

Around the Green

Week 21



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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 21

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Chipping

Whole Child Focus
Cognitive:
Play in the now

Learning the Game Focus:
Rules and Etiquette:
Who plays first? Chipping vs Putting

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"> Pitch vs Chip
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"> Who plays first? Chipping vs Putting
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"> Play in the now
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games, tasks and challenges 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 if appropriate 	<ul style="list-style-type: none"> Finders Keepers Closest to the Line Knockout
5 Mins	myAcademy Folder Track and Reward	<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 Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

Layout and Setup

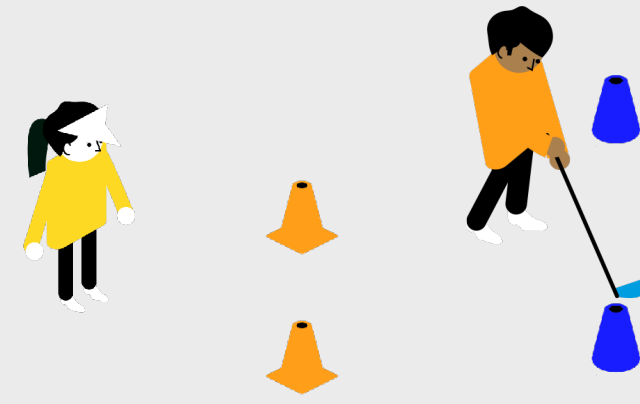


Class Layout and Setup

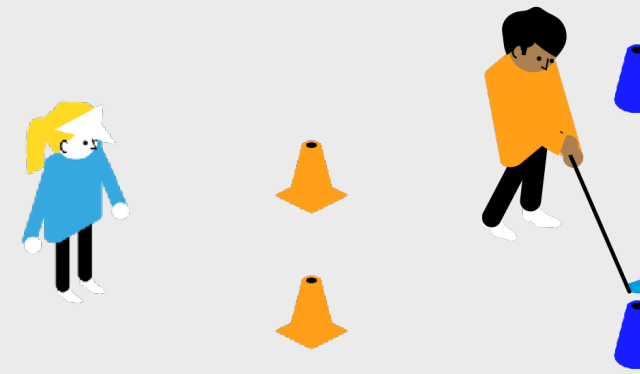
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Stations 1, 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. You may decide the lay out 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

