

Around the Green

Week 30



Class Timetable - Week 30

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Chipping

Whole Child Focus
Personal:
Confidence

Learning the Game Focus:
Playing and Scoring:
When to play a chip shot

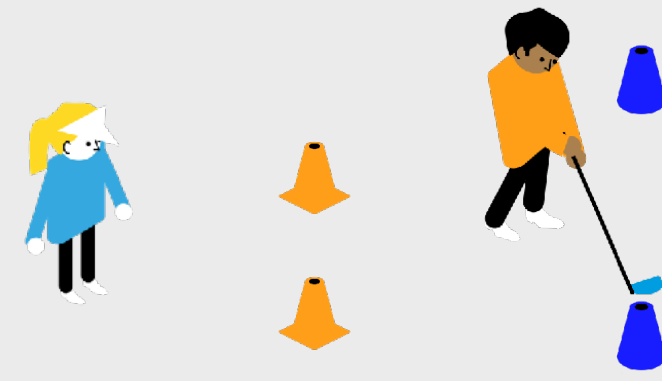
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Cross the Pond
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"> When to play a chip shot
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"> Confidence
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"> Pinseeker Up the Ladder Single, Double, Triple - Chipping
5 Mins	myAcademy Folder Track and Reward	<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 Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

Class Layout and Setup

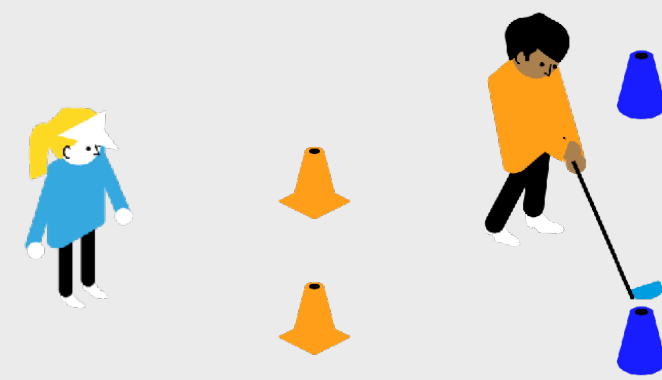
Station 3:
