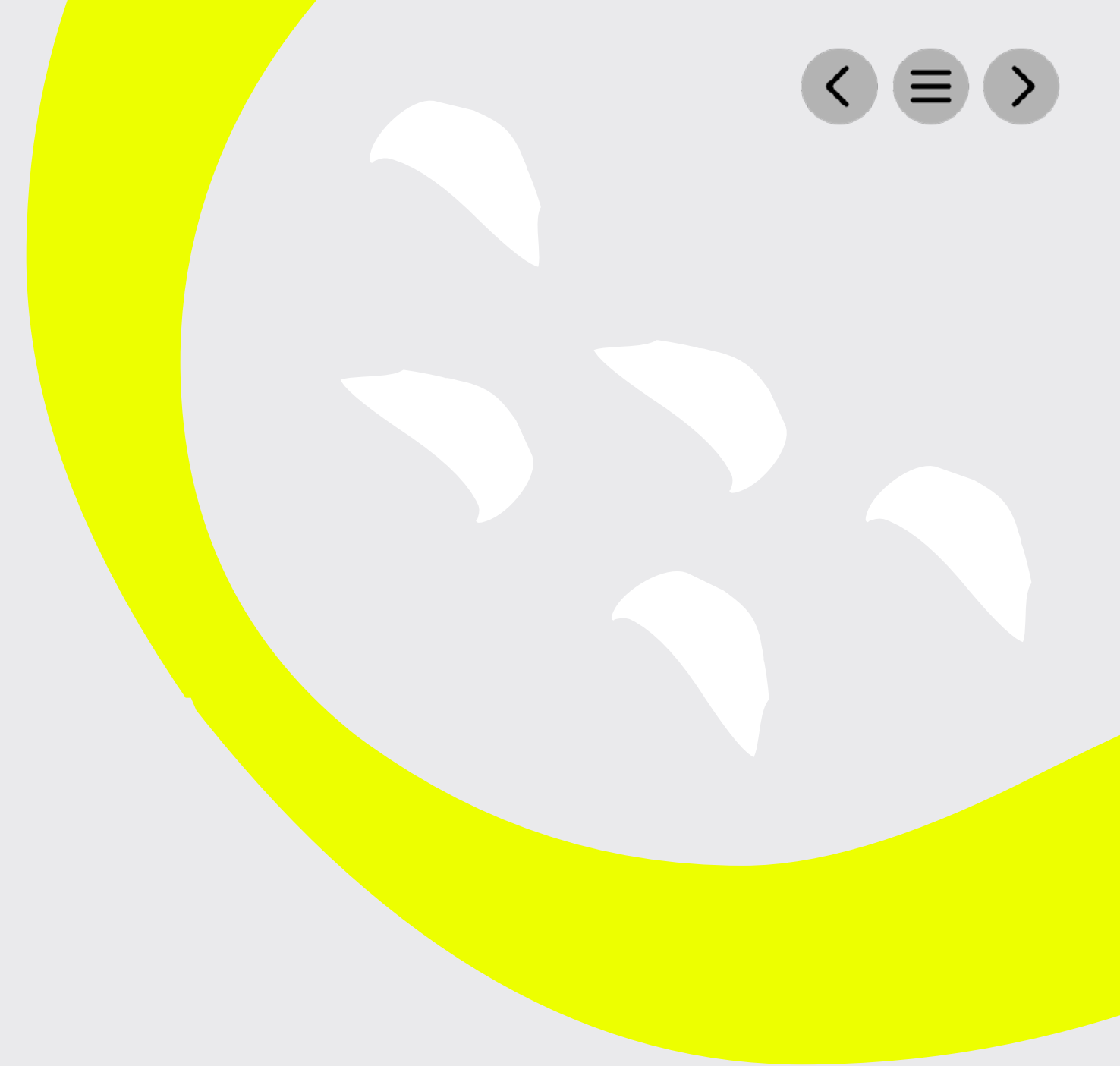


Around the Green

Week 24



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



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 24

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Pitching

Whole Child Focus
Creative:
Additional Practice

Learning the Game Focus:
Rules and Etiquette:
Divots

Mastering the Game Challenge:
Pitching 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"> Floor is Lava
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"> Divots
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"> Additional Practice
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"> Bullseye Splash Shot Pitching 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

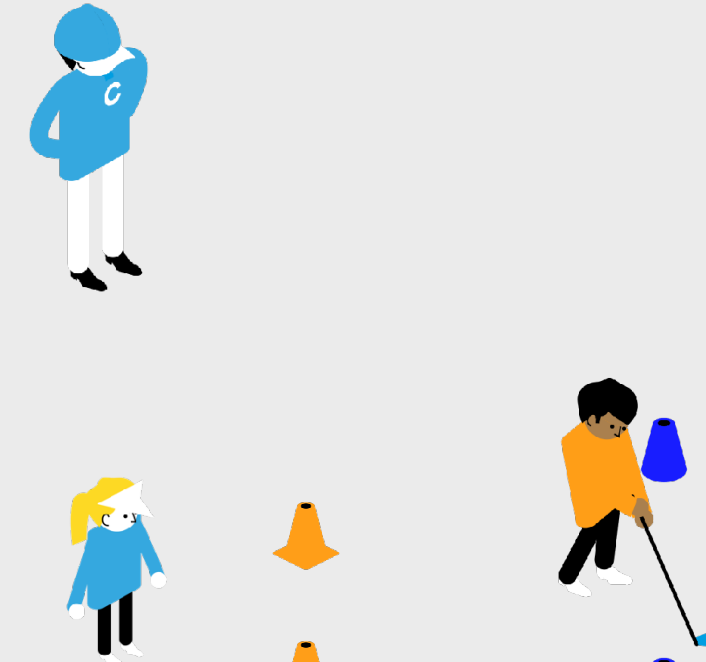


Class Layout and Setup

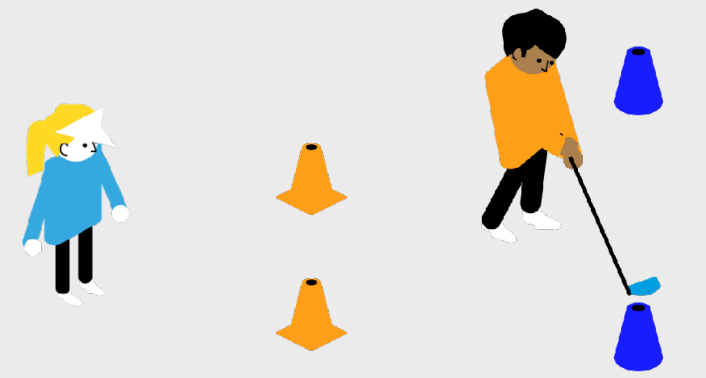
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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

