

# Swing Week 25



# Class Timetable - Week 25

**Session Length:**  
60mins

**Group Size:**  
1:8

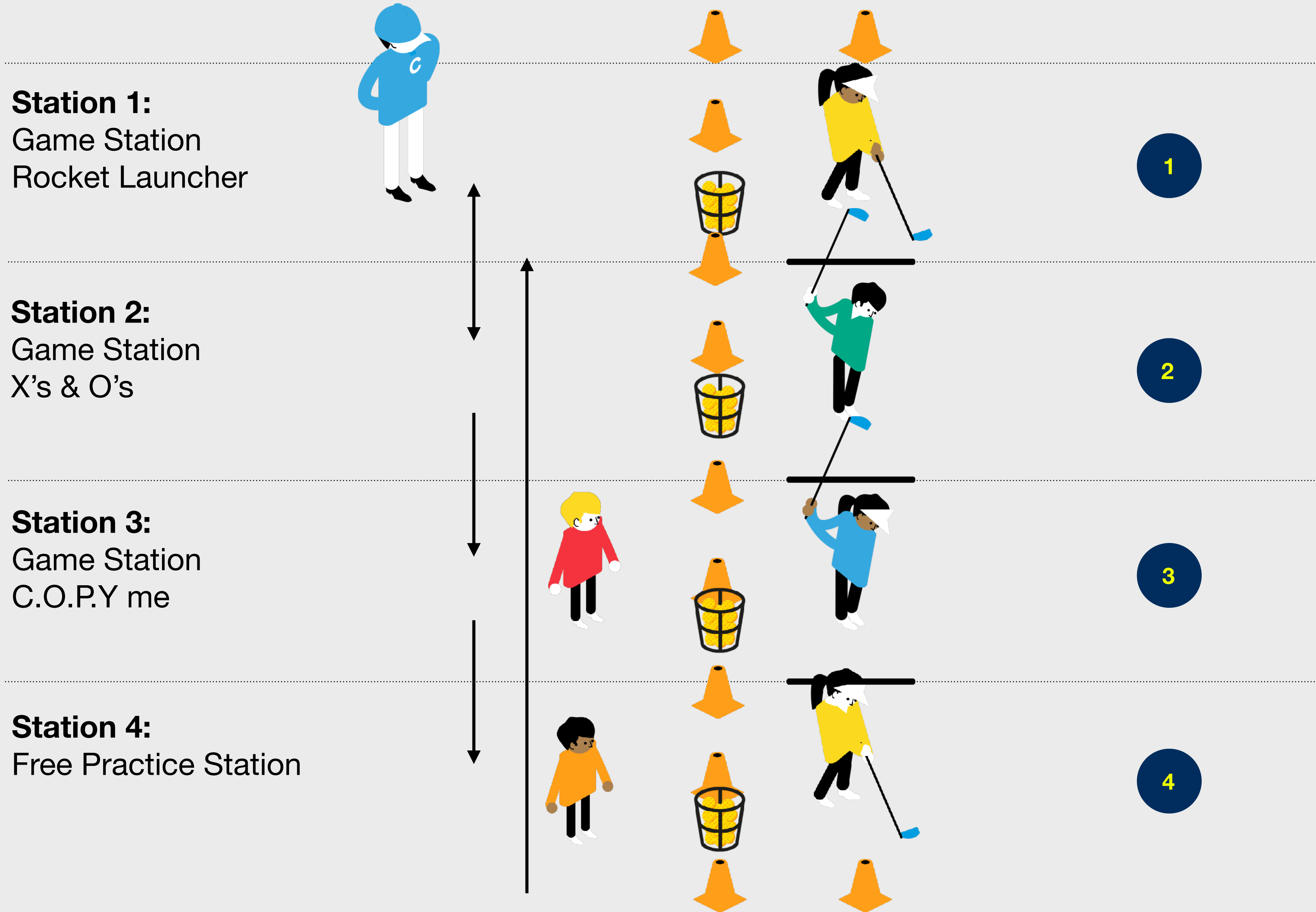
**Mastering the Game Focus:**  
Swing:  
Driver

