

# Around the Green

## Week 30



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# Class Timetable

**4** Class Plans  
Playing Golf 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"> <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 &amp; demonstrate warm up game</li> <li>Play the warmup game</li> </ul>	<ul style="list-style-type: none"> <li>Relay Race</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce the components of the Golf Bag</li> <li>Introduce the Iron &amp; components of the club</li> </ul>	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions &amp; class layout</li> <li>Introduce games, tasks &amp; challenges</li> <li>Deliver one to one &amp; group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Iron Challenge</li> <li>Children rotate around the stations</li> </ul>	Coming Soon
10 Mins	myJunior Track & 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>Distribute Learning the Game Resource if appropriate</li> <li>Children can complete myProgress Wheel and add stickers where appropriate</li> <li>Add any lesson notes to the child's myProgress section</li> <li>Award the Achiever Reward to a student in front of the parents and the group</li> <li>Award any Pins &amp; Hats</li> </ul>	<ul style="list-style-type: none"> <li>The Iron Challenge</li> <li>Tug of War</li> <li>Stepping Stones</li> </ul>

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# 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

**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"> <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>Cross the Pond</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>When to play a chip shot</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>Confidence</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>Pinseeker</li> <li>Up the Ladder</li> <li>Chipping 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>

# Layout and Setup

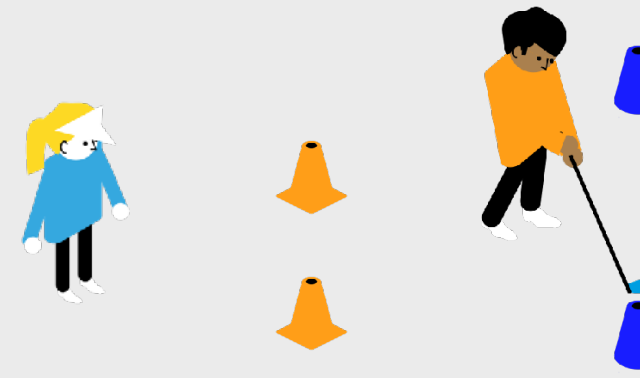


# Class Layout and Setup

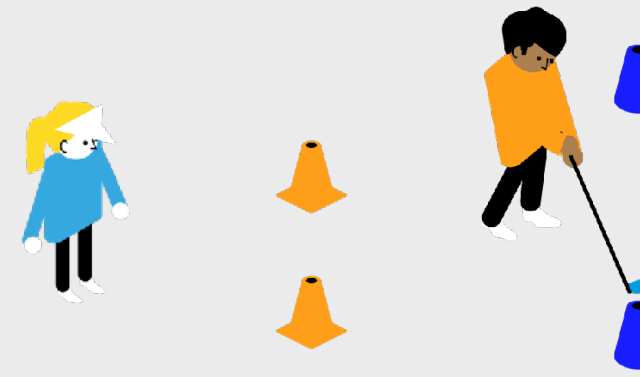
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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

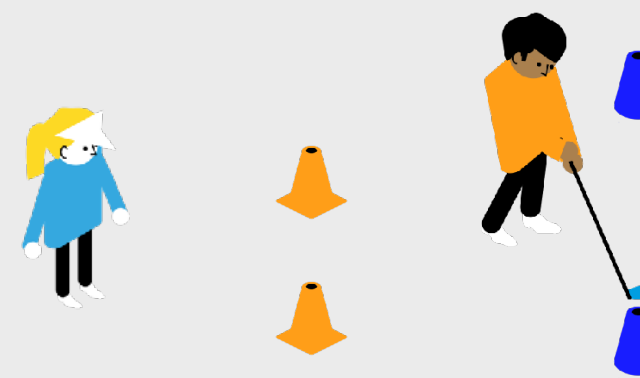
**Station 3:**  
Game Station  
Up the Ladder



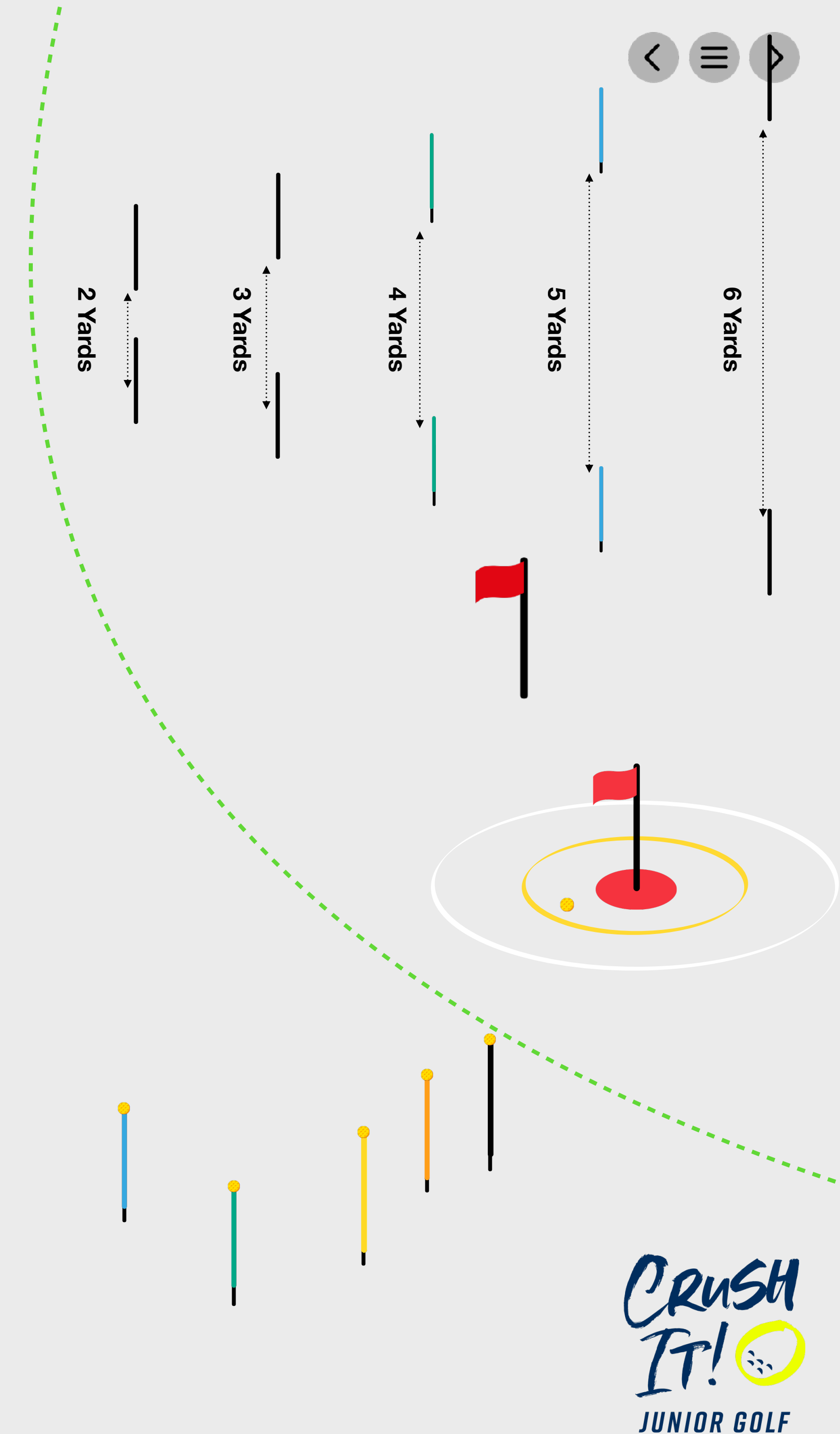
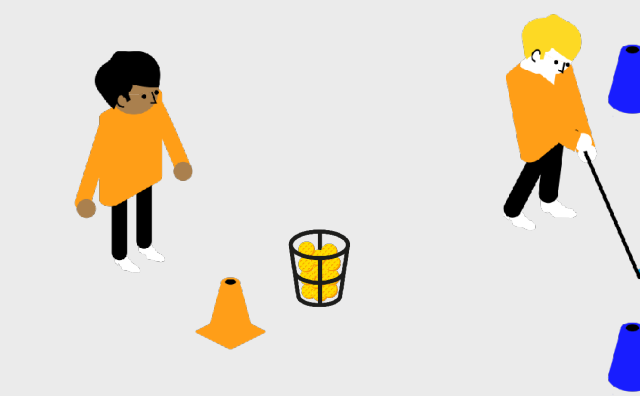
**Station 4:**  
Free Practice Station