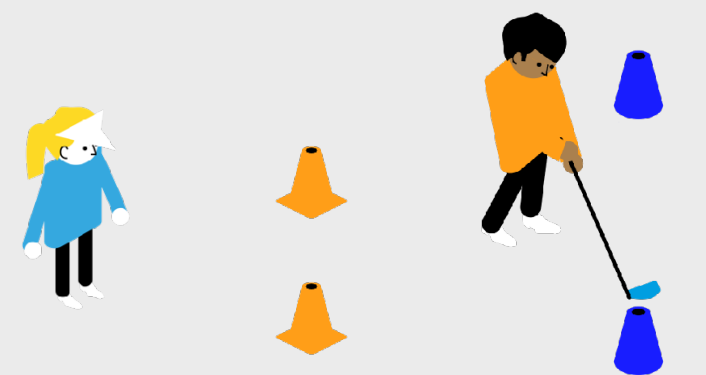
Station 3:
Game Station
Bullseye



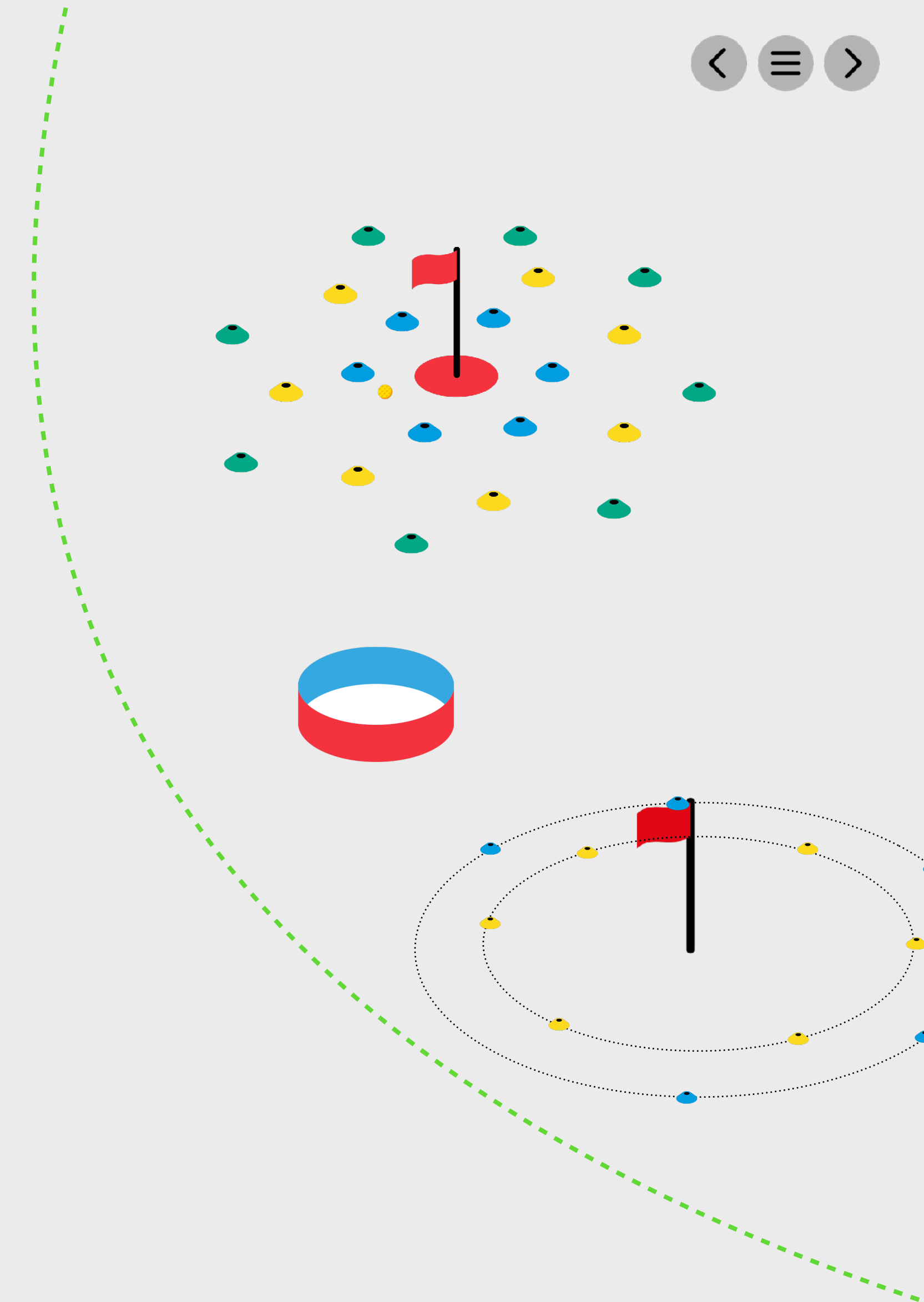
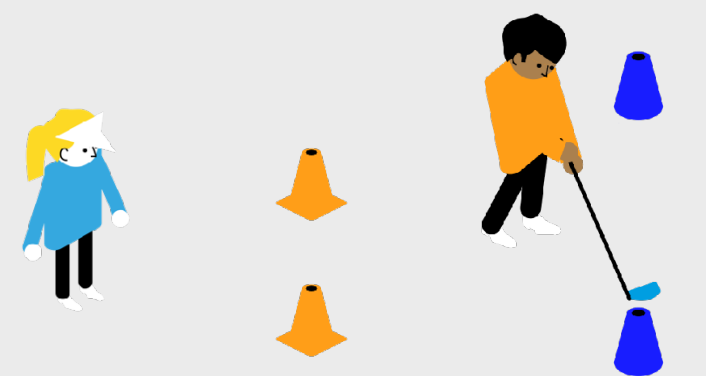
Station 2:
Game Station
Splash Shot



