

# On the Green

## Week 23





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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"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams &amp; demonstrate warm up game</li> <li>Play the warmup game</li> </ul>	<ul style="list-style-type: none"> <li>Relay Race</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce the components of the Golf Bag</li> <li>Introduce the Iron &amp; components of the club</li> </ul>	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions &amp; class layout</li> <li>Introduce games, tasks &amp; challenges</li> <li>Deliver one to one &amp; group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Iron Challenge</li> <li>Children rotate around the stations</li> </ul>	Coming Soon
10 Mins	myJunior Track & Reward	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Distribute Learning the Game Resource if appropriate</li> <li>Children can complete myProgress Wheel and add stickers where appropriate</li> <li>Add any lesson notes to the child's myProgress section</li> <li>Award the Achiever Reward to a student in front of the parents and the group</li> <li>Award any Pins &amp; Hats</li> </ul>	<ul style="list-style-type: none"> <li>The Iron Challenge</li> <li>Tug of War</li> <li>Stepping Stones</li> </ul>

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# Class Timetable - Week 23

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
On the Green:  
Long Putts

**Whole Child Focus**  
Social:  
Respect for your Team

**Learning the Game Focus:**  
Rules and Etiquette:  
Etiquette on the Green

**Mastering the Game Challenge:**  
Long Putt Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	<ul style="list-style-type: none"> <li>Run to the Middle</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Etiquette on the Green</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Respect for your Team</li> </ul>
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games and challenge</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice</li> </ul>	<ul style="list-style-type: none"> <li>Closest to the Line</li> <li>Up the Ladder</li> <li>Long Putt Challenge</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> <li>GLF. Connect myGame+</li> </ul>



# Layout and Setup

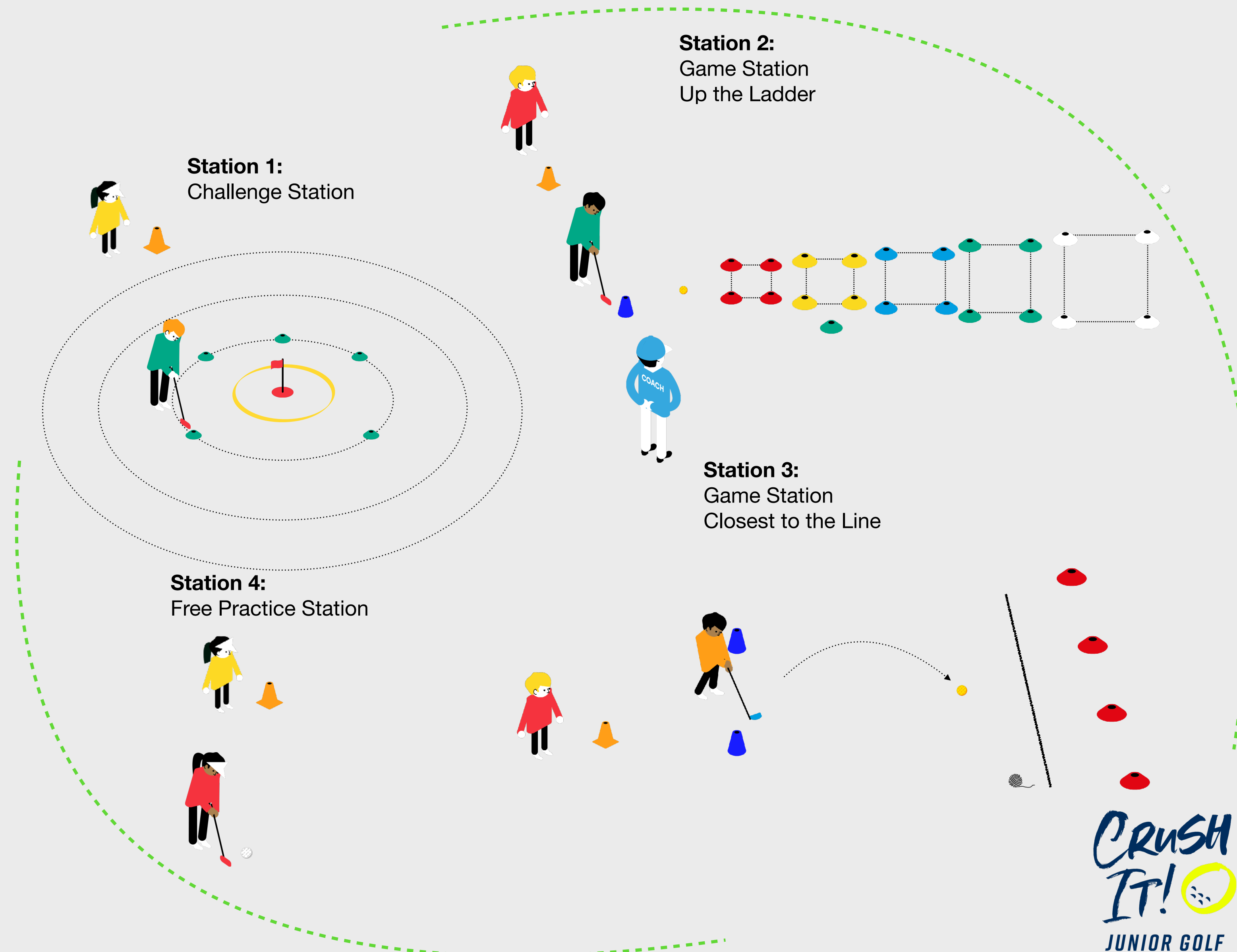




# Class Layout and Setup

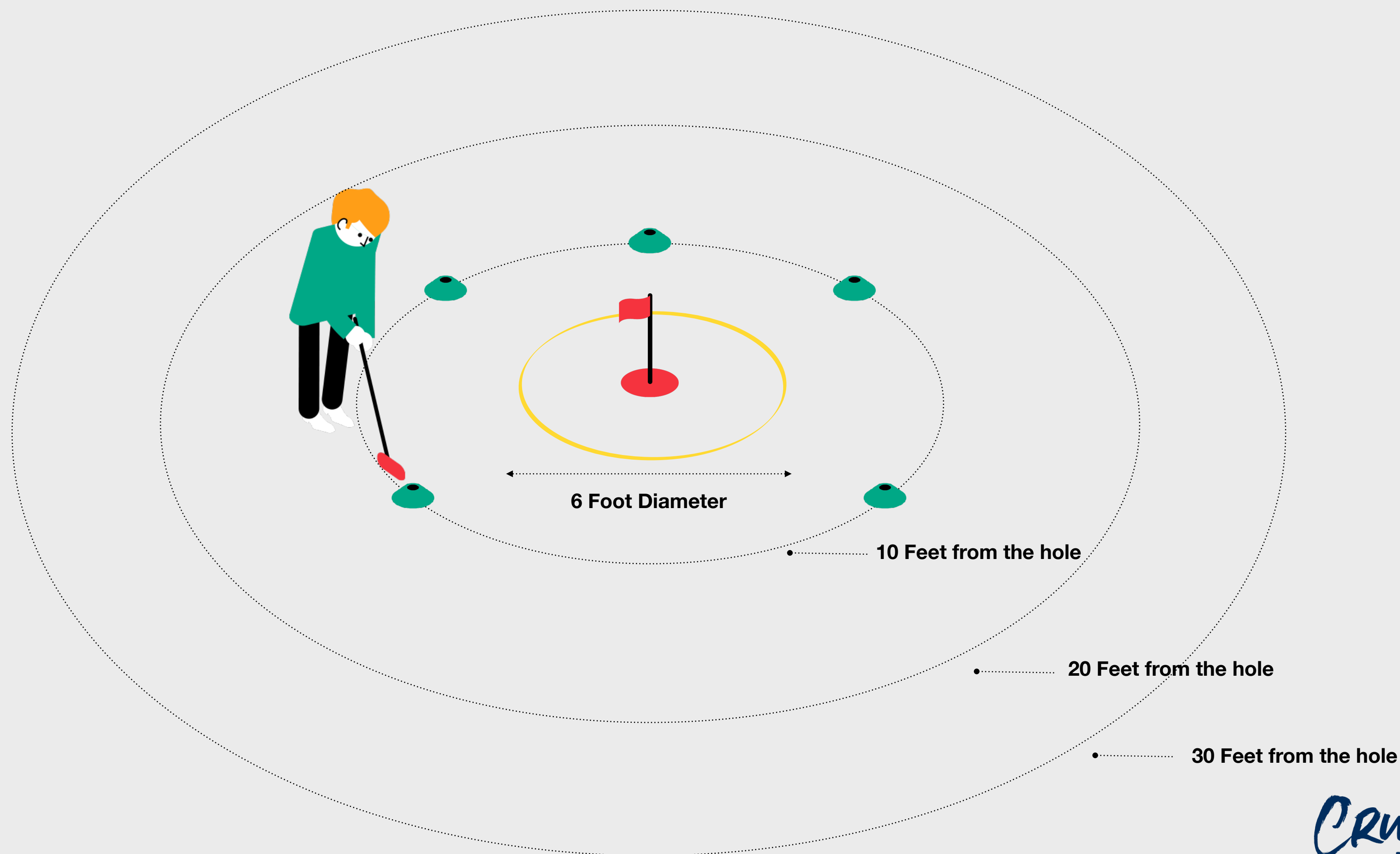
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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