**Whole Child Focus**  
Cognitive:  
Brush it Off

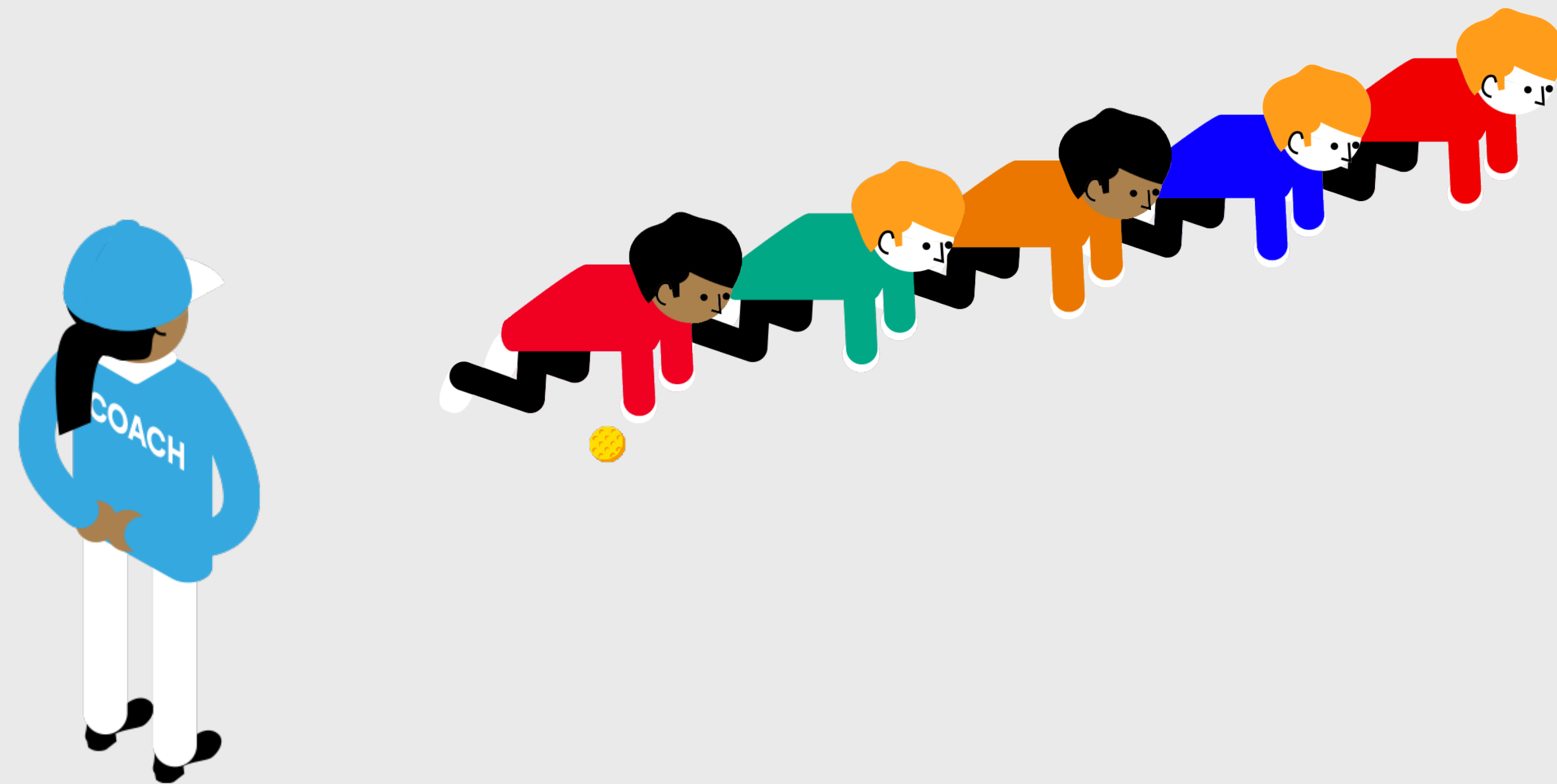
**Learning the Game Focus:**  
Orientation:  
Hitting with different parts of the Driver

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>Pass the Ball</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>Hitting with different parts of the Driver</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>Brush it Off</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, tasks and challenges</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 if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>X's and O's</li> <li>C.O.P.Y me</li> <li>Rocket Launcher</li> </ul>
5 Mins	myAcademy Folder Track and 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>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> </ul>