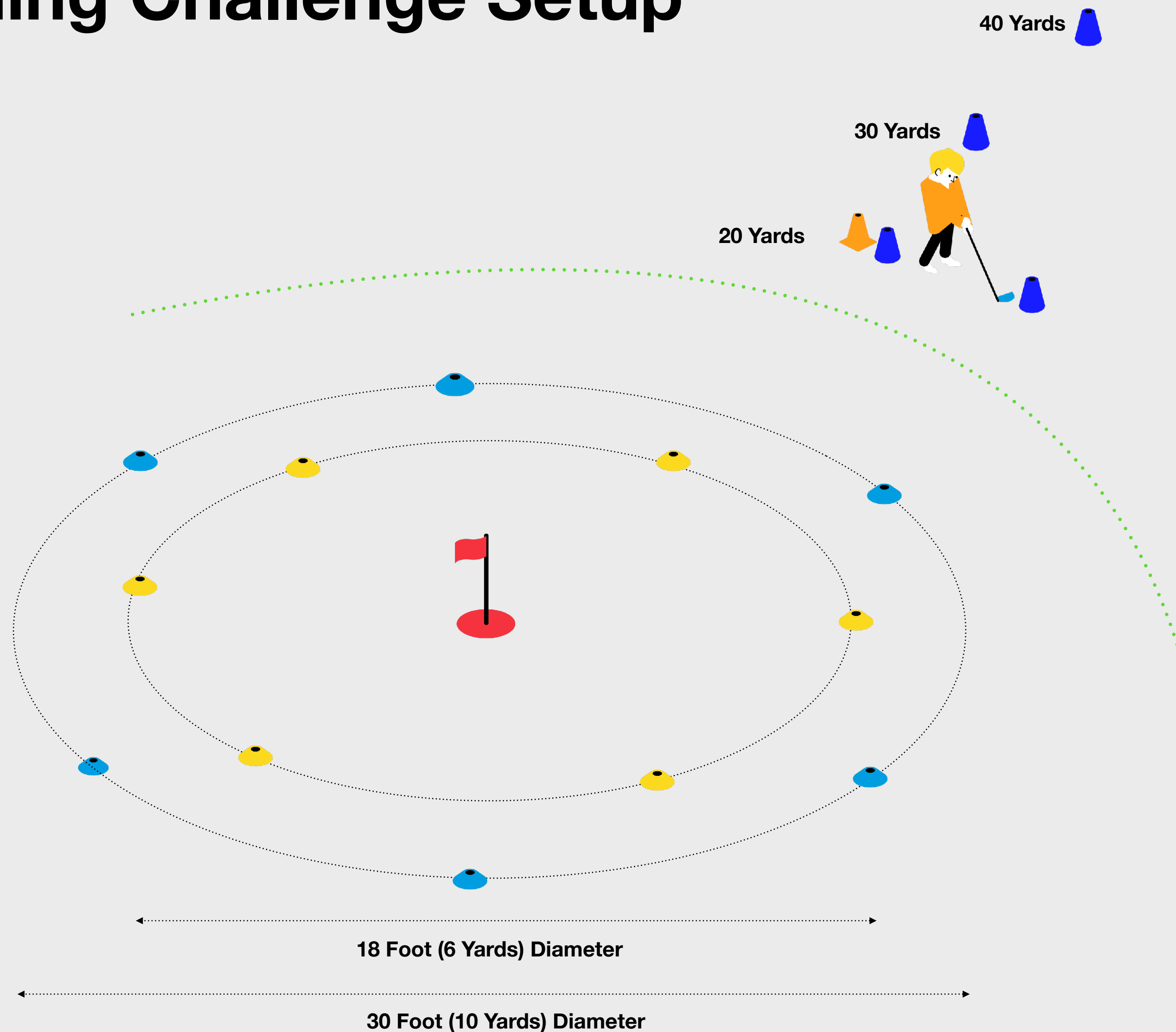
Station 1:
Challenge Station



Station 4:
Free Practice Station



Pitching Challenge Setup



Setting out the Challenge

- 1 flag should be selected on the green, alignment sticks could be used where this isn't possible
- 2 target circles, marked by cones, are placed around the flag or alignment stick at the diameters in the graphic opposite, 6 yards and 10 yards
- Three starting points are positioned in a row at distances of 20, 30 and 40 yards

Equipment Required

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Target circles from the equipment bag
- Cones to mark target circles
- Flag
- Alignment Sticks for a flag if this isn't possible

Physical Literacy Warm Up Game



Floor is Lava



Go!

CRUSH
IT!
JUNIOR GOLF



How to Play

- Split the children into even groups, ideally three teams of two
- One child from each team is only allowed to send in the hoops, their partner has to move the hoop into position so that their partner can move from one side of the game to the other
- On go, the pairs race to the other cone at the opposite side and switch over before racing back to the start
- The team that wins is the team that gets all players home first

Progression Ideas

- Add in time penalties for touching the ground outside the hoops
- Specify a FMS, such as hopping or jumping

Equipment Needed

Orange Safety Cones

SAFETY



Cones to mark out the start and end of the playing area



2 x hoops per team



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

Additional Practice

The Whole Child theme this week is to encourage the children to practice outside of class times.

Carry this theme into the class by teaching the children some easy drills they can set up and show them how they can use the GLF. app for their practice too.

It should be highlighted that the Achiever Award is presented to the child that has practiced the most out of 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.



**CRUSH
IT!** 
JUNIOR GOLF



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

Divots

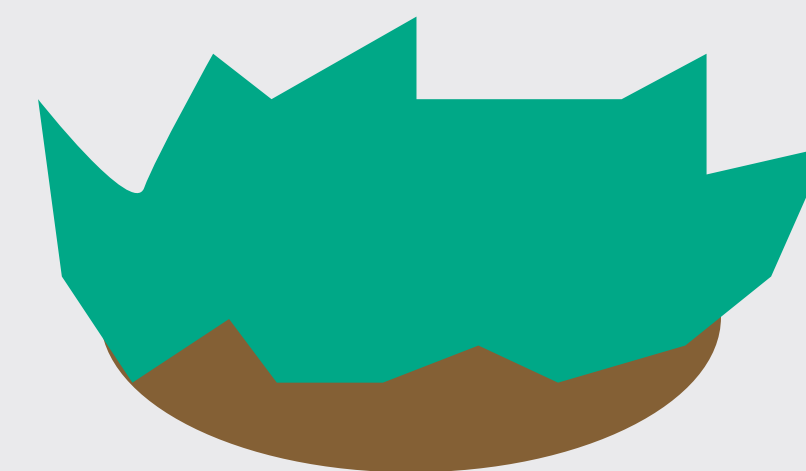
The Learning the Game focus this week is about taking and repairing your divots.

You should highlight to your juniors that it is ok to take a divot, indeed when using your irons you should brush the ground and quite often will take a divot.

Make sure you show your junior golfers how to repair their divots and praise those that do repair their divots throughout the lesson.

Take the time to ask your juniors to think about how else they could look after the golf course.

