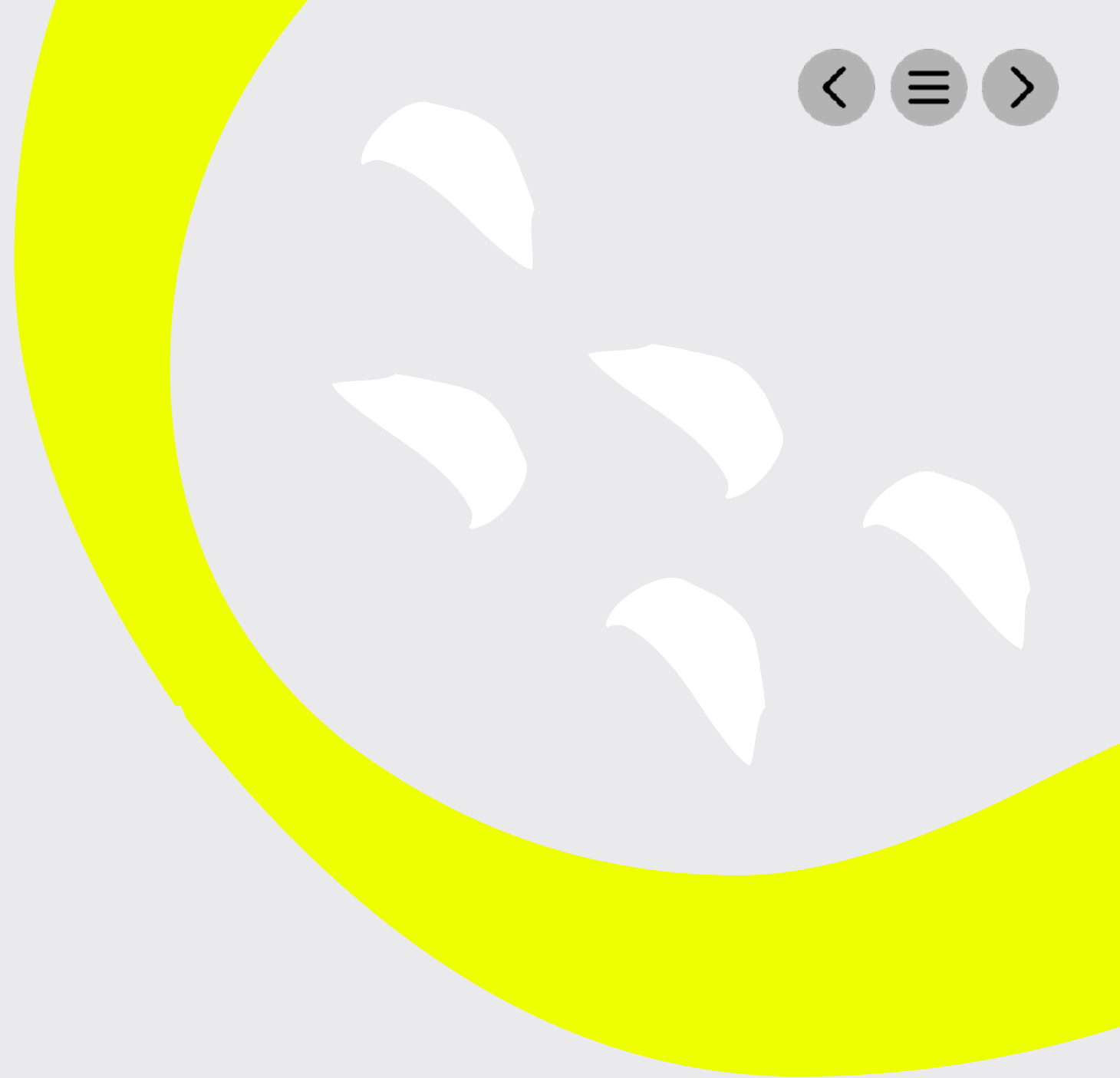


# Swing Week 28



# Class Timetable - Week 28

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing:  
Irons

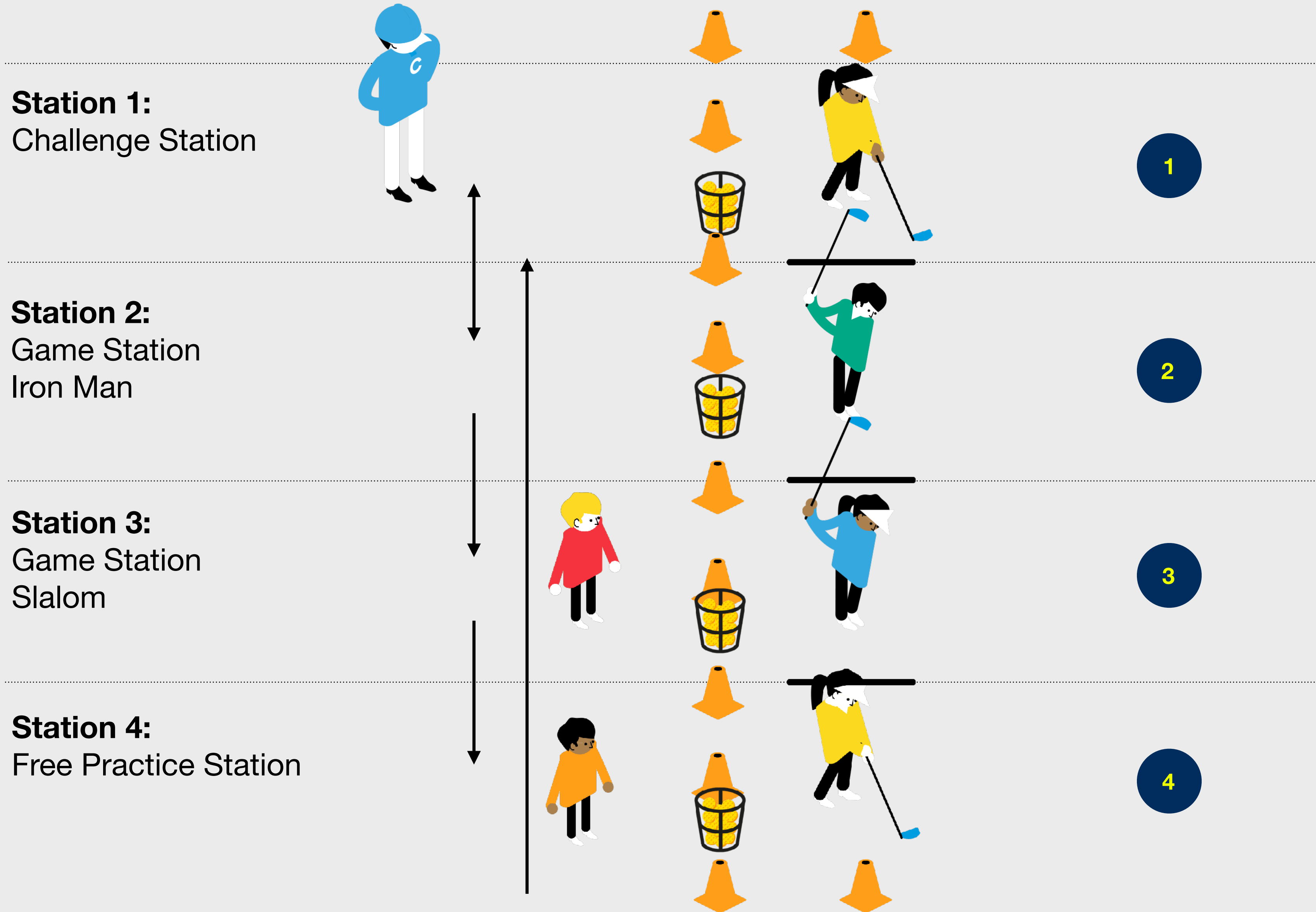
**Whole Child Focus**  
Creative:  
Curiosity

**Learning the Game Focus:**  
Playing and Scoring:  
How many practice swings are appropriate

**Mastering the Game Challenge:**  
Iron 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>Superintendents and Hackers</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>How many practice swings are appropriate</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>Curiosity</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>Iron Man</li> <li>Slalom</li> <li>The Iron 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>