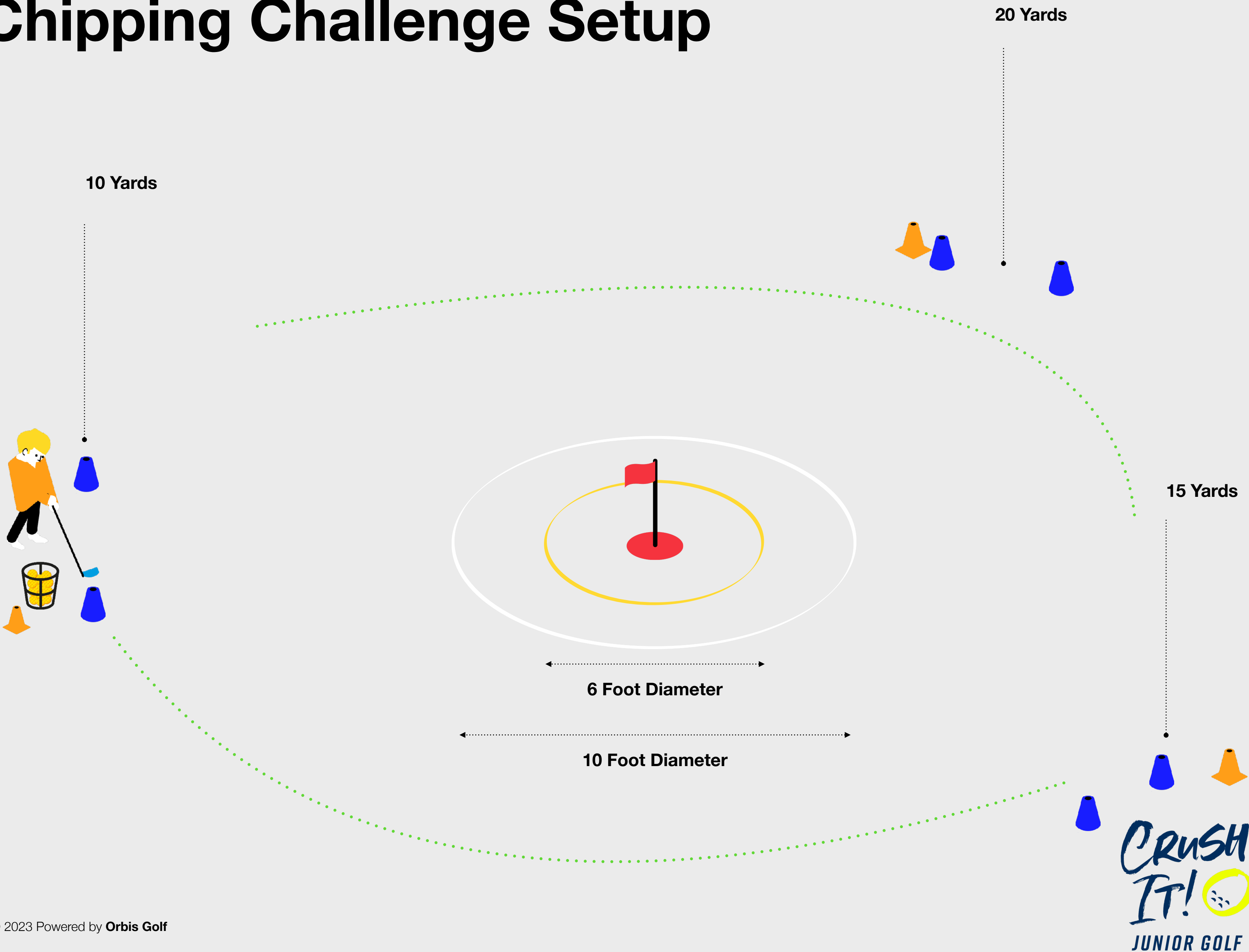
**Station 1:**  
Challenge Station



**Station 2:**  
Game Station  
Pinseeker



# 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

# Physical Literacy Warm Up Game





# 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

# 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



# 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.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated an increase in confidence throughout the program, or instilled confidence in others.

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.



