

Swing Week 22



Class Timetable - Week 22

Session Length:
60mins

Group Size:
1:8

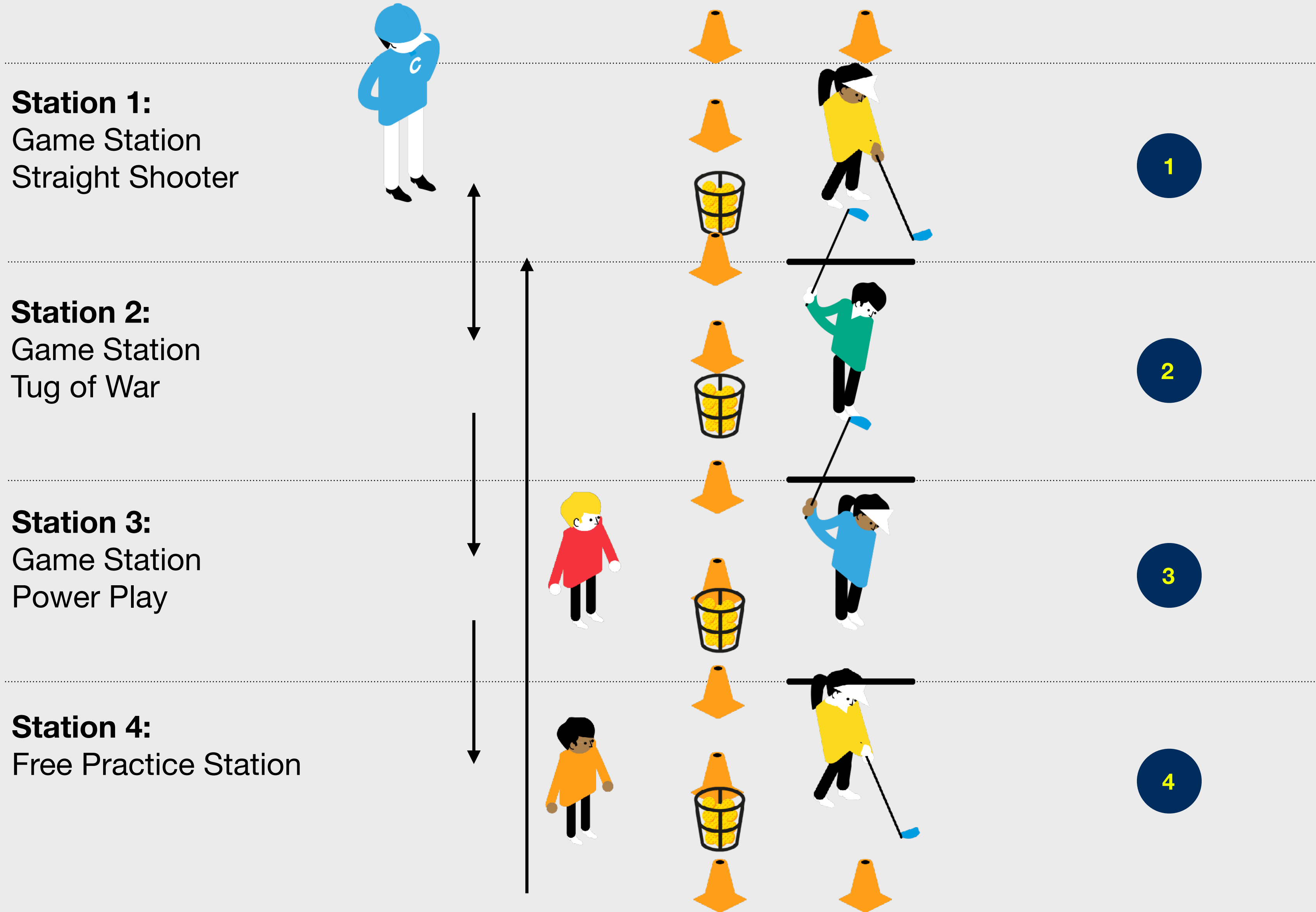
Mastering the Game Focus:
Swing:
Fairway Woods

