

On the Green

Week 20



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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 20

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Short Putts

Whole Child Focus
Creative:
Independence

Learning the Game Focus:
Preparing to Play:
Putting Warm-Up

Mastering the Game Challenge:
Short Putt 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"> “PGA Pro” says
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"> Putting 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"> Independence
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"> Putting Pool Finders Keepers Short Putt 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 <i>myProgress</i> Wheel and add stickers where appropriate to the <i>myAcademy</i> 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"> <i>myAcademy</i> Folders GLF. Connect <i>myGame+</i>

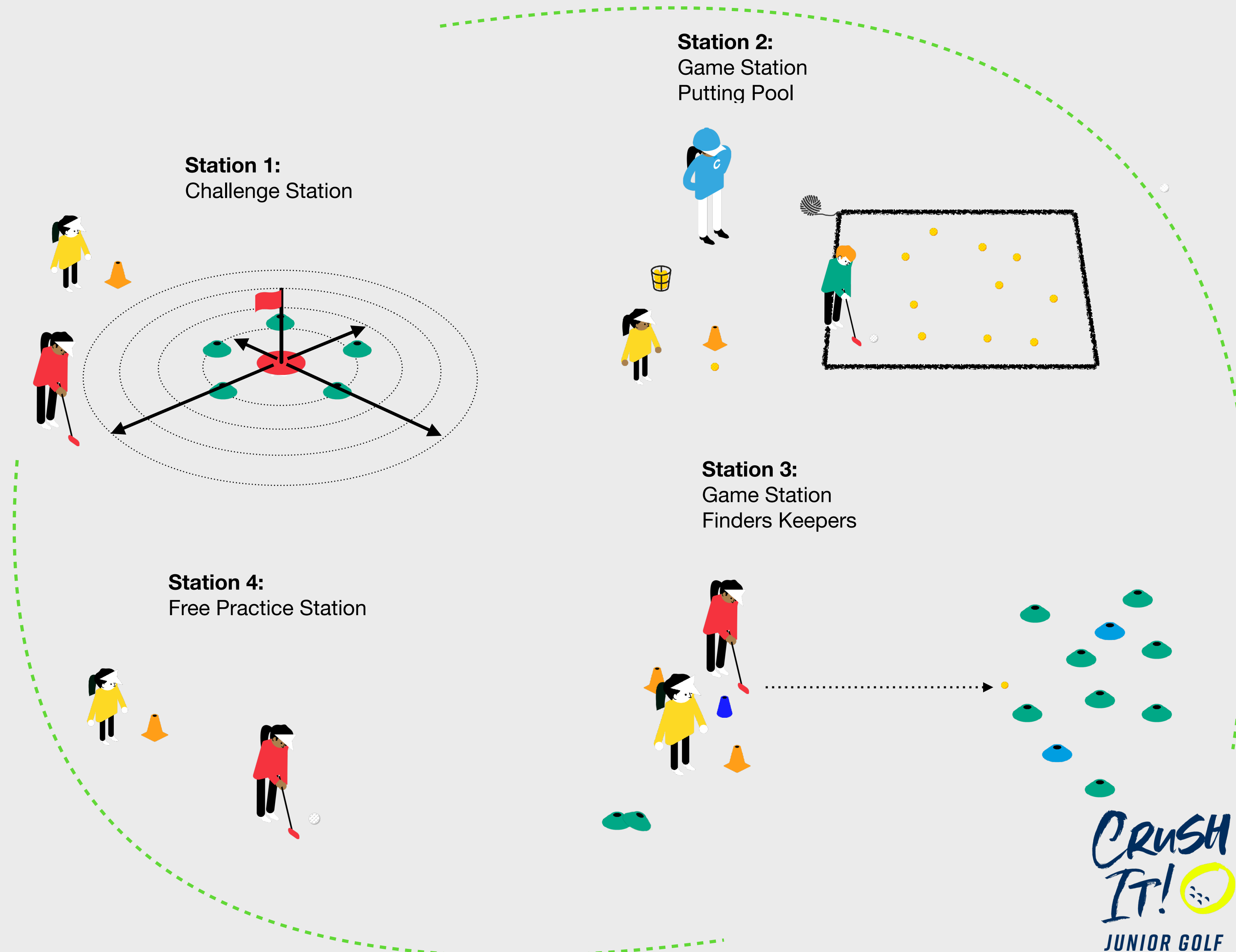
Layout and Setup



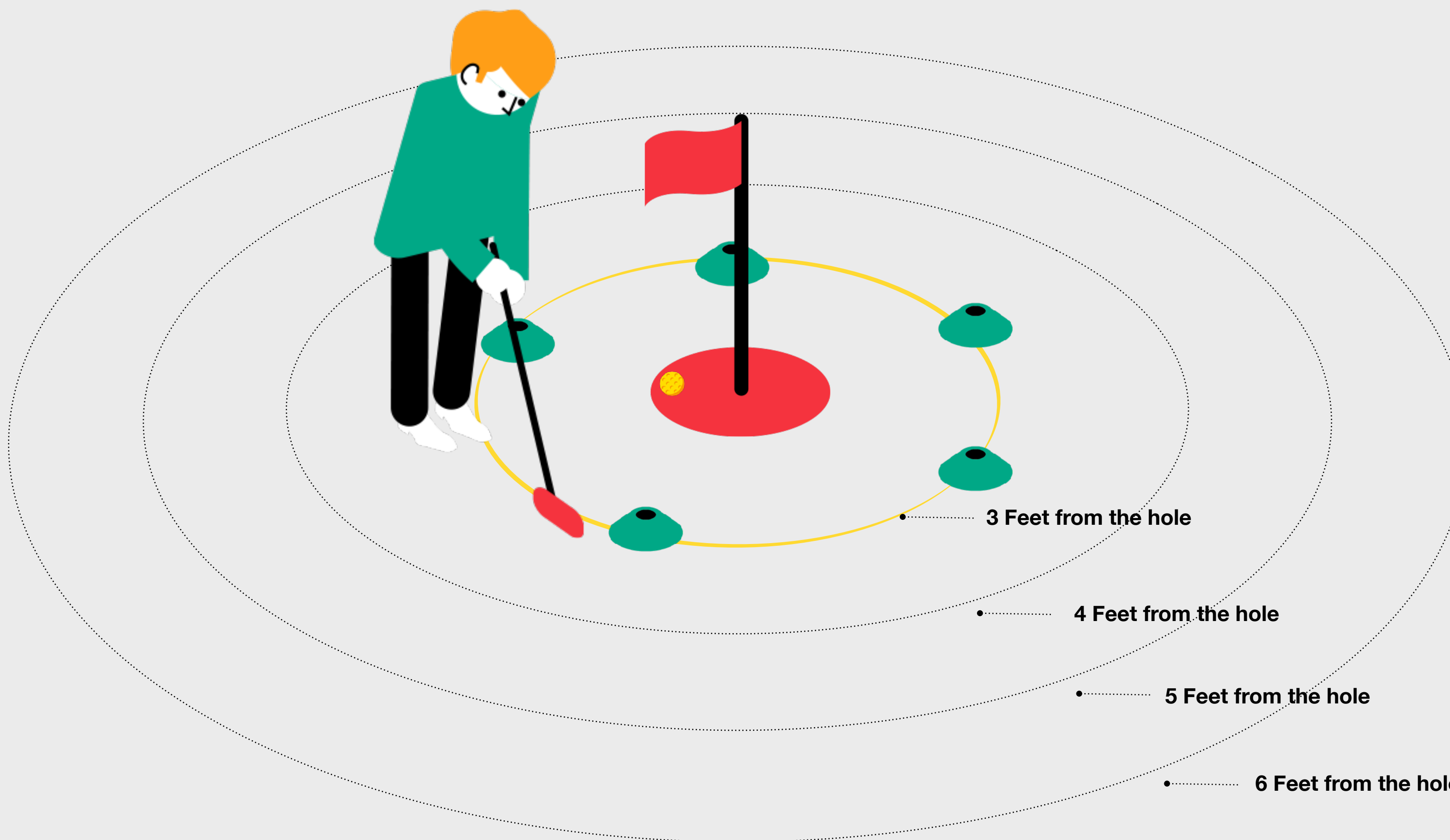
Class Layout and Setup

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



Short Putts Challenge Setup



Setting out the Challenge

- A hole should be selected on the putting green on an average sloped surface
- The 6 foot diameter ring from your equipment bag can be used to mark the 3 foot distance
- 5 tee pegs should be placed around the hole at 3 feet, 4 feet, 5 feet and 6 feet. Cones have been used in the graphic opposite to represent these positions for the 3 foot circle
- Children can attempt the challenge depending on their progression level

Equipment Required

- 1 hole on the green
- 20 x tee pegs to mark the 5 starting positions at 3 feet, 4 feet, 5 feet & 6 feet

Physical Literacy Warm Up Game



“PGA Pro” Says



“PGA Pro says...run to the lake!”



How to Play