# Class Layout and Setup



# Irons Challenge Setup

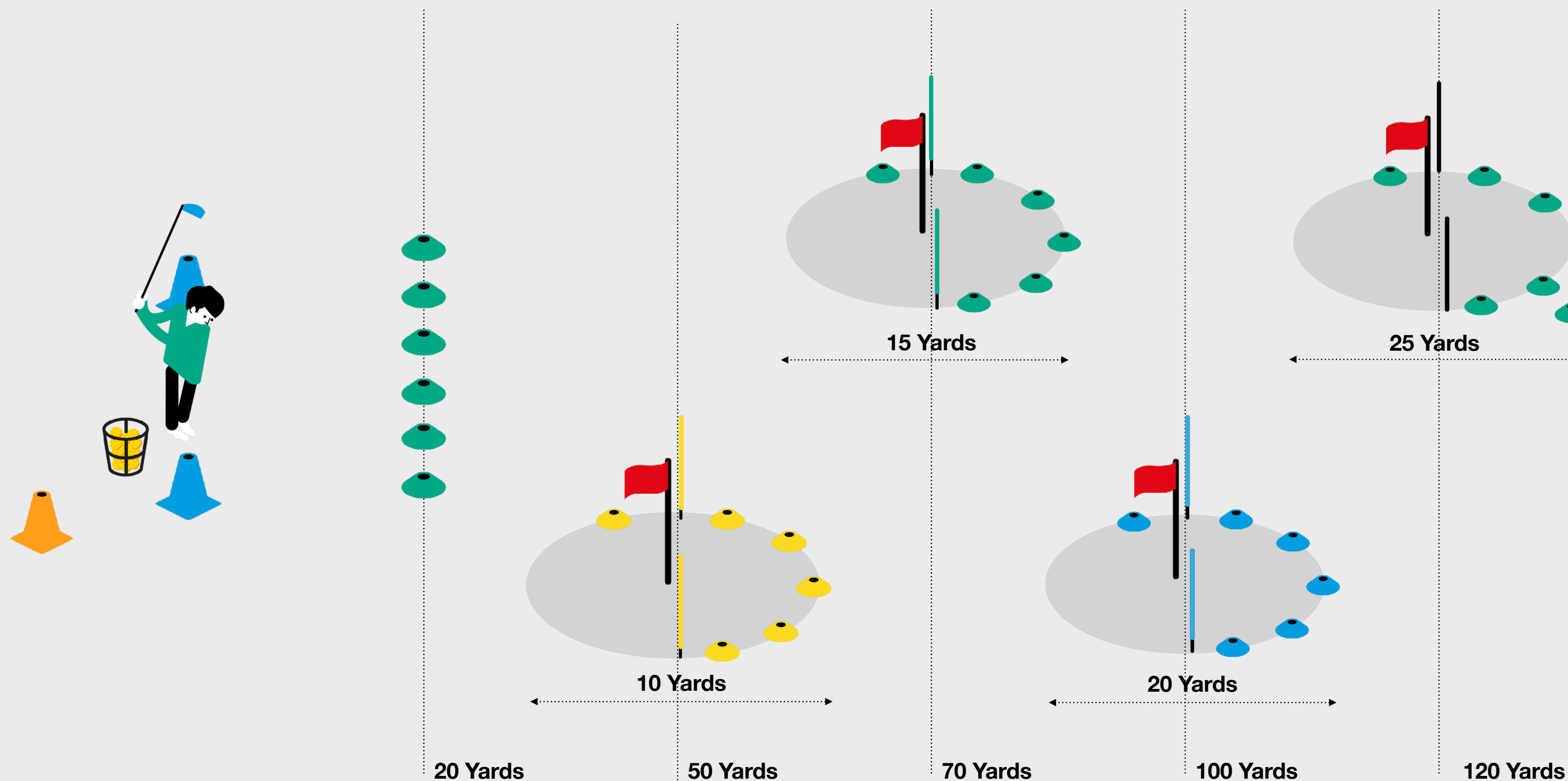


## Equipment Needed

- Orange safety cones for a safety line
- Cones to mark out the necessary hitting stations
- Cones to mark the target zones if foam noodles aren't available
- Alignment Sticks
- Flag (if available)
- Foam Noodles