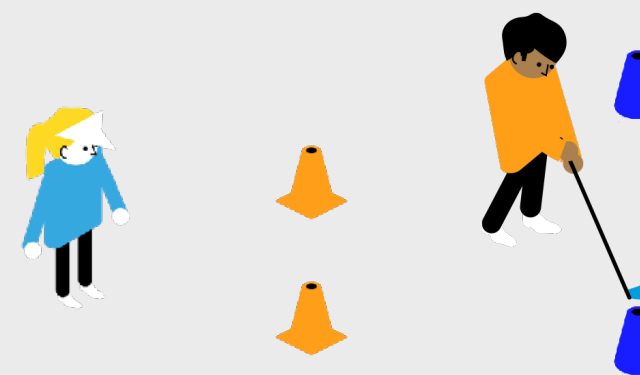
Station 3:
Game Station
Finders Keepers



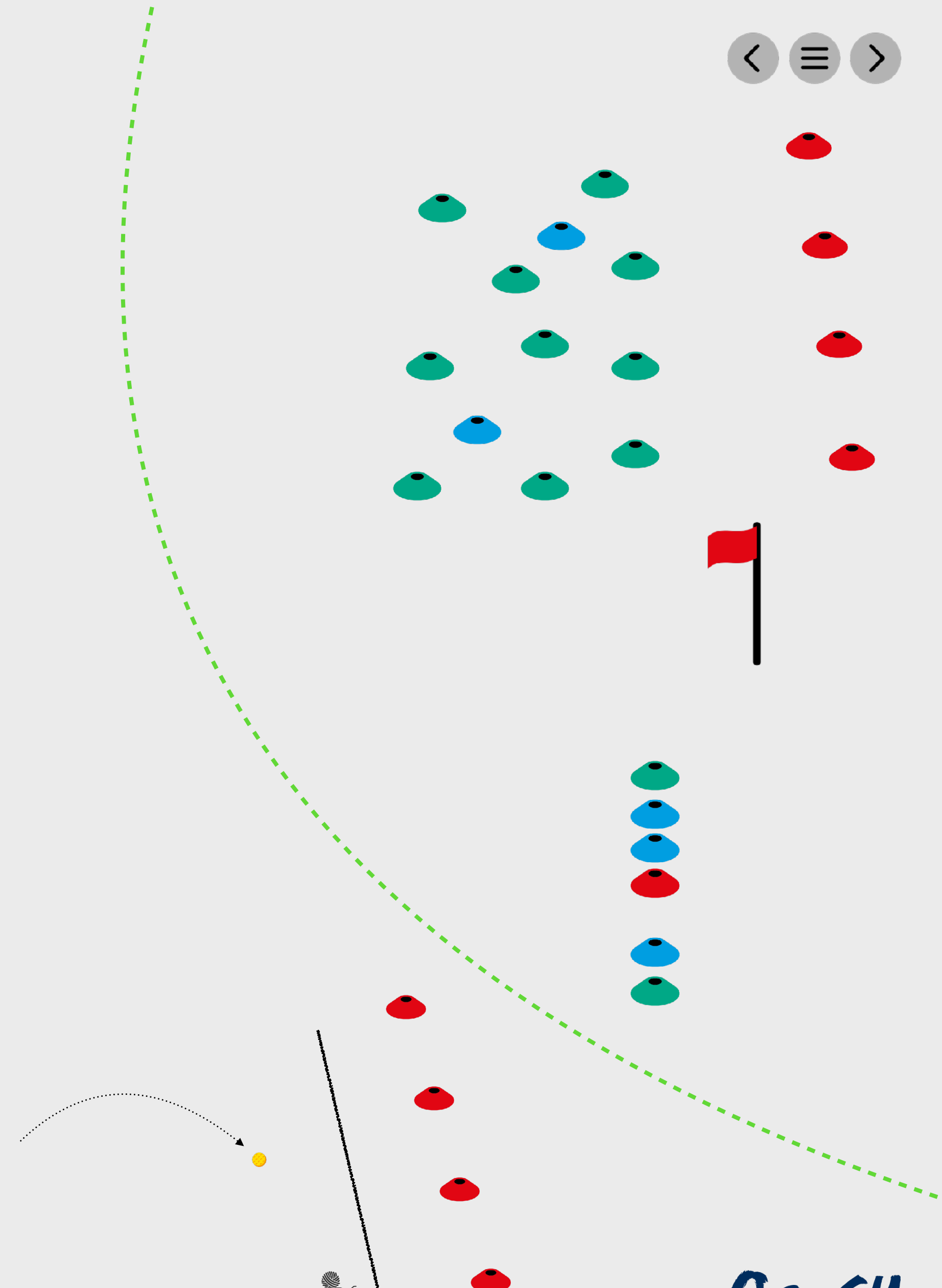
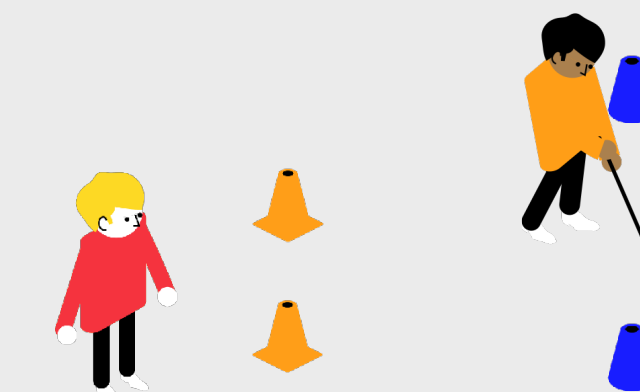
Station 4:
Free Practice Station