- This game is played individually and is similar to ‘Simon Says’
- Introduce the children to the golf course areas marked out with the cones
- The coach starts every command with either “PGA Pro says....run to the green” or “run to the green”
- When a child follows the command without the “PGA Pro” saying it, they drop out of the game
- The child who wins is the one left at the end after following what the “PGA Pro” says

Progression Ideas

- Explore FMS skills during the game
- Ask the children if they know any Professional golfers and use their name instead of “PGA Pro”

Equipment Needed

Orange Safety Cones

SAFETY



10 x Green colored cones



10 x Blue colored cones



2 x Red colored cones



6 x Yellow colored cones



6 x White colored cones



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



Creative Independence

The Whole Child theme this week is to encourage children to make their own decisions, both on the golf course and in life.

Carry this theme into the class by getting the children to play the games as individuals in this session because it will help test their individual skill.

It should be highlighted that the Achiever Award is presented to the child that demonstrates some level of independence 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 award 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

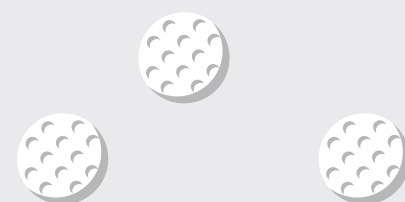
Putting Warm-Up

The Learning the Game focus this week is about preparing to play, and how to best use your time before the round on the putting green.

You should highlight to the children best practice of learning the pace of the green and getting confident hitting different lengths of putt.

Introduce your own putting routine or practice drills to help the children develop theirs.