Whole Child Focus
Personal:
Hard Work

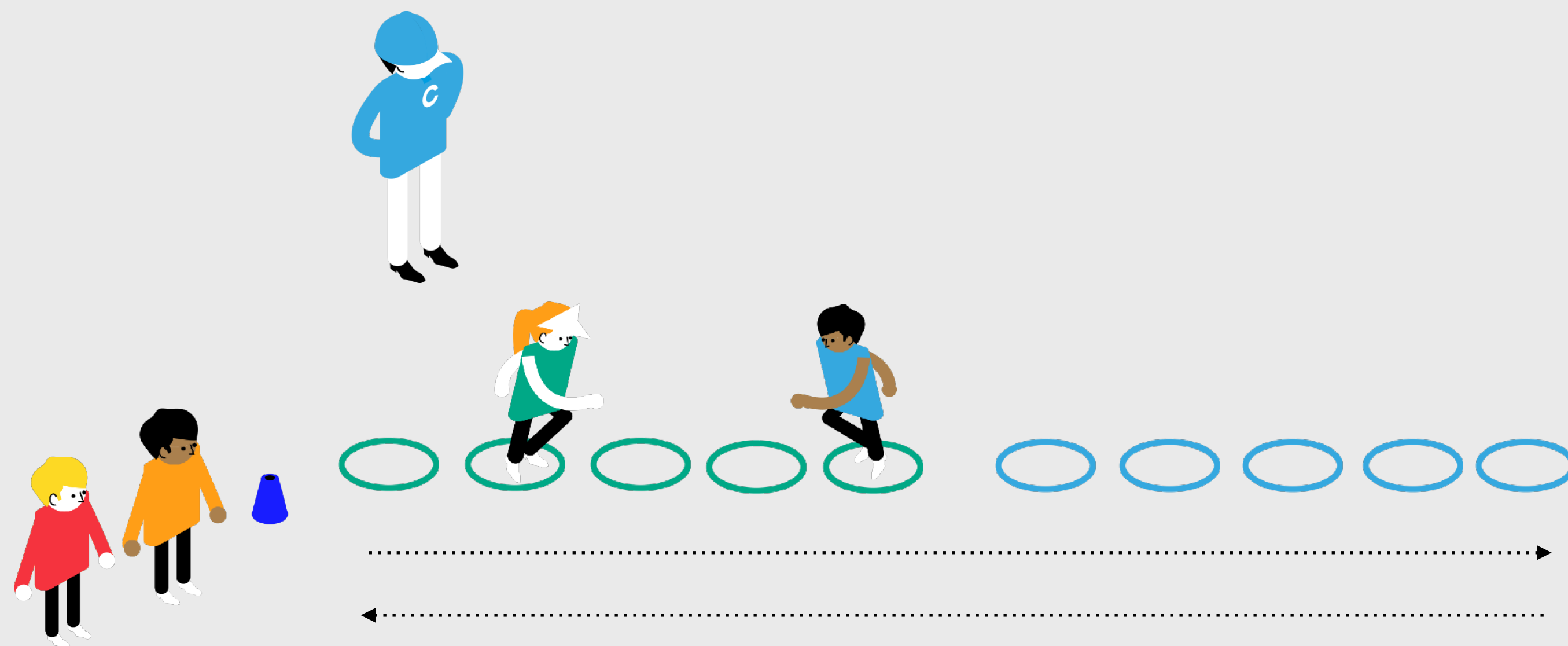
Learning the Game Focus:
Rules and Etiquette:
Practicing Safely

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"> Rock, Paper, Scissors
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"> Practicing Safely
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"> Hard Work
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"> Tug of War Power Play Straight Shooter
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

Class Layout and Setup



Rock, Paper, Scissors



How to Play

- Split the children into two even teams
- Mark out 10 hoops, approximately 1 yard apart in a line or in a curve
- Half the group starts at one end, the other half starts at the other
- The first child from each side bunny hops along the hoops until they meet in the middle
- They play Rock, Paper, Scissors when they meet. The winner continues along the line, the loser runs to the back of their group, and the next player on that team bunny hops to meet their opponent
- This continues until one of the groups gets to the other side of the line of cones or the coach calls time on the game. If the coach calls time, the team that is closest to the oppositions' end wins