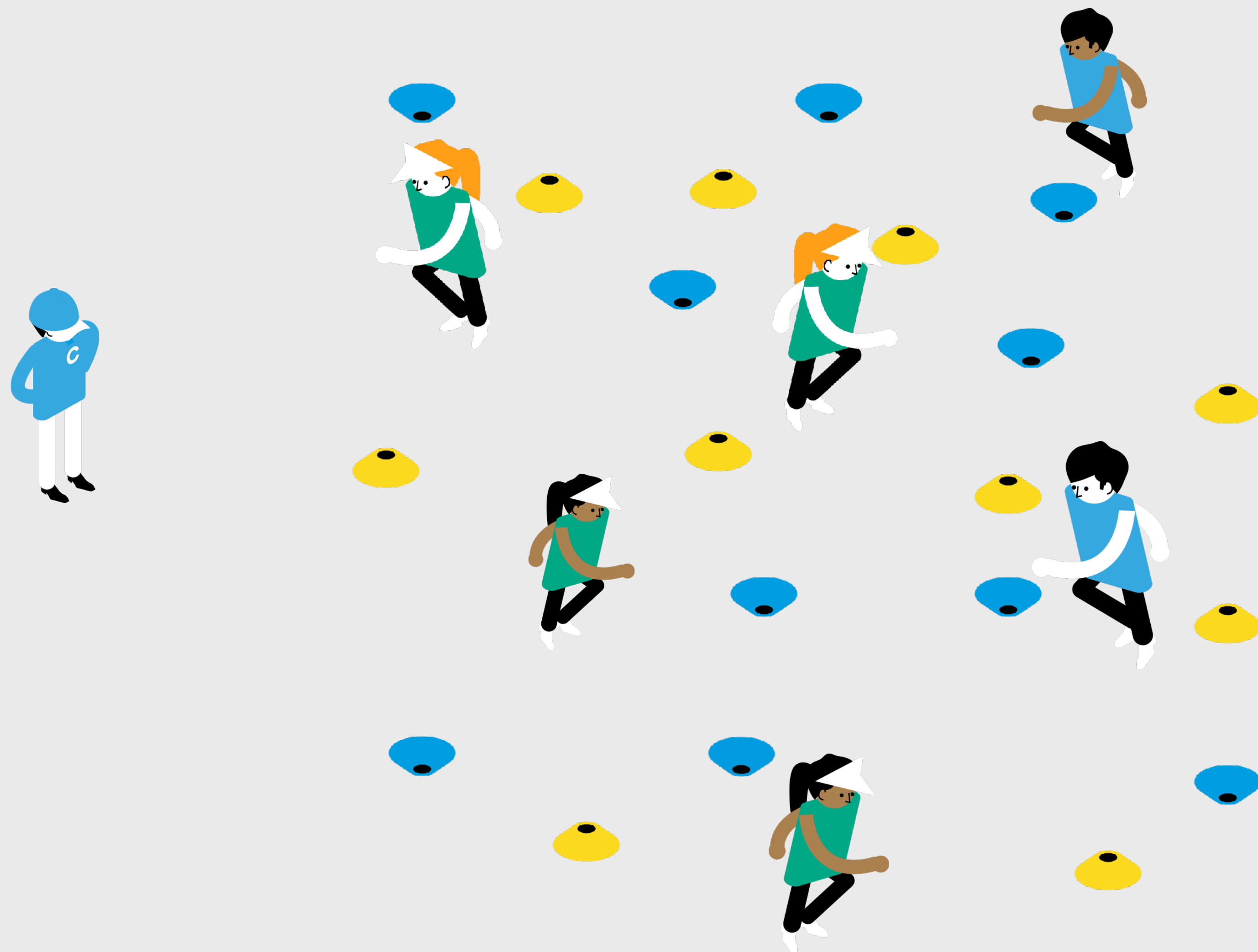
## Setting out the Challenge

- Foam Noodles placed onto the alignment sticks should be used to mark the perimeter of the target zones either side of the flag
- Alignment sticks should be used to mark the target when a flag isn't possible
- Green Cones should be used to mark the target lines for the level 2 challenge
- Set out all the markers to enable every child to attempt their challenges in the class



**CRUSH  
IT!**  
JUNIOR GOLF

# Superintendents and Hackers



## How to Play

- Split the players into two teams of 3
- Nominate one team to be either the Hackers or Superintendents
- On "GO", the superintendents attempt to turn all of the upside down cones the correct way up. The hackers attempt to turn the cones that are the correct way up upside down
- The team that turns the most cones onto the correct side within 60 seconds wins