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



**CRUSH
IT!** 
JUNIOR GOLF



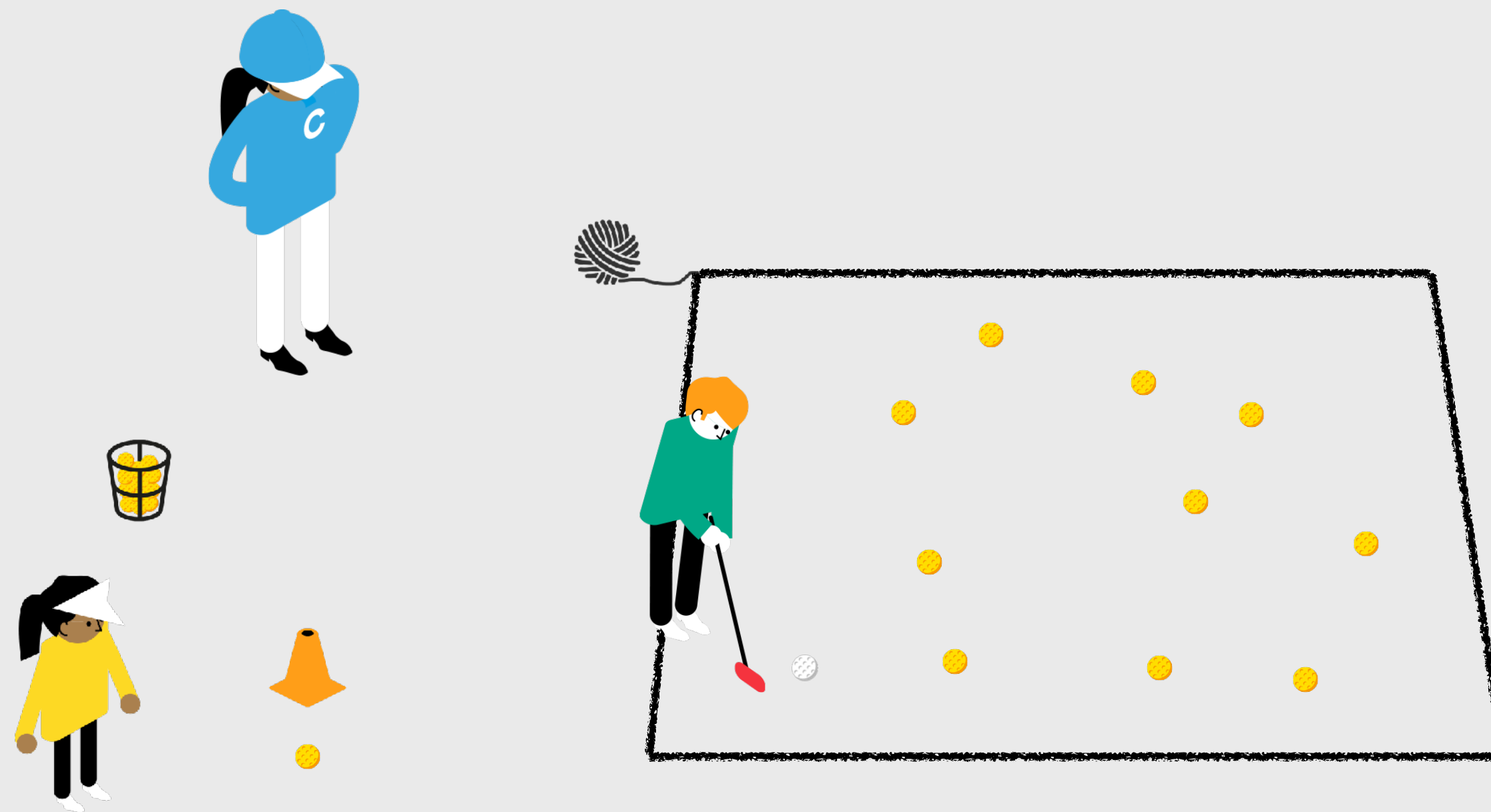
Questions to Ask

- Why do we need to practice before we head out onto the course?
- What putting games or drills would be good to do in order to prepare?

Mastering the Game Cards



Putting Pool



How to Play

- Children work together to 'pot' all of the balls in the rectangle (pool table)
- The first player attempts to putt the cue ball and hit one of the golf balls
- If they hit the golf ball, they pick it up and bring it back to the safety cone for the team
- The players cannot hit the sides of the rectangle, if they do they have to put a ball back into the middle
- The game is complete when all the balls have been collected or when the time runs out

Progression Ideas

- Increase or decrease the size of the rectangle
- Play the game on a sloped surface
- Introduce a rule that the players have to nominate the ball they are aiming for before they hit the putt, if they miss the ball they have to put one of the balls that have been collected back into the middle

Learning Outcomes

- This game is great for learning distance control on short putts
- Accuracy is of key importance
- Strategy comes into play, as the children have to assess which shot they will go for next

Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



1 x String

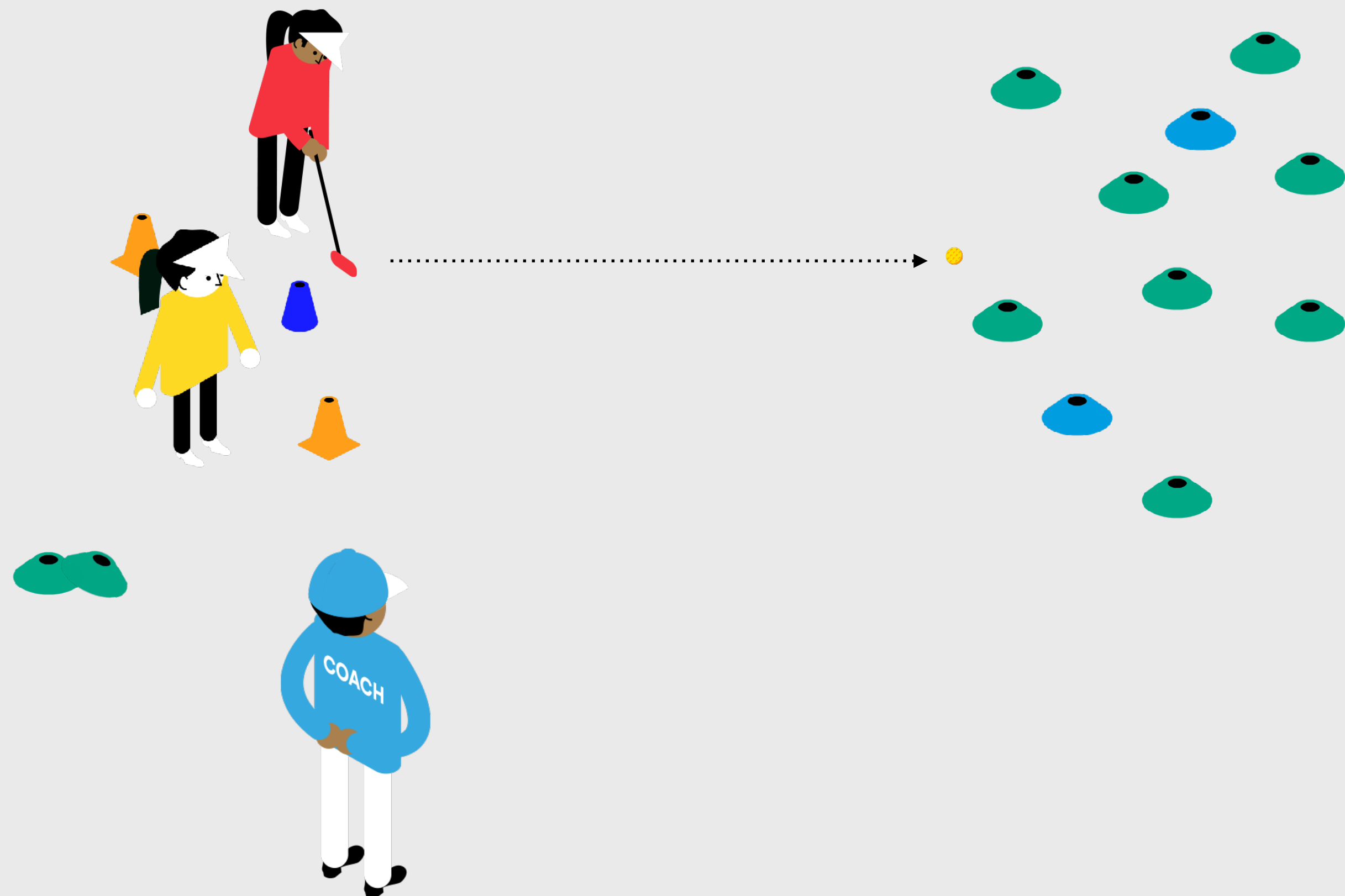


4 x Tees



CRUSH
IT!
JUNIOR GOLF

Finders Keepers



How to Play

- Children take it in turns to attempt to putt their ball to hit one of the colored cones. If successful they collect the cone
- If a player hits one of the two alternative colored cones, they must put one of the cones back into the middle
- The children complete the game when they have collected all of the coloured cones

Progression Ideas

- Vary the size of the targets
- Vary the distance between the cones and the starting point
- Vary the distance between the target cones
- Increase the number of cones that the children need to collect
- Introduce a sloping surface to the game

Learning Outcomes

- This game is great for improving accuracy of putts
- Children have to think which cones to aim for, strategic thinking is improved as they navigate the cones that are of a different color

Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



1 x String



4 x Tees



10 x Cones in one color



2 x Cones in another color

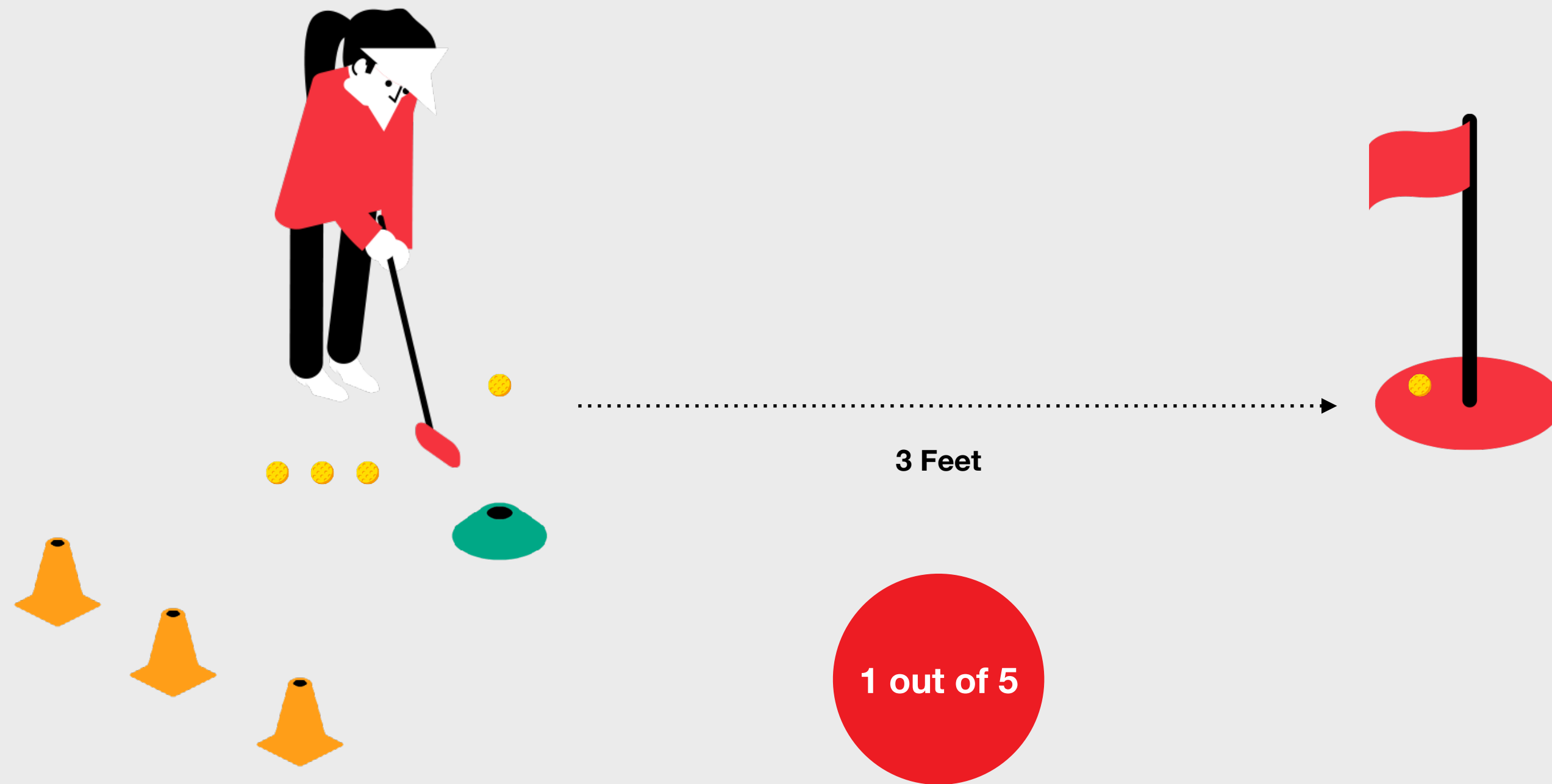


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IT!
JUNIOR GOLF

Mastering the Game Challenge Cards



Short Putts Challenge



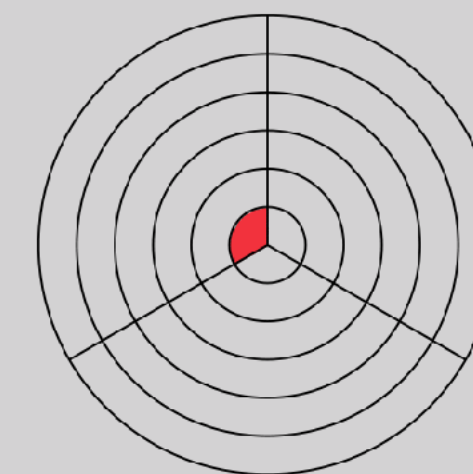
The Challenge

To complete the Level 1 Challenge within the Short Putts skill element, the child has 5 attempts to putt 1 ball into the hole from a single position 3 feet from the hole.

