

# Swing Week 31



# Class Timetable - Week 31

**Session Length:**  
60mins

**Group Size:**  
1:8

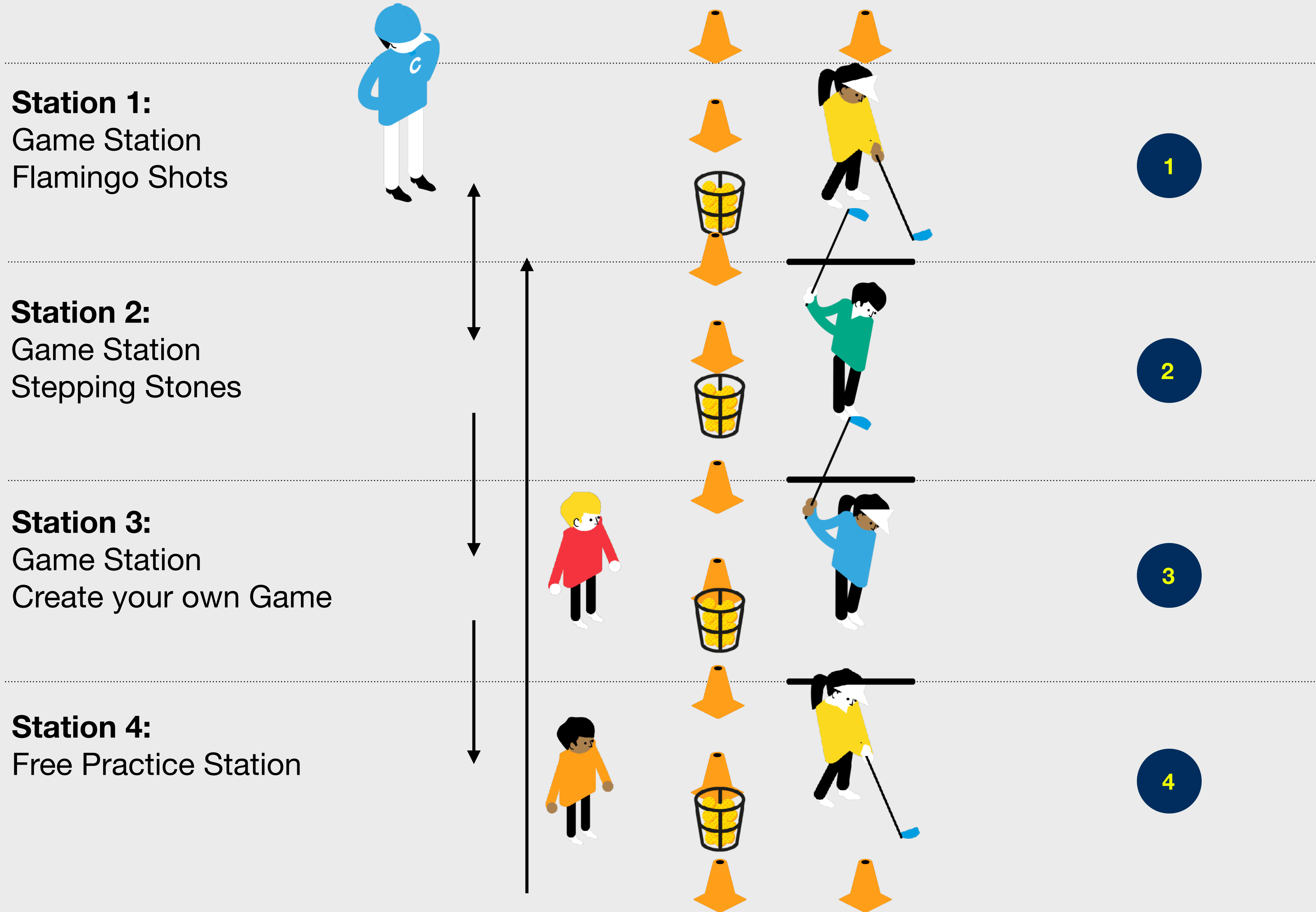
**Mastering the Game Focus:**  
Swing:  
Fairway Woods