Game Station
Up the Ladder



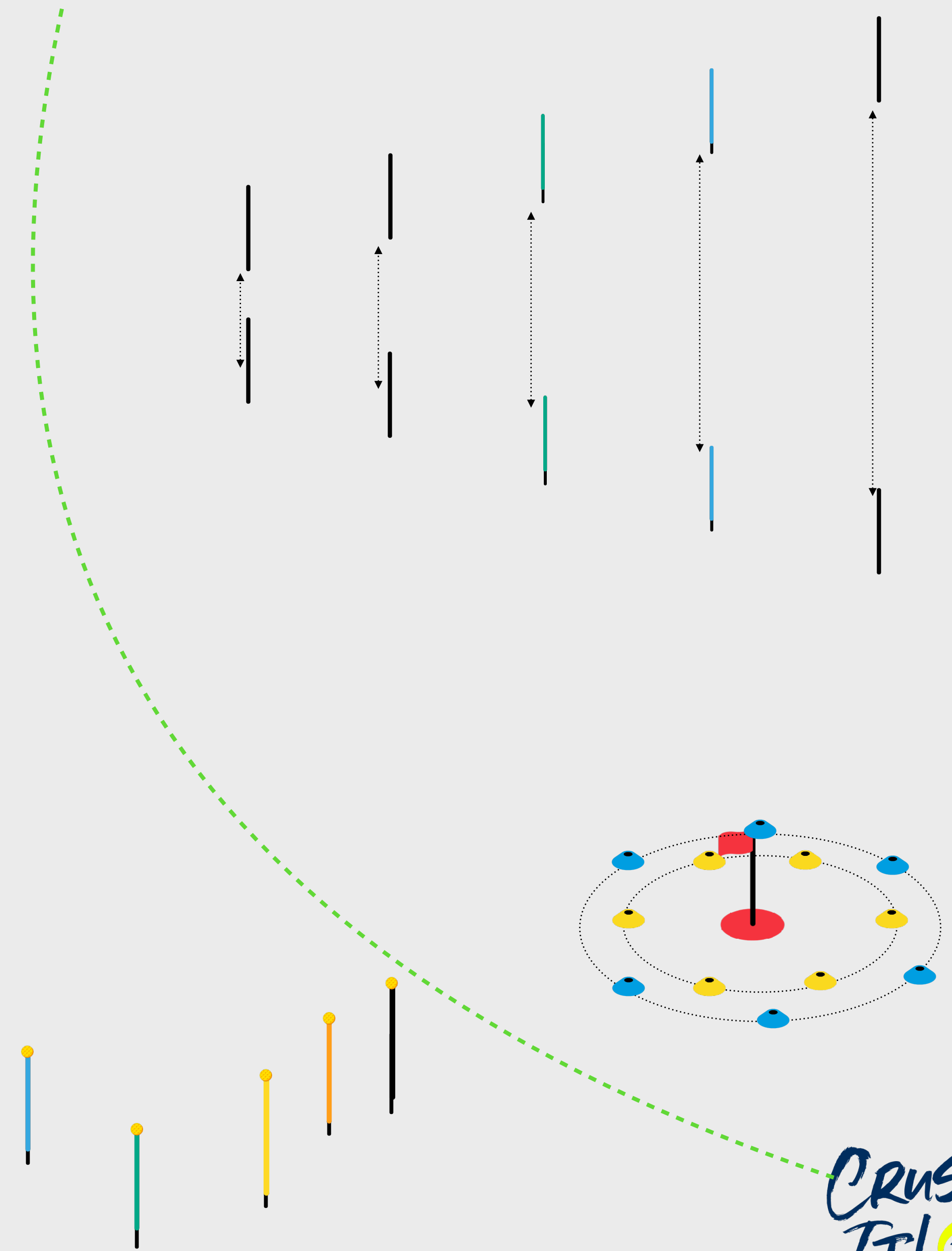
Station 4:
Free Practice Station



Station 1:
Game Station
Single, Double, Triple -
Chipping



Station 2:
Game Station
Pinseeker



Cross the Pond



How to Play

- This version of the game is based played individually
- The children start evenly spaced around the outside of the pond
- On go, the children run in the same direction around the pond
- On the shout of “cross the pond”, children attempt to cross the pond using the hoops or pads to represents the lily pads
- Children are eliminated from the game if they touch the pond or contact another child

Progression Ideas

- Explore FMS movement during the game such as jumping, hopping and skipping
- Increase the size of the pond
- Change the distance between the lily pads
- Reduce the number of lily pads