## 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



# Playing and Scoring

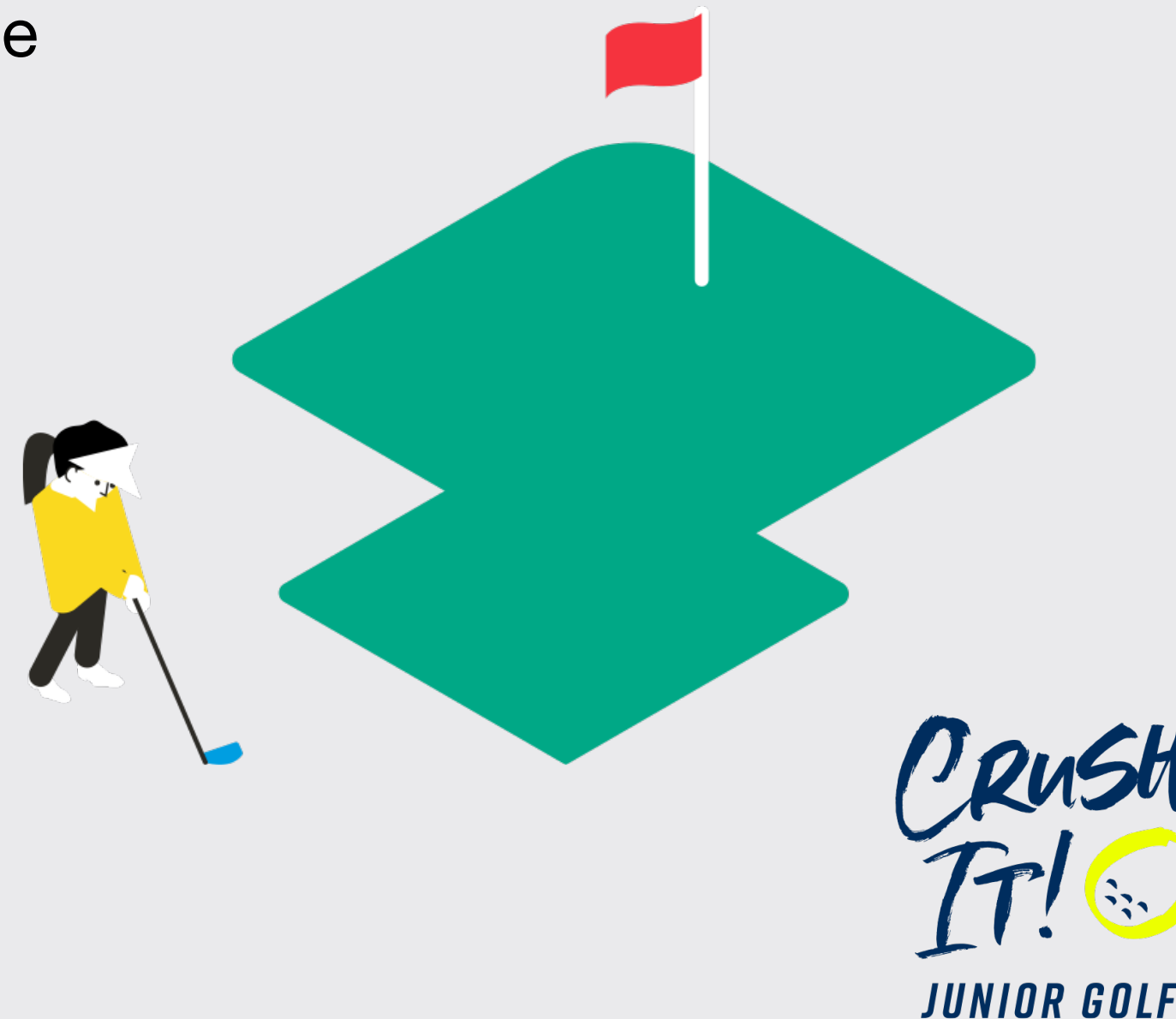
## When to Play a Chip Shot

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.

For more advanced groups take them through some of the more difficult shots and how to approach them.

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



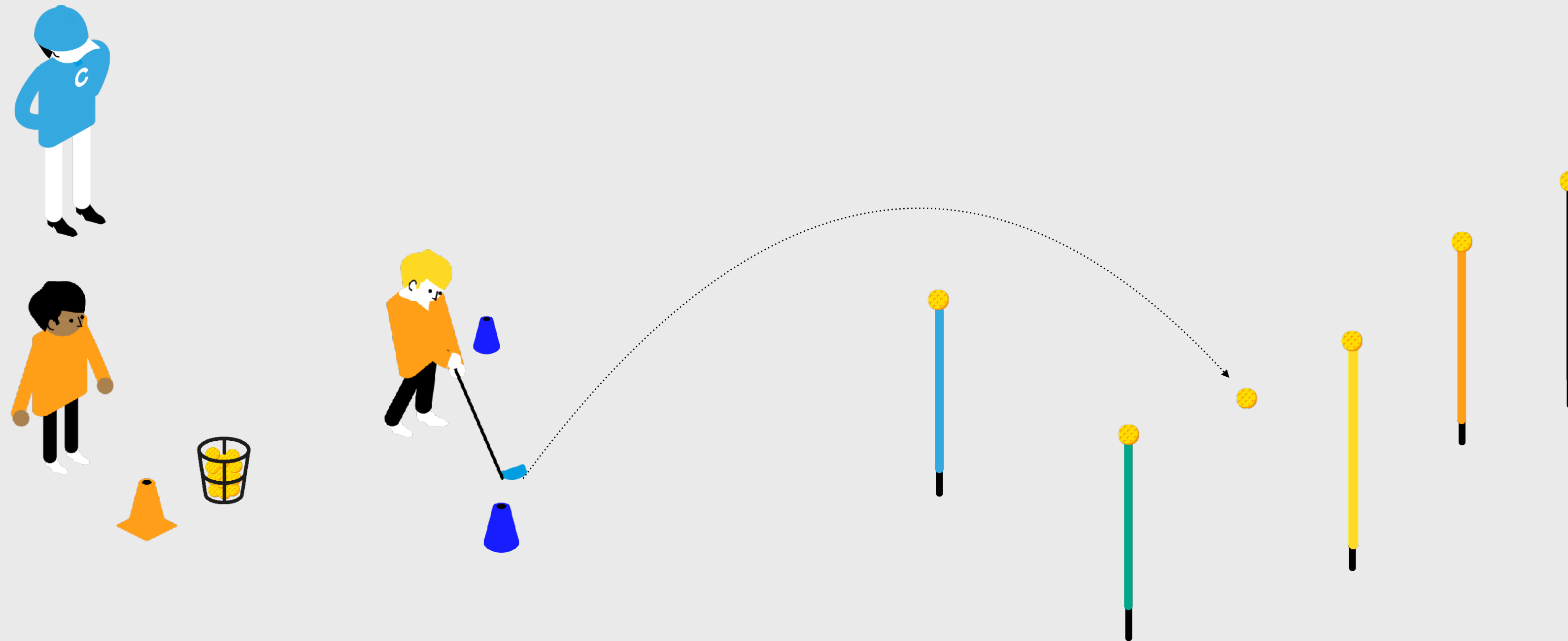
### Questions to Ask

- What shot would you want to play in this situation?
- Are there any other options for this shot?
- What club do you think would be the best choice for this shot?
- Have you practiced this shot before?
- Have you ever found yourself in this situation on the golf course?