Progression Ideas

- Explore FMS during the game
- Change the distance between the hoops

Equipment Needed

Orange Safety Cones

SAFETY



2 x Cones



5 x Hoops



5 x Hoops



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Personal Hard work

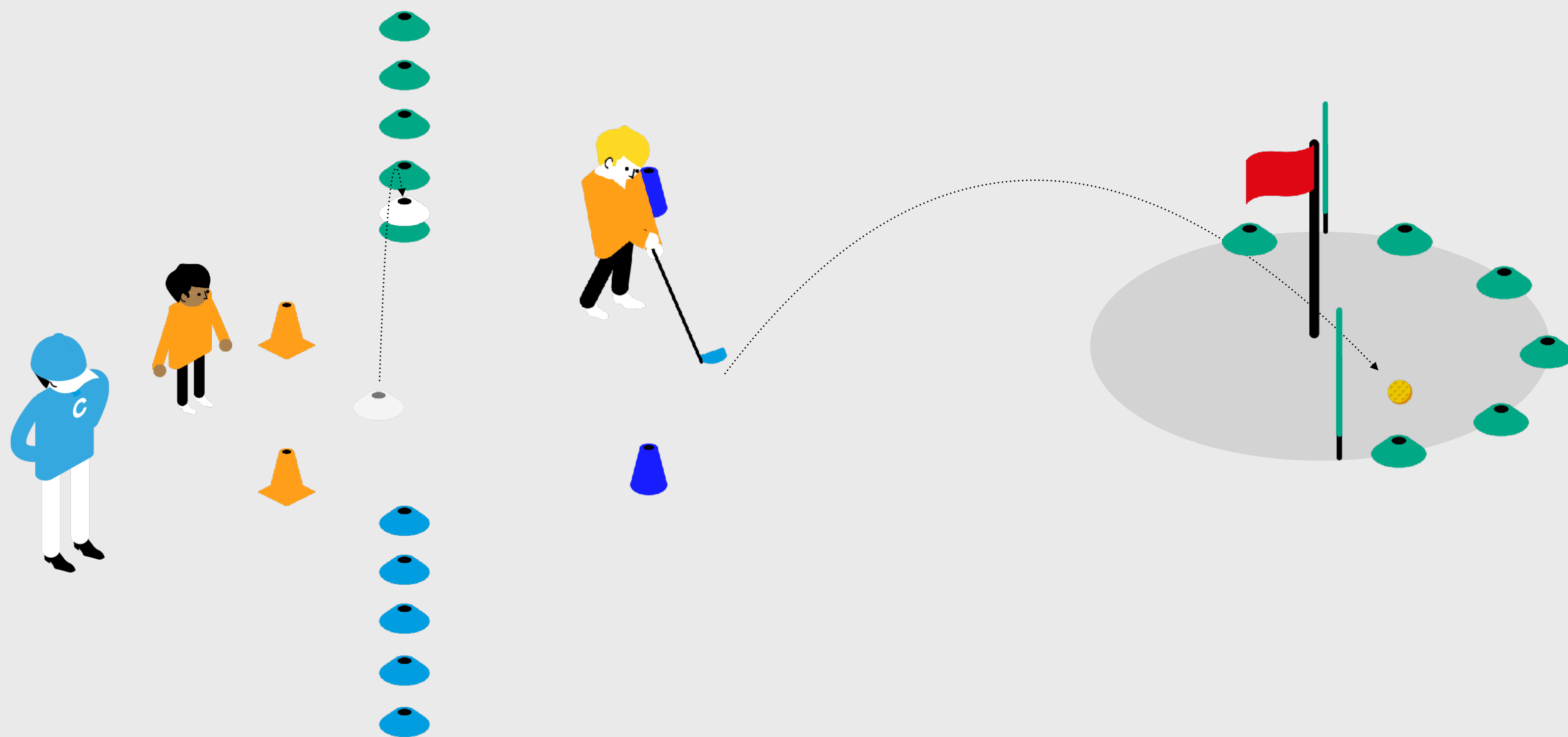
- The Whole Child theme this week is to encourage hard work and an understanding that no matter how good you get you have to work hard to achieve great things.
- Carry this theme into the class by explaining to them how practice is key to improving, but practice is hard work and to be the best they will have to put in the the work.



