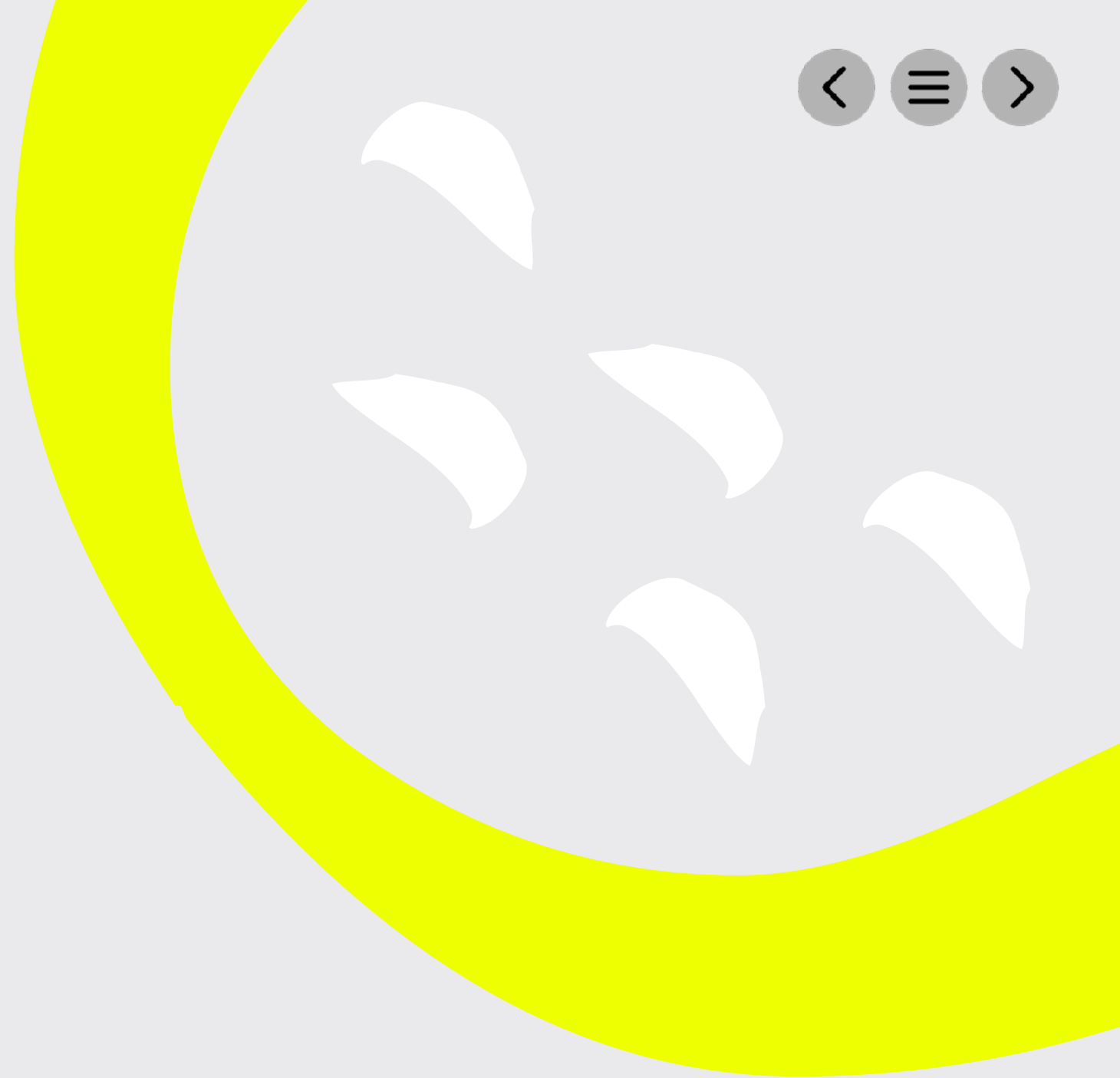


Swing Week 19



Contents

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- 8 **Physical Literacy Warm Up**
- 11 **The Whole Child Focus**
- 13 **Learning the Game Focus**
- 15 **Mastering the Game Cards**
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Class Timetable



Class Timetable - Week 19

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Irons

Whole Child Focus
Social:
Trustworthiness

Learning the Game Focus:
Preparing to Play:
Driving Range Warm-Up

Mastering the Game Challenge:
Iron 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"> Empty the Pond
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"> Driving Range Warm-Up
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"> Trustworthiness
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"> Make it Splash Masters Challenge The Iron 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+