# Mastering the Game Cards



# 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

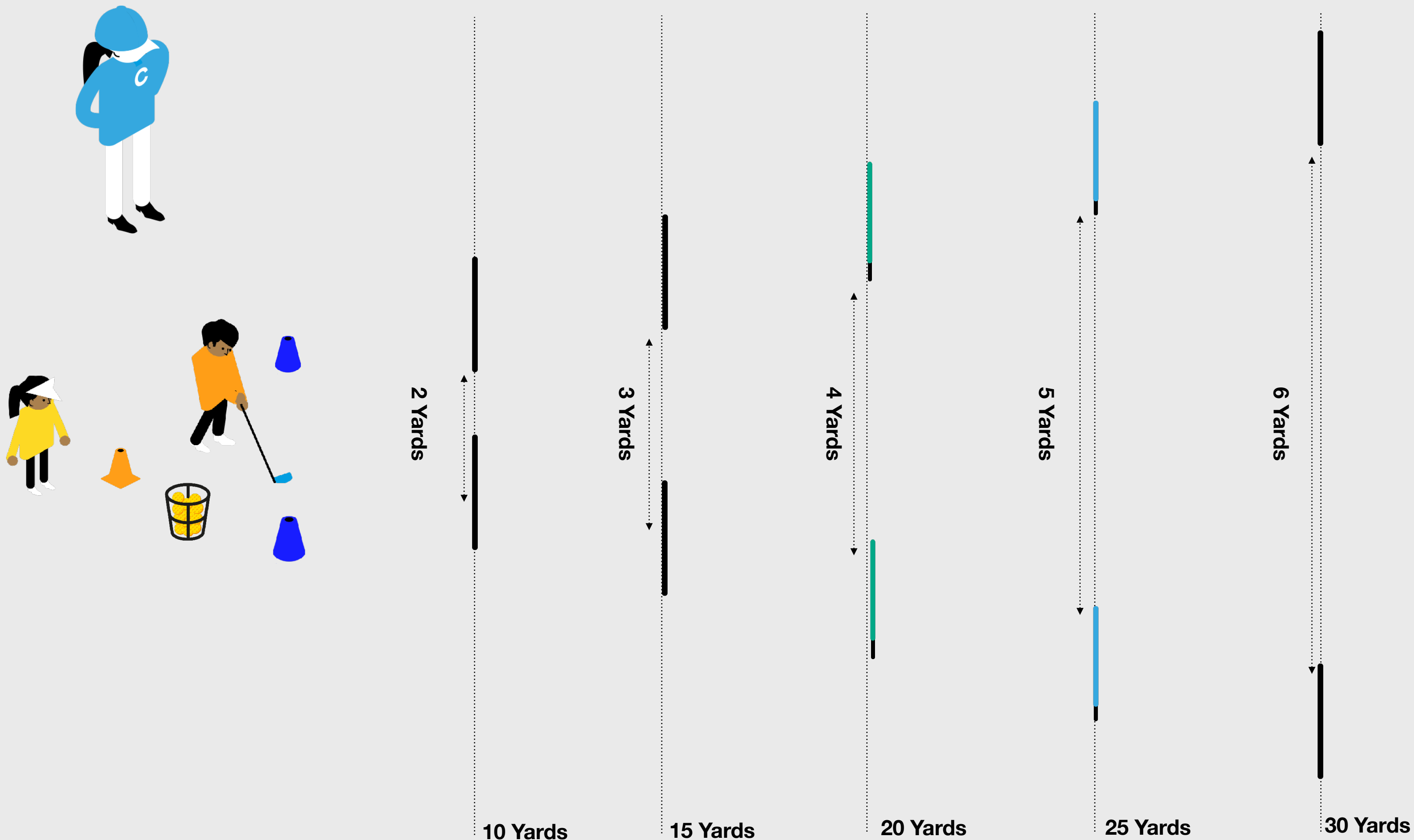
5 x Foam Noodles

5 x Alignment Sticks

Golf Balls



# Up the Ladder





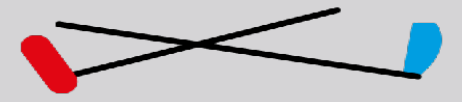

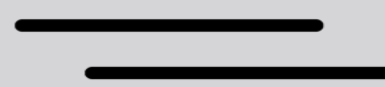

## How to Play

- 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

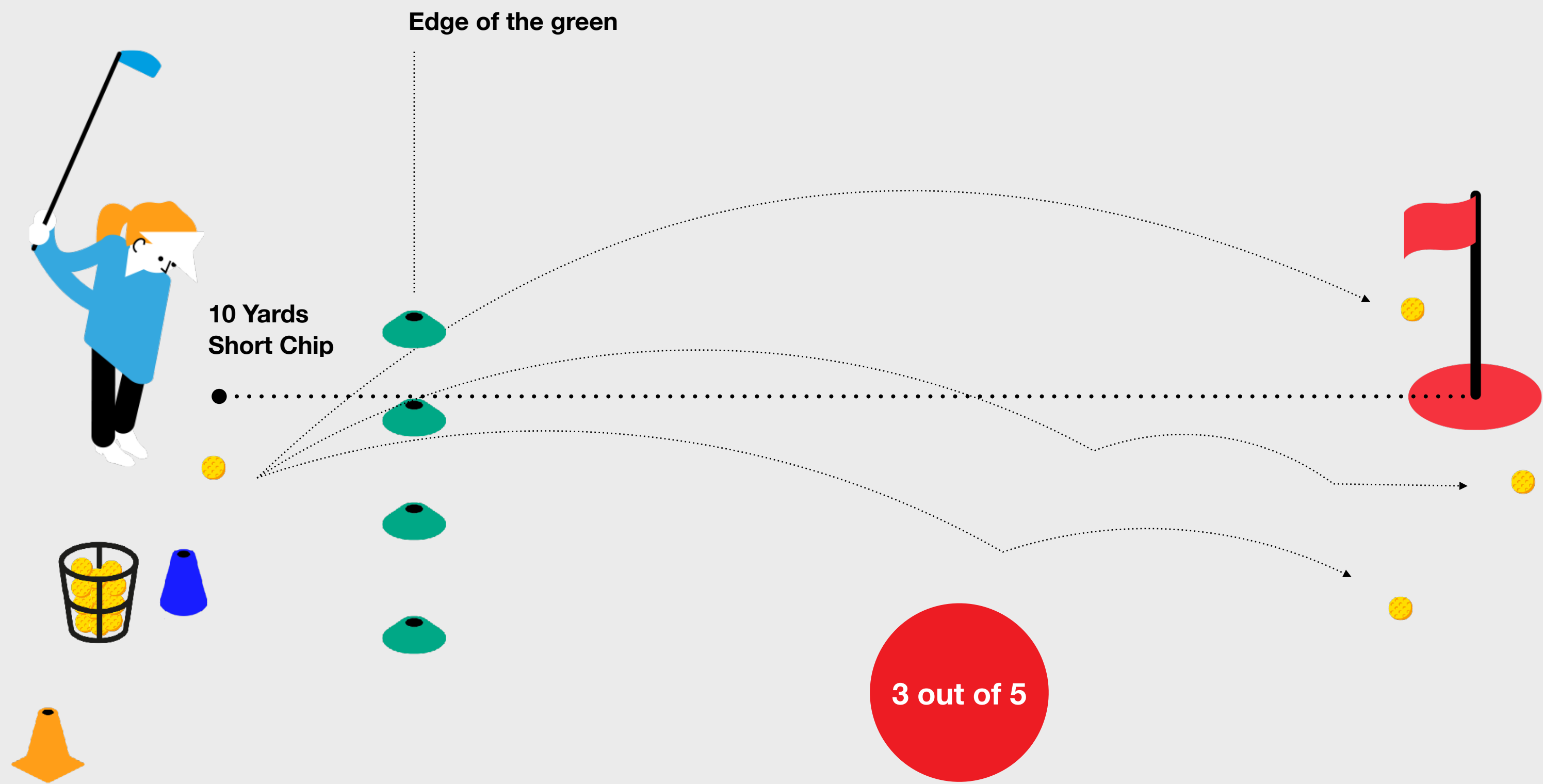
- Orange Safety Cones 
- Cones to mark out the necessary hitting stations 
- Spare equipment that may be required for the group attendees. 
- Golf Balls 
- 10 x Alignment Sticks 
- 10 x Foam Noodles 