Station 1:
Game Station
Knockout



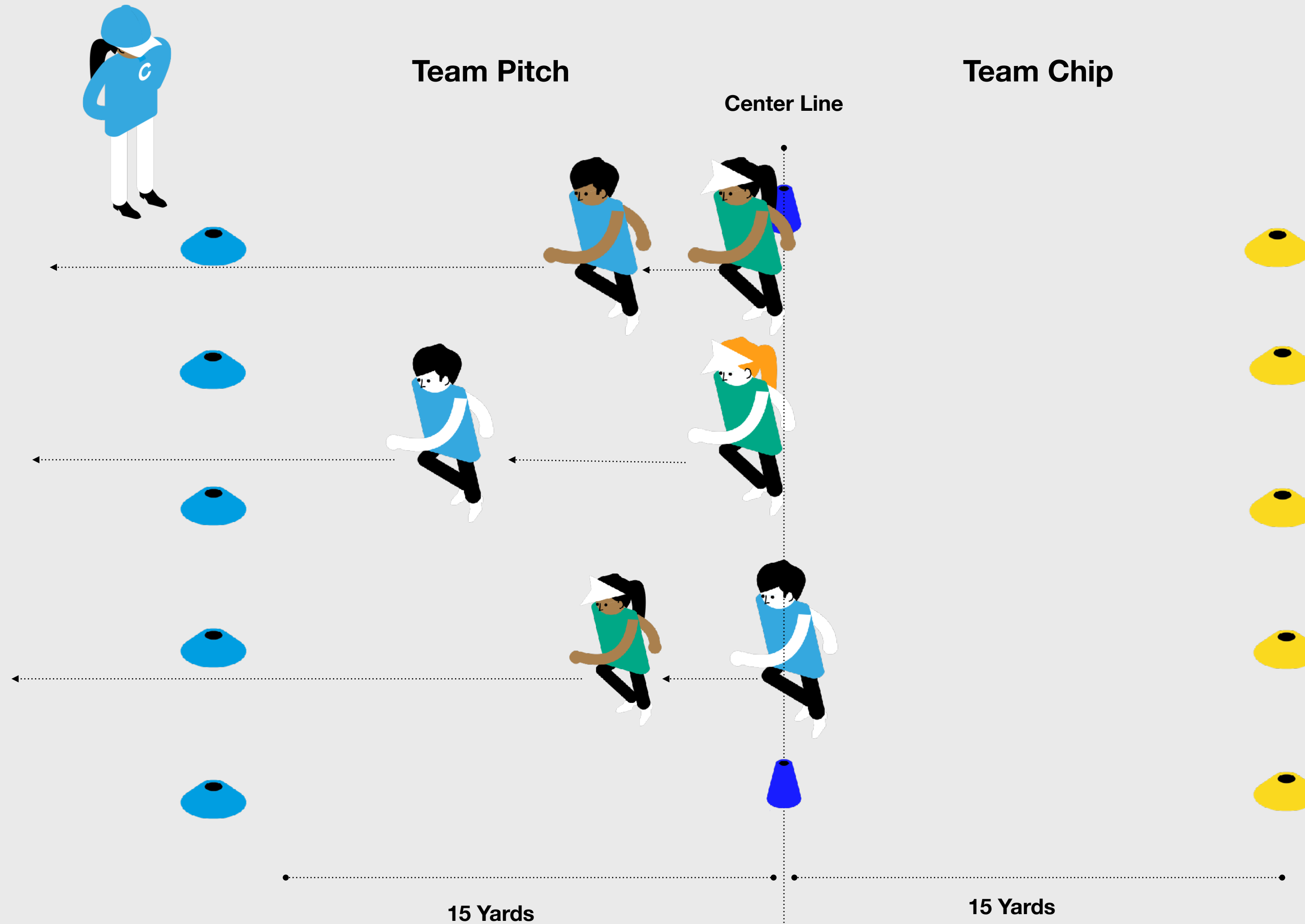
Station 2:
Game Station
Closest to the Line



Physical Literacy Warm Up Game



Pitch vs Chip



How to Play

- This game is best played in two teams. Split the children evenly. One team is named the 'Pitch' and one team is named the 'Chips'
- Players stand at the center line, side by side, spaced an arms length apart. Players stand next to a player from the opposing team
- If the coach shouts "Pitch", this team runs to make it back to their finish line before their partner from the opposing team
- A point is awarded for each player that passes the finish line first
- The team that wins is the team that gets to 11 points first