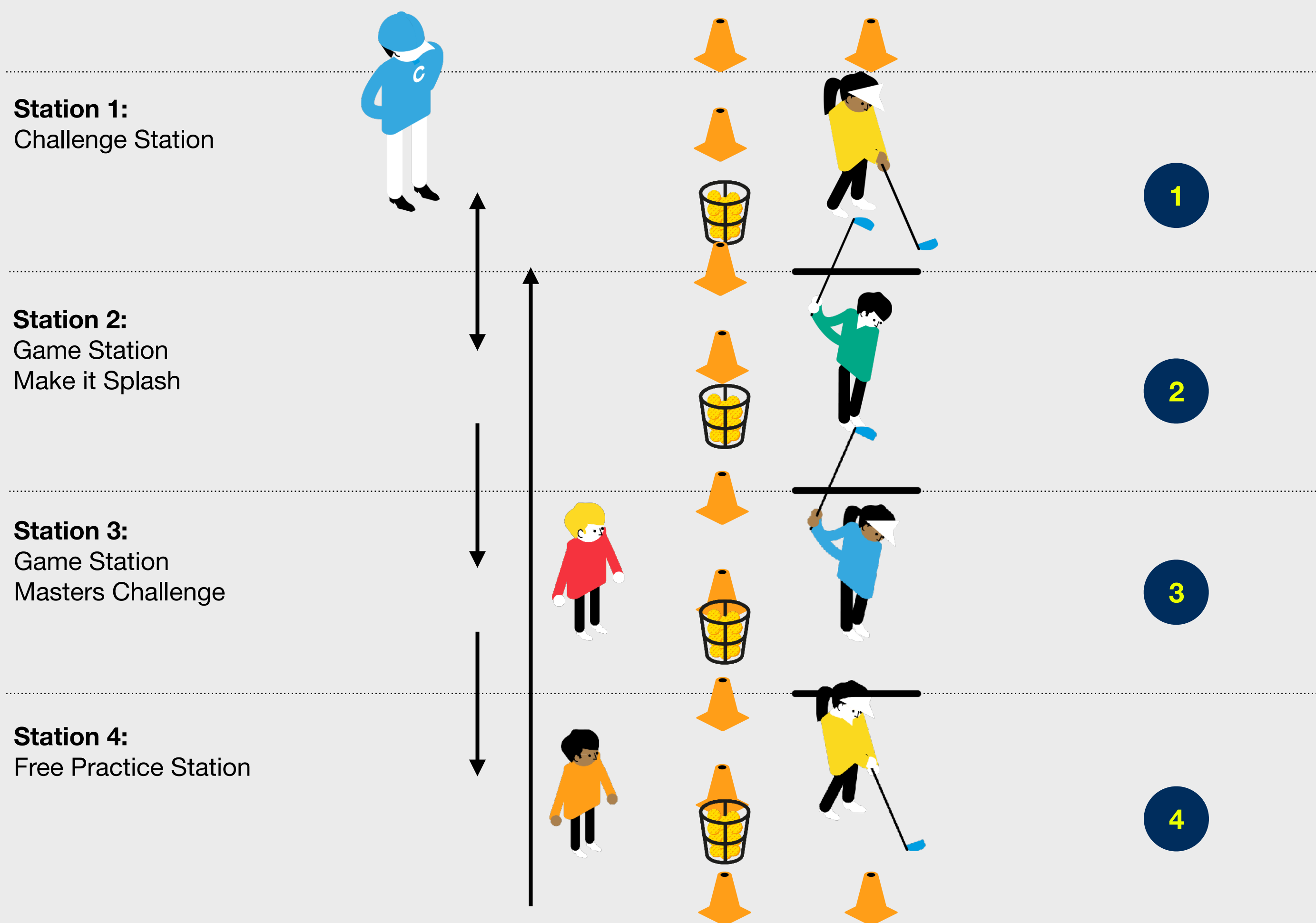
Layout and Setup



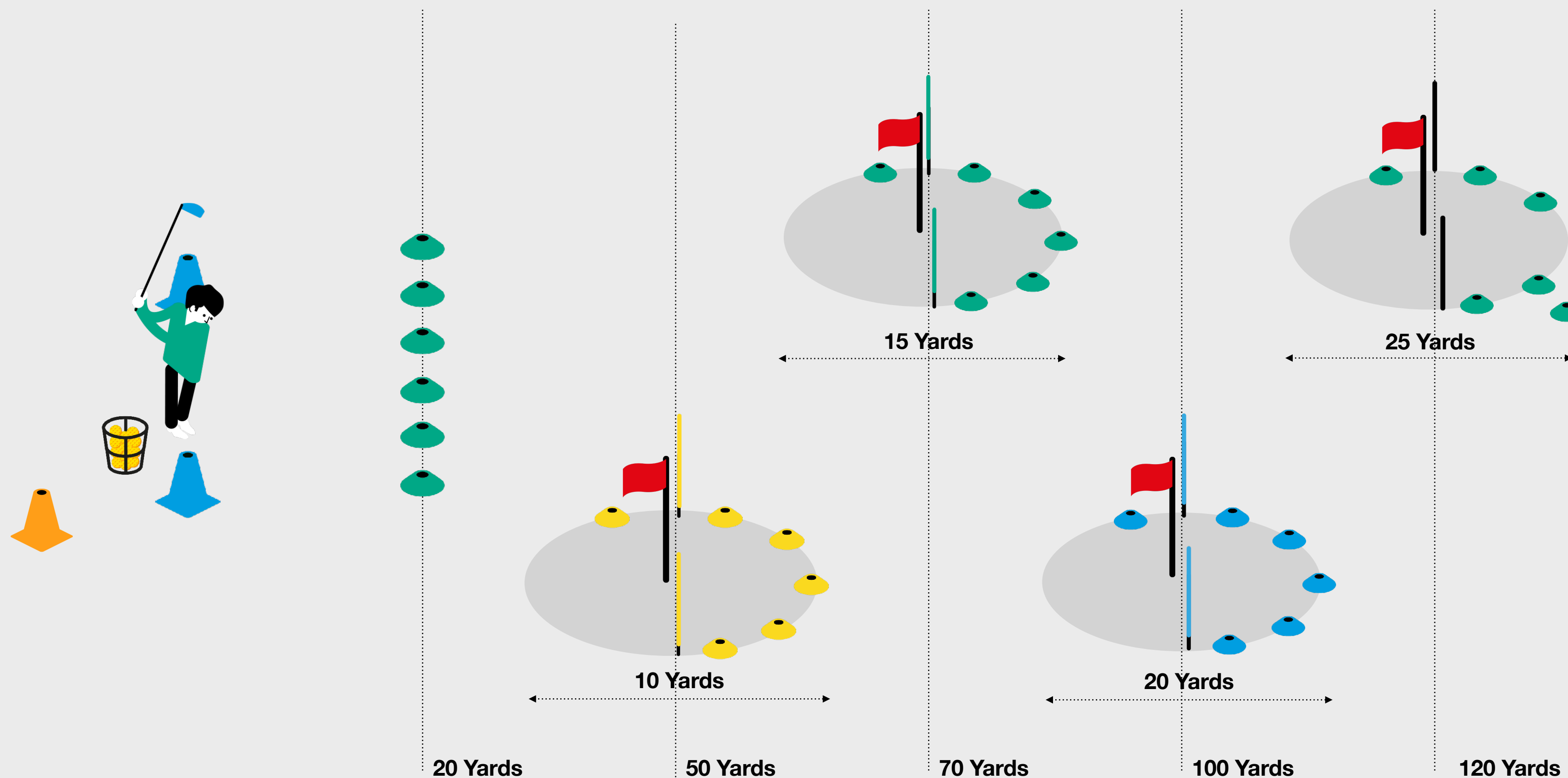
Class Layout and Setup

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



Irons Challenge Setup



Equipment Needed

- Orange safety cones for a safety line
- Cones to mark out the necessary hitting stations
- Cones to mark the target zones if foam noodles aren't available
- Alignment Sticks
- Flag (if available)
- Foam Noodles