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



**CRUSH
IT!** 
JUNIOR GOLF



Questions to Ask

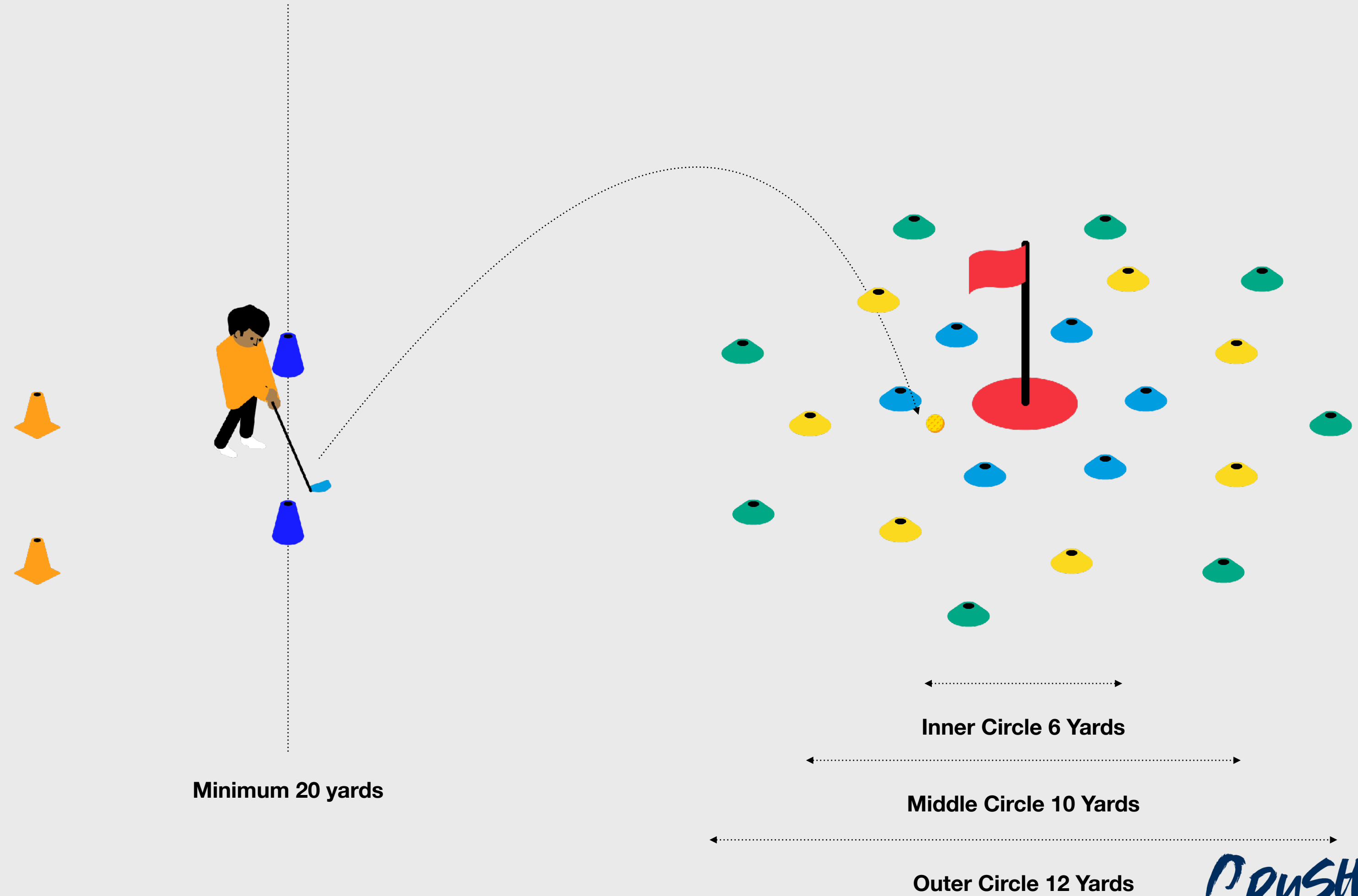
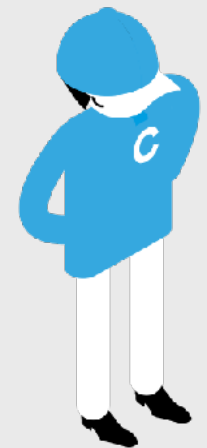
- Is taking a divot a bad thing?
- Where do you take a divot?
- What does the direction of the divot tell you about your swing?
- What should you do after you've taken a divot?
- Where else do we sometime damage the course and need to make repairs?

Mastering the Game Cards





Bullseye



How to Play

- Allocate the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- The winner is the player who gets the most points from their 10 shots

Progression Ideas

- Change the size of the target circles
- Vary the starting point from around the green
- Introduce a rule that the ball must land over the fringe to count
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

Learning Outcomes

- Control of distance and direction when pitching

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



6 x Blue colored cones to mark the inner circle



8 x Yellow colored cones to mark the middle circle



10 x Green colored cones to mark the outer circle



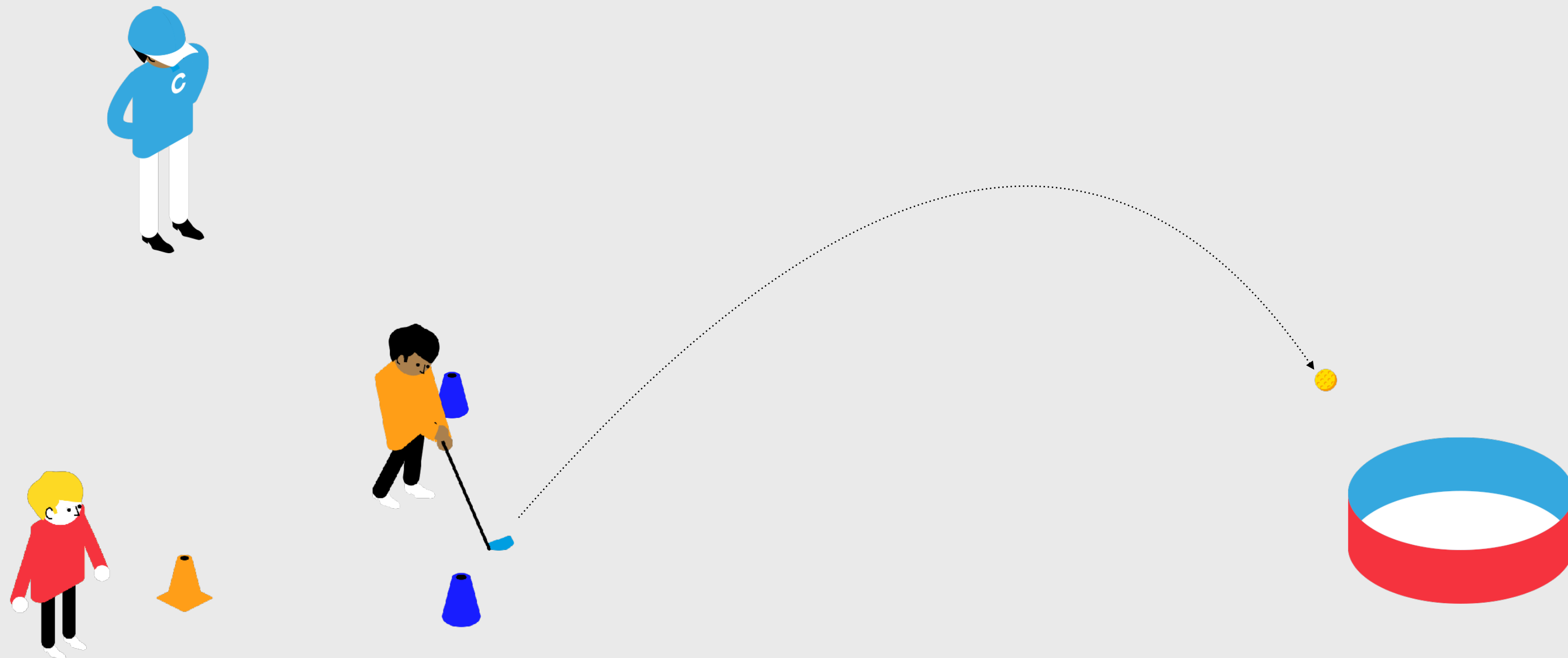
Spare equipment that may be required for the group attendees.