Equipment Needed

Orange Safety Cones

SAFETY



10 cones to mark the outer edge of the pond



10 x Hoops to use as lily pads



CRUSH
IT!
JUNIOR GOLF



Personal Confidence

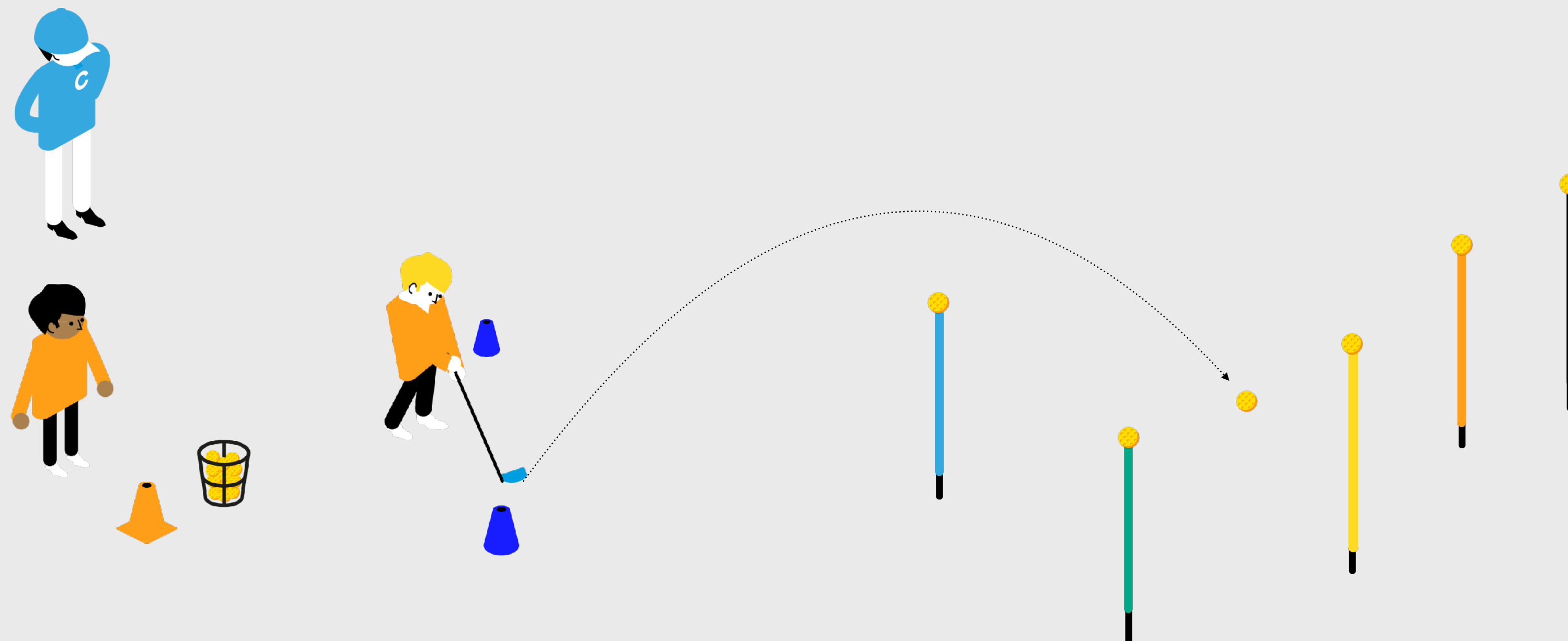
- The Whole Child theme this week is to encourage the children to build confidence in themselves, and others.
- Carry this theme into the class by keeping the challenges nice and easy because the children will gain confidence from high scores. Advise the children to also compliment the best golfing moment of their partners session.



Playing and Scoring When to Play a Chip Shot

- The Learning the Game focus this week is to understand the different areas around the green and to when to play a chip shot.
- You should highlight to your juniors that by practicing the different shots and using different clubs they will build the skills needed to score effectively when out on the golf course.

Pinseeker



How to Play

- Set up the foam noodles between 10 and 30 yards from the starting cones. Balance a golf ball on top of the foam noodle for added excitement
- The first player chooses which foam noodle they want to aim for, if they hit the noodle and knock off the ball they score a point
- Players take it in turns until all balls have been knocked off or time runs out.
- The winner is the player who knocked off the most balls

Progression Ideas

- Vary the distance from the starting cones to the targets
- Allow playing partners to nominate which target the player has to aim for
- Introduce a rule where the player has to use a particular club to complete the challenge