Progression Ideas

- Increase the distance to the finish line
- Introduce different FMS such as jumping, hopping or side steps

Equipment Needed

Orange Safety Cones

SAFETY



2 x Cones



5 x Yellow colored cones



5 x Blue 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



Cognitive

Play in the Now

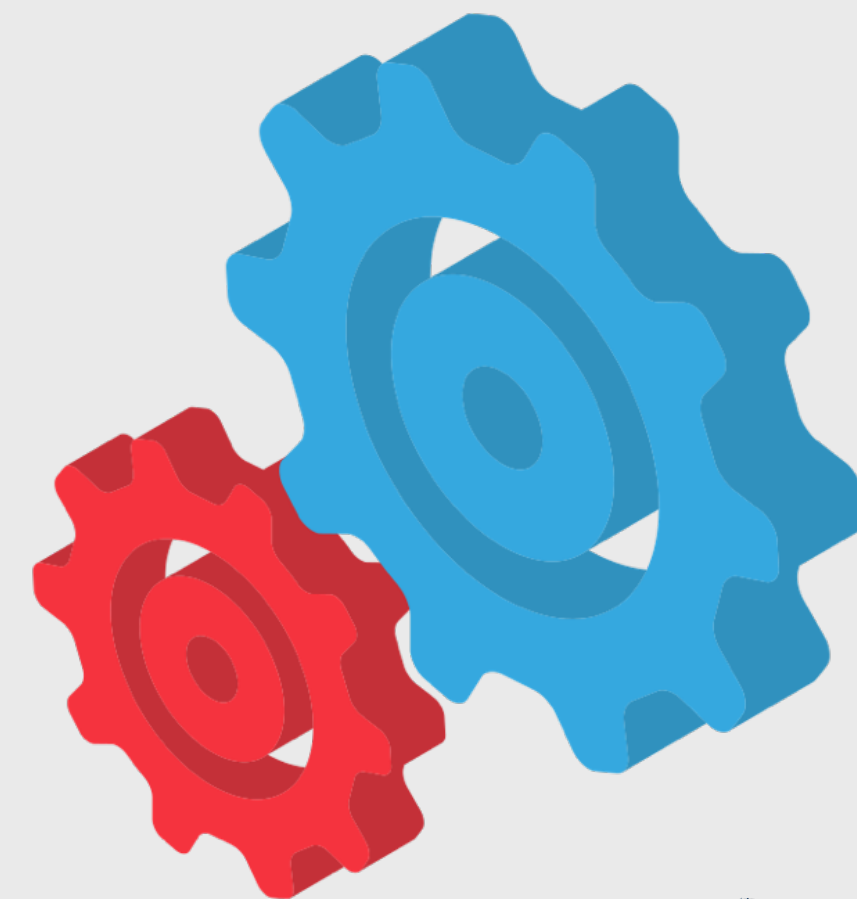
The Whole Child theme this week is to encourage children to focus on the present. Not thinking too much about what is to come or dwelling on what has already happened.

Carry this theme into the class by keeping the session really fast paced and making sure everyone is as involved and active as possible throughout.

It should be highlighted that the Achiever Award is presented to the child that demonstrates the ability to focus on the shot they are about to play.

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



Rules and Etiquette

Who plays first? Chipping vs Putting

The Learning the Game focus this week is learning about who plays first when someone is on the green and the other player is off the green.

You should highlight to the children that in competition the player that is furthest away plays first, which can be confusing when that player is on the green.

Be sure that children understand it is important to keep pace of play and that this rule should only be closely adhered to in a matchplay situation.