Golf Balls



Splash Shot



How to Play

- Children take it in turns to hit their shots
- The aim of the game is to pitch the ball into the pool
- The children have 10 shots each, the winner is the child who gets the most shots into the pool

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

Learning Outcomes

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

Equipment needed

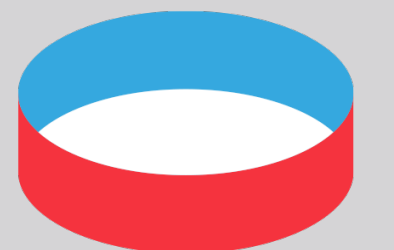
Orange Safety Cones



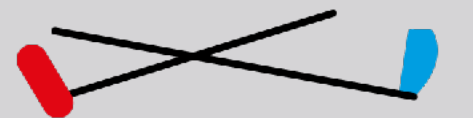
Cones to mark starting position



1 x Pool, filled with a small amount of water



Spare equipment that may be required for the group attendees.



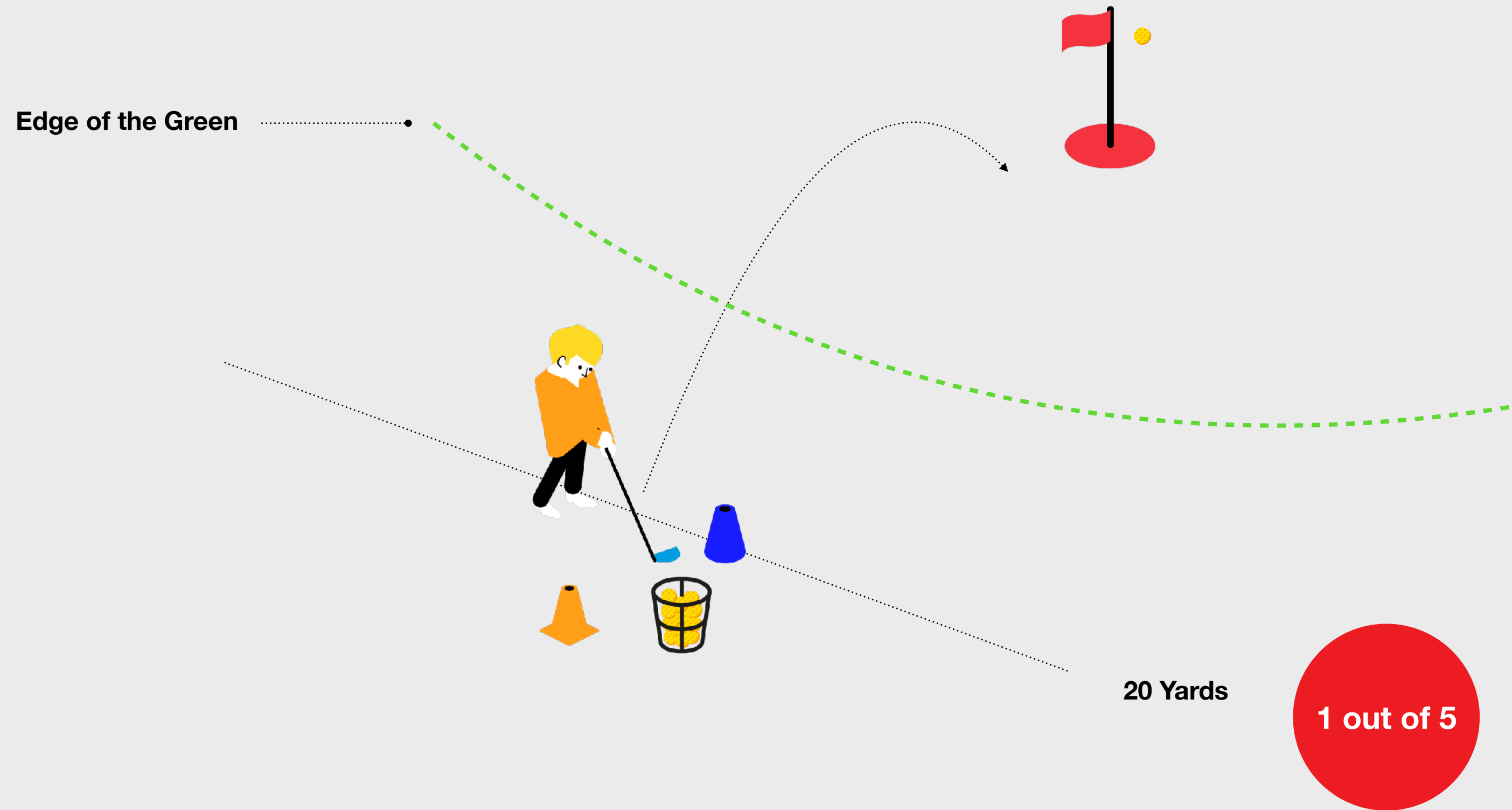
Golf Balls



Mastering the Game Challenge Cards



Pitching Challenge



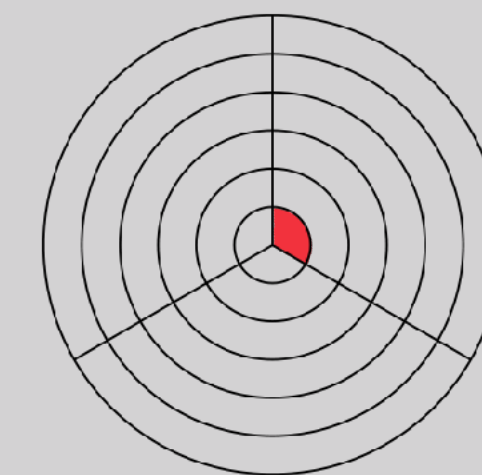
The Challenge

To complete the Level 1 Challenge within the Pitching skill element, the child needs to get 1 shot out of 5 anywhere on the green. The shot does not need to land on the green.

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.