Equipment needed

2 x Orange Safety Cones

SAFETY

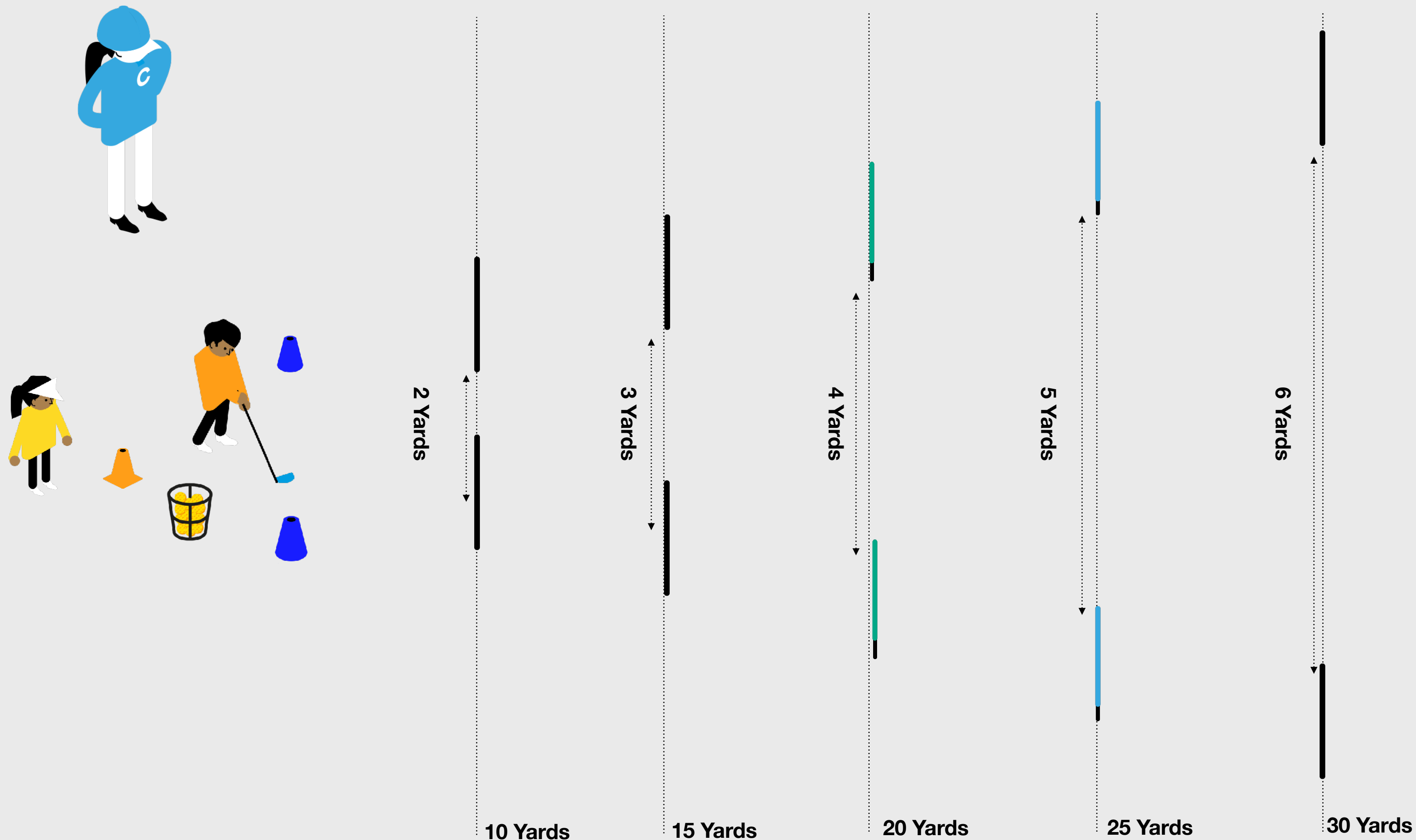
2 x Cones

5 x Foam Noodles

5 x Alignment Sticks

Golf Balls

Up the Ladder



How to Play

- Players attempt to work their way up the ladder in order, starting by trying to hit their shots through the nearest gate
- If a child misses, the team remain on that gate
- If a child successfully hits the ball through the gate, they progress to the next step of the ladder
- The game is complete when the team have completed every step of the ladder in order

Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets to hit the ball through the gate
- Change the width of the target gates
- Introduce a rule where the ball must fly through the air and through the gate

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out the necessary hitting stations

Spare equipment that may be required for the group attendees.