Rules and Etiquette Practicing safely

- The Learning the Game focus this week is about understanding where to practice safely, in particular with short game shots.
- You should highlight to your juniors best practice of knowing where to stand when practicing around the green. Not to aim directly across the green where someone else is in line just incase of a poor shot.

Tug of War



How to Play

- Child number 1 starts and attempts to hit their shot to the target
- Then the next child attempts their shot. The player who hits it nearest to the target moves the cone one place to their side
- The winner is the one who gets the centre white cone to their end cone

Progression Ideas

- Vary the target on each shot
- Vary the distance between the tee box and the green
- Add hazards for penalty cones
- Add different targets to increase the number of moves across the cones

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



5 x Green Cones



5 x Blue Cones



Spare equipment that may be required for the group attendees.

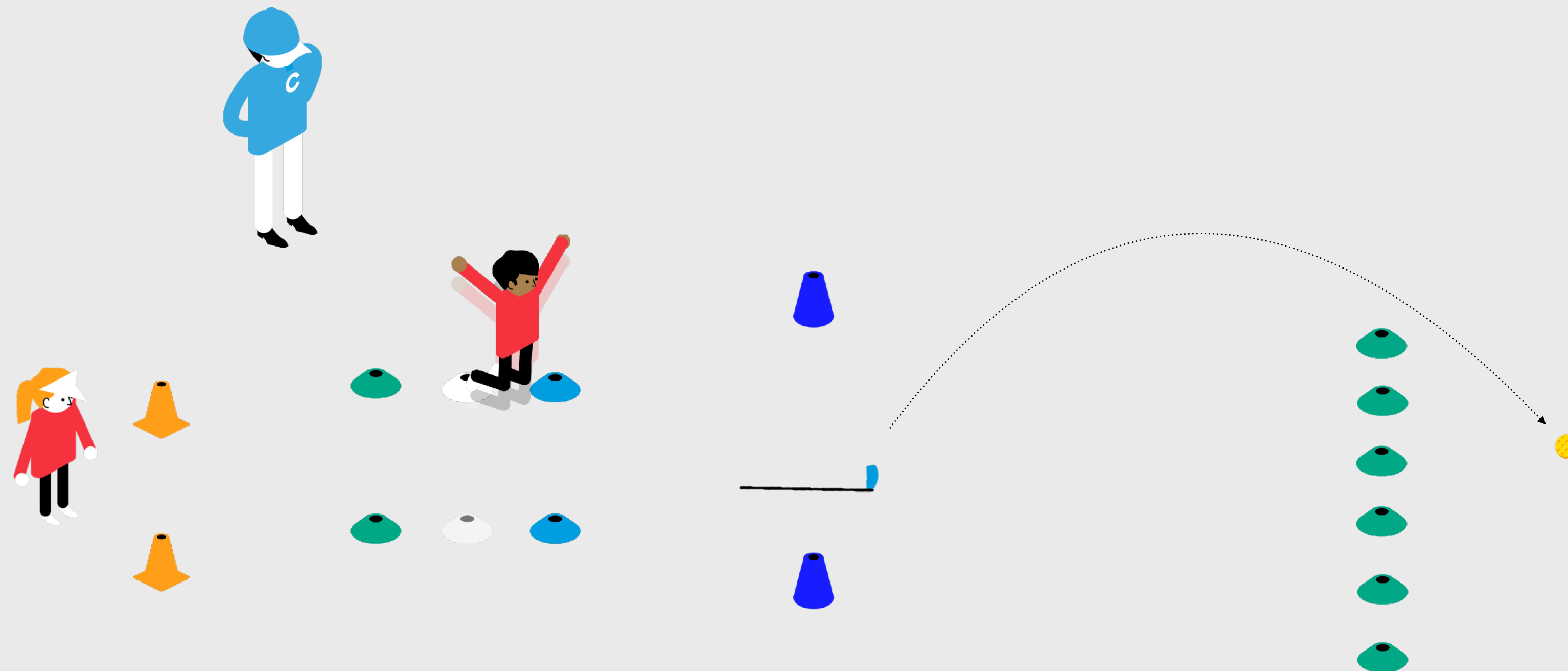


Golf Balls



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Power Play



How to Play

- Children take it in turns to do a standing long jump from the first set of cones, seeing if they can jump past the next two sets of cones
- After jumping as far as possible they then try to hit the ball as far as possible