# Mastering the Game Challenge Cards



# Chipping Challenge



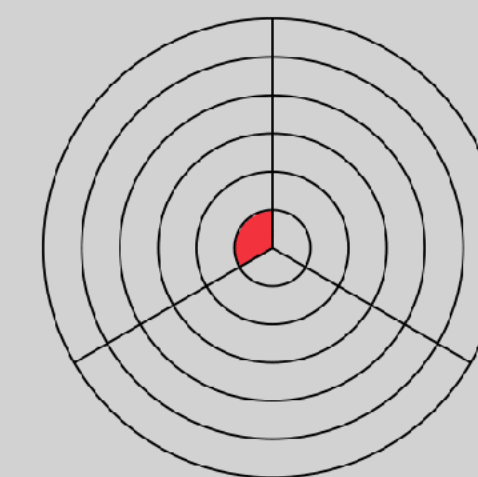
## The Challenge

To complete the Level 1 Challenge within the Chipping skill element, the child needs to get 3 shots out of 5 anywhere on the green from a starting distance of 10 yards.

## 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.

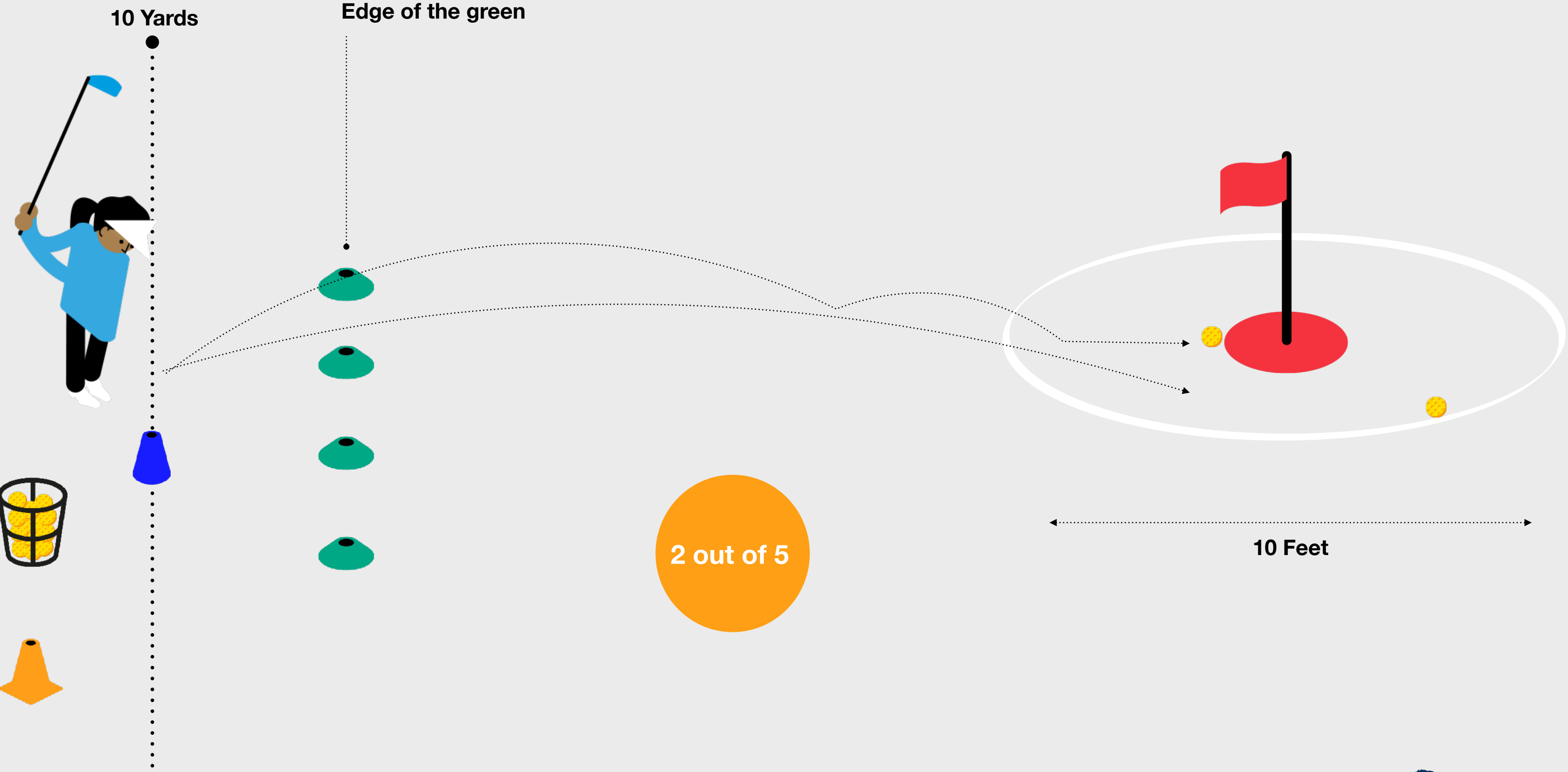
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Chipping



# Chipping Challenge



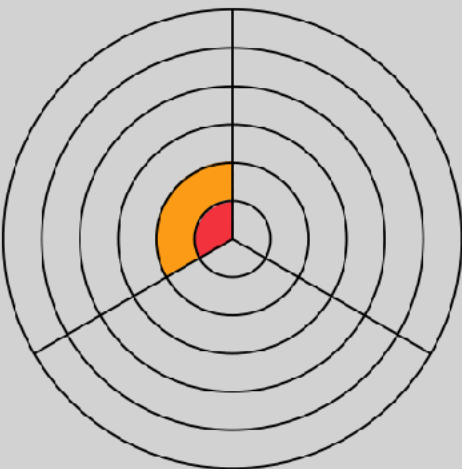
### The Challenge

To complete the Level 2 Challenge within the Chipping skill element, the child needs to get 2 shots out of 5 within a 10-foot diameter target circle from a starting distance of 10 yards from the flag.