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.

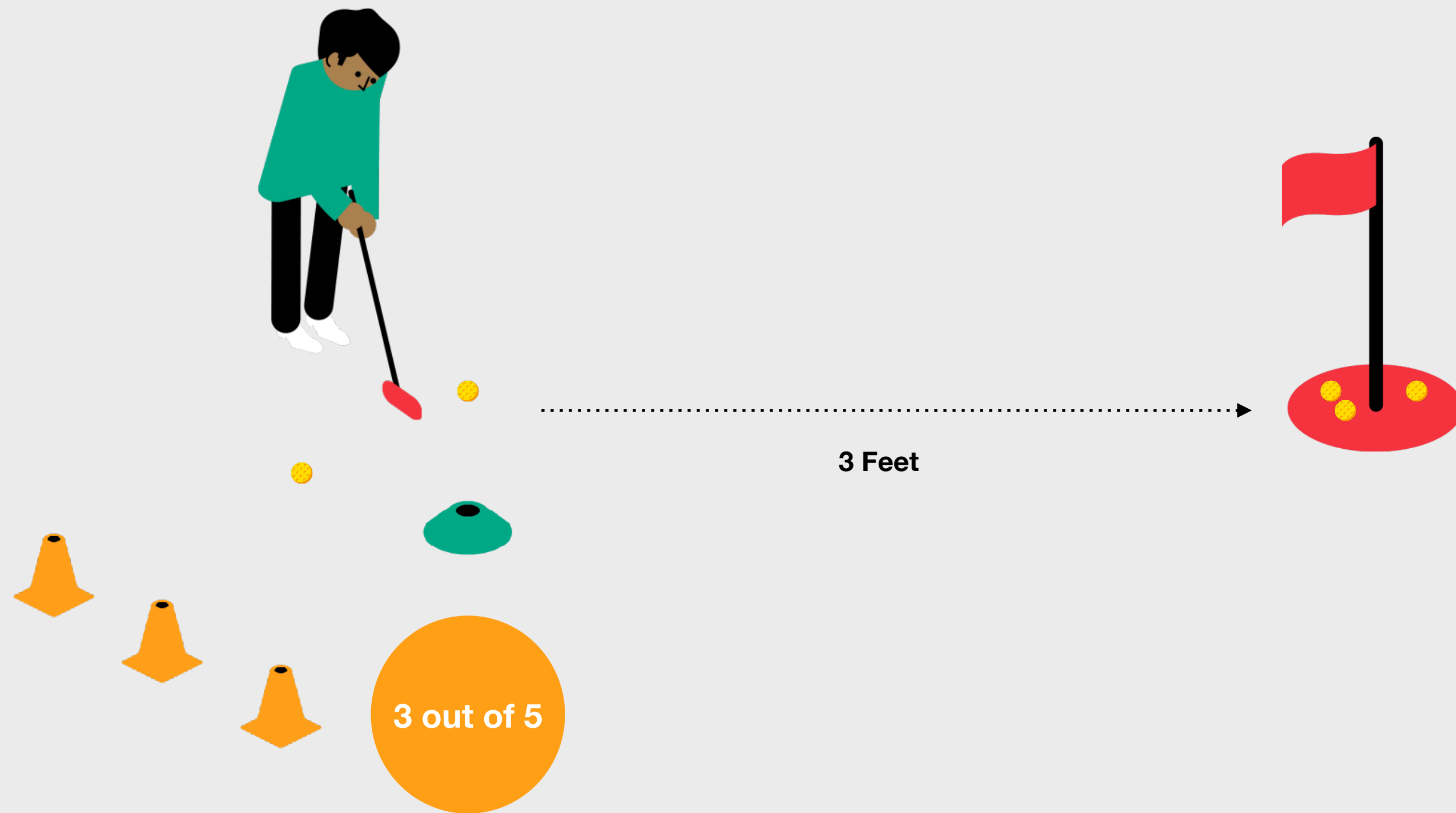
If they are also assigned to the Crush It myGame+ program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



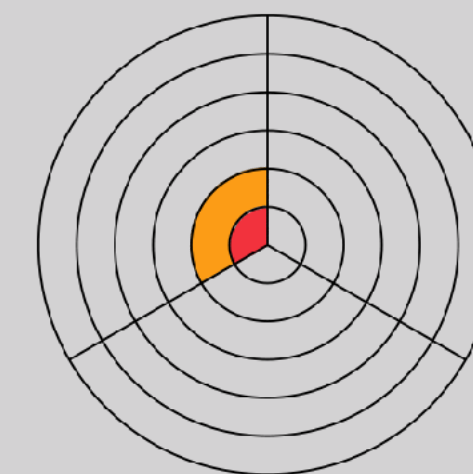
The Challenge

To complete the Level 2 Challenge within the Short Putts skill element, the child has 5 attempts to putt 3 balls into the hole from a single position 3 feet from the hole.

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, the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