Setting out the Challenge

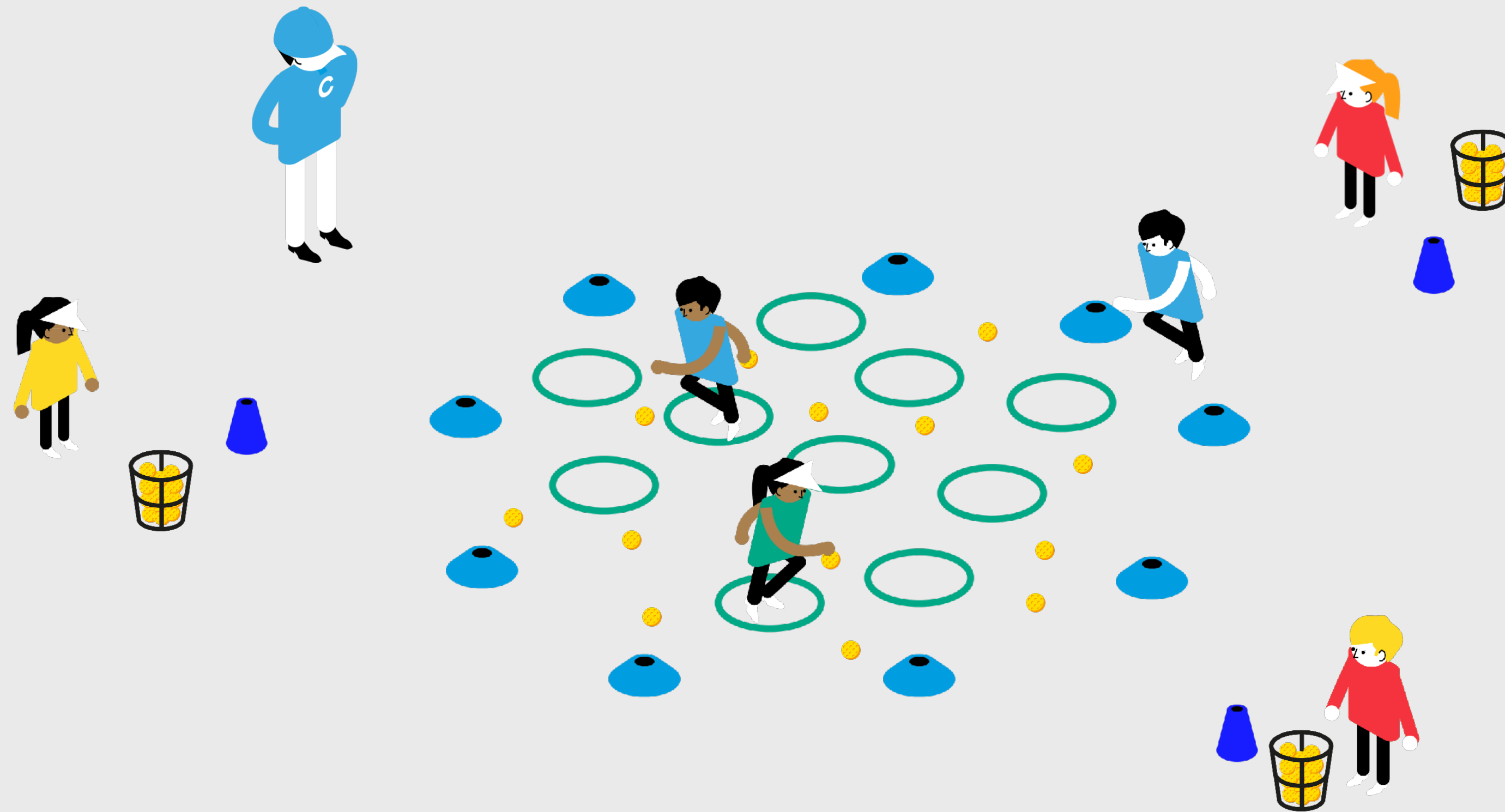
- Foam Noodles placed onto the alignment sticks should be used to mark the perimeter of the target zones either side of the flag
- Alignment sticks should be used to mark the target when a flag isn't possible
- Green Cones should be used to mark the target lines for the level 2 challenge
- Set out all the markers to enable every child to attempt their challenges in the class

**CRUSH
IT!**
JUNIOR GOLF

Physical Literacy Warm Up Game



Empty the Pond



How to Play

- This game is best played in teams. Split the children into 2 even teams
- The teams start on opposite sides of the pond.
- Players are numbered 1 or 2
- On go, the first player runs into the pond using the lily pads. Each player attempts to collect 1 ball from the pond and return it to their teams' bucket
- If players touch the pond, they must return to the start without a golf ball
- The team that wins is the one who has collected the most golf balls from the pond after all balls have been collected

Progression Ideas

- Increase the size of the pond
- Increase the distance between the lily pads
- Reduce the number of lily pads

Equipment Needed

Orange Safety Cones

SAFETY



3 x Cones



Golf Balls



10 x Hoops



10 x Blue colored cones



CRUSH
IT!
JUNIOR GOLF

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



Social

Trustworthiness

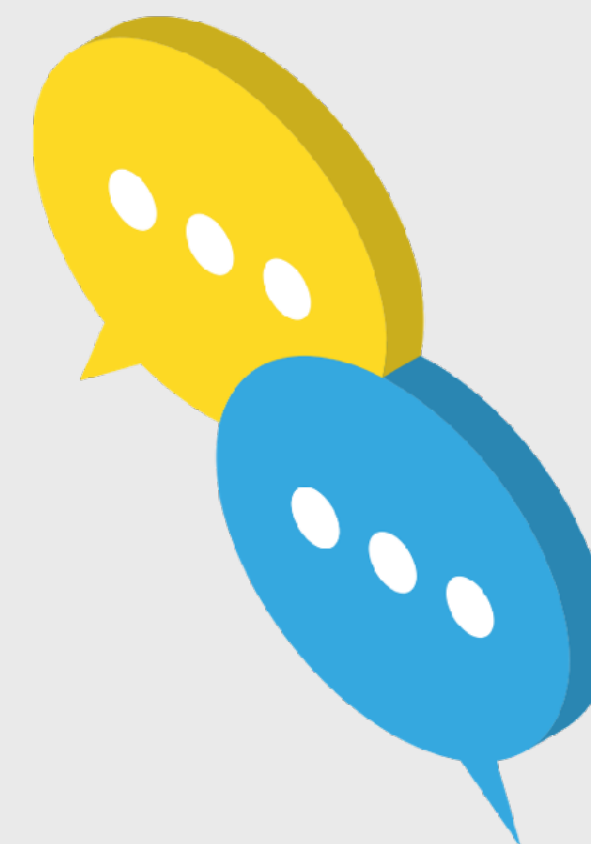
The Whole Child theme this week is to highlight the importance of trustworthiness. In golf we need to trust our playing partners and caddies.

Carry this theme into the class by placing an emphasis on the team element of the games and making sure everyone is taking turns.

It should be highlighted that the Achiever Award is presented to the child that displays trustworthiness with their playing partner.

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



Preparing to Play

Driving Range Warm Up

The Learning the Game focus this week is to teach the children a structured driving range warm up.

You should advise children on what they need to do in preparation to play, providing them with stretches and a driving range routine will help them to do this.

Demonstrate an effective driving range warm up routine that they can use to be ready to play.