# Long Putts Challenge Setup



## Setting out the Challenge

- A hole should be selected on the putting green on an average sloped surface
- A 6 foot diameter circle should be made around the hole using the target circle from your equipment bag
- 5 Positions should be marked on the green at 10 feet from the hole
- The 5 distances at 20 feet and 30 feet should be placed by the player using the 10-foot markers as a guide when attempting the challenge

## Equipment Required

- 1 hole on the green
- 5 x tee pegs to mark the 5 starting positions at 10 feet
- 6 foot diameter target ring

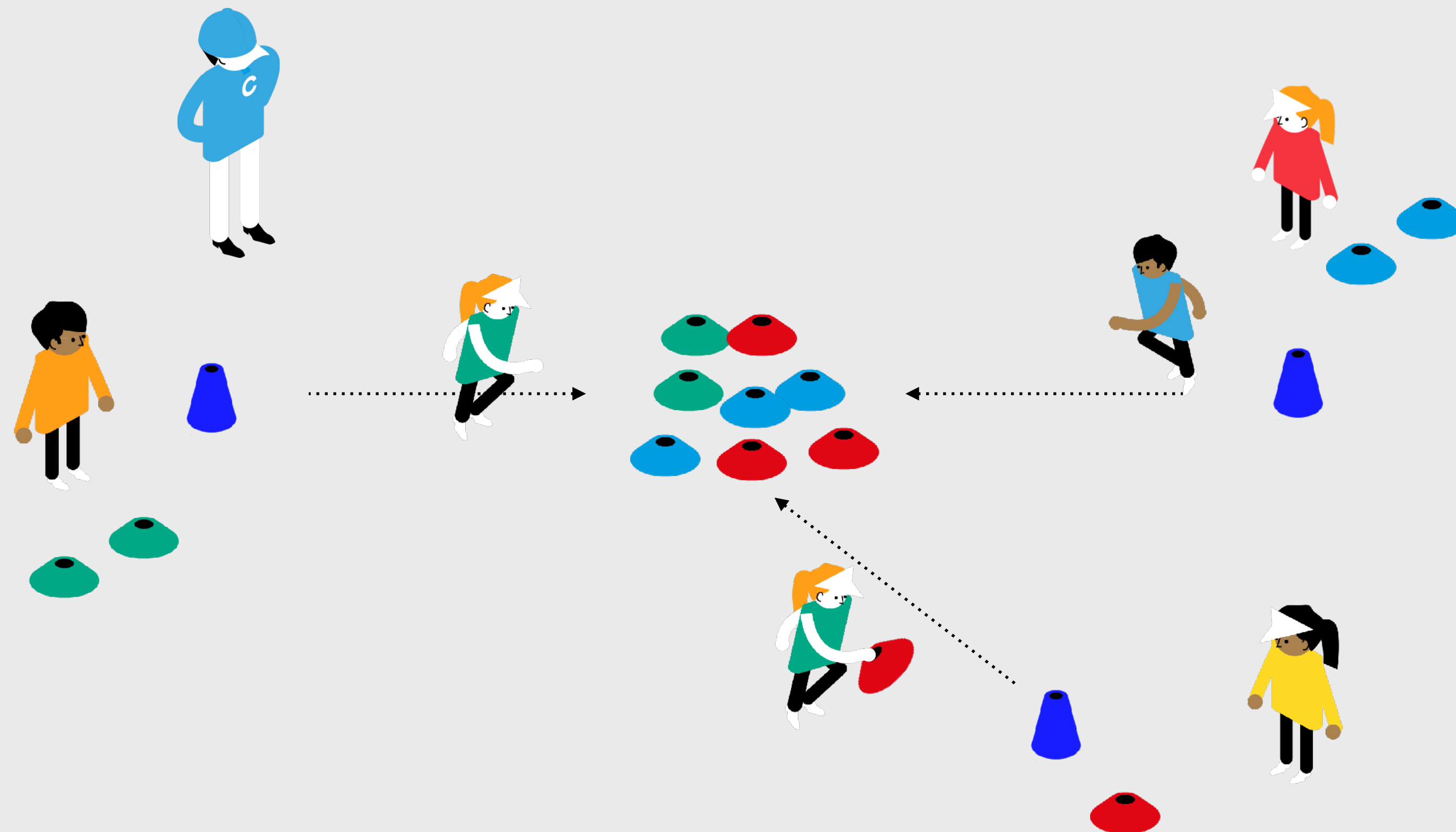


# Physical Literacy Warm Up Game





# Run to the Middle



## How to Play

- This game is best played in teams. Split the children into 2 or 3 even teams
- Each team starts on one of the starting cones
- On go, the first player from each team runs from their starting cone towards the pile of colored cones in the middle. Each child collects 1 cone of their team's color and returns to the start
- Players continue until all cones are collected
- The team that wins is the one who collects all their cones first

## Progression Ideas

- Increase the distance between the starting cones and cones in the centre
- Add extra cones in the centre
- Introduce different FMS skills such as jumping, hopping or running backwards
- Add obstacles in between the starting cones and the cones in the centre

## Equipment Needed

Orange Safety Cones

SAFETY



3 x Cones



10 x Green colored cones



10 x Red colored cones



10 x Blue colored cones



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# 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

