

Around the Green

Week 3



Class Timetable - Week 3

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Chipping

Whole Child Focus
Social:
Friendships

Learning the Game Focus:
Preparing to Play:
Staying Safe at the Golf Course

Mastering the Game Challenge:
Chipping Challenge

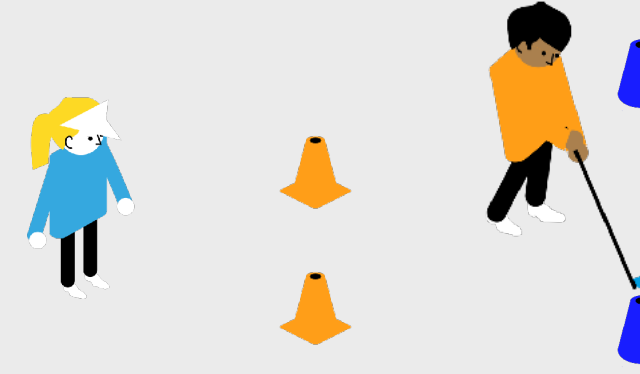
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Wedge and Ball
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"> Staying Safe at the Golf Course
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"> Friendships
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"> Battleships Ladder Challenge Chipping 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+

Class Layout and Setup

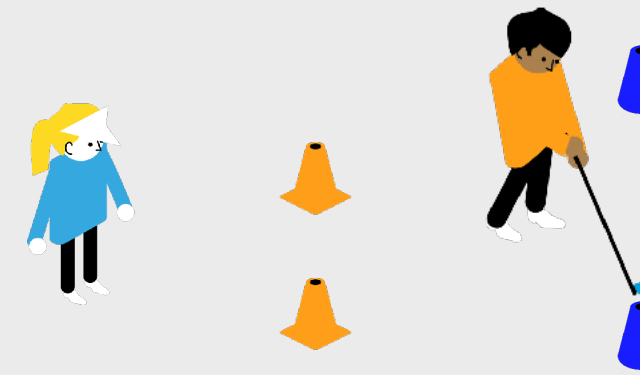
Station 3:
Game Station
Battleships



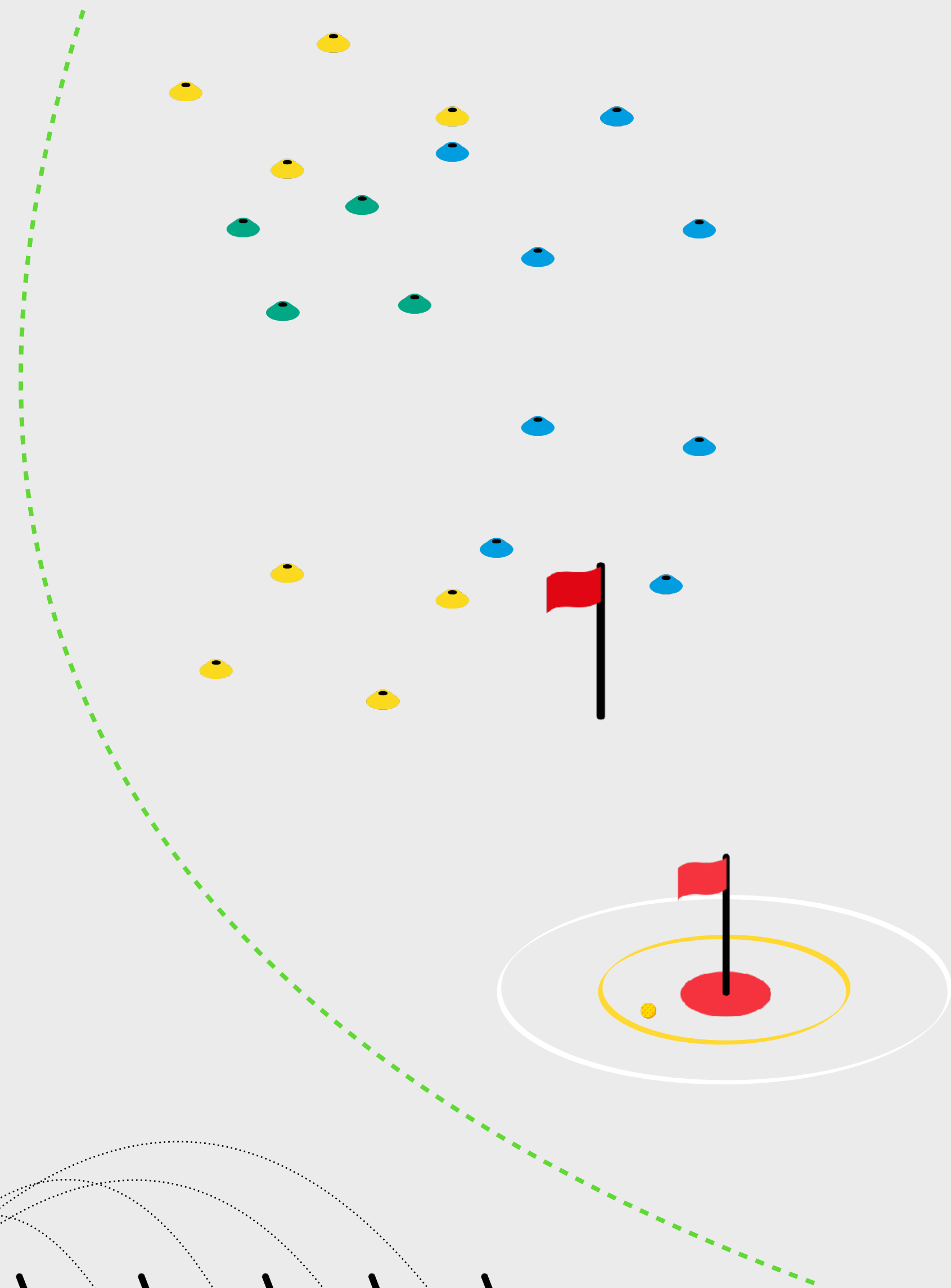
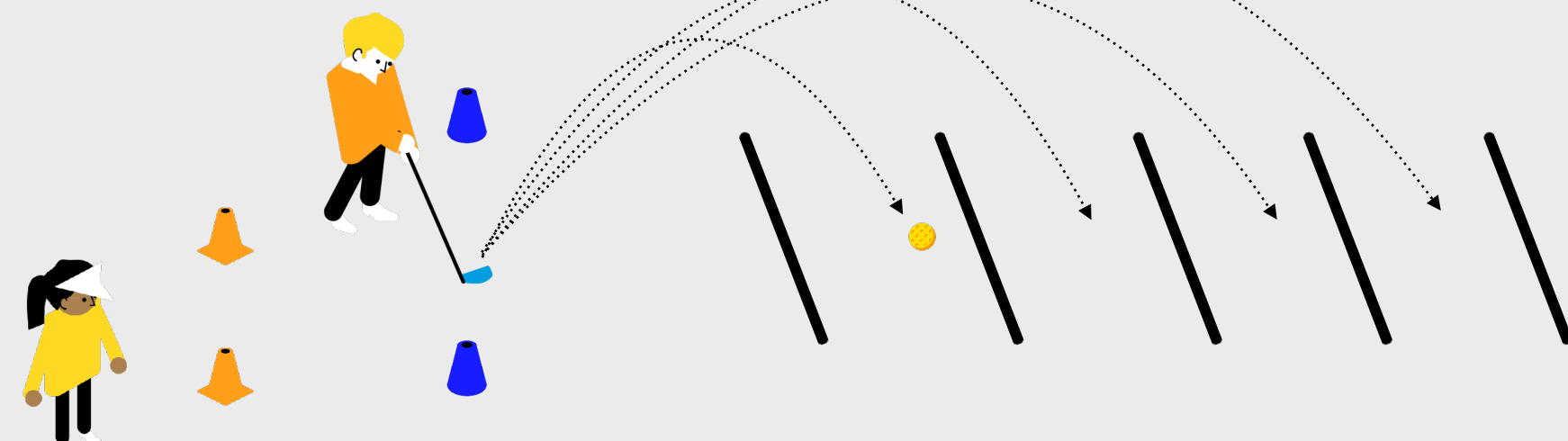
Station 4:
Free Practice Station