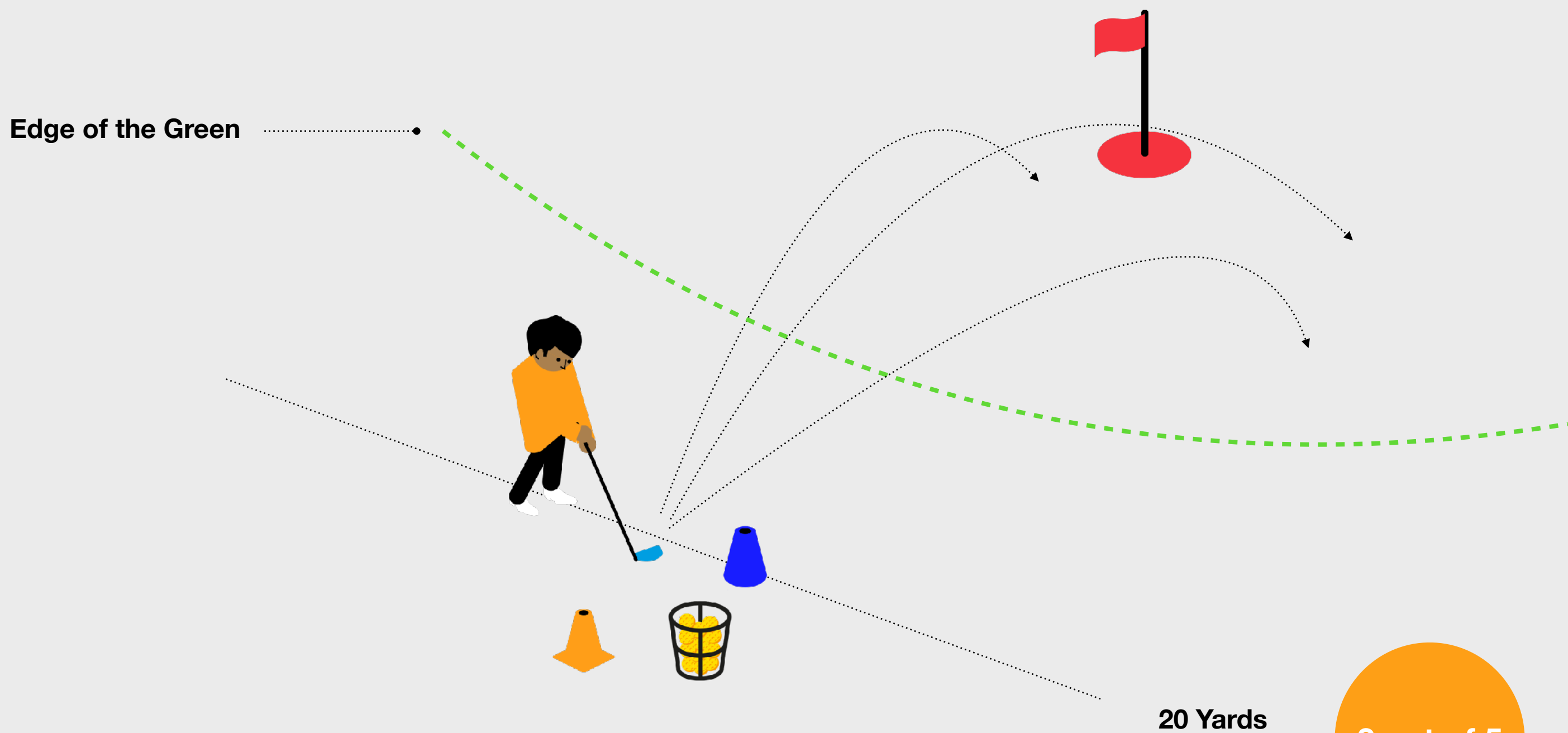
If they are also assigned to the Crush It myGame+ program on GLF, Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Pitching



Pitching Challenge



3 out of 5



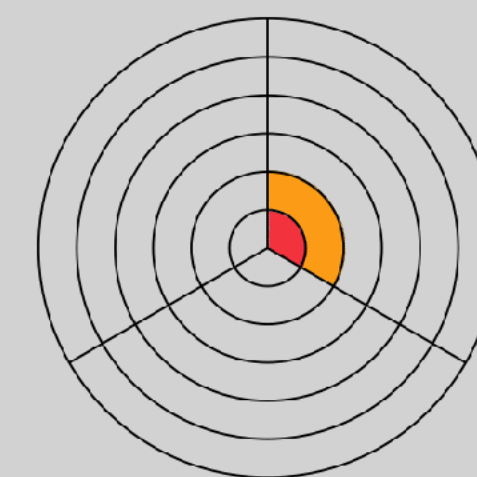
The Challenge

To complete the Level 2 Challenge within the Pitching skill element, the child needs to get 3 shot out of 5 shots anywhere on the green from 20 yards. The shots do not need to land on the green but the child should demonstrate control.

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.

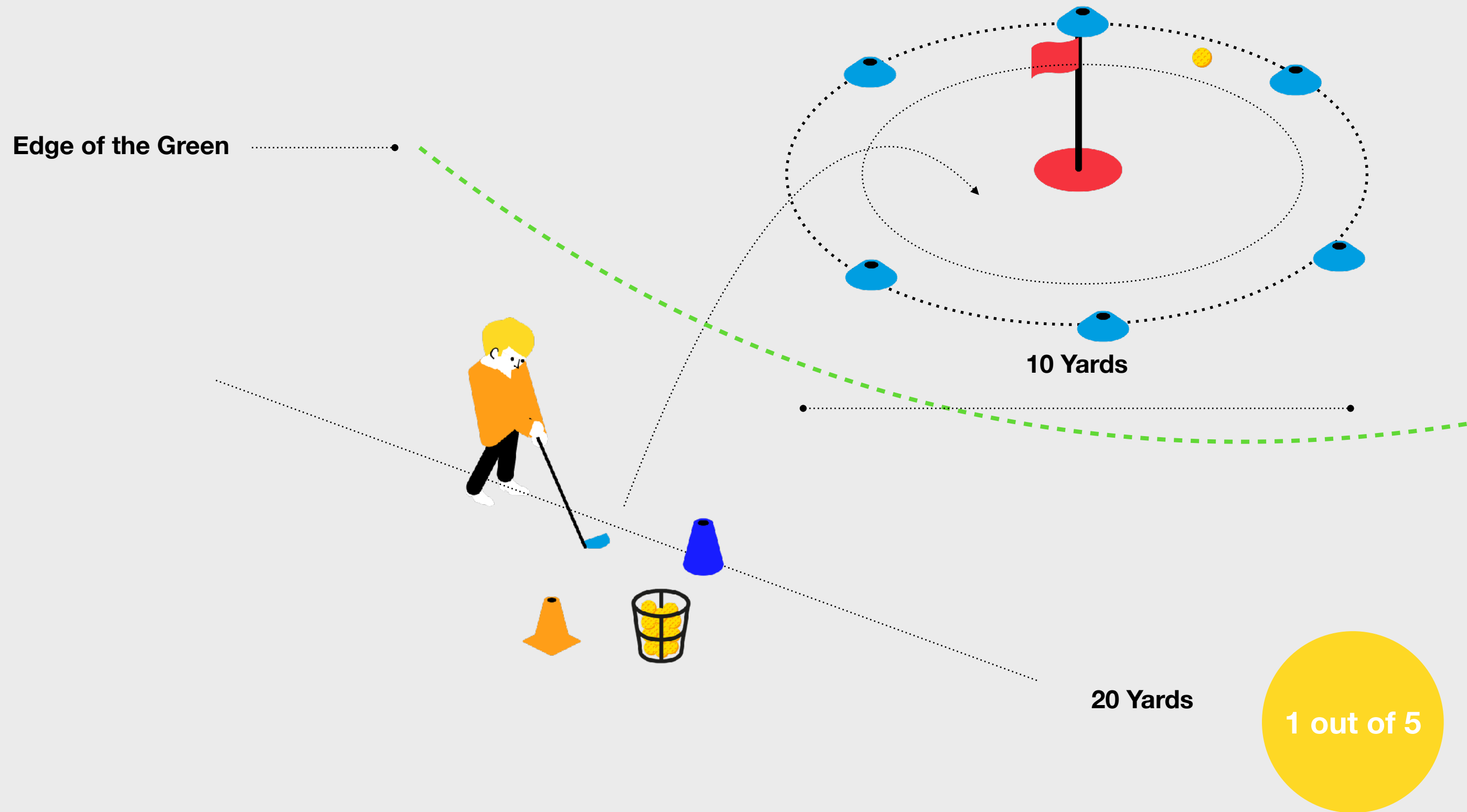
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Pitching