## Respect for your Team

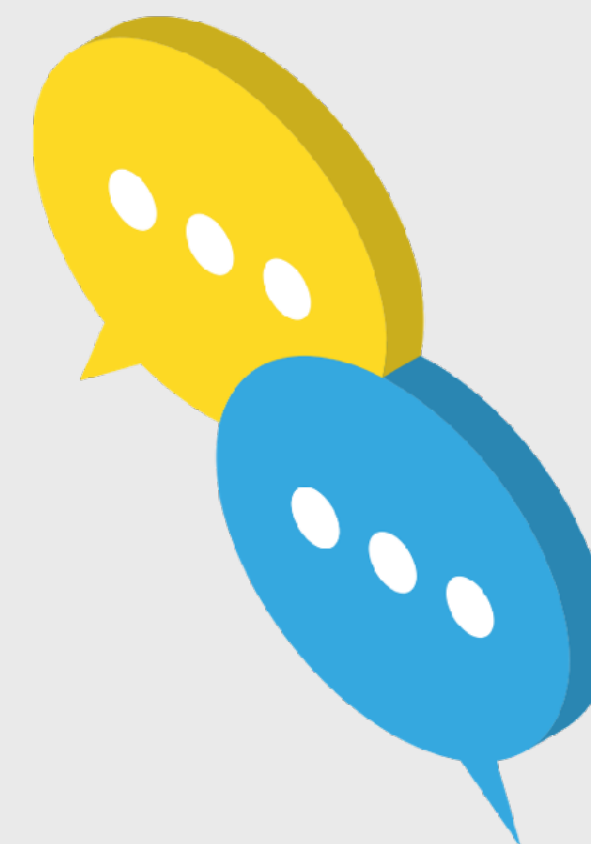
The Whole Child theme this week is to demonstrate respect to your teammates.

Carry this theme into the class by making sure the children show the correct etiquette by wishing team mates good luck, shaking hands and not breaking any rules.

It should be highlighted that the Achiever Award is presented to the child that demonstrates respect towards others in the group.

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



# Rules and Etiquette

## Etiquette on the Green

The Learning the Game focus this week is etiquette on the green, in particular how easy it is to damage the green if we are not careful.

You should introduce your juniors to the importance of looking after the green, the quality of the grass and the costs involved in maintaining the course.

Highlight that it is up to each of us to be responsible and to make sure we don't run on the green and damage it.

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



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### Questions to Ask

- What is special about the grass on the green?
- How much do you think it costs to build a green?
- What can we do to make sure we don't damage the grass on the green?

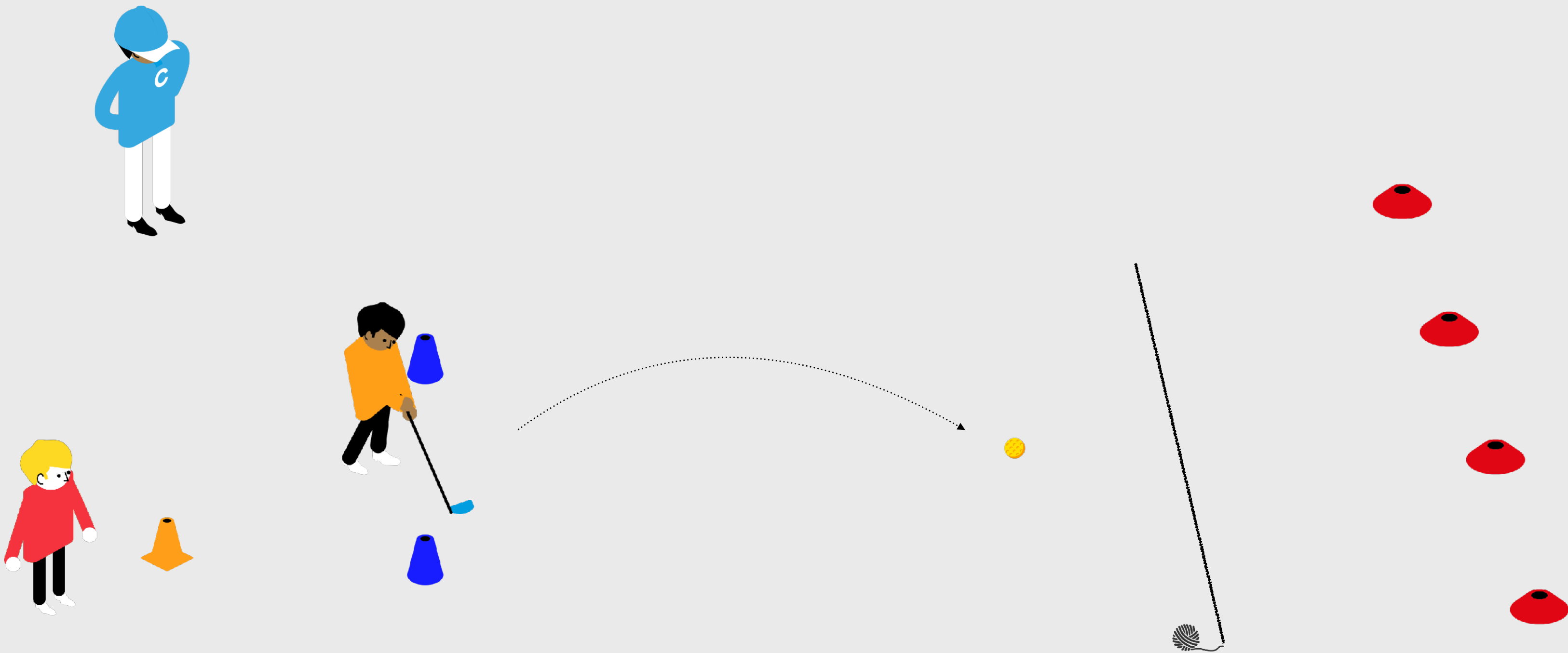


# Mastering the Game Cards





# Closest to the Line



### How to Play

- Children take it in turns to hit their putt towards the string line
- The child that putts 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 putt the ball closest

### Progression Ideas

- Vary the distance of the putt
- Let each child nominate which club the other has to use when doing their shot

### Learning Outcomes

- Ability to control distance of putt
- How to react to winning or losing the round