# Class Layout and Setup



# Pass the Ball



## How to Play

- All the children lay down in a raised plank position, side by side
- The aim of the game is to pass the ball from one end of the line to the other end and then back again in the quickest time possible
- Everyone has to stay in the plank position until the ball gets back to the first child

## Progression Ideas

- Put in a target time to beat
- Increase the number of times the ball has to be passed up and down the line

## Equipment Needed

1 x Golf Ball





## Cognitive Brush It Off

- The Whole Child theme this week is to learn how to brush off any bad shots, and move on to the next.
- Carry this theme into the class by letting the children know it's ok to get frustrated, but learning to move on without letting a bad shot effect you will be a key skill to learn.

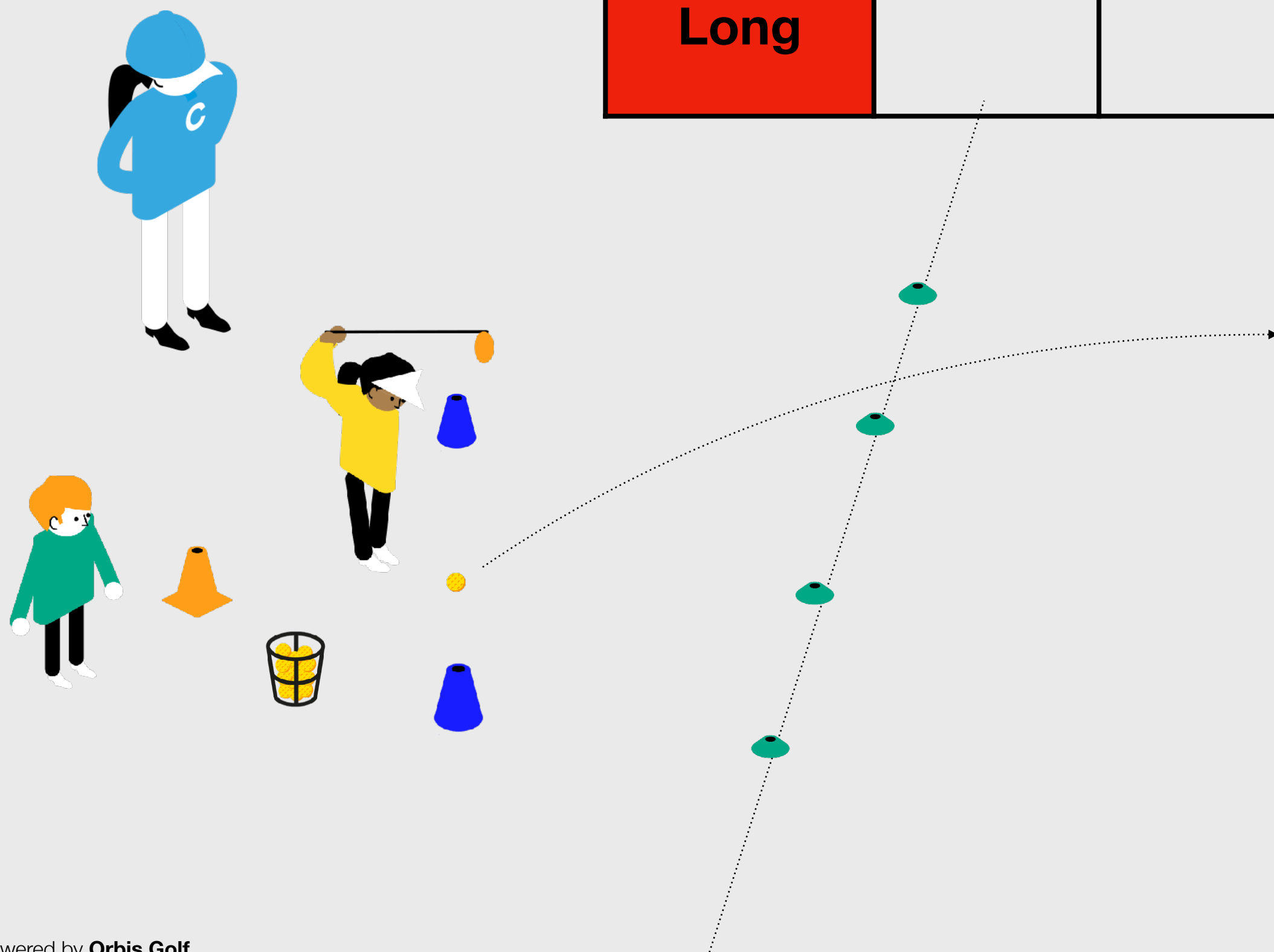


## Orientation Hitting with different parts of the Driver

- The Learning the Game focus this week is about understanding the different parts of the driver and how the ball flight is affected when you strike it off the heel or toe.
- You should introduce your juniors to the heel and toe of the club and, if appropriate, explain the expected ball flight when striking the ball from these parts of the club with a driver.

# X's & O's

Shot Type	Left	Straight	Right
Short	X		
Medium		X	
Long			X



## How to Play:

- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The children take it in turns to hit their shots
- If they are successful hitting their chosen shot then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

## Progression Ideas:

- Move the minimum distance cone line further out

## Equipment Needed:

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations.