Pitching Challenge



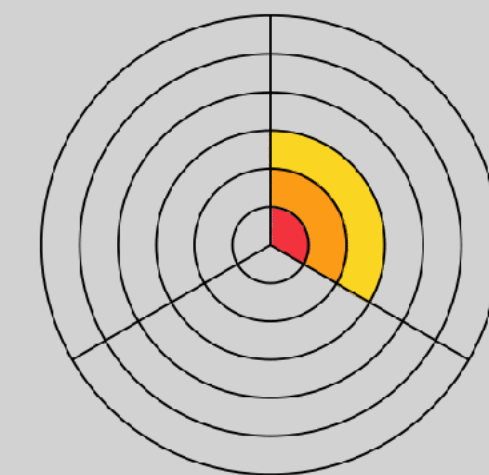
The Challenge

To complete the Level 3 Challenge within the Pitching skill element, the child needs to hit 1 out of 5 shots from 20 yards to finish within a 10 yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the green.

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.



Pitching



Pitching Challenge



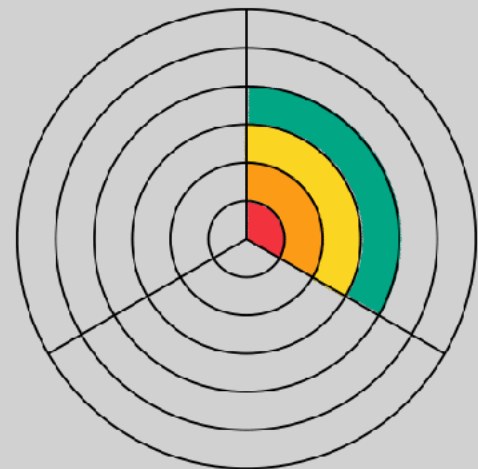
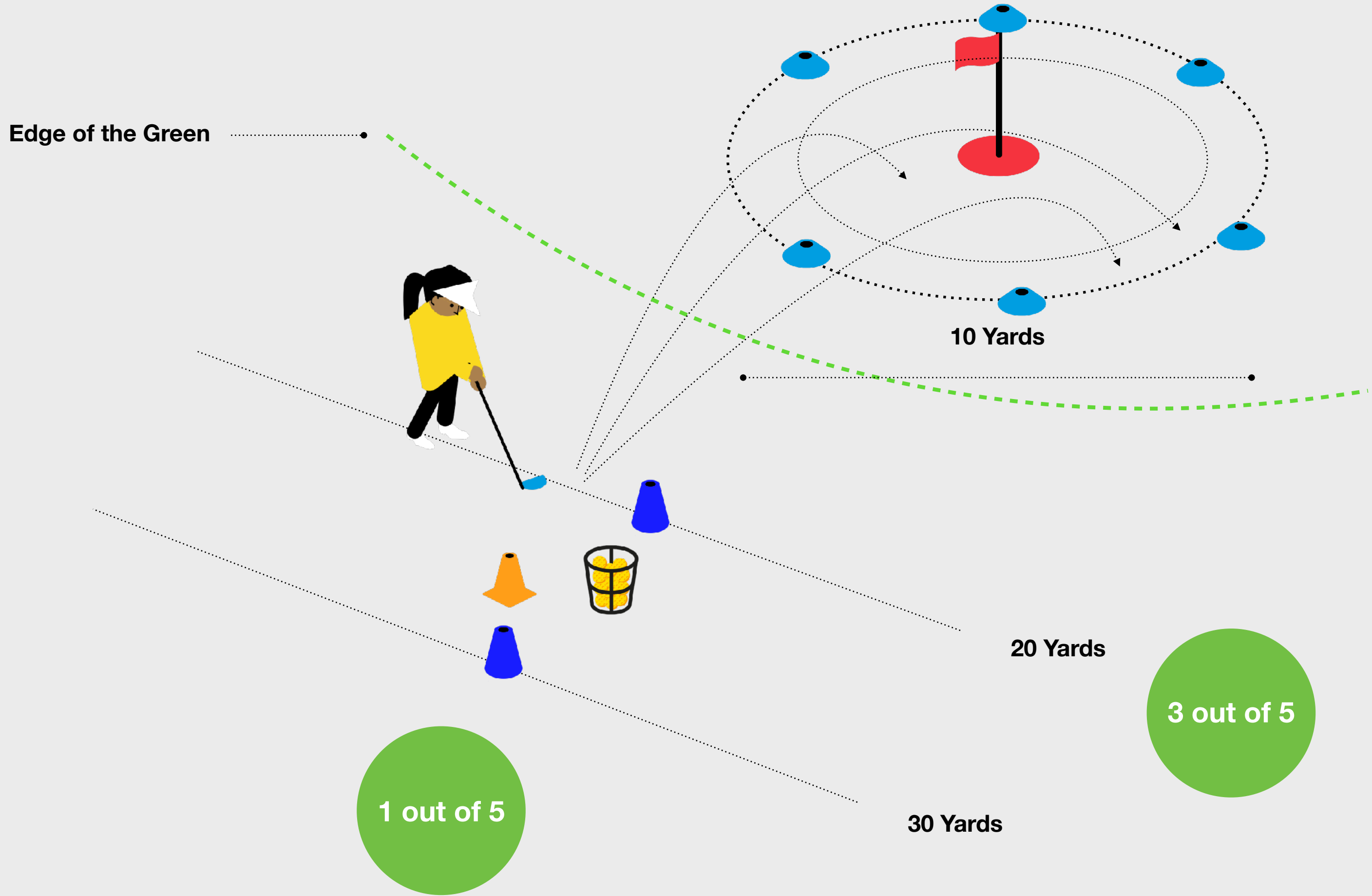
The Challenge

To complete the Level 4 Challenge within the Pitching skill element, the child needs to hit 3 out of 5 shots from 20 yards and 1 out of 5 shots from 30 yards within a 10-yard diameter circle. All attempts should finish on the green but the ball does not need to land onto 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.