## Progression Ideas

- Explore FMS movement during the game such as jumping, hopping and skipping
- Change the distance between the cones
- Change the number of cones in the game
- Players must turn the cones using one hand only

## Equipment Needed

Orange Safety Cones



10 x Yellow colored cones



10 x Blue colored cones



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IT!  
JUNIOR GOLF



## Creative Curiosity

- The Whole Child theme this week is to encourage creativity and curiosity in golf and life.
- Carry this theme into the class by encouraging the children to try different types of shots within the session and explore any ideas they have on how to play better golf.

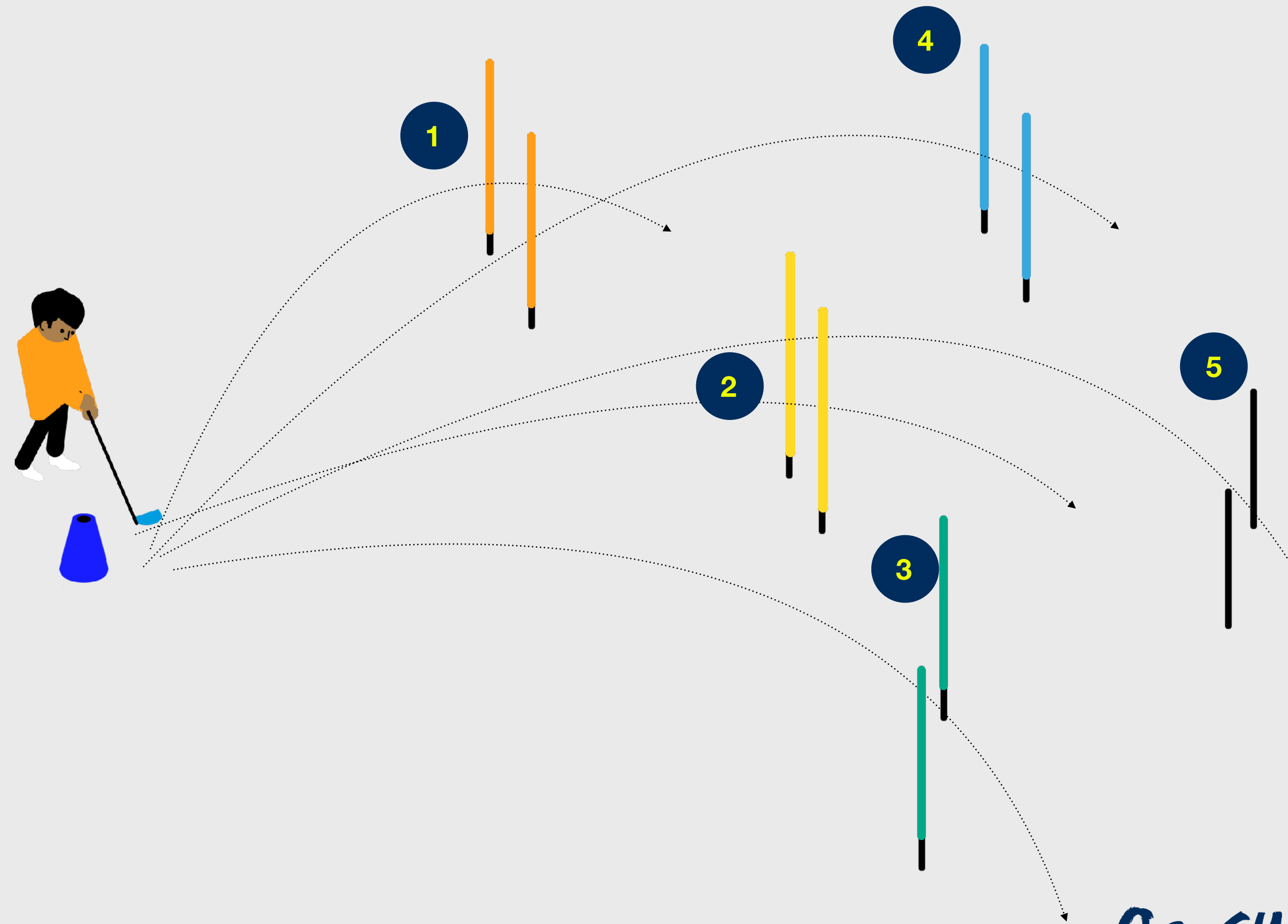
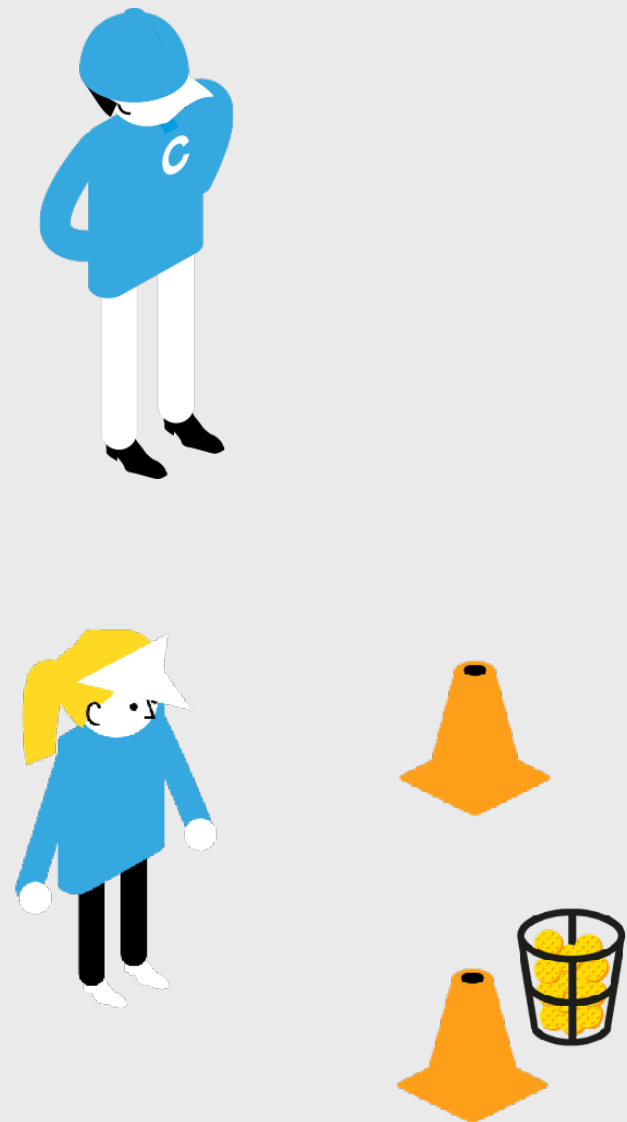