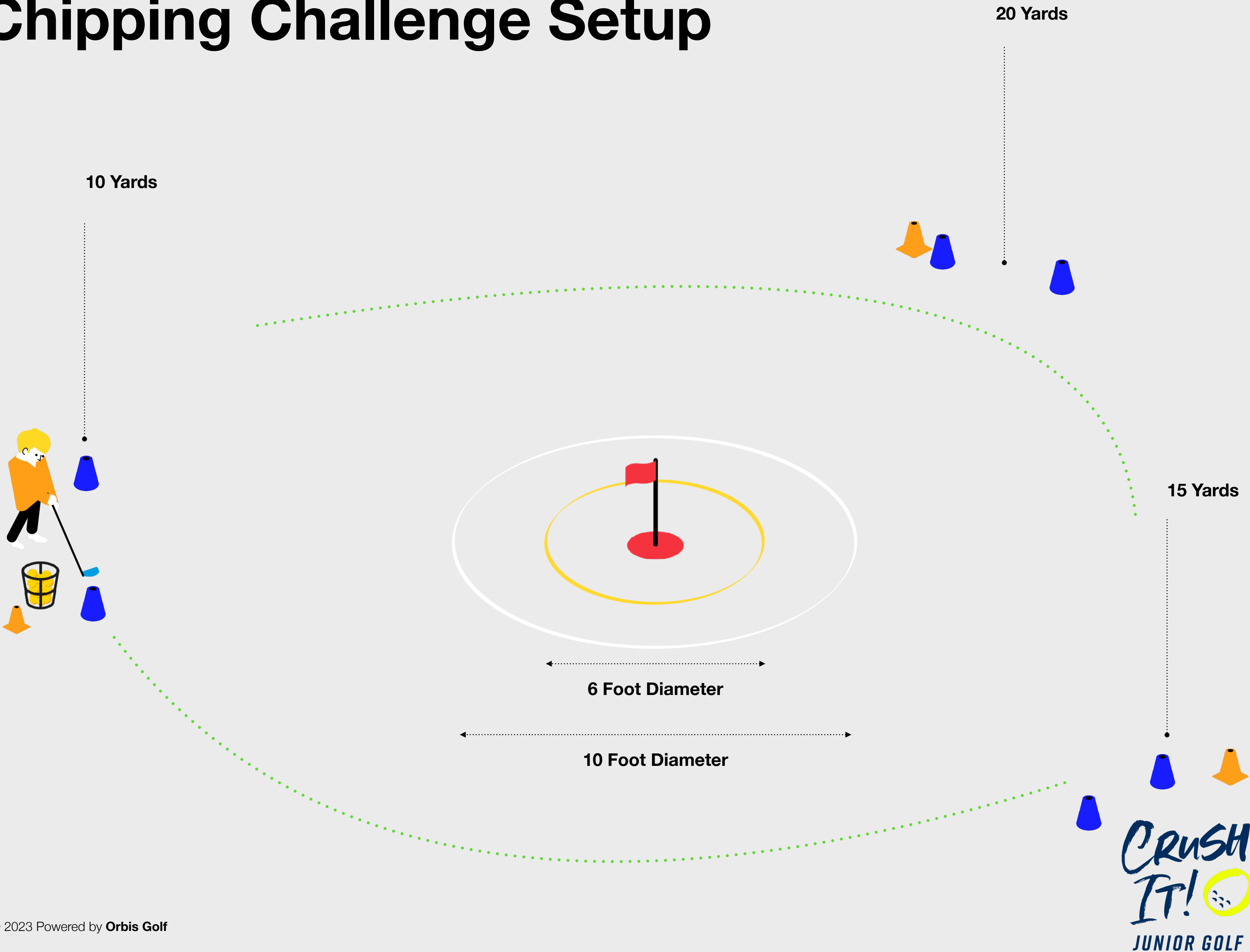
Station 1:
Challenge Station



Station 2:
Game Station
Ladder Challenge



Chipping Challenge Setup



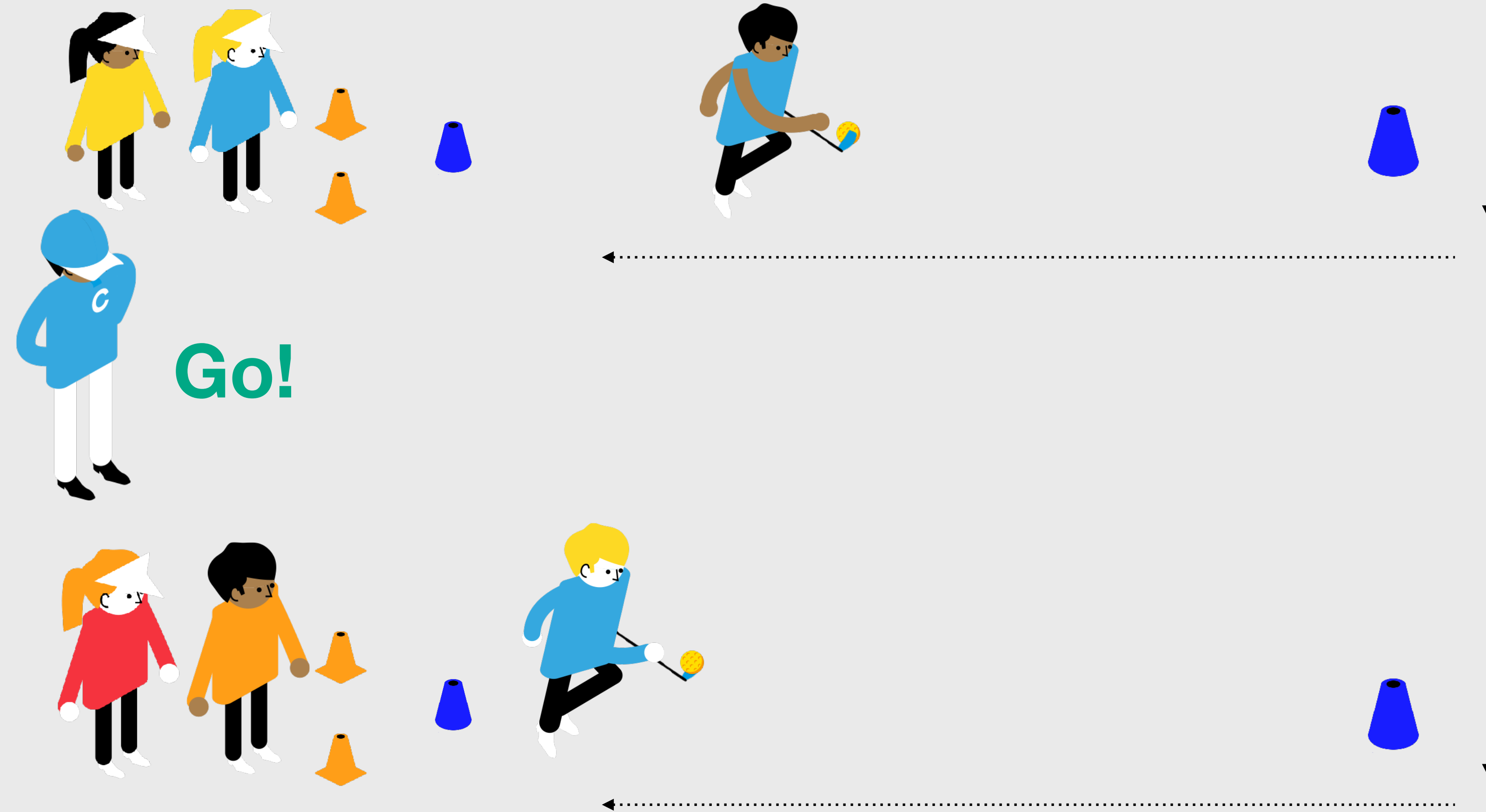
Setting out the Challenge

- 1 flag should be selected on the green. Alignment sticks could be used where this isn't possible
- 2 target circles from your equipment bag are placed around the flag at the diameters in the graphic opposite
- Three starting points are positioned around the green for level 3-6 challenges
- These should offer variation and at the approximate distance indicated in the graphic

Equipment Required

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

Wedge and Ball



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 with the wedge in one hand and the golf ball in the other
- On go, the child tries to walk and balance the golf ball on the club face
- The team that wins is the one who gets all players home first.