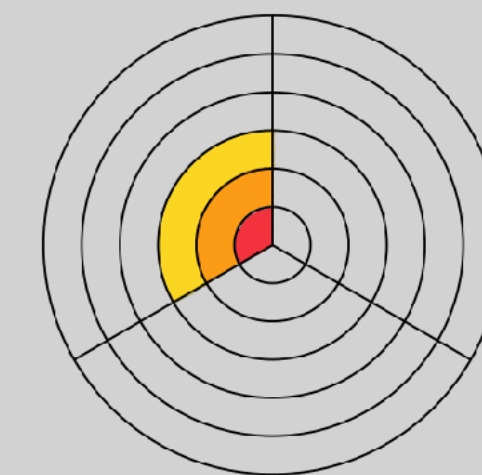
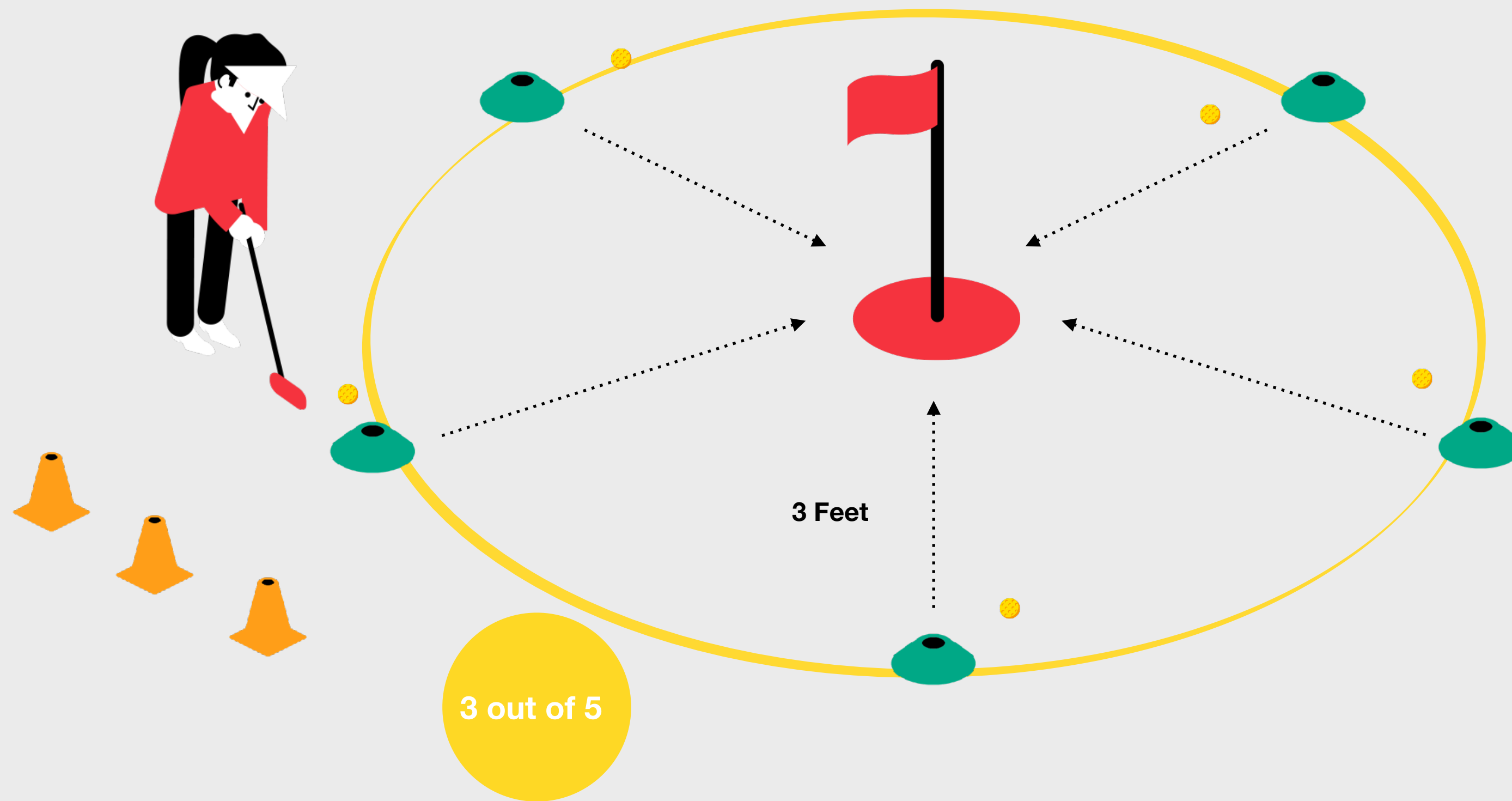
The Challenge

To complete the Level 3 Challenge within the Short Putts skill element, the child has 5 attempts to putt 3 balls into the hole from 5 different positions around the hole from a distance of 3 feet. One putt should be attempted from each position.

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, the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



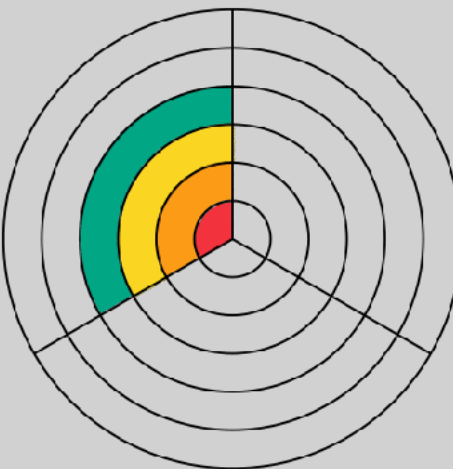
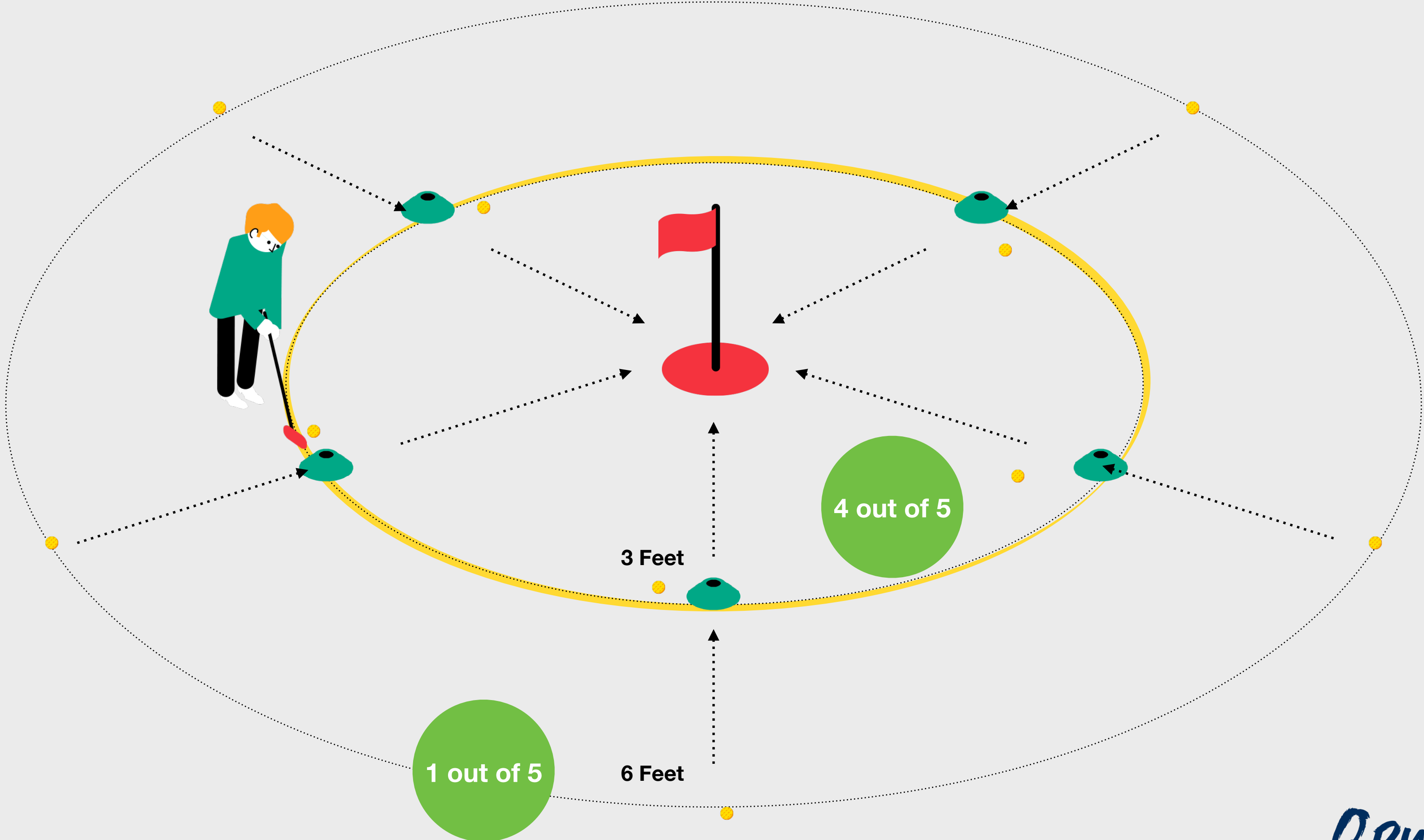
The Challenge