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



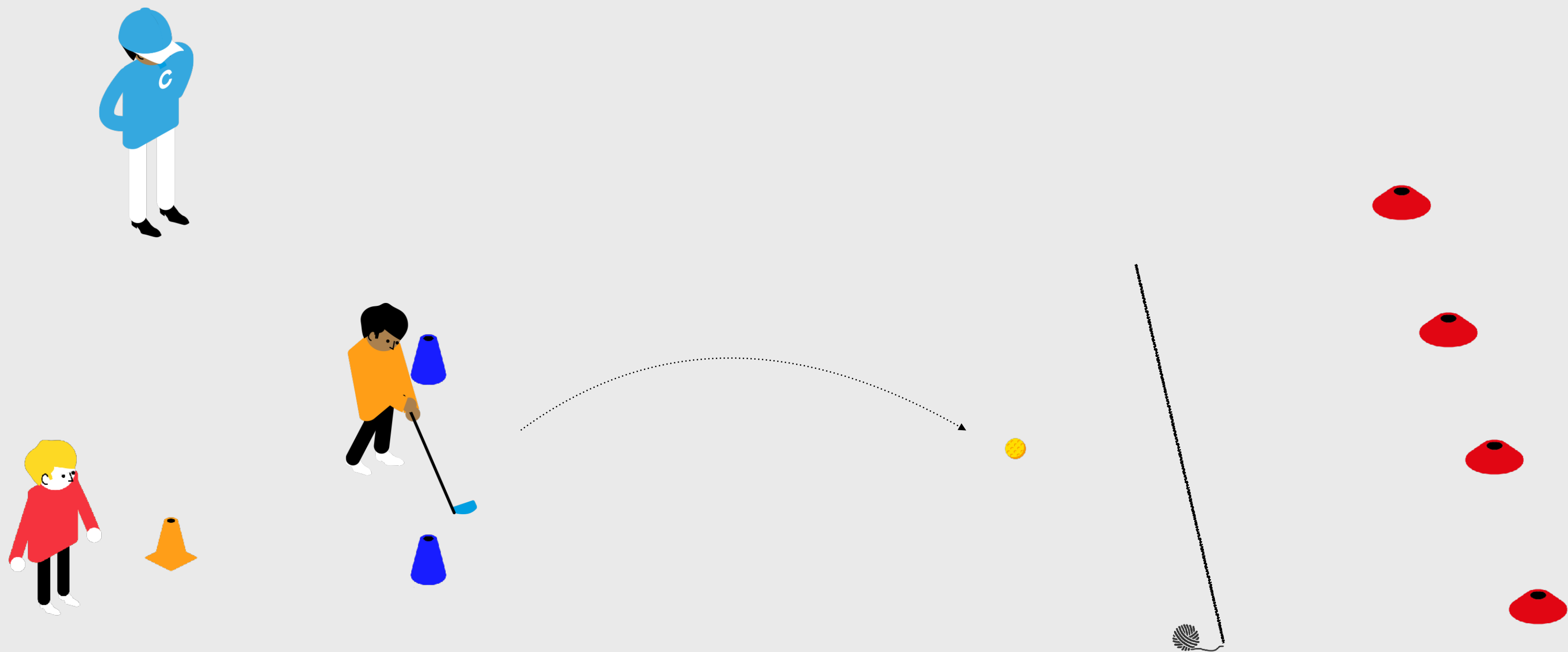
Questions to Ask

- Who play first in this situation?
- Which format would it be important to stick to this rule?

Mastering the Game Cards



Closest to the Line



How to Play

- Children take it in turns to hit their chip shot towards the string line
- The child that chips the ball closest puts a ball marker down to mark the team's best shot so far
- When the coach calls to switch games they should make a note of how close the best shot was to see which team was able to chip the ball closest

Progression Ideas

- Vary the distance of the chip shot
- Let each child nominate which club the other has to use when doing their shot
- Introduce a fringe in front of the player and the ball only counts if the first bounce lands over the fringe

Learning Outcomes

- Ability to control distance on a chip shot
- How to react to winning or losing the round

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



String to mark the target line



Red cones to mark the end zone



Spare equipment that may be required for the group attendees.