## Playing and Scoring

### How many practice swings are appropriate?

- The Learning the Game focus this week is about taking practice swings, why it is important but to also understand how many are appropriate when playing.
- You should make sure the children understand they can take as many practice swings as they want, however there is an expectation that they will take their shot without holding up play.

# Slalom



## How to Play

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order
- When a child hits the ball through the gate they move to the next gate
- The children take it in turns to hit their shots
- The winner is the child who gets their ball through the final gate first

## Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets at each gate
- Change the width of the target gates
- Introduce a rule whereby the child has a certain number of attempts before moving back a gate or back to the start

## Equipment needed

4 x Orange Safety Cones

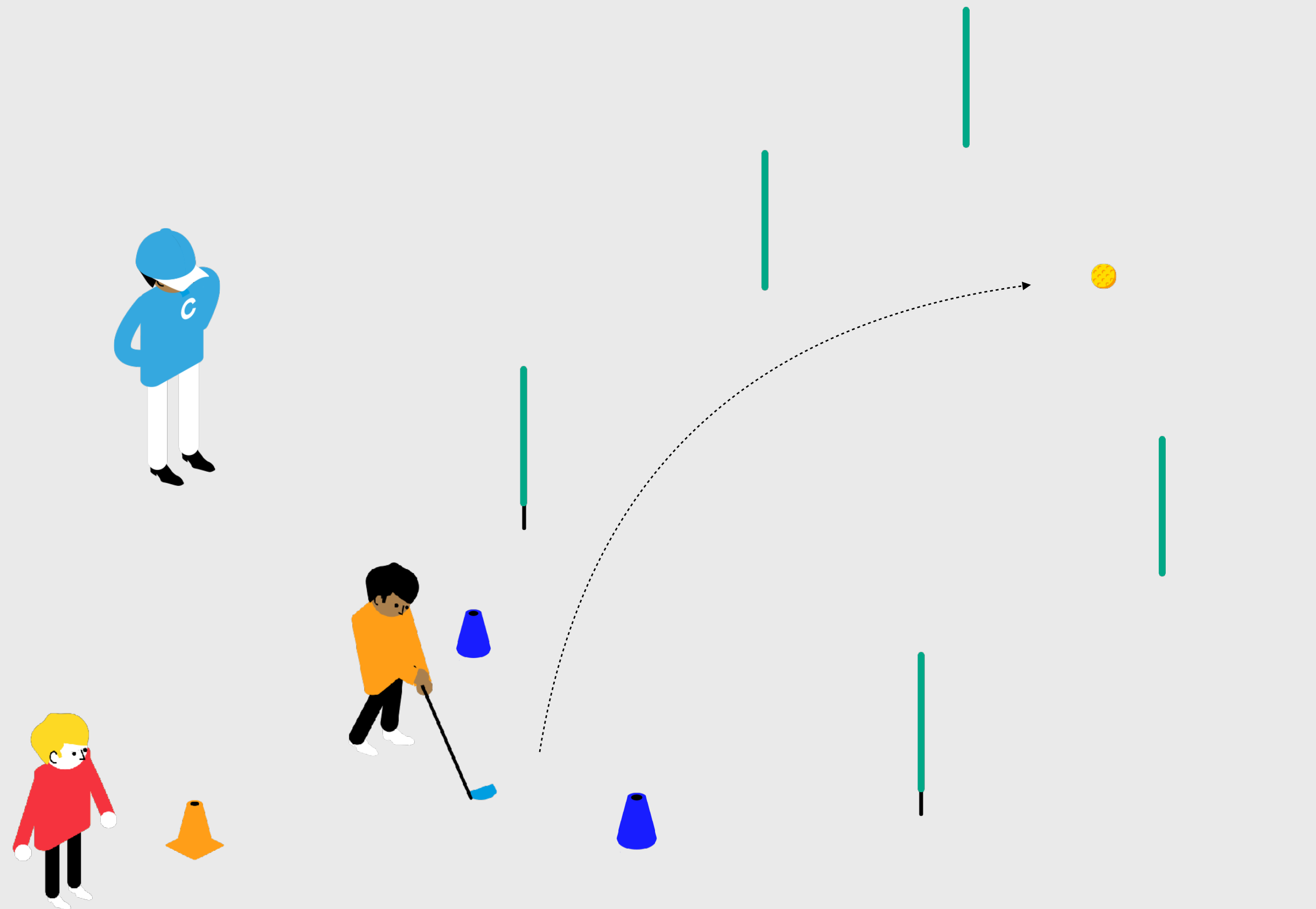
SAFETY

10 x Alignment Sticks

10 x Foam Noodles

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# Iron Man



## How to Play

- Set up a fairway on the driving range using alignment sticks
- Children must hit shots with each one of their irons through the target gate
- They will get a point each time they get a ball through the target gate
- They must switch iron each shot