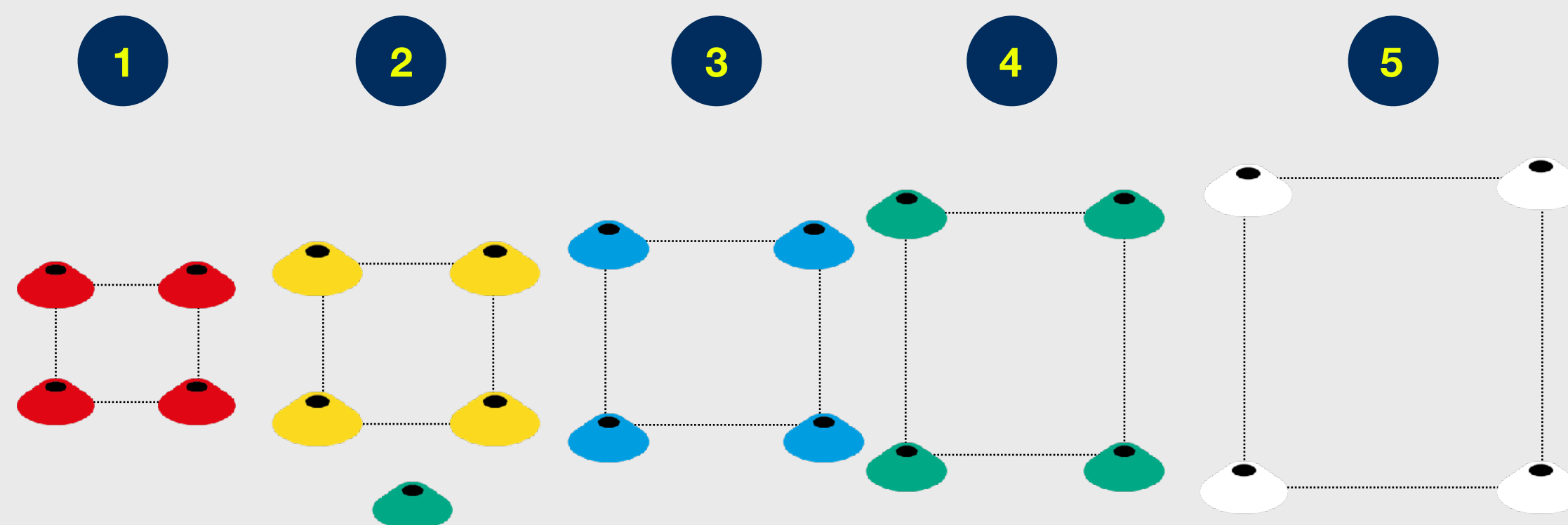
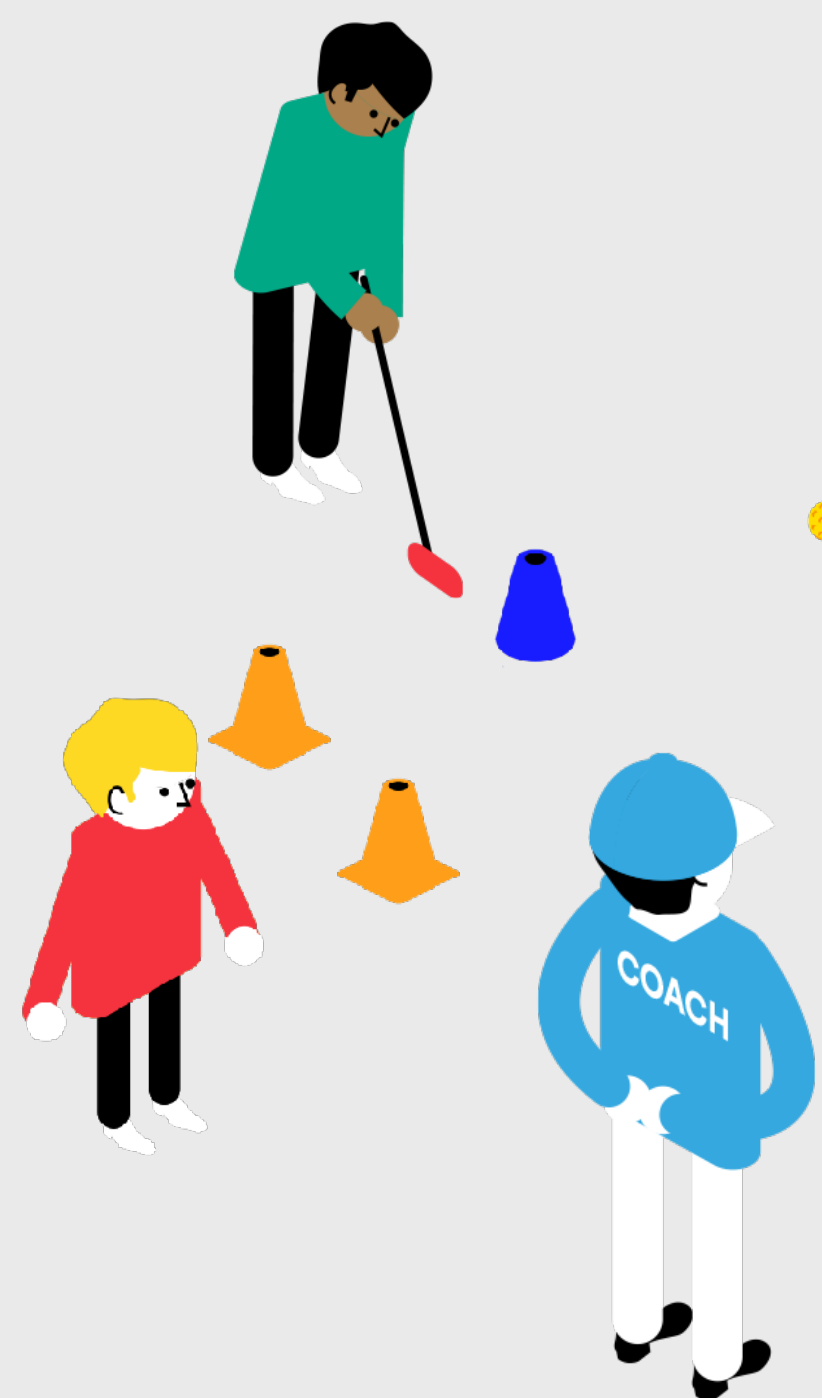
### Equipment needed

Orange Safety Cones	
Cones to mark starting position	
String to mark the target line	
Red cones to mark the end zone	
Golf Balls	
Spare equipment that may be required for the group attendees.	





# Up the Ladder



## How to Play

- Nominate a child to play first. The child attempts to hit their putt into the nearest but smallest target box
- If the child successfully gets the ball into the target box, they place the team's colored cone opposite the next target box
- The children take it in turns to putt the ball into the target boxes
- The game continues until the team gets their ball into the final box

## Progression Ideas

- Change the distance between the starting cone and first box
- Change the distance between each of the target boxes
- Reduce the size of the target boxes
- Attempt the game on a sloped surface
- Limit the number of attempts on each box or limit the number of attempts to the corresponding box

## Learning Outcomes

- A great game to explore the concept of distance control and direction control

## Equipment needed

### Orange Safety Cones



2 x Cones to mark out the necessary hitting stations.



Spare equipment that may be required for the group attendees.



### Golf Balls



4 x Red Colored Cones



4 x Yellow Colored Cones



4 x Blue Colored Cones



4 x Green Colored Cones



4 x White Colored Cones



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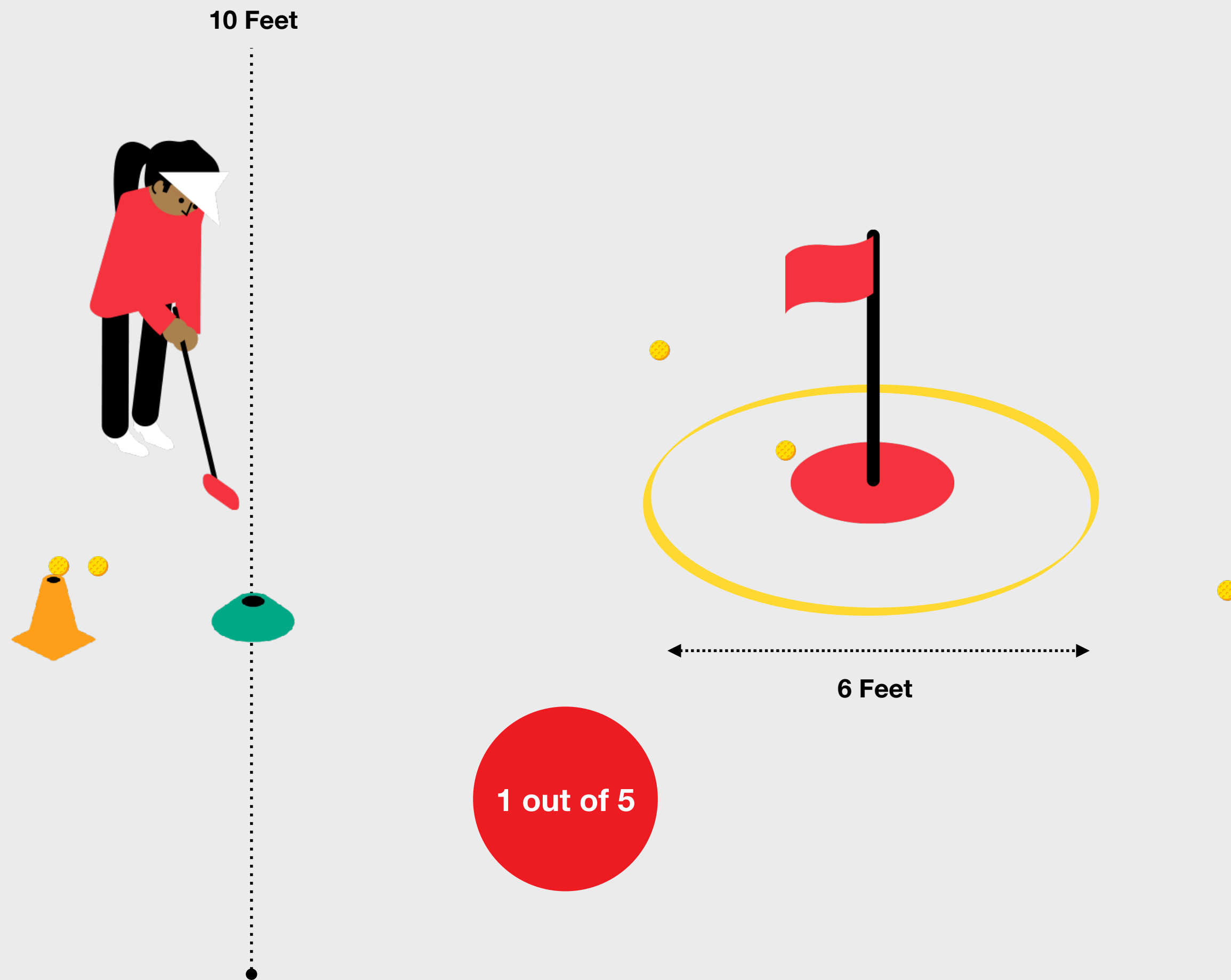