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



**CRUSH
IT!** 
JUNIOR GOLF



Questions to Ask

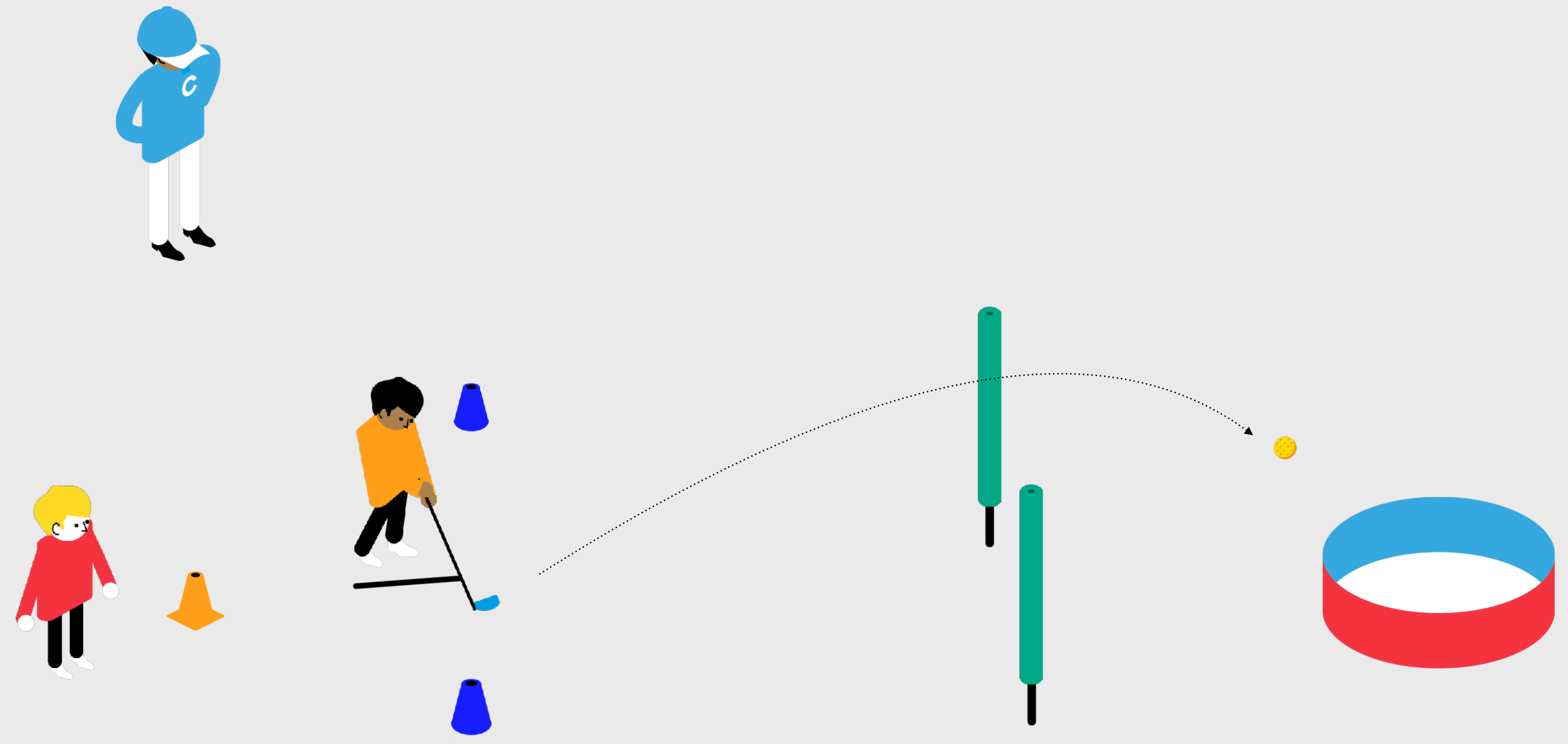
- What do you need to practice before going out to play?
- Are there any stretches you think are important to do before we start playing golf?
- How many shots do you need to hit before you're ready to play?

Mastering the Game Cards





Make it Splash



How to Play

- Children take it in turns to hit their shots, using the alignment stick to aid their alignment and club face aim
- The aim of the game is to pitch the ball into the pool
- Children score two points for pitching the ball straight into the pool, and one point if it bounces in
- The children aim to score as many points as possible before switching games

Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

Junior Learning Outcomes

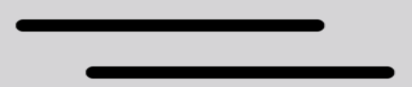
- Ability to control distance on a pitch shot
- Ability to control direction