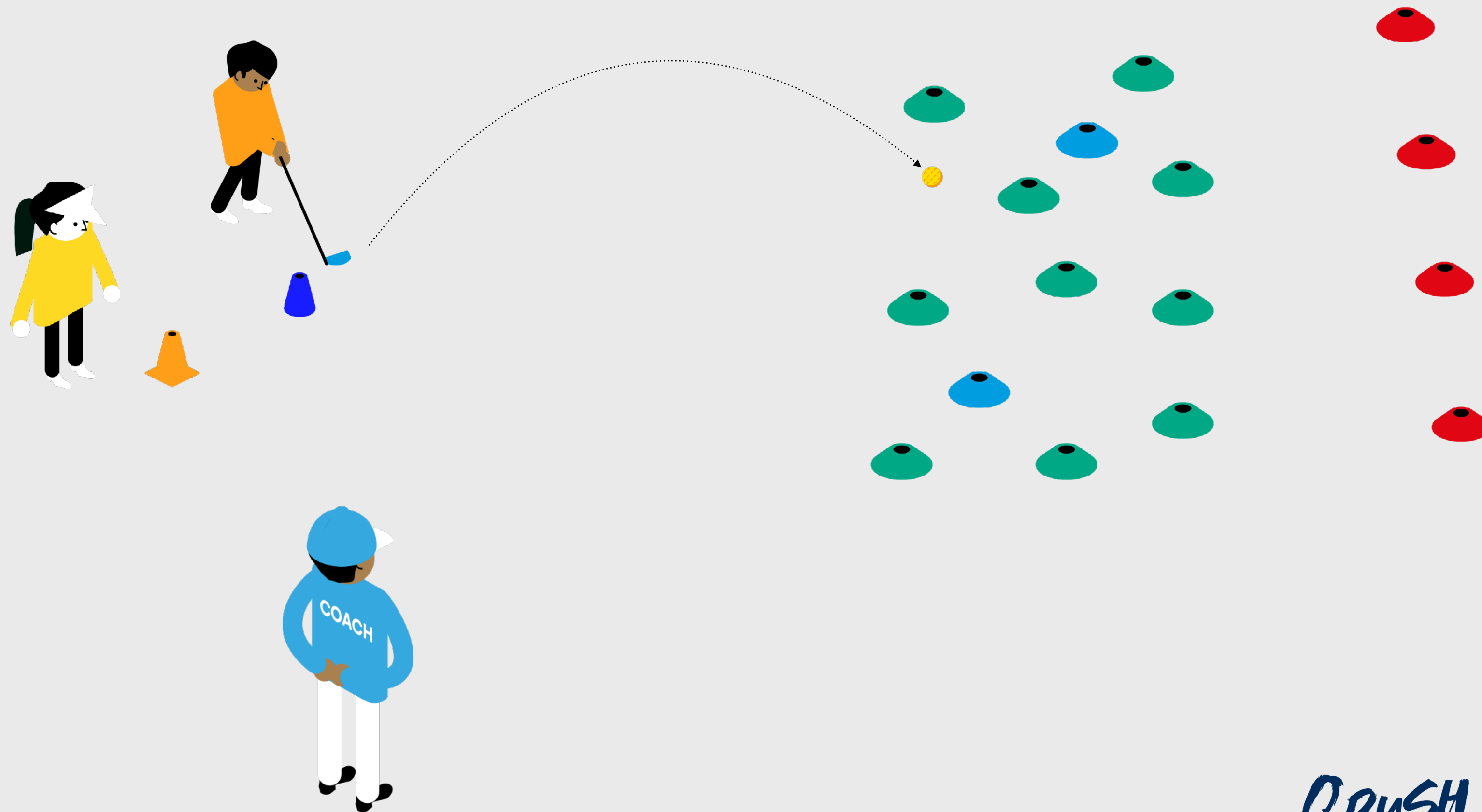


Golf Balls



CRUSH
IT!
JUNIOR GOLF

Finders Keepers



How to Play

- Children take it in turns to attempt to chip 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
- If the players chip their ball past the line of red cones they have to put one of their collected cones back into the middle
- The winner is the player who has collected the most cones once all the cones have been collected

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.

Equipment needed

2 x Orange Safety Cones

SAFETY



1 x Cone for starting position



2 x Blue Colored Cone



10 x Green Colored Cone



Spare equipment that may be required for the group attendees.