To complete Level 4 Challenge within the Short Putts skill element, the child has 5 attempts to putt 4 balls into the hole from 5 different positions around the hole from a distance of 3 feet. They also have 5 attempts to putt 1 ball into the hole from 5 different positions around the hole from a distance of 6 feet. One putt should be attempted from each position.

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.



Short Putts



Short Putts Challenge



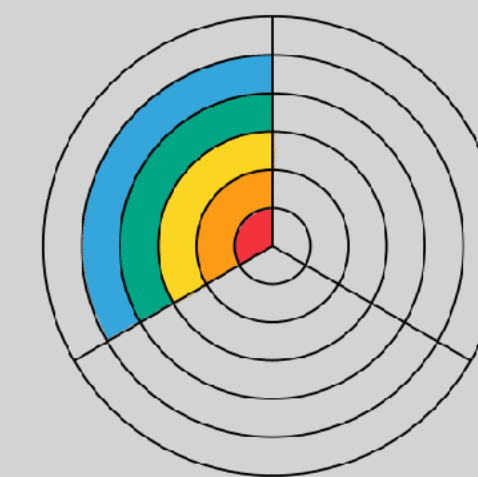
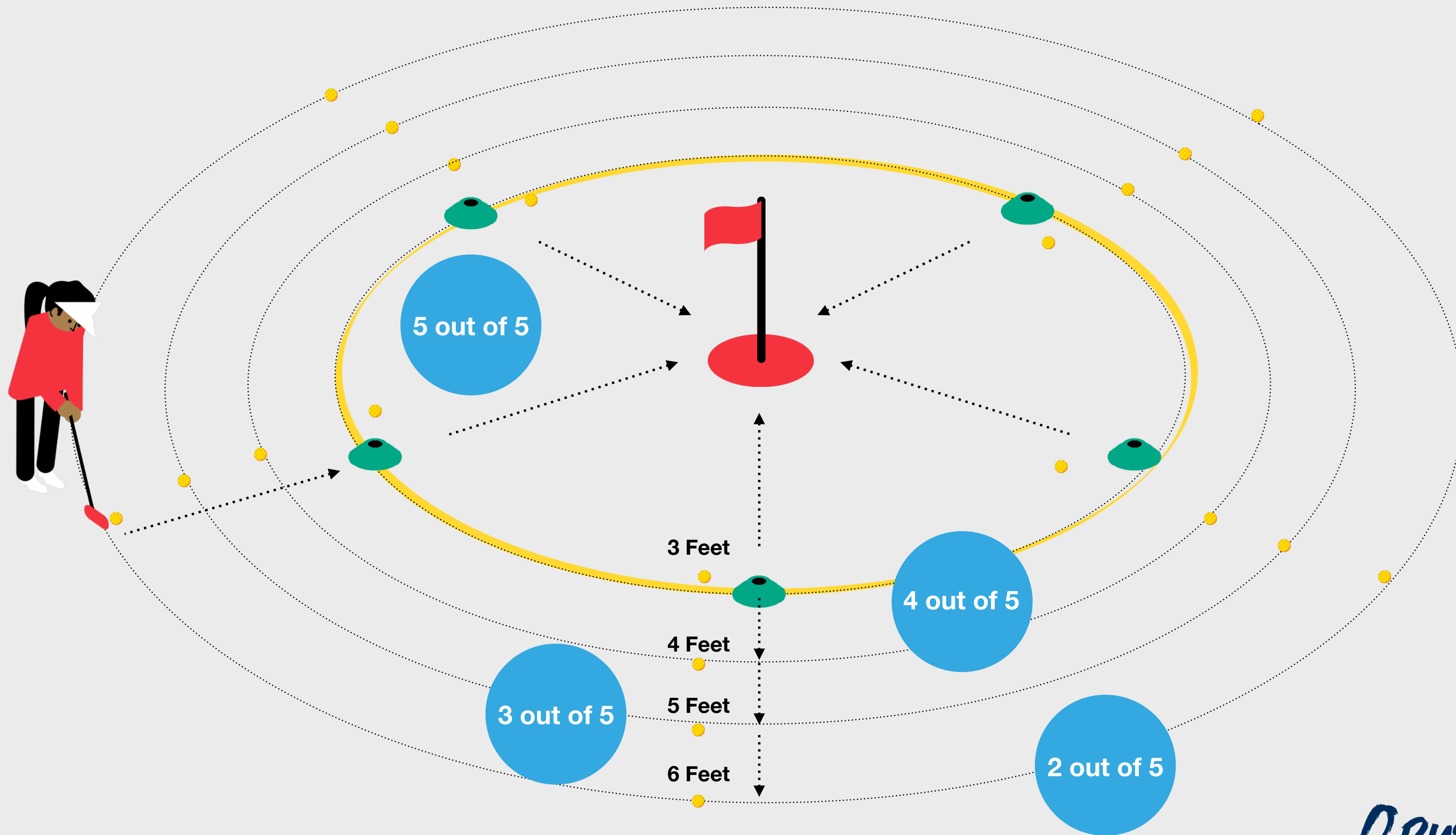
The Challenge