Equipment needed

4 x Orange Safety Cones



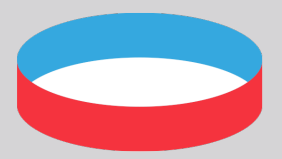
2 Alignment Sticks



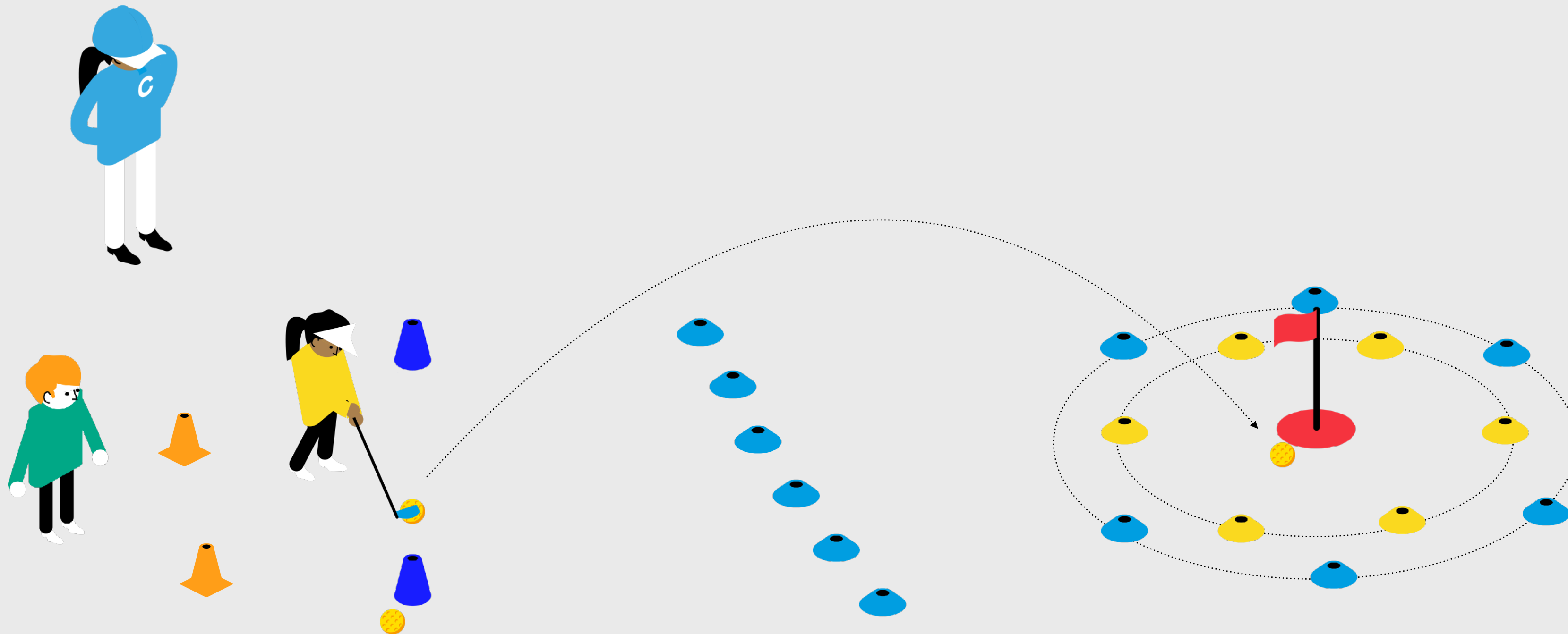
2 x Foam Noodles



Pool



The Masters Challenge



How to Play

- Explain how the line of blue cones represents a river, just like the famous 12th hole at The Masters
- Players take it in turns to hit shots over the “river” and into the target circles
- If their ball doesn’t go in the air over the line of blue cones then any points scored do not count
- Players score 2 points for the inner circle and 1 point for the outer circle
- The aim is to score the most points after each player has hit 10 shots

Progression Ideas

- Vary the distance to carry the ball over the river
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circles
- Change the distance between the starting position and the target circles

Equipment needed

4 x Orange Safety Cones

SAFETY



9 x Numbered Cones



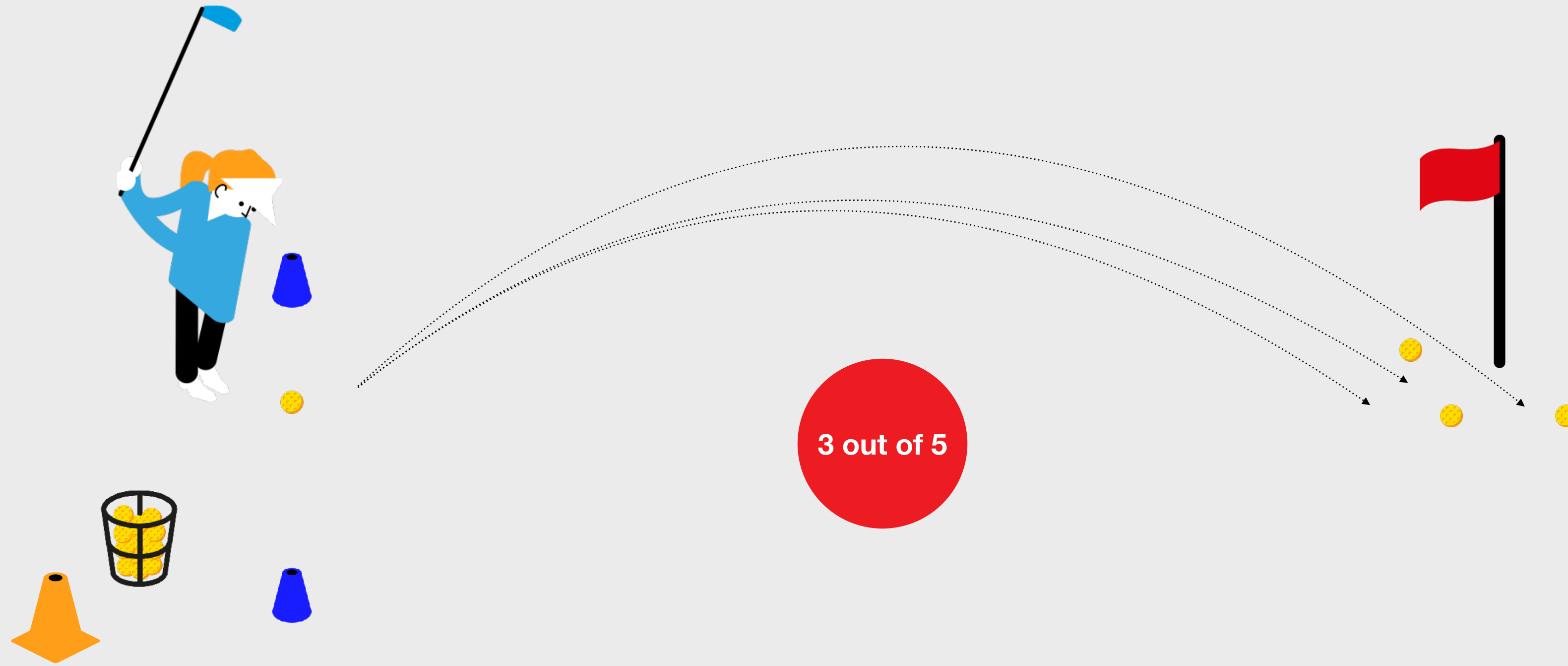
2 x Foam Noodles



Mastering the Game Challenge Cards



Iron Challenge



3 out of 5



The Challenge

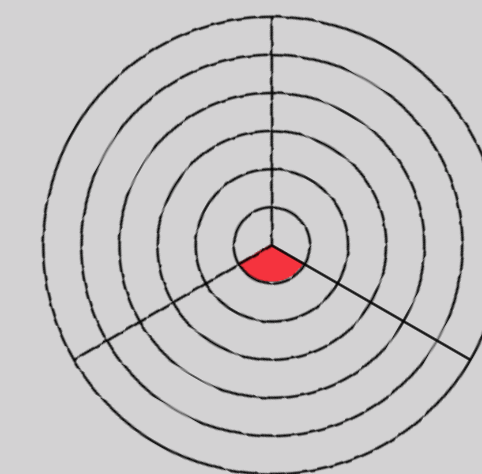
To complete the Level 1 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air.

To complete the challenge, the child doesn't need to demonstrate control over direction or distance and the challenge can be completed off a tee.

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.