### 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.

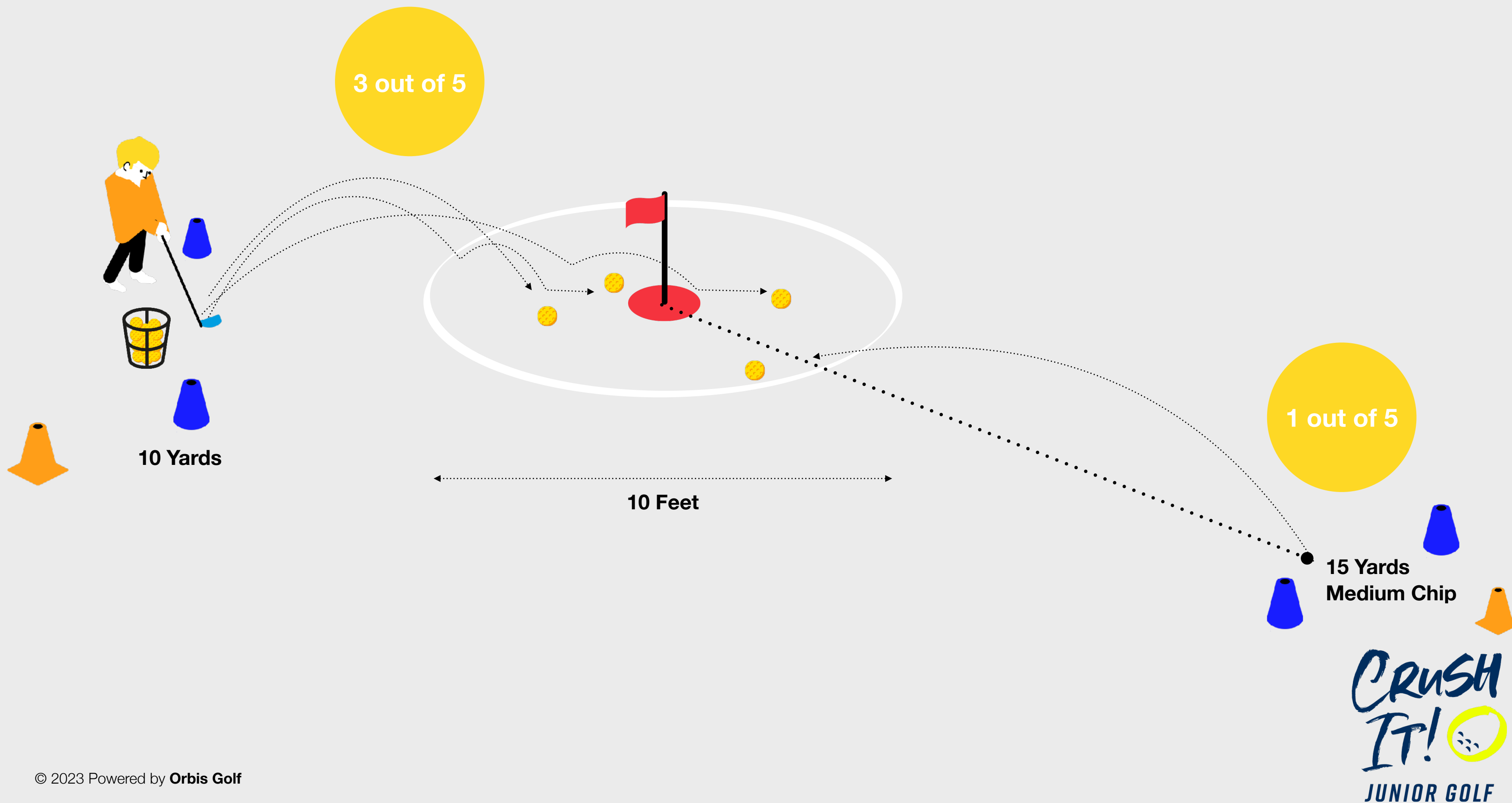
If they are also assigned to the Crush It myGame+ program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Chipping



# Chipping Challenge



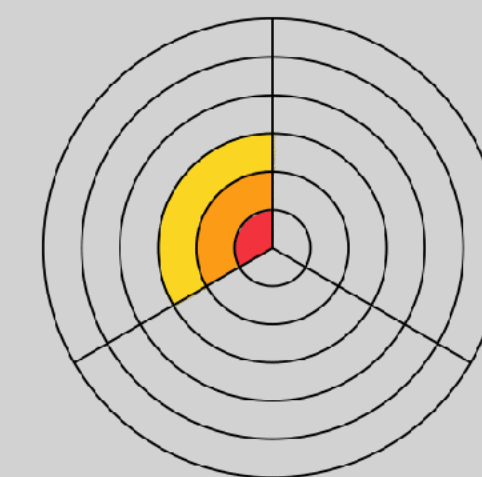
## The Challenge

To complete the Level 3 Challenge within the Chipping skill element, the child needs to hit 3 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter circle around the flag.