Golf balls



Paper and Pen to draw the grid

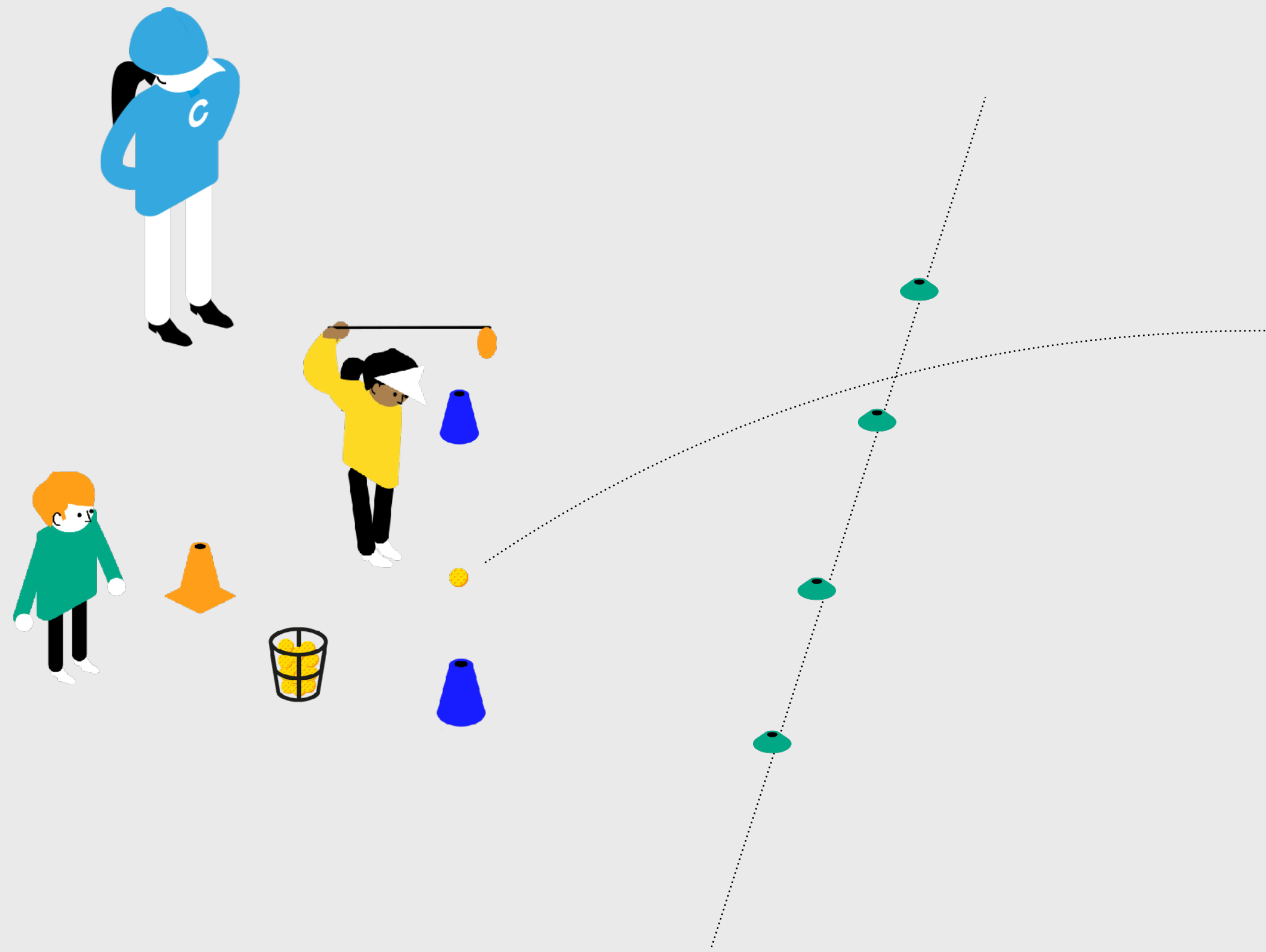


4 x Green Cones



CRUSH  
IT!  
JUNIOR GOLF

# C.O.P.Y me



## How to Play

- The children should take it in turns to choose a shot for their partner to replicate
- If the child cannot produce the shot themselves they receive a letter “C”
- If their partner does not manage to replicate the intended shot they receive a letter “C”
- The game continues until one learner has completed the word “COPY” then they lose