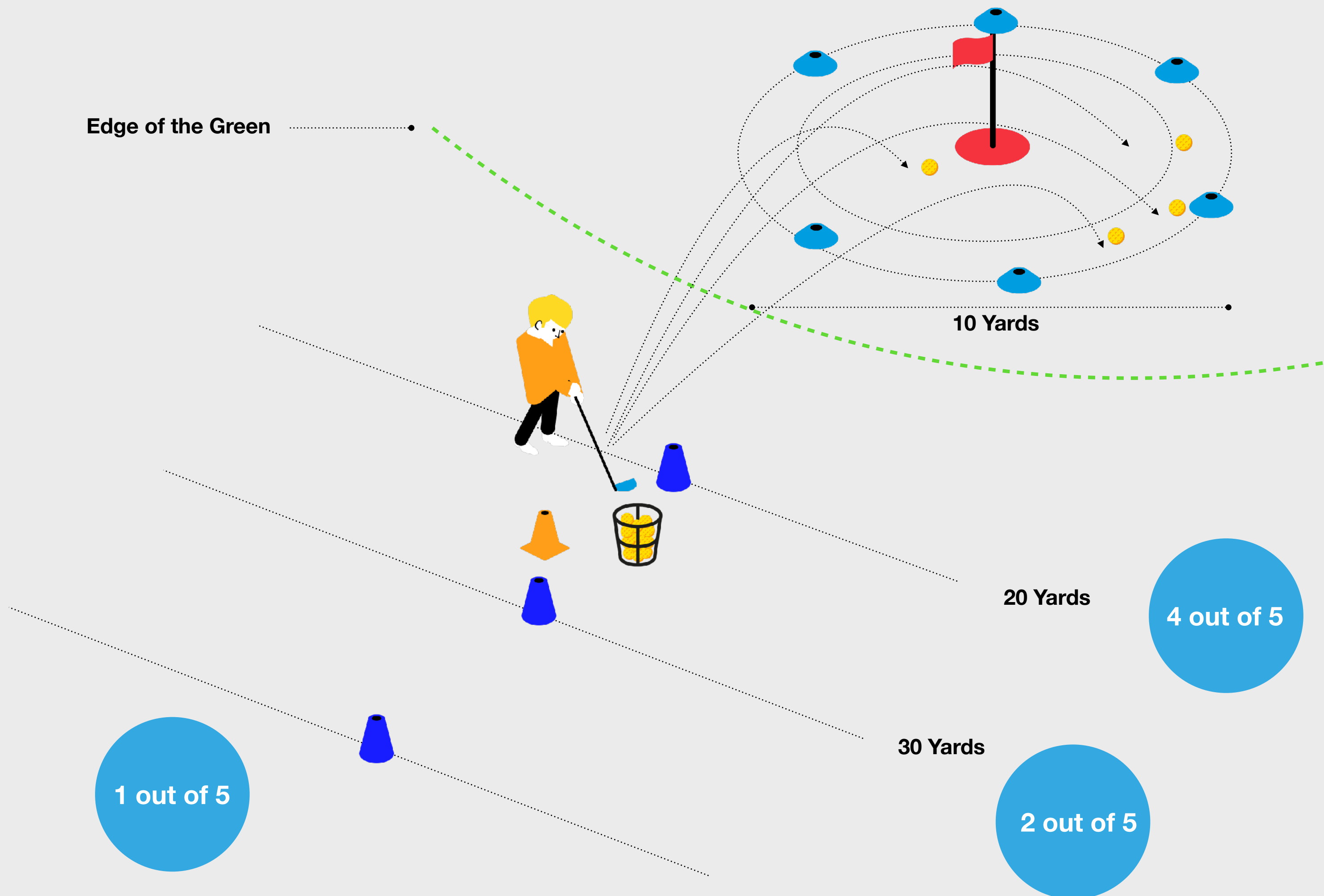
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Pitching



Pitching Challenge



1 out of 5

2 out of 5

4 out of 5



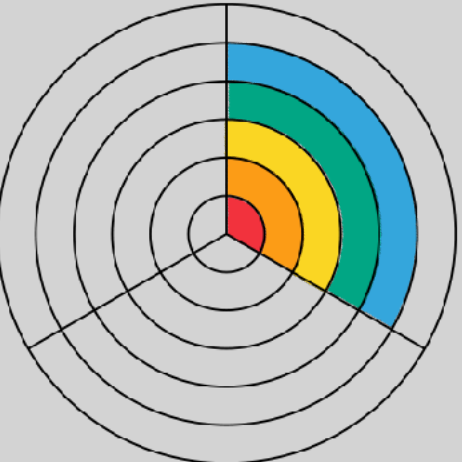
The Challenge

To complete the Level 5 Challenge within the Pitching skill element, the child needs to hit 4 out of 5 shots from 20 yards, 2 out of 5 shots from 30 yards and 1 out of 5 shots from 40 yards to finish within a 10 yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the green.

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.



Pitching



Pitching Challenge



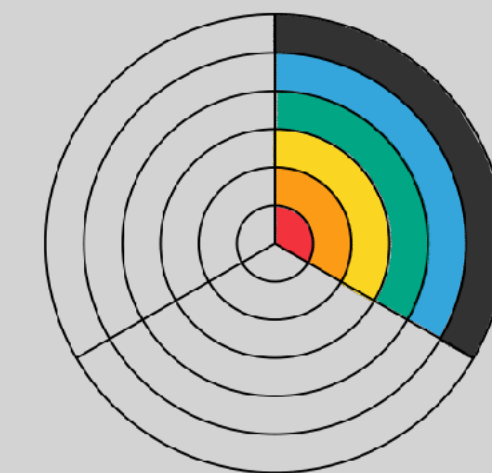
The Challenge

To complete the Black Sticker Challenge within the Pitching skill element, the child needs to hit 4 out of 5 from 20 yards, 3 out of 5 from 30 yards and 2 out of 5 from 40 yards to finish within a 6-yard diameter circle. All attempts should come to rest on the green and the ball should land on the green.

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.



Pitching