## 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.

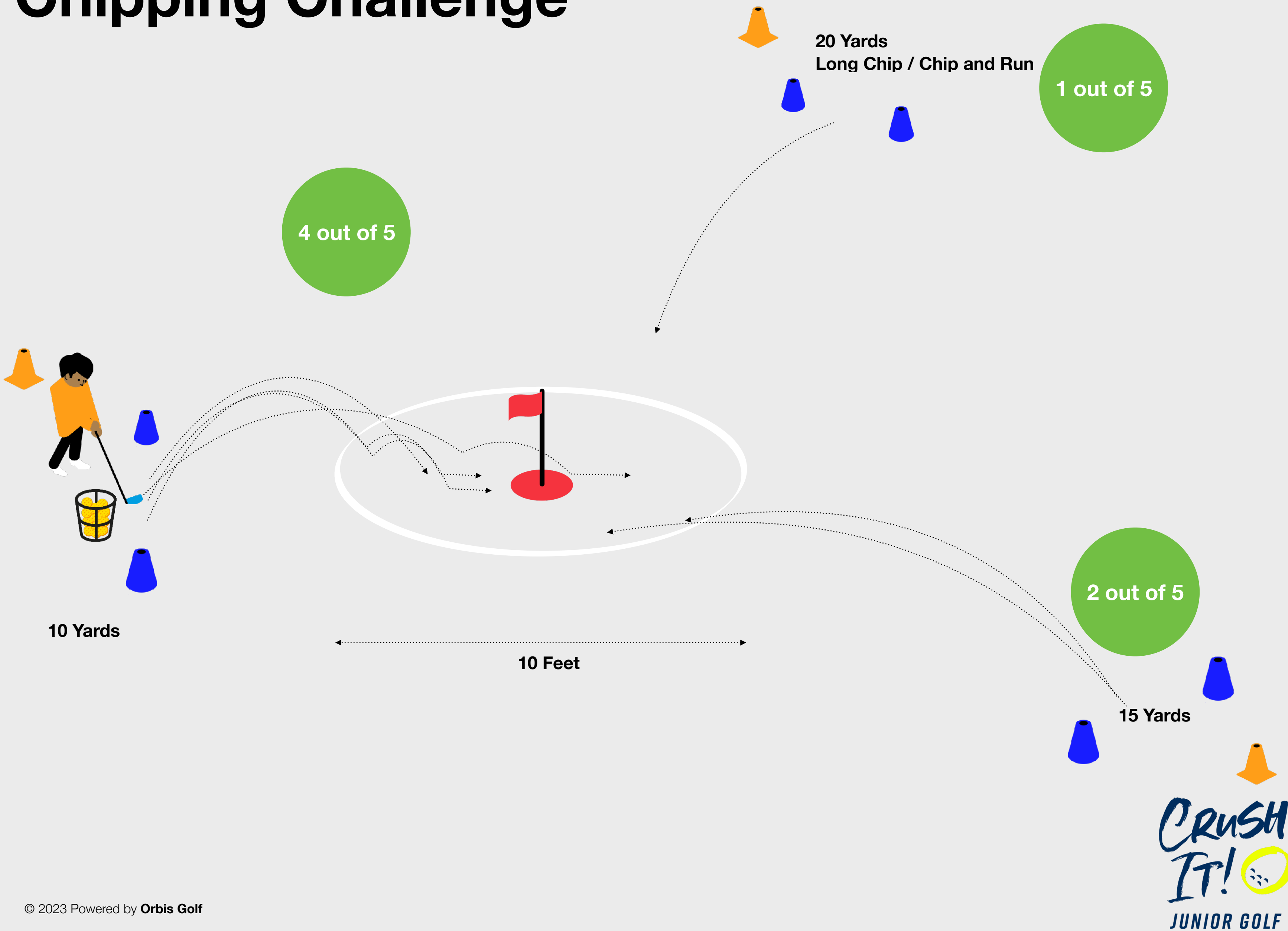
If they are also assigned to the Crush It myGame+ program on GLF, Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Chipping



# Chipping Challenge



### The Challenge

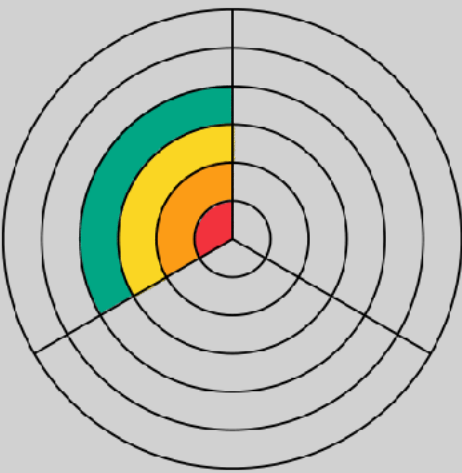
To complete the Level 4 Challenge within the Chipping skill element, the child needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 shots from 20 yards within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

### 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.

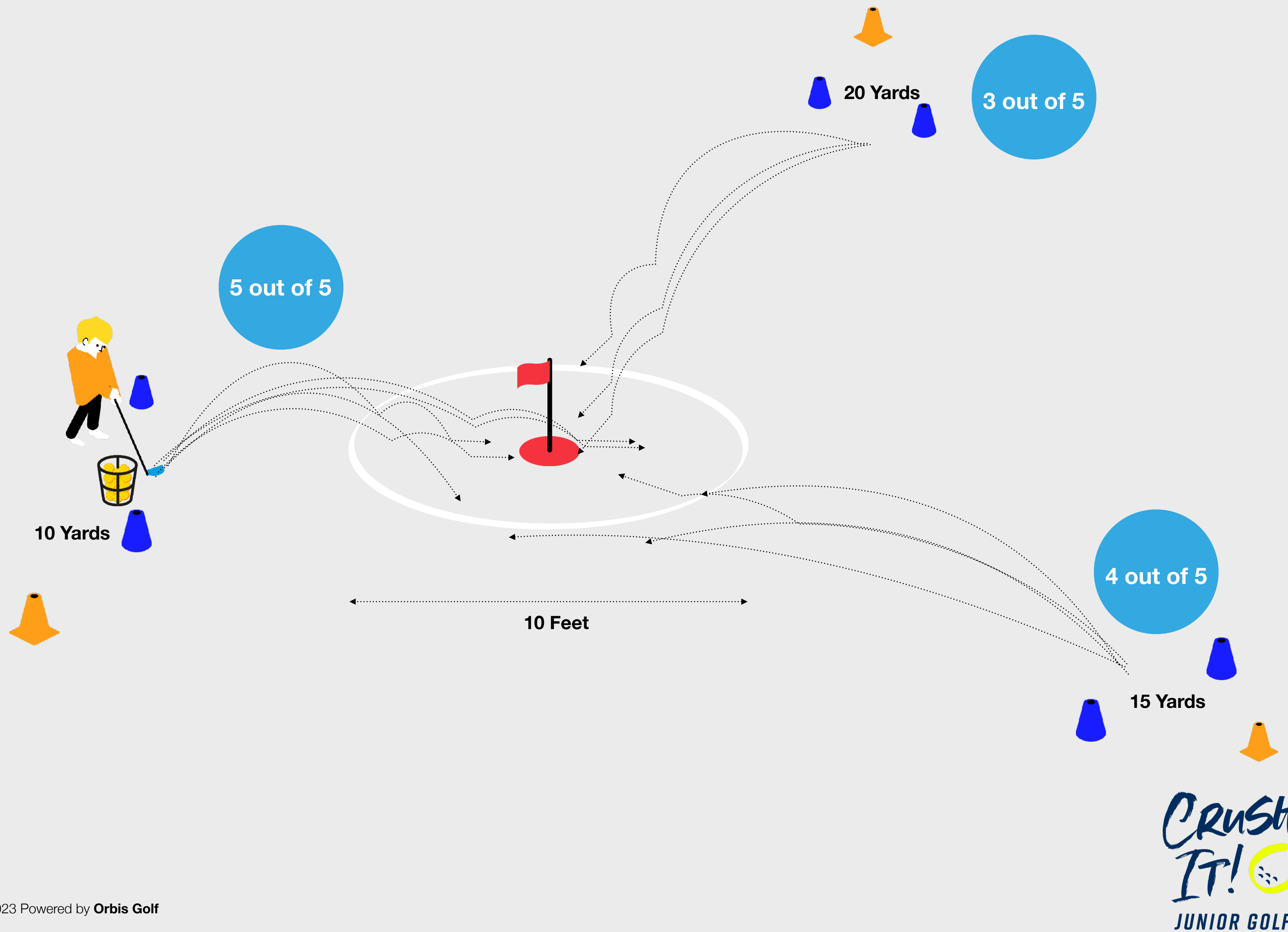
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Chipping