# Mastering the Game Challenge Cards





# Long Putts Challenge



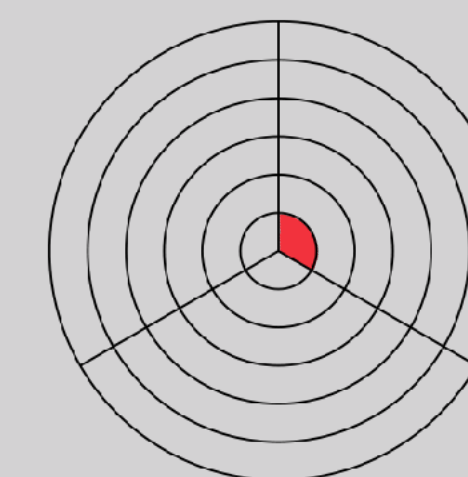
## The Challenge

To complete the Level 1 Challenge within the Long Putts skill element, the child has 5 attempts to putt 1 ball to within a 6 foot diameter circle around the hole from a single position 10 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.

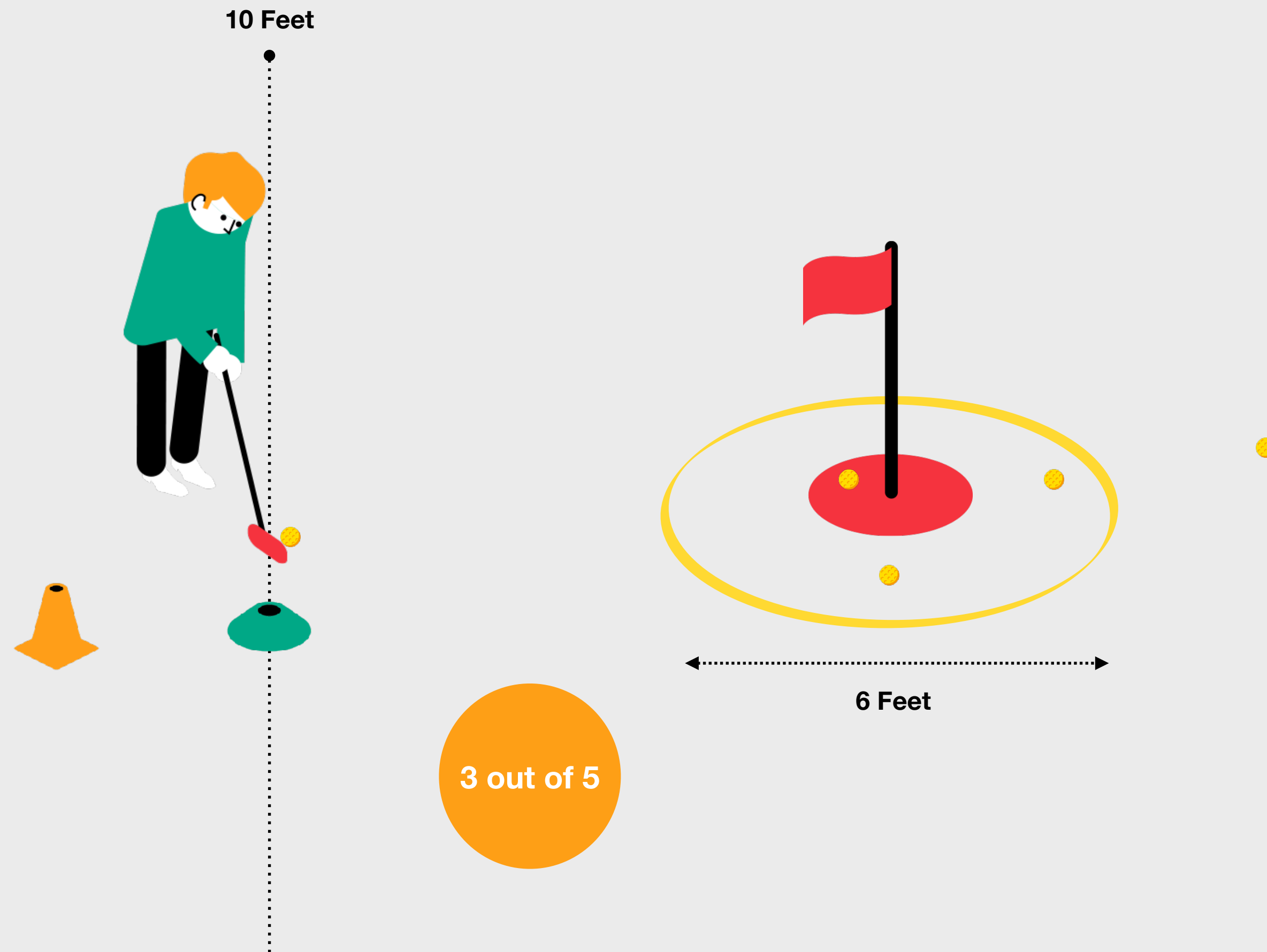
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Long Putts



# Long Putts Challenge



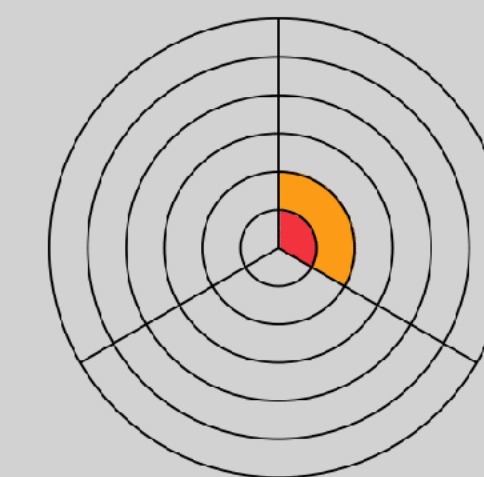
## The Challenge

To complete the Level 2 Challenge within the Long Putts skill element, the child has 5 attempts to putt 3 ball to within a 6 foot diameter circle around the hole from a single position 10 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 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.