- The children take it in turns to do this, each time trying to beat their personal best long jump, and furthest shot

Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest

Learning Outcomes

- Improve strength and power
- Learn how improving different movement skills can improve their golf shots

Equipment needed

Orange Safety Cones

SAFETY



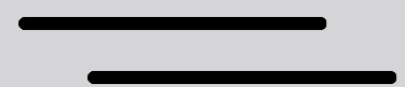
Cones to mark out hitting stations



2 x Foam Noodles



2 x Alignment Sticks



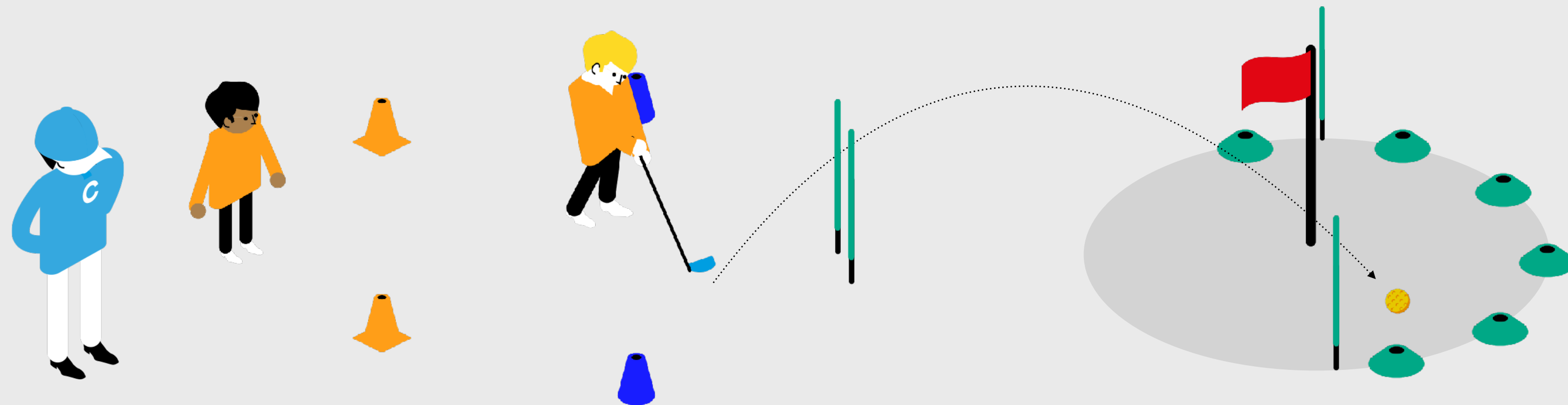
Golf Balls



Spare equipment that may be required for the group attendees.



Straight Shooter



How to Play

- Set a target score for the children to achieve
- The first child attempts to hit their shot to the through the foam noodle gate and into the target area
- They receive 1 point for hitting the ball through the gate, and 1 more if they hit the target
- Players take it in turns, until both have hit 10 shots, the aim is to achieve the target score as a team

Progression Ideas

- Vary the target on each shot
- Vary the width of the gate
- Allow the children to try throwing the ball through the gate

Learning Outcomes

- Learn to control the direction the ball travels

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out hitting stations



2 x Foam Noodles



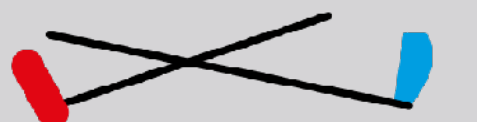
2 x Alignment Sticks



Golf Balls



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