To complete the Level 5 Challenge within the Short Putts skill element, the child has to putt the ball into the hole 5 times from 3 feet., 4 times from 4 feet, 3 times from 5 feet & 2 times from 6 feet. You have 5 attempts at each distance and one putt should be attempted from 5 different positions around the hole.

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.

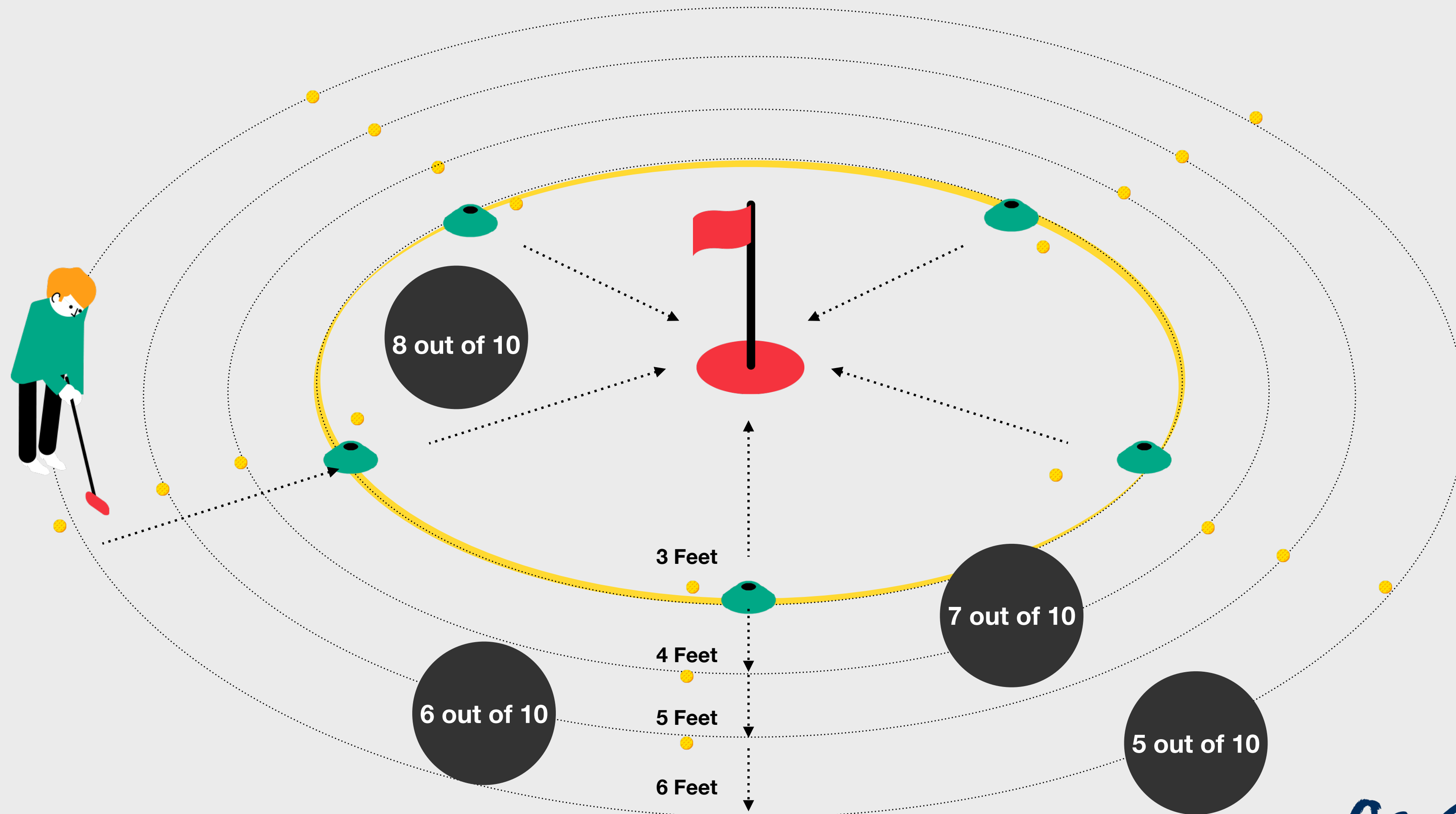
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



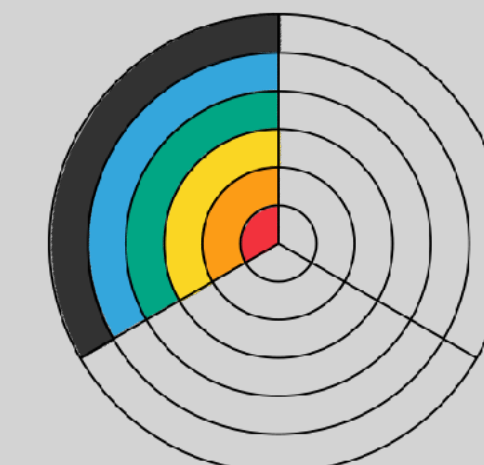
The Challenge

To complete the Level 6 Challenge within the Short Putts skill element, the child needs to putt the ball into the hole 8 times from 3 feet., 7 times from 4 feet, 6 times from 5 feet & 5 times from 6 feet. You have 10 attempts at each distance and one putt should be attempted from 5 different positions around the hole.

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.



Short Putts