## Long Putts





# Long Putts Challenge



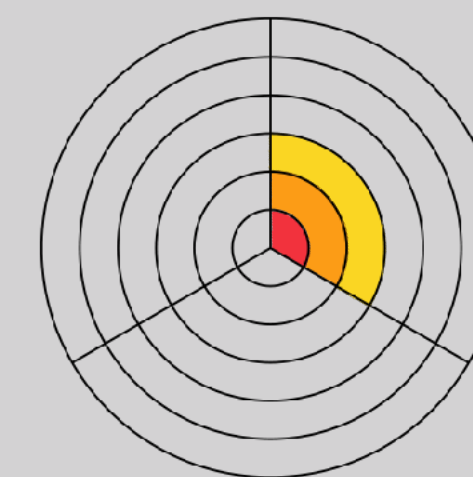
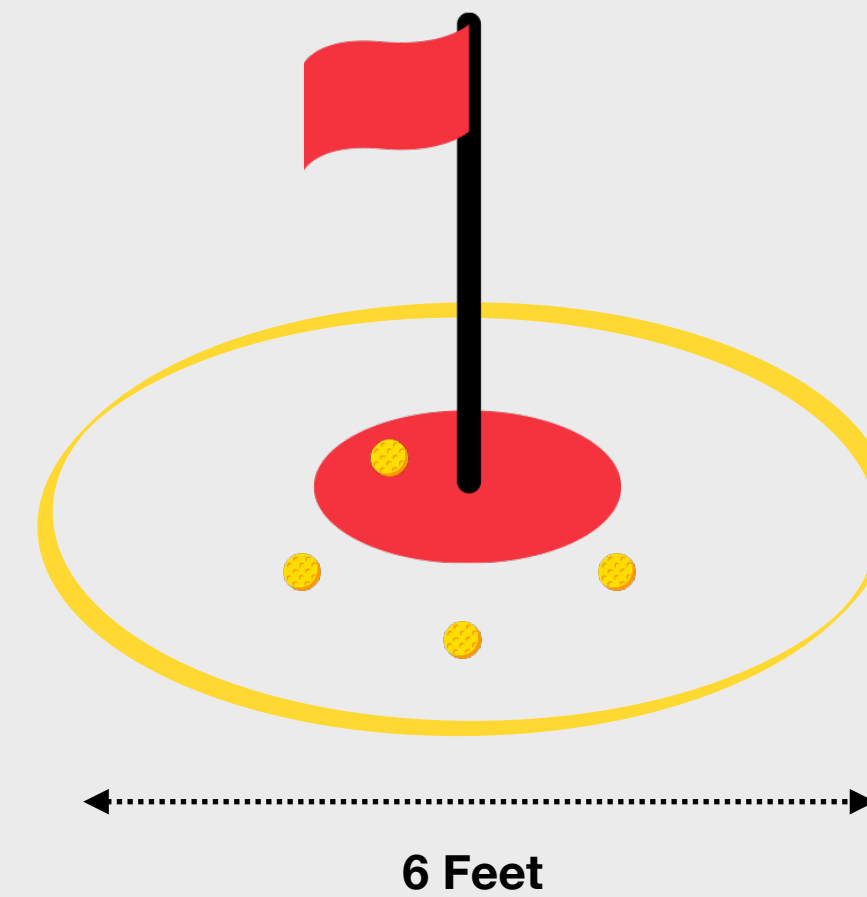
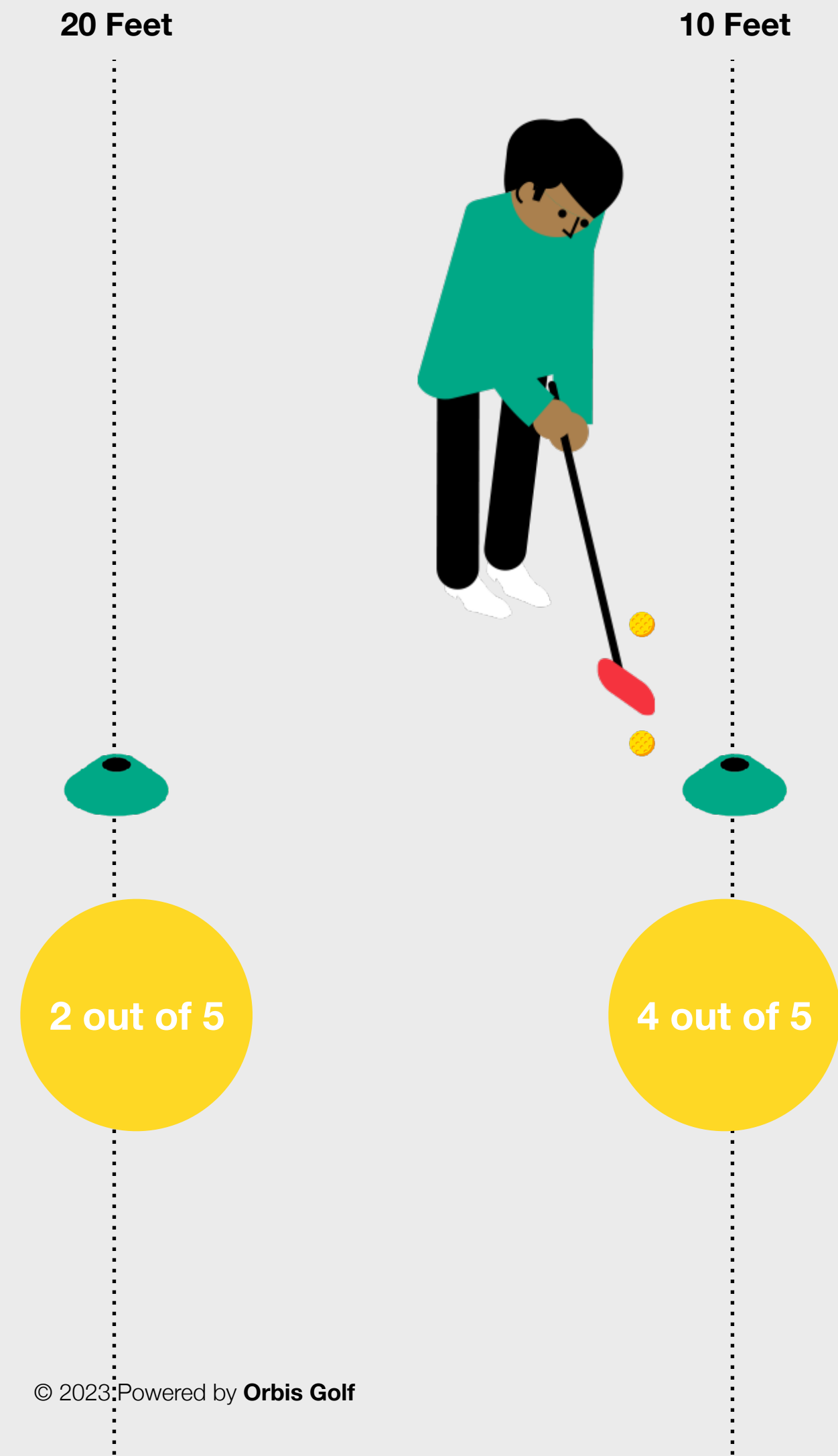
## The Challenge

To complete the Level 3 Challenge within the Long Putts skill element, the child needs to putt 4 balls from a distance of 10 feet & 2 balls from a distance of 20 feet to within a 6 foot diameter circle around the hole. Both distances should be attempted from a single position on the same side of the hole. The child should have 5 attempts from each distance.