Progression Ideas

- Add extra goes for each child
- Increase the distance between the markers
- Play the game with different fundamental movements such as running or hopping
- Attempt to play the game bouncing the ball on the clubface as the child moves
- When the ball is dropped, the child returns to the start

Equipment Needed

Orange Safety Cones



4 x Cones



Golf Wedge



Golf Ball





Social Friendships

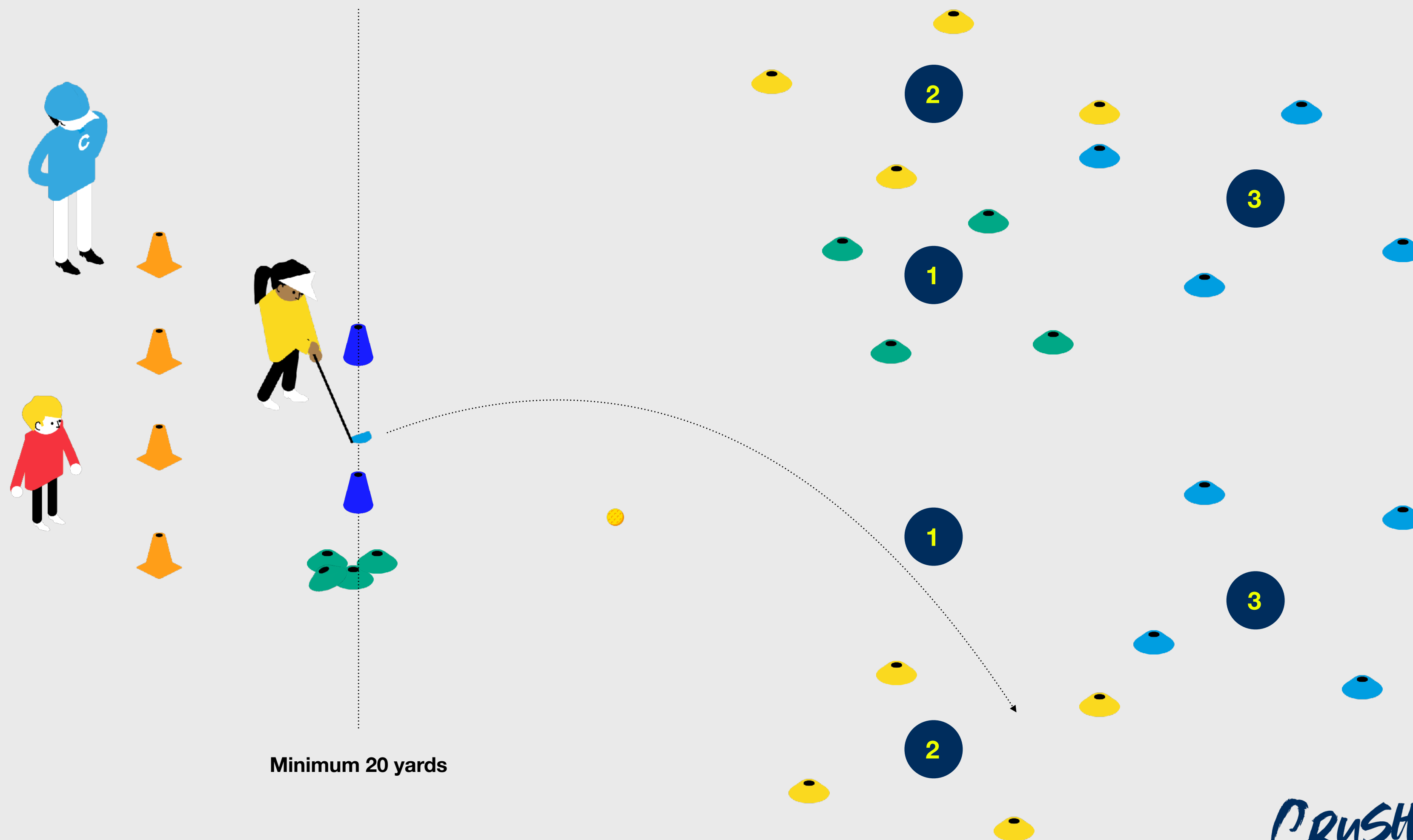
- The Whole Child theme this week is to encourage children to make friends with other children that they don't know. Use the opportunity to pair the children with those they don't normally play with, or those they don't know as well as others.
- Carry this theme into the class by pairing the children with those they don't normally play with, or those they don't know as well as others.



