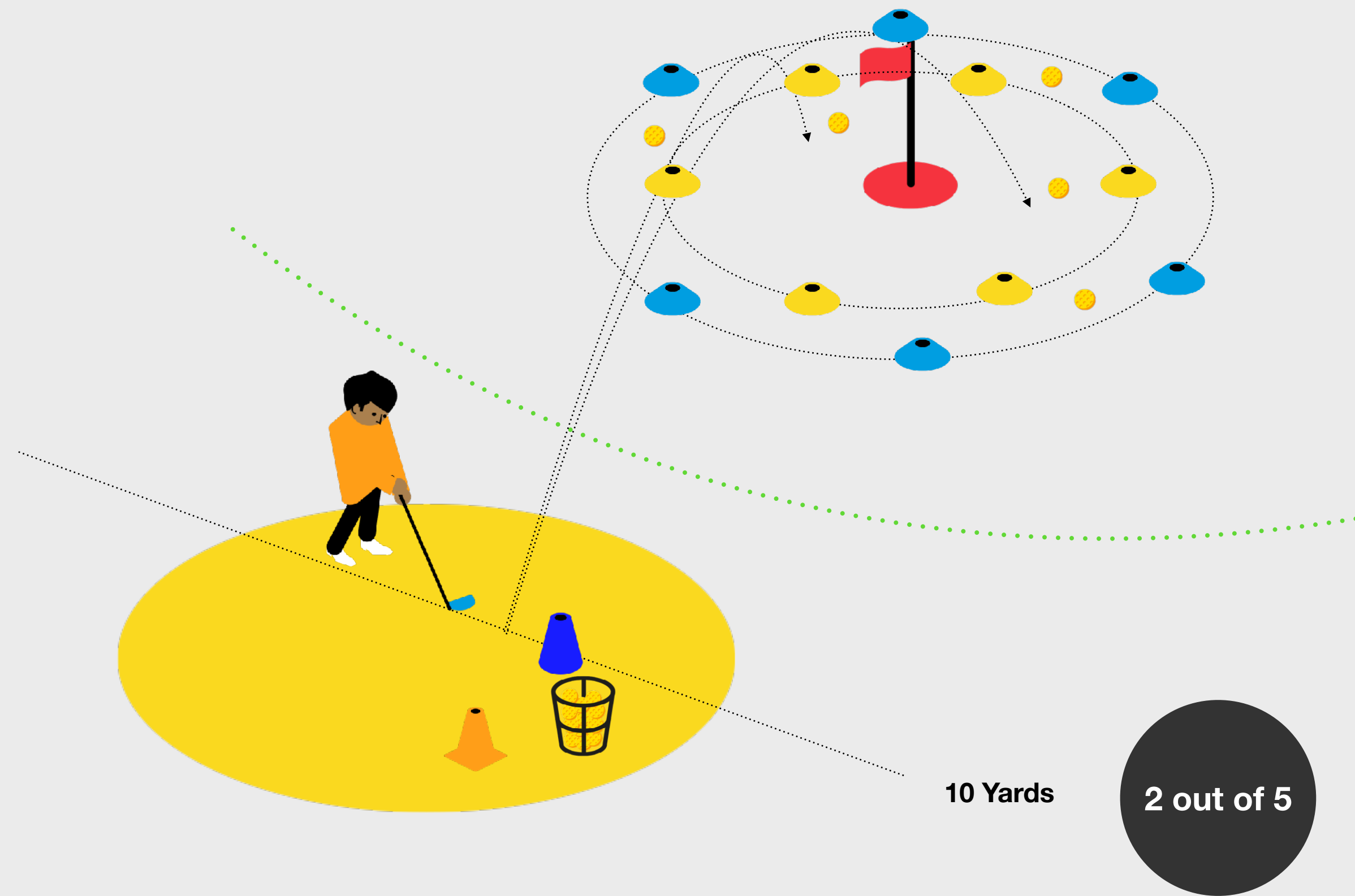
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play



Bunker Play Challenge



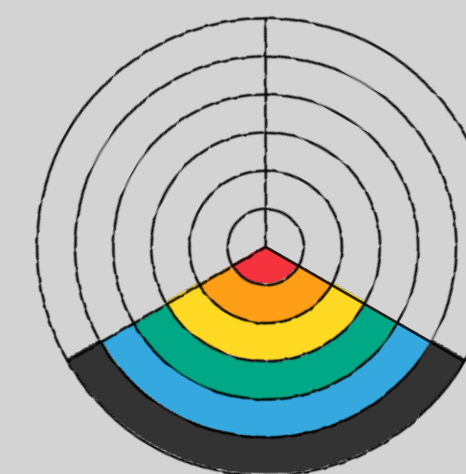
The Challenge

To complete the Level 6 Challenge within the Bunker skill element, the child needs to get 2 out of 5 shots within a 6 yard diameter target circle. All shots should finish within the 10 yard target circle.

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.



Bunker Play