## Progression Ideas

- Narrow the width of the gate

## Equipment Needed

Orange Safety Cones

SAFETY



Cones to mark out hitting stations



6 x Foam Noodles



6 x Alignment Sticks



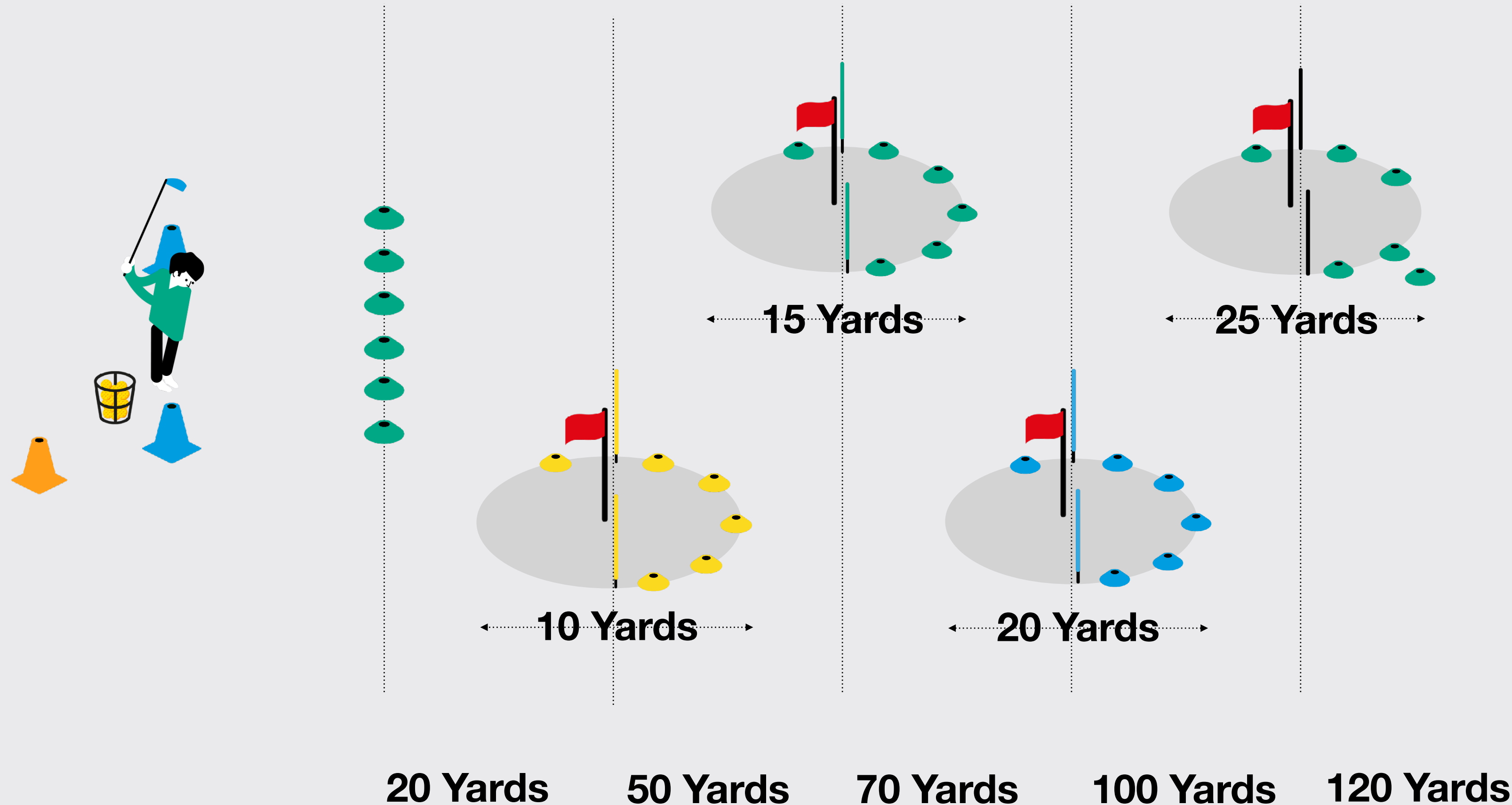
Golf Balls



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# Iron Challenges



## Attempting the Challenge

- Juniors have 5 attempts at the Challenge
- Juniors should attempt the Challenge for the level they are aiming to complete
- Juniors get 1 point for every successful attempt for the team challenge

## The Challenges

- 1 Juniors complete this Level 1 Challenge by hitting 3 shots in the air with an Iron. They have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a
- 2 Juniors complete this Level 2 Challenge by hitting 3 shots in the air with an Iron. The ball must carry a minimum of 20 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 3 Juniors complete this Level 3 Challenge by hitting 3 shots where the ball must finish within a 10-yard circle surrounding a flag that is 50 yards away. They have 5 attempts and this challenge can be attempted off a tee.
- 4 Juniors complete this Level 4 Challenge by hitting 3 shots with the ball coming to rest within a 15-yard circle surrounding a flag that is 70 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 5 Juniors complete this Level 5 Challenge by hitting 4 shots where the ball must finish within a 20-yard circle surrounding a flag that is 100 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 6 Juniors complete this Level 6 Challenge by hitting 5 shots where the ball must finish within a 25-yard circle surrounding a flag that is 120 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.