Playing and Scoring Staying safe on the golf course

- The Learning the Game focus this week is about understanding the dangers on the golf course and what we need to know to stay safe.
- You should highlight to your juniors best practice of knowing where to stand when someone is playing their shot, being aware of other players on the course, and introduce the concept of shouting "Fore!" and what to do when you hear this shout.

Battleships



Minimum 20 yards

How to Play

- One player is assigned one side as their ships and the other child is assigned the opposite. The aim of the game is for players to destroy the opposing player's ships by landing the ball into the box
- Players must nominate the ship they are attempting to destroy. If they are successful, they pick up the cones and return it to the start
- The game continues until one player has destroyed all of the opposing players ships

Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the distance between the starting point and the ships
- Change the size of the target ships
- Change the number of target ships

Equipment needed

Orange safety cones

SAFETY



3 x cones



Golf balls



8 x Colored cones to mark out two of the boxes



8 x Colored cones to mark out two of the boxes



8 x Colored cones to mark out two of the boxes



CRUSH
IT!
JUNIOR GOLF

Ladder Challenge



How to Play

- Nominate a player to play first. Each child has 10 shots per round
- The first player attempts to pitch their ball into the gap between the first and second alignment stick
- If successful, then their partner aims for the gap between the second and third alignment sticks
- If they miss the gap the team have to aim for the same gap until they are successful
- The aim is to pitch the ball into each gap on the ladder before they run out of golf balls
- The game is complete if players have successfully hit each rung of the ladder after taking 10 shots each

Progression Ideas

- Vary the distance from the first alignment stick
- Vary the gap between alignment sticks
- Add in more alignment sticks to create a longer ladder