# Chipping Challenge



## The Challenge

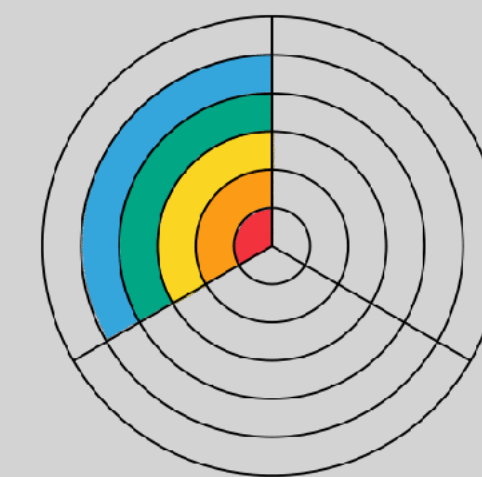
To complete the Level 5 Challenge within the Chipping skill element, the child needs to 5 out of 5 shots from 10 yards, 4 out of 5 shots from 15 yards and 3 out of 5 shots from 20 yards to finish within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

## 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.

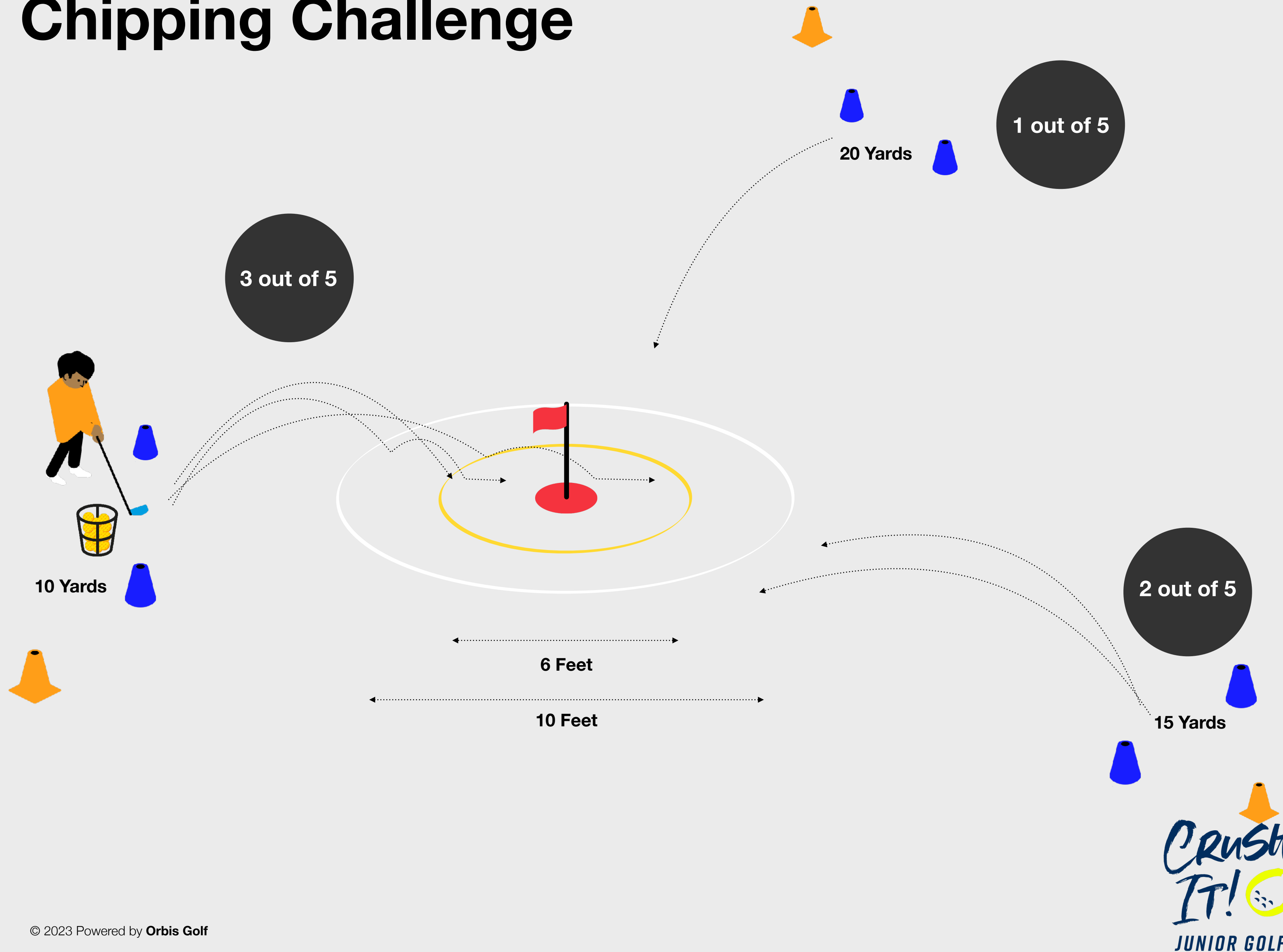
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Chipping



# Chipping Challenge



## The Challenge

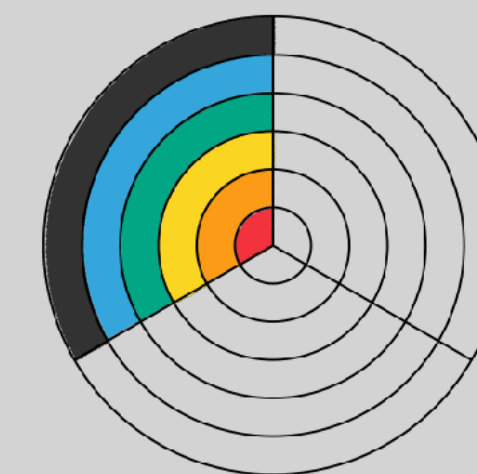
To complete the Black Sticker Challenge within the Chipping skill element, the child needs to get 3 out of 5 from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 from 20 yards to finish within a 6-foot diameter circle.

All shots must finish with the 10 foot target circle and the child should demonstrate good control of contact.

## 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.



Chipping