## Progression Ideas

- Make it target based as well

## Equipment Needed

Orange Safety Cones



Cones to mark out the necessary hitting stations.



Golf balls

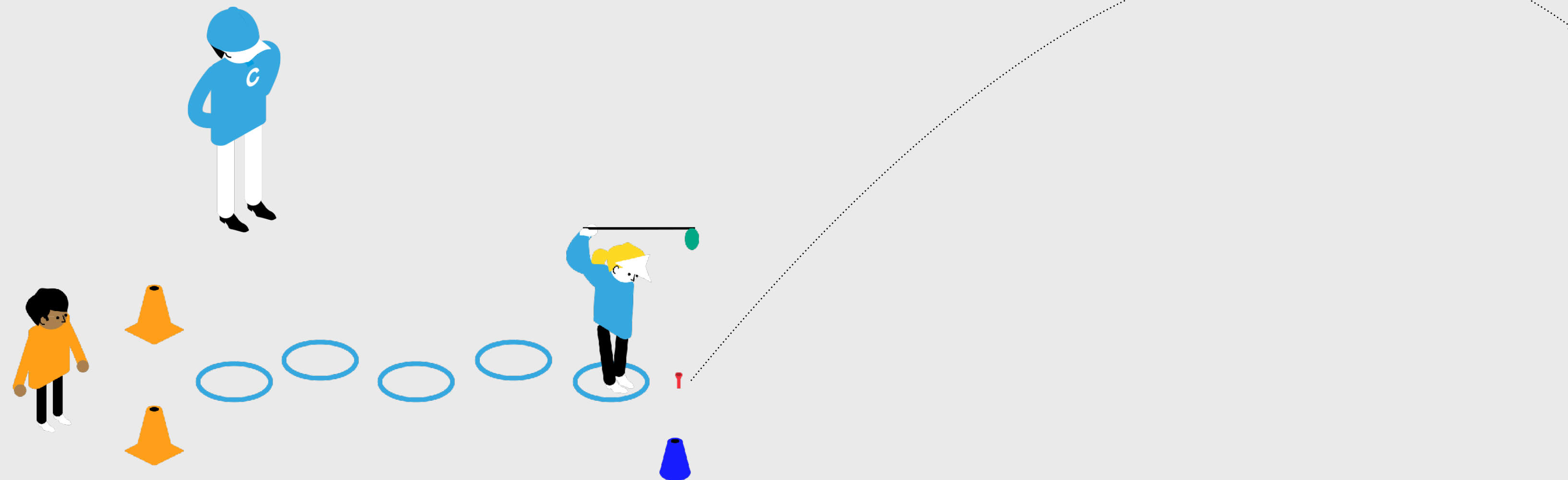


6 x Cones to build a target pyramid



**CRUSH  
IT!**  
JUNIOR GOLF

# Rocket Launcher



## How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1...”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

## Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

## Equipment needed

4 x Orange Safety Cones

SAFETY



Hoops