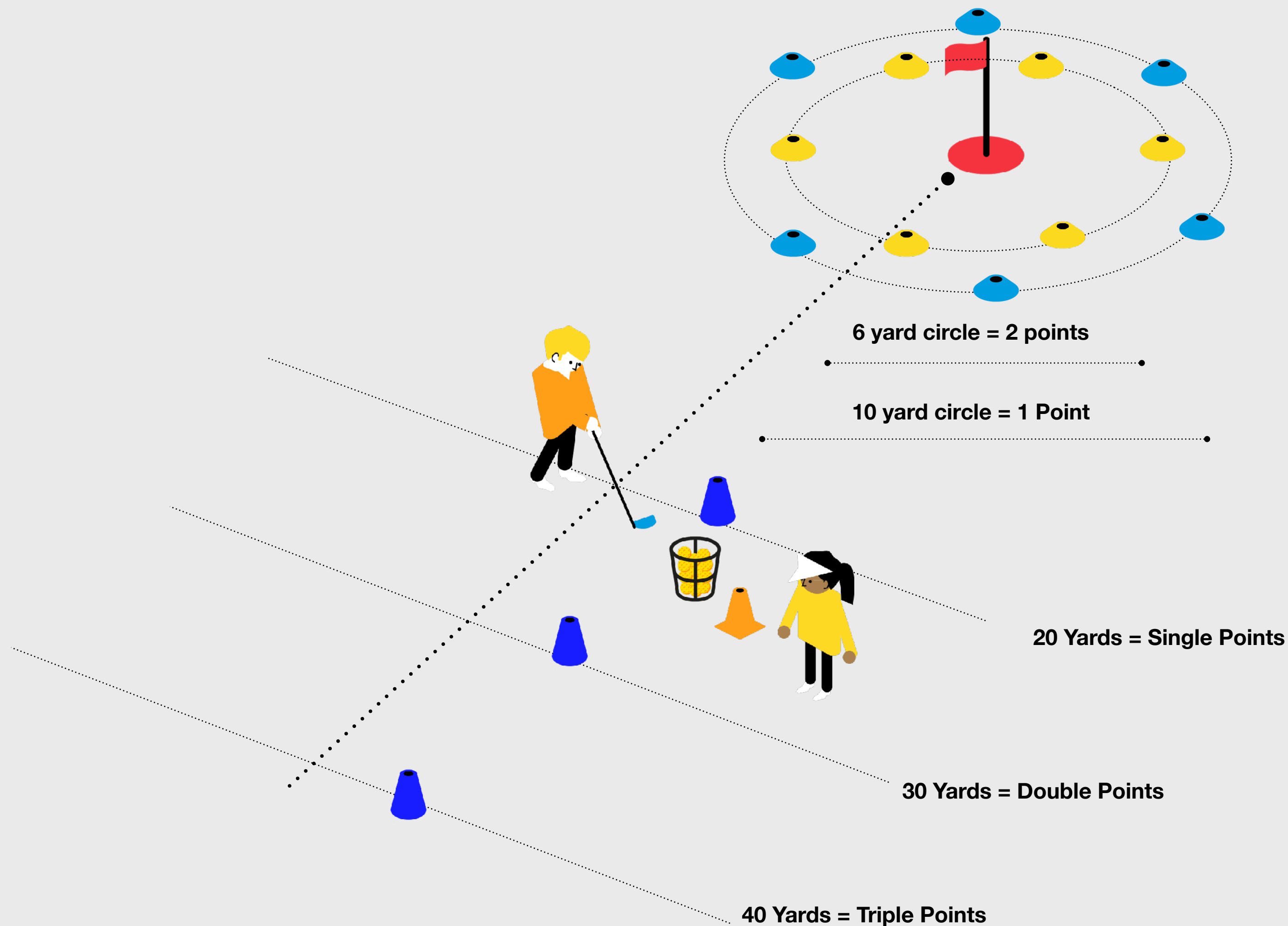
Golf Balls

10 x Alignment Sticks

10 x Foam Noodles



Single, Double, Triple - Chipping



How to Play

- Players take it in turns to choose which distance they want to start from
- If the player starts from the 20 yard line and they chip the ball inside the 10 yard circle they score 1 point, or 2 points for the 6 yard circle
- If the player starts from the 30 yard line they score double points; 4 points inside the the 6 yard circle, or 2 points for the 10 yard circle
- If the player chooses to start from the 40 yard they score triple points; 6 points for pitching the ball into the 6 yard circle and 3 points if they pitch the ball into the 10 yard circle
- The game continues until both players have hit 5 shots, the winner is the player who has the most points after 5 shots

Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Change the distance from the green
- Change the size of the target circles
- Change the points given for each circle
- Change the number of shots each player is allowed

Equipment needed

Orange safety cones

SAFETY



3 x cones



Golf balls



10 x Colored cones to mark the 10 yard circle



10 x Colored cones to mark the 6 yard circle