## 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.

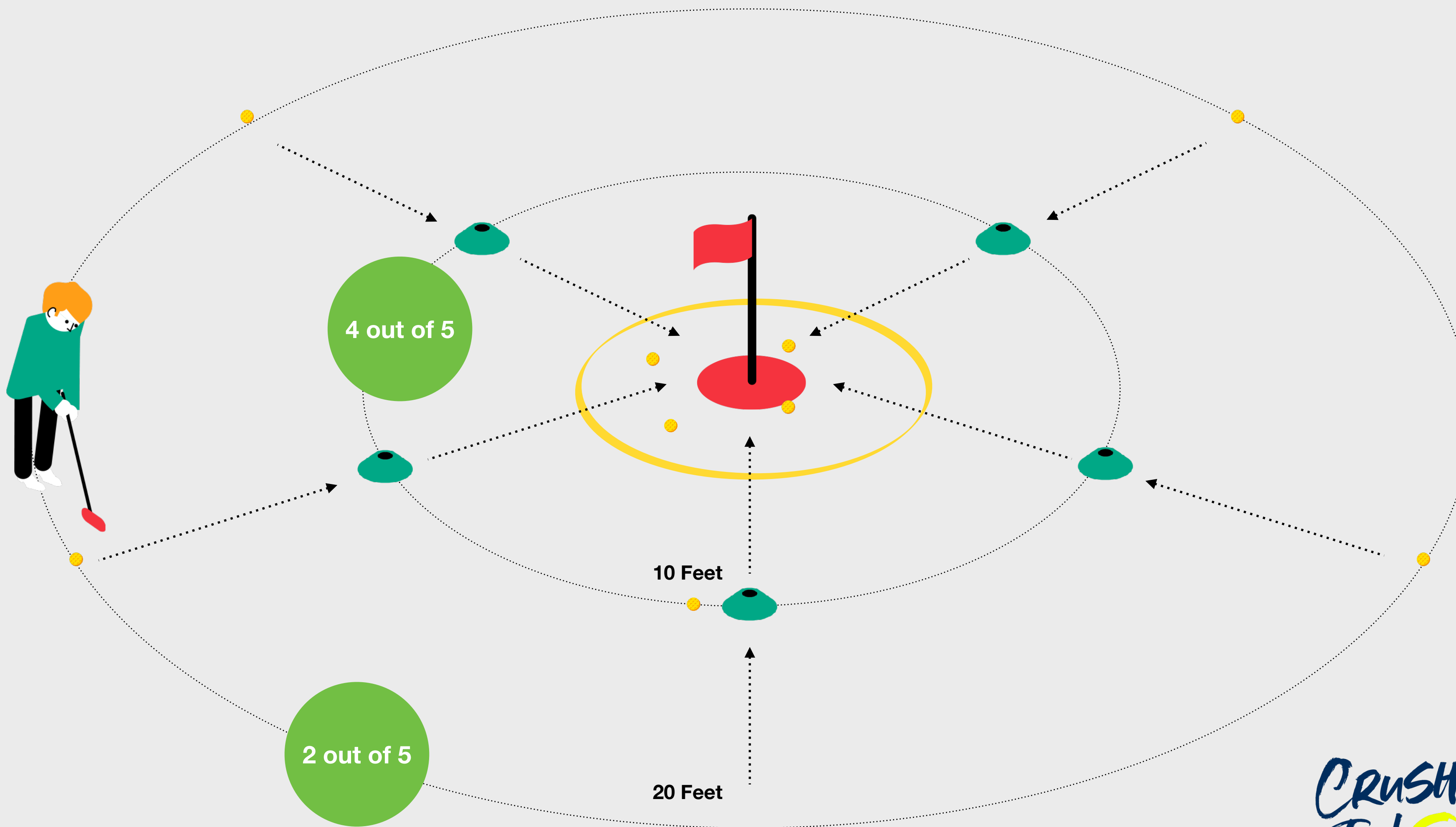
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Long Putts



# Long Putts Challenge



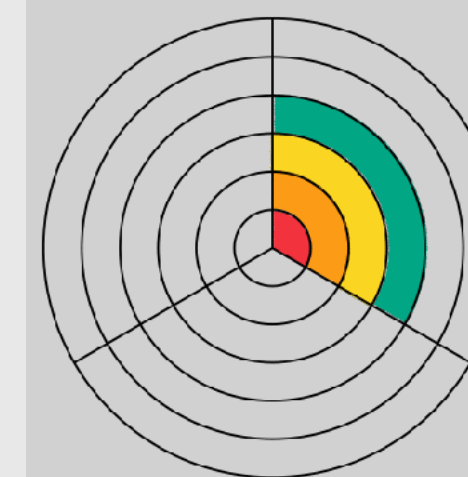
### The Challenge

To complete the Level 4 Challenge within the Long Putts skill element, the child needs to putt 4 balls from a distance of 10 feet & 2 balls from a distance of 20 feet to within a 6 foot diameter circle around the hole. Both distances should be attempted from five positions around the hole and have 5 attempts from each distance. The child should attempt one putt 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.