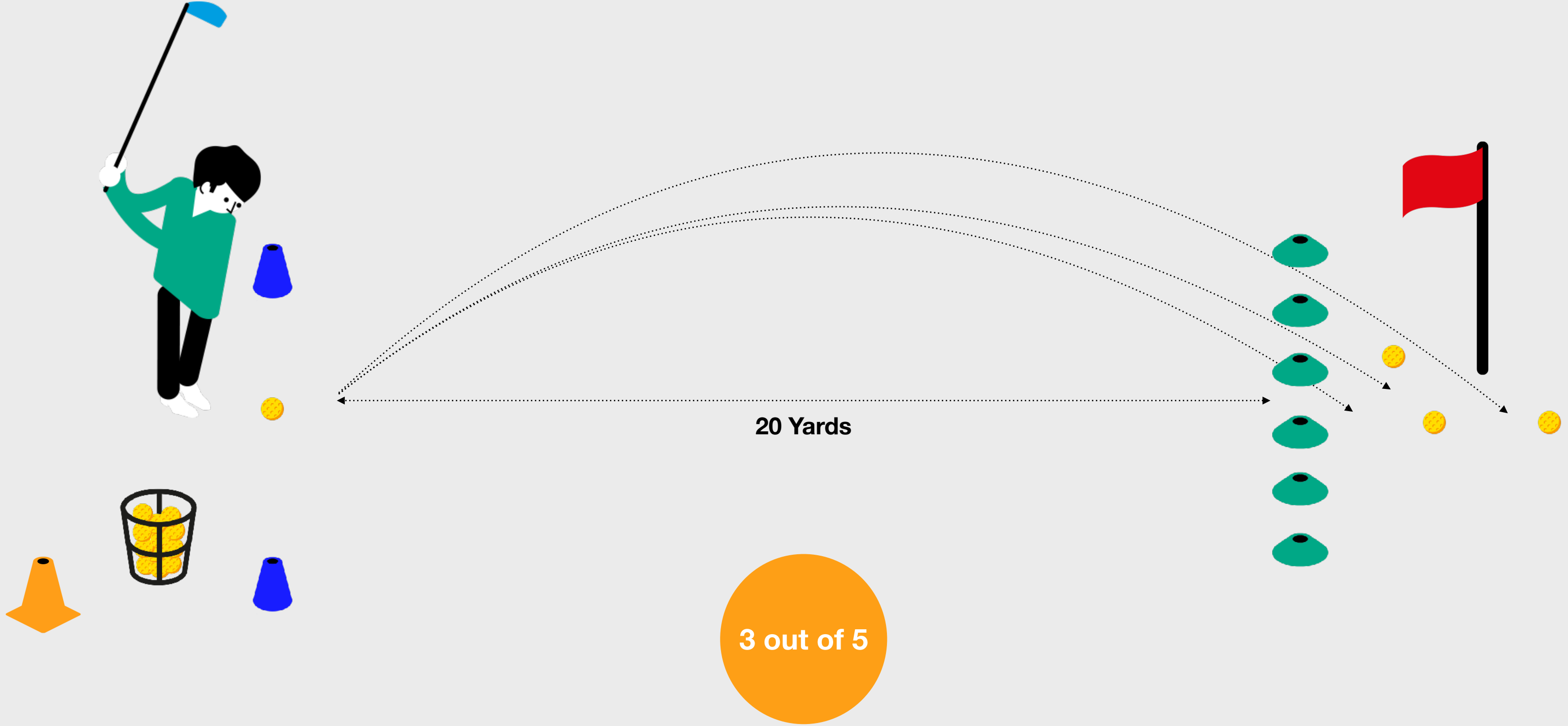
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Irons



Iron Challenge



The Challenge

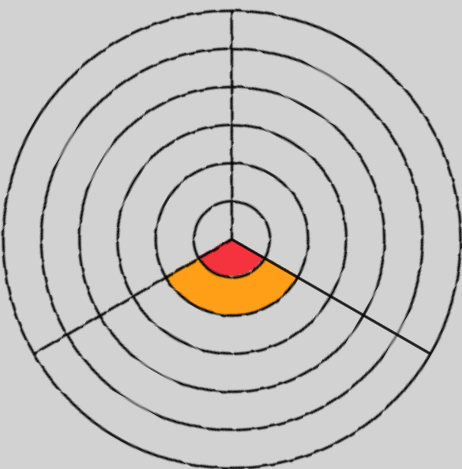
To complete the Level 2 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum carry distance of 20 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction, and the challenge can be completed off a tee.

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.



Irons



Iron Challenge



The Challenge

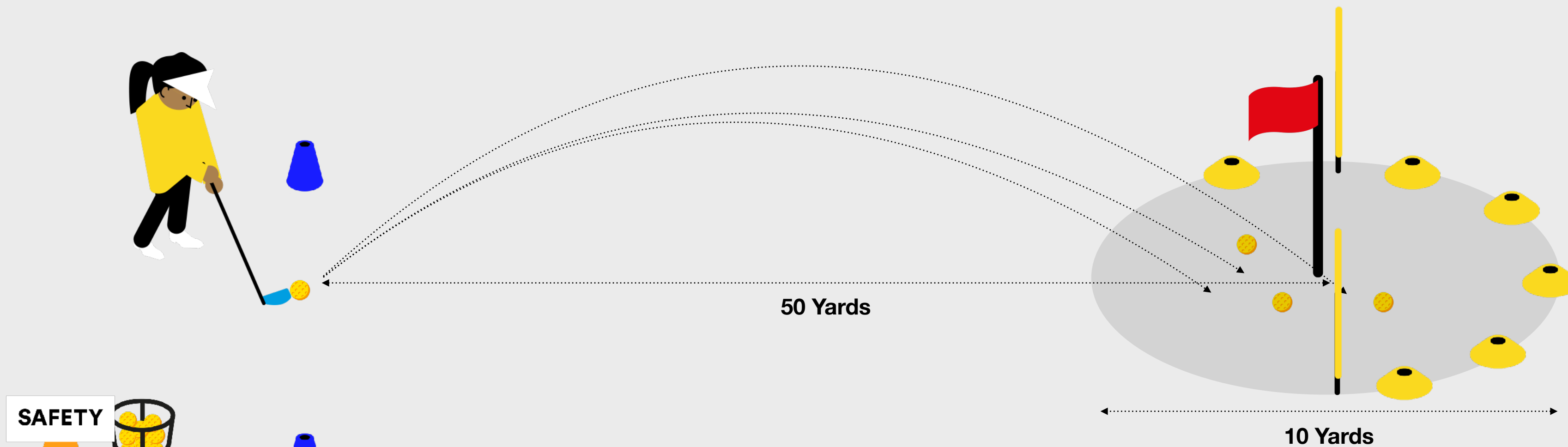
To complete the Level 3 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots where the ball must come to rest within a 10-yard diameter target circle to a target flag 50 yards away.

This challenge can be completed off a tee.

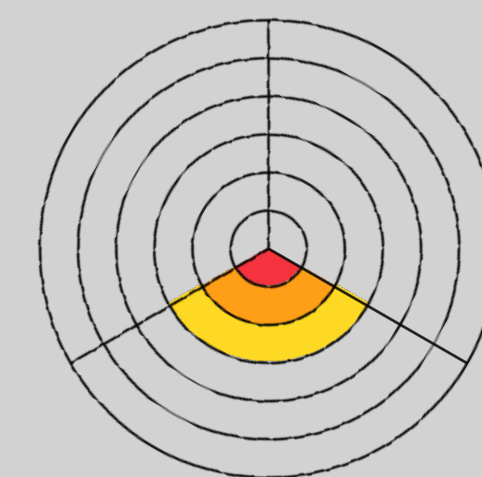
What to do next?