Golf Balls

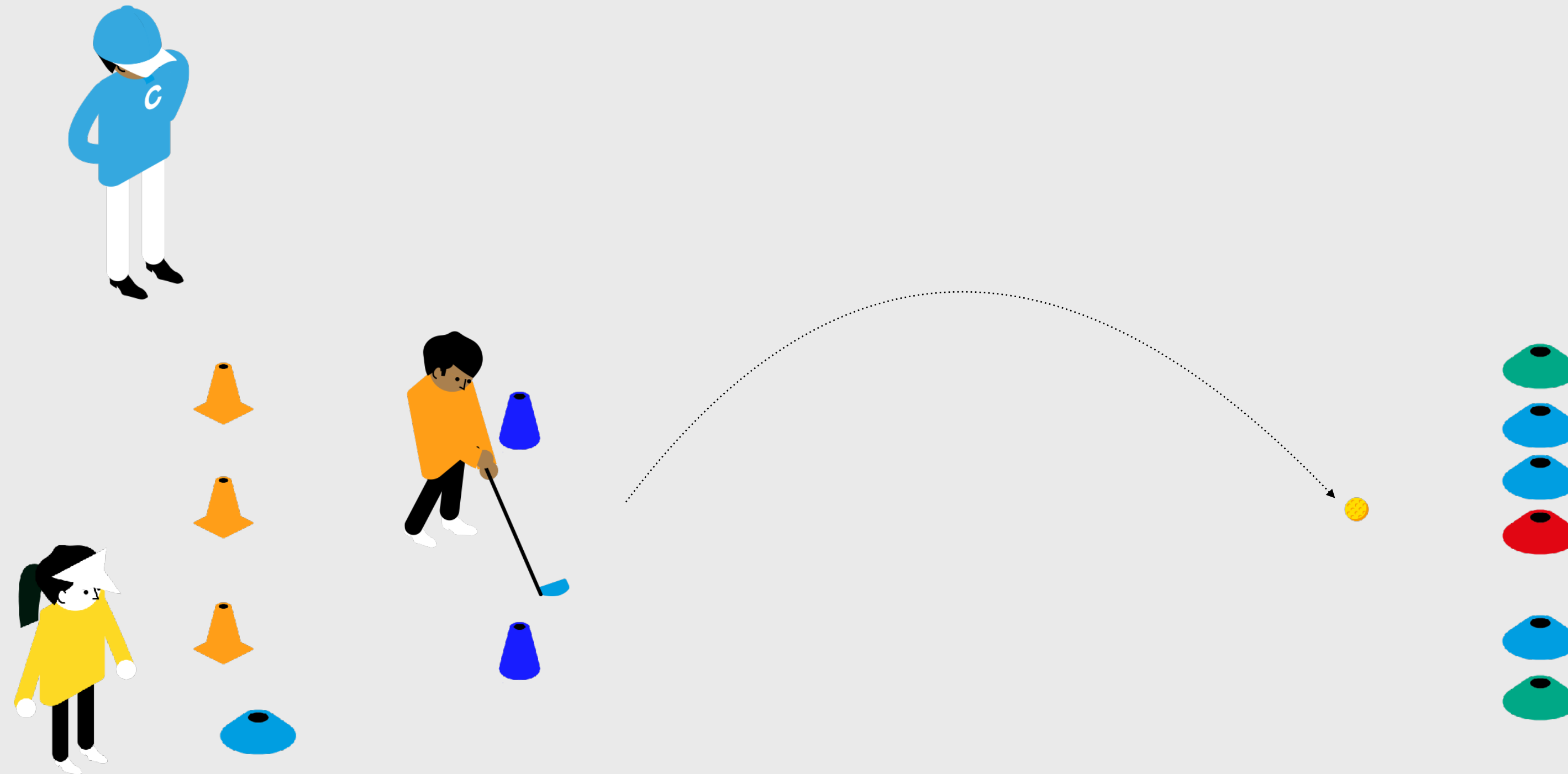


Red cones to mark the end zone



CRUSH
IT!
JUNIOR GOLF

Knockout



How to Play

- Children take it in turns to hit the ball towards the target
- If they hit one of the cones they pick up the cone and bring it back for their team
- The game is complete when all the cones have been hit

Progression Ideas

- Vary the distance from the cones
- Add in more or less cones to make the target bigger or smaller
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe
- Add different point values to each color cone

Learning Outcomes

- Control over distance and direction of pitch shots

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



Cones for the target



Spare equipment that may be required for the group attendees.



Golf Balls



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