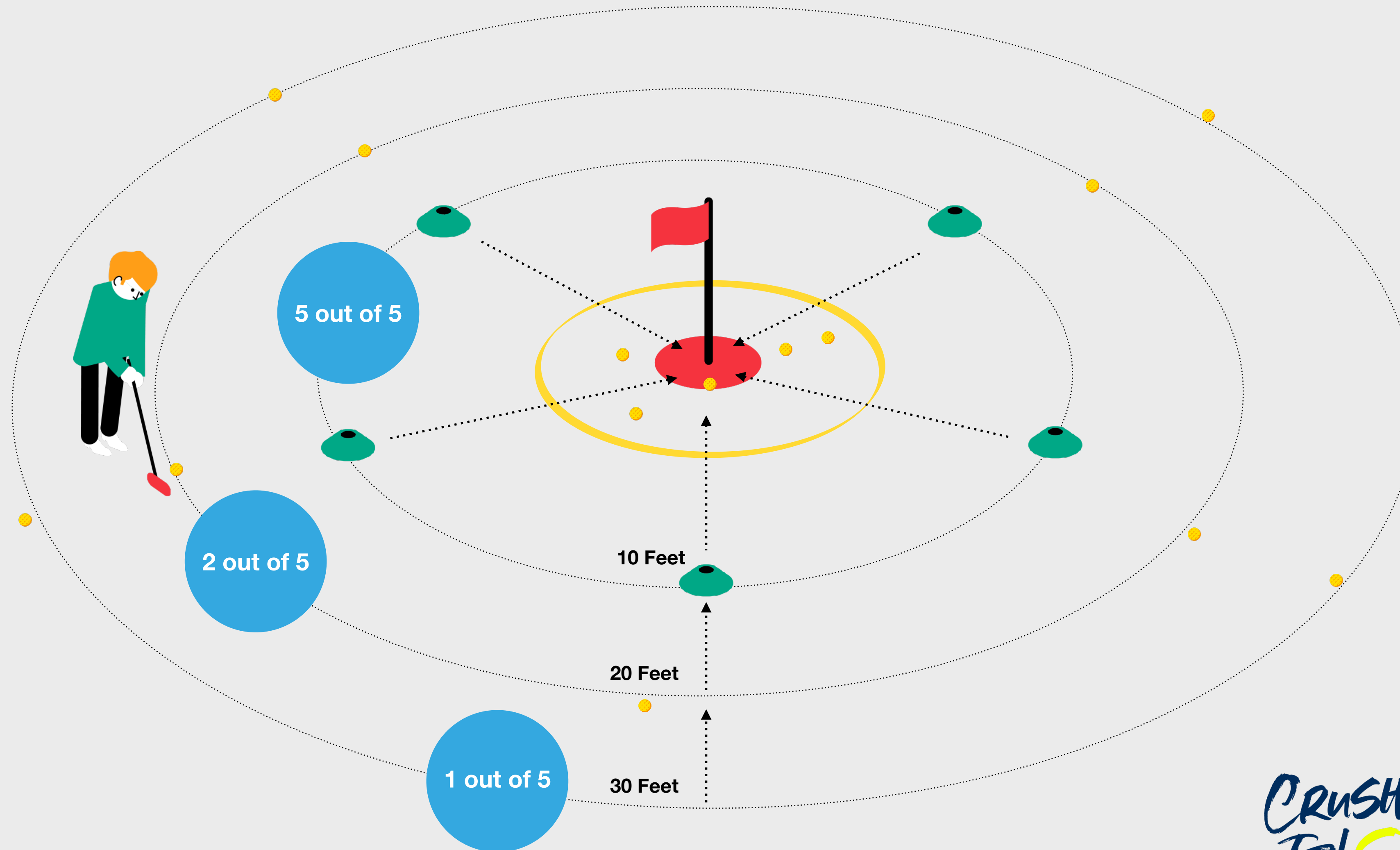


Long Putts





# Long Putts Challenge



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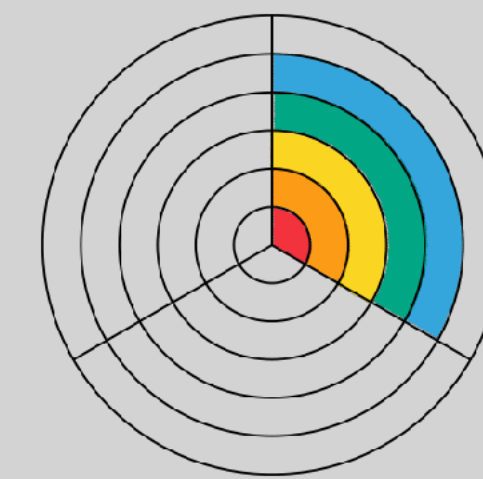
## The Challenge

To complete the Level 5 Challenge within the Long Putts skill element, the child needs to putt 5 balls from a distance of 10 feet, 2 balls from a distance of 20 feet & 1 ball from a distance of 30 feet to within a 6 foot diameter circle around the hole. All three distances should be attempted from five positions around the hole and the child has 5 attempts from each distance. They should attempt one putt 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.



Long Putts



# Long Putts Challenge



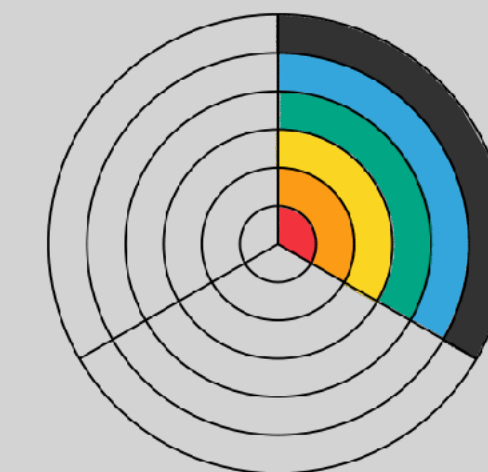
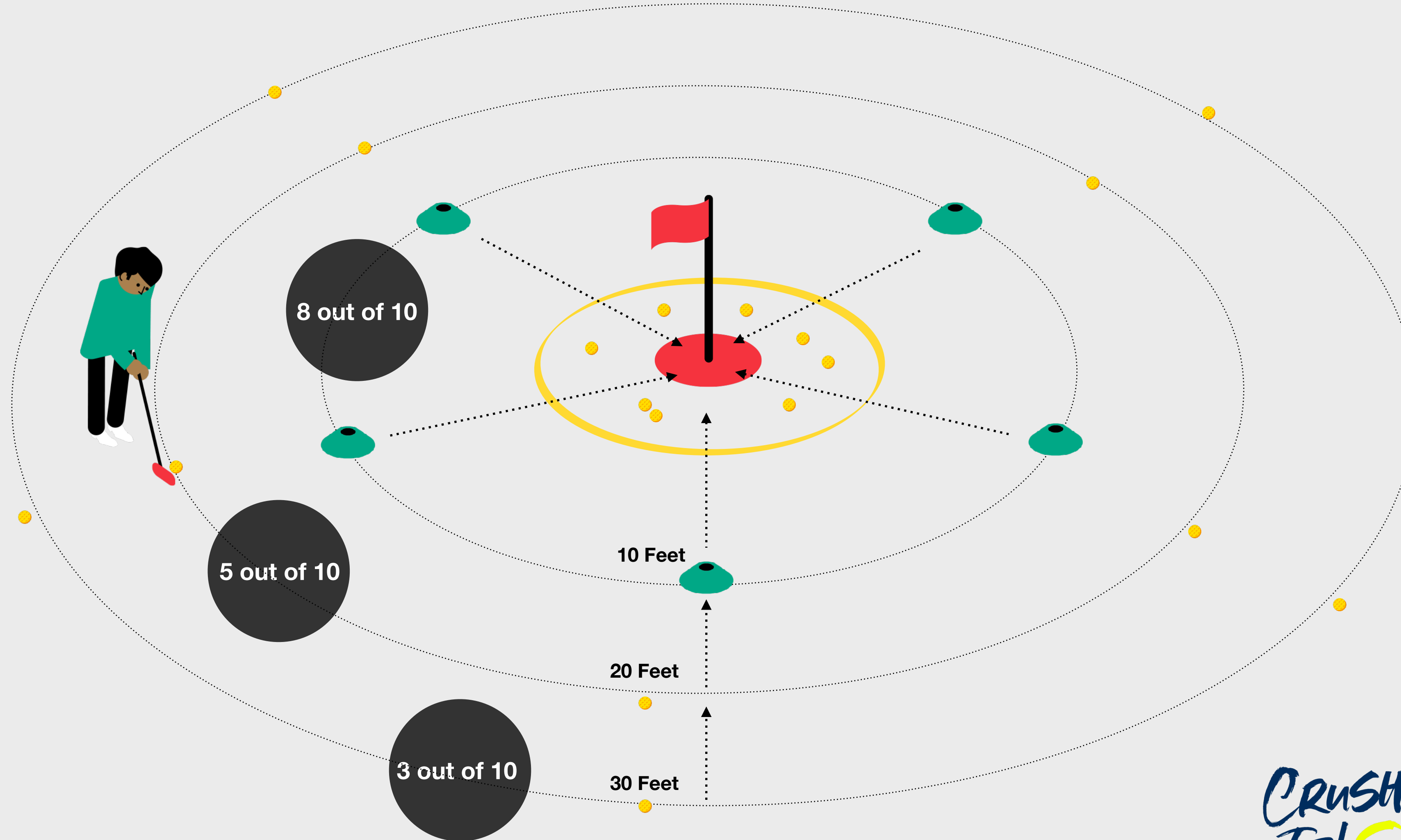
## The Challenge

To complete the Level 6 Challenge within the Long Putts skill element, the child needs to putt 8 balls from a distance of 10 feet, 5 balls from a distance of 20 feet & 3 balls from a distance of 30 feet to within a 6 foot diameter circle around the hole. All three distances should be attempted from five positions around the hole and the child has 5 attempts from each distance. They should attempt one putt 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.



Long Putts