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.



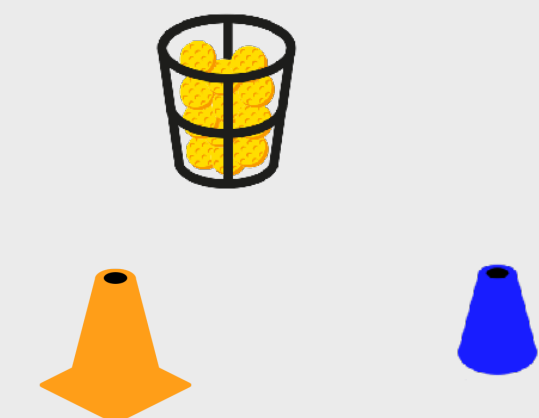
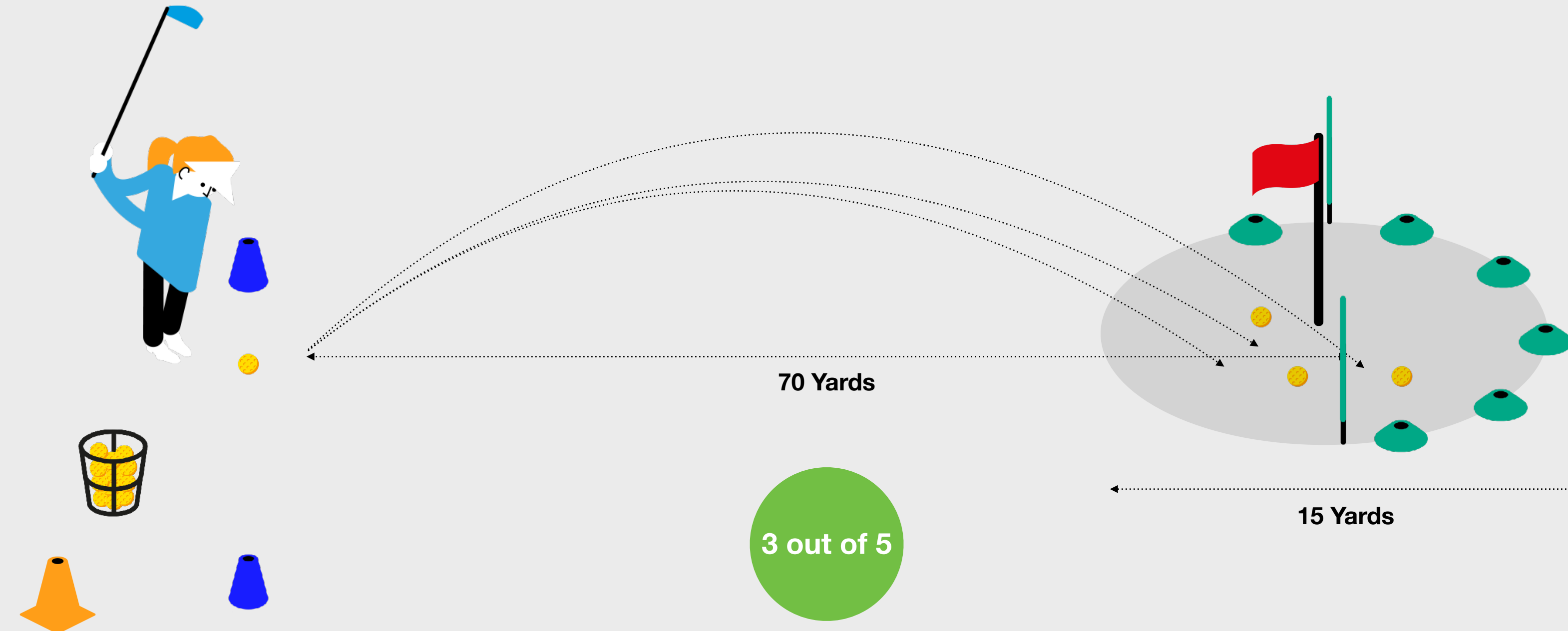
3 out of 5



Irons



Iron Challenge



The Challenge

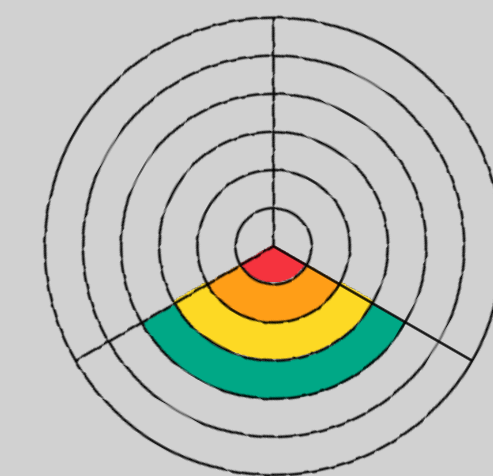
To complete the Level 4 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots where the ball must come to rest within a 15-yard diameter target circle 70 yards away.

This challenge should be completed with the ball on the ground.

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.