Equipment needed

2 x Orange safety cones

SAFETY



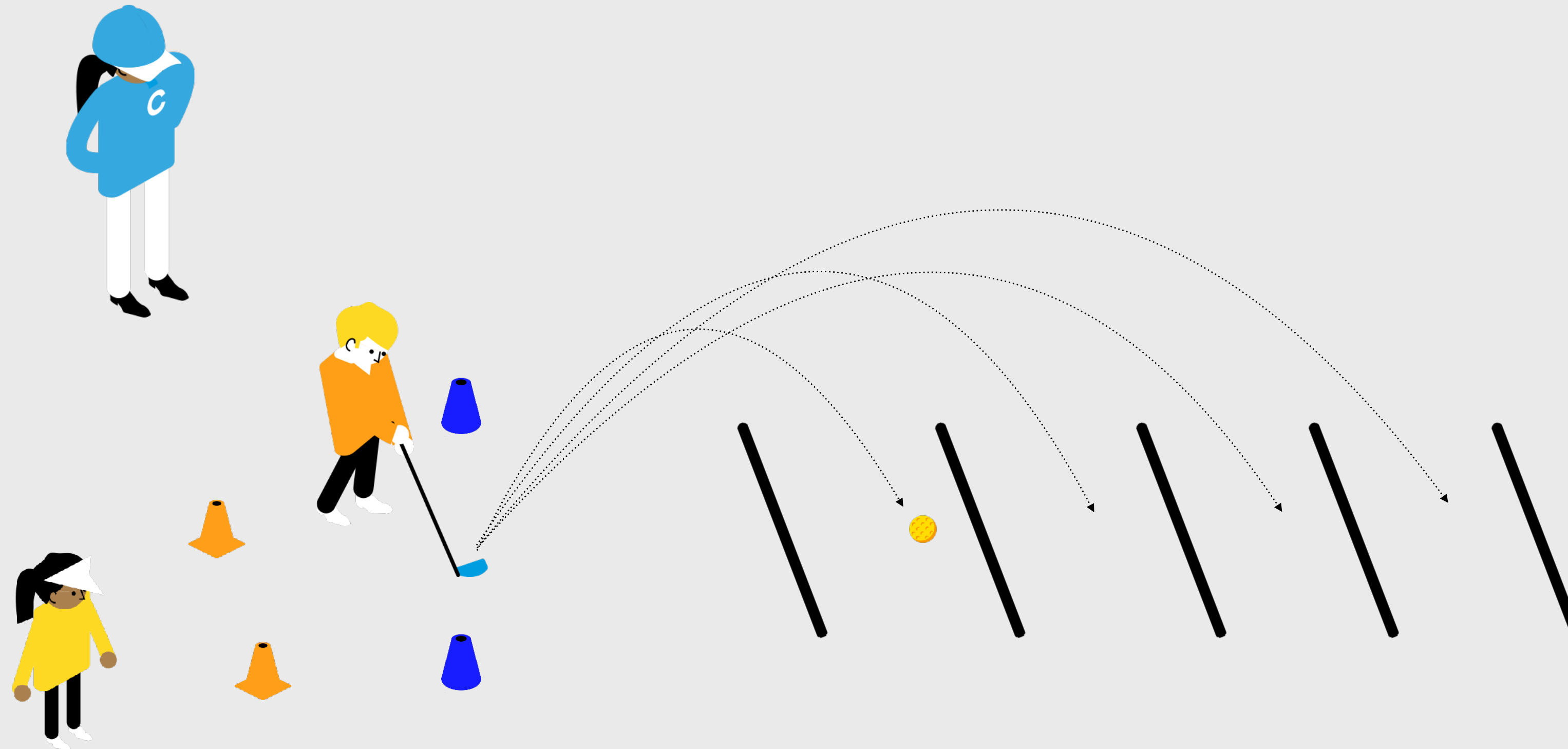
2 x Cones



5 x Alignment sticks

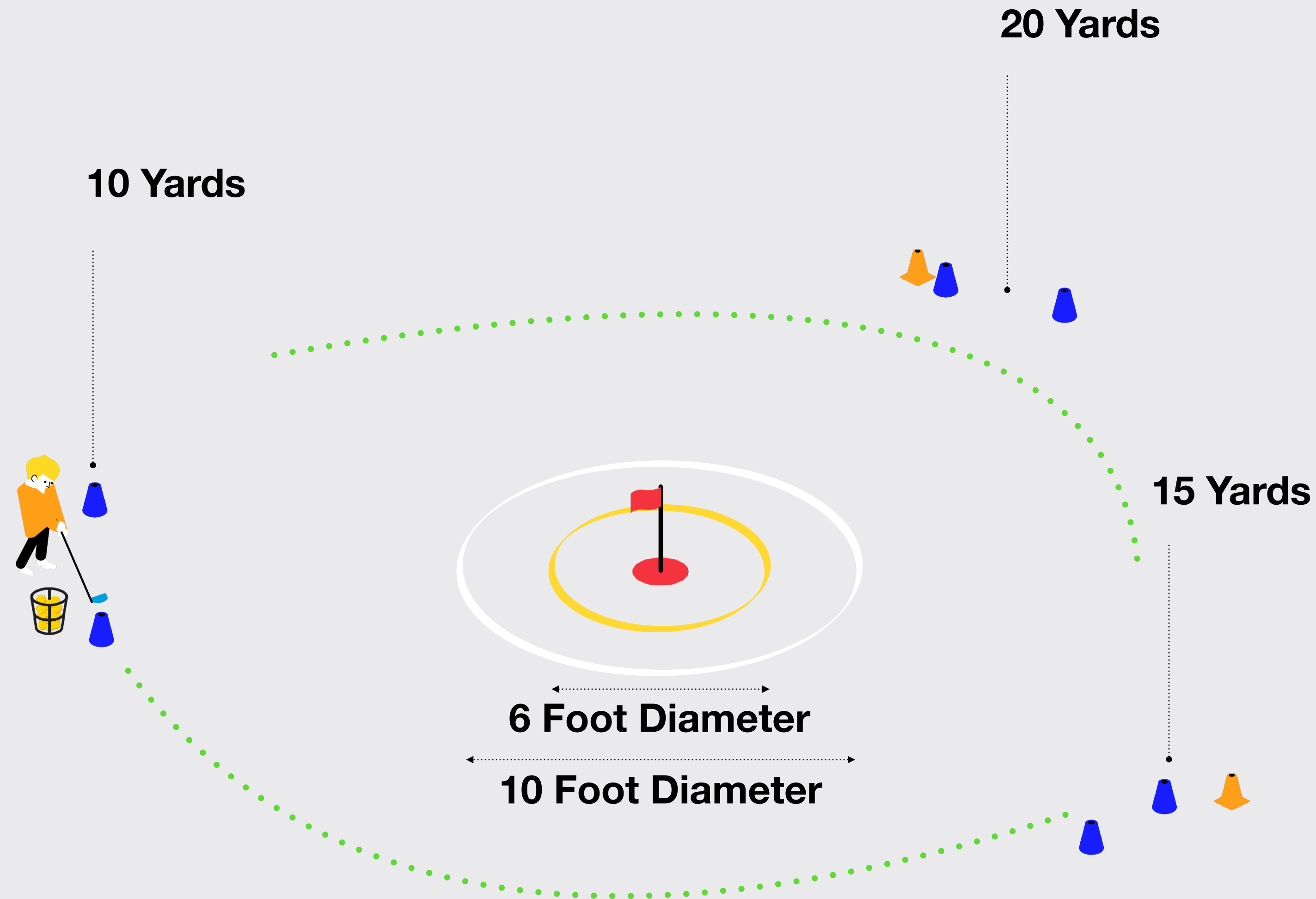


Golf balls



CRUSH
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Chipping Challenge



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 chipping 3 balls on the green from a starting distance of 10 yards from the flag. You have 5 attempts.
- 2 Juniors complete this Level 2 Challenge by chipping 2 balls within a 10-foot circle from a starting distance of 10 yards from the flag. You have 5 attempts.
- 3 Juniors complete this Level 3 Challenge by chipping 3 balls within a 10-foot circle from a starting distance of 10 yards from the flag. Chipping 1 ball within a 10-foot circle from a starting distance of 15 yards from the flag. You have 5 attempts from each starting position.
- 4 Juniors complete this Level 4 Challenge by chipping 4 balls within a 10-foot circle from a starting distance of 10 yards from the flag. Chipping 2 balls within a 10-foot circle from a starting distance of 15 yards from the flag. Chipping 1 ball within a 10-foot circle from a starting distance of 20 yards from the flag. You have 5 attempts from each starting position and all shots must finish on the green.
- 5 Juniors complete this Level 5 Challenge by chipping 5 balls within a 10-foot circle from a starting distance of 10 yards from the flag, Chipping 4 balls within a 10-foot circle from a starting distance of 15 yards from the flag, Chipping 3 balls within a 10-foot circle from a starting distance of 20 yards from the flag. You have 5 attempts from each starting position and all attempts must finish on the green. You have 5 attempts.
- 6 Juniors complete this Level 6 Challenge by chipping 3 balls within a 6-foot circle from a starting distance of 10 yards from the flag. Chipping 2 balls within a 6-foot circle from a starting distance of 15 yards from the flag. Chipping 1 ball within a 6-foot circle from a starting distance of 20 yards from the flag. You have 5 attempts from each starting position and all shots must finish within the 10 foot circle.