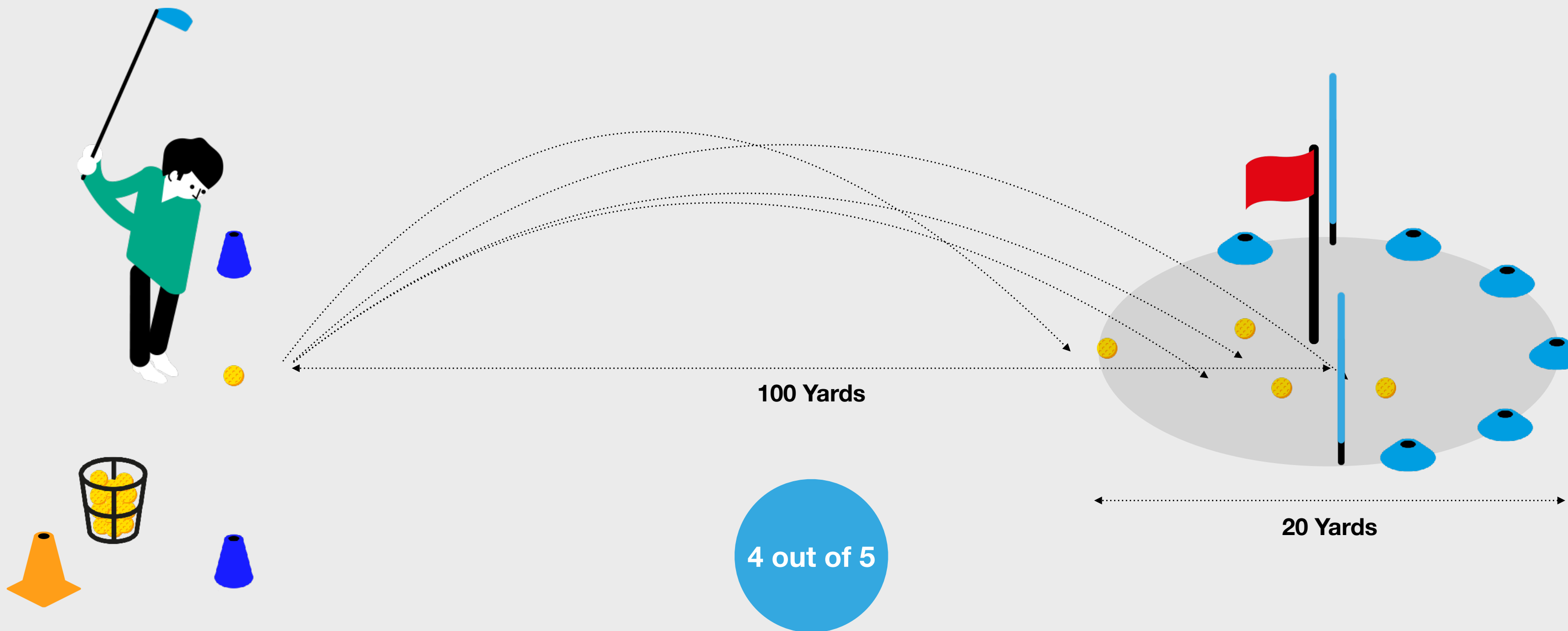
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



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Iron Challenge



The Challenge

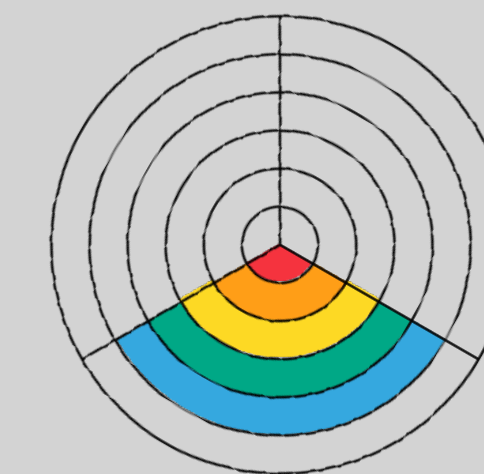
To complete the Level 5 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots where the ball must come to rest within a 20-yard diameter target circle 100 yards away.

This challenge should be completed with the ball on the ground.

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.

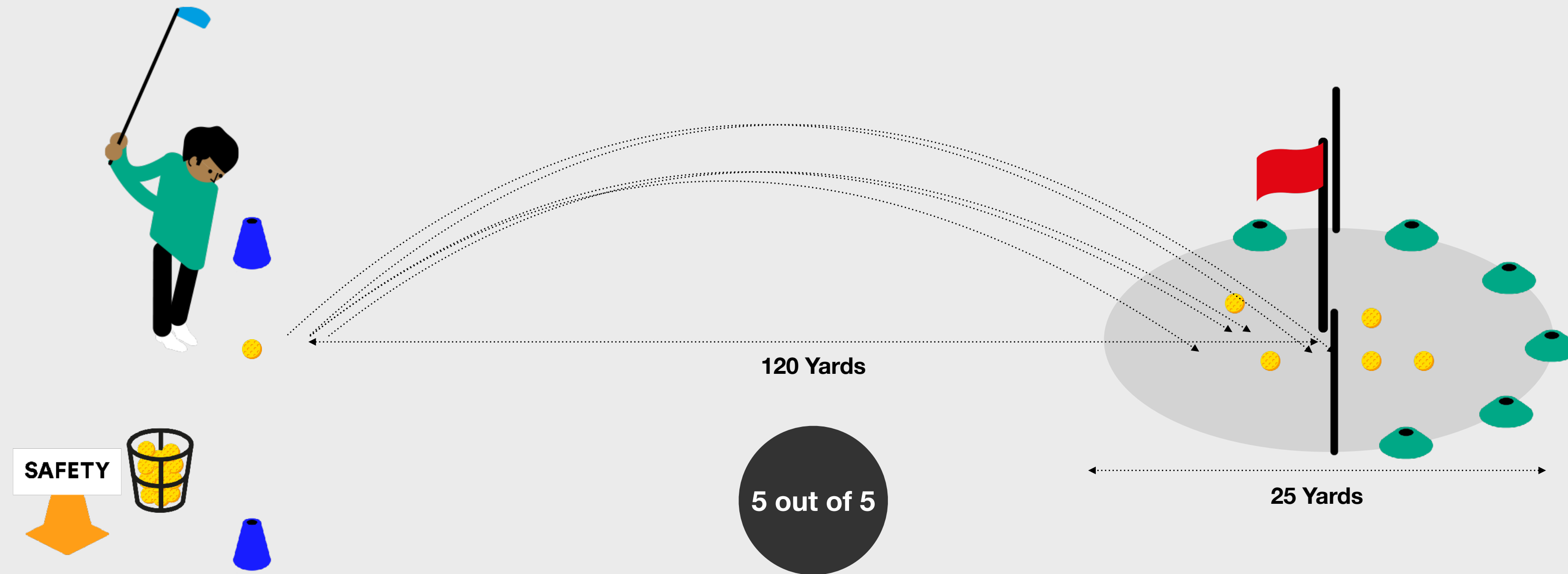
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



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Iron Challenge



The Challenge

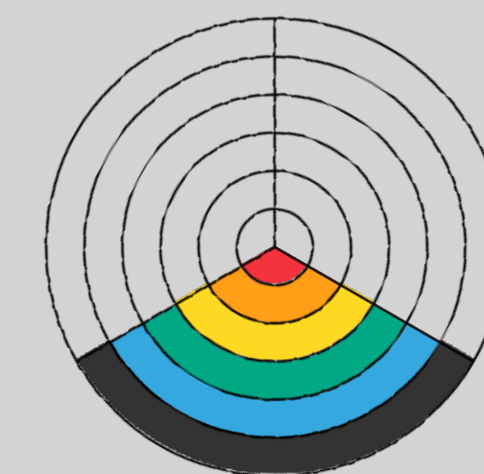
To complete the Level 5 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots where the ball must come to rest within a 20-yard diameter target circle 100 yards away.

This challenge should be completed with the ball on the ground.

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.



Irons