**Whole Child Focus**  
Social:  
Engagement

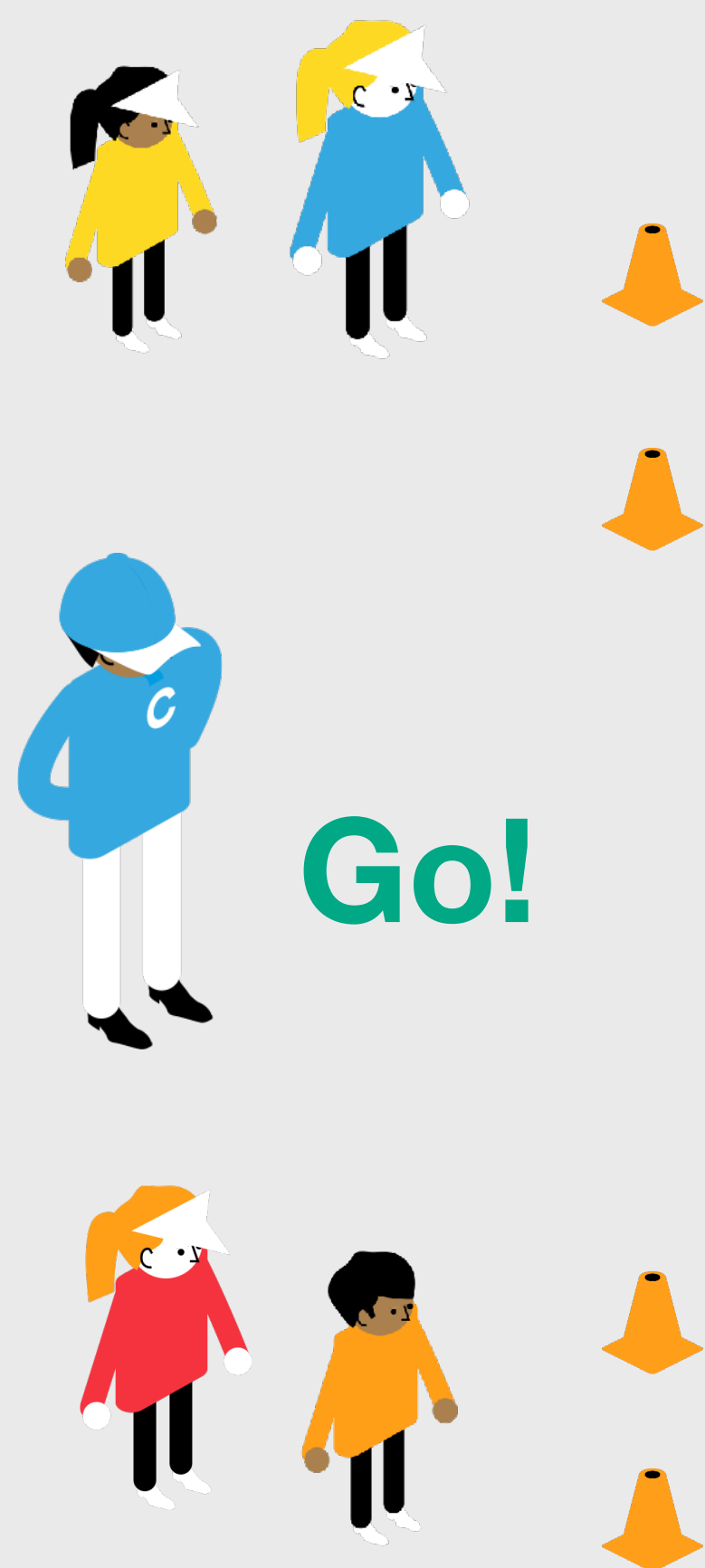
**Learning the Game Focus:**  
Playing and Scoring:  
Pre-Shot Routine

| 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>Knockdown Noodles</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>Pre-Shot Routine</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>Engagement</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>Stepping Stones</li> <li>Create Your Own Game</li> <li>Flamingo Shots</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



# Knockdown Noodles



## How to Play

- Split the children into even groups, ideally two groups of 3
- Place the numbered cones evenly spaced approximately 10 paces from the safety cones
- On go, the the first child of each team places the foam noodle in between their feet and has to jump to where the cones are, using the noodle to know over a cone
- Once they have knocked over a cone using the foam noodle they can jump back to the safety cones and pass the noodle to the next player
- The team that wins is the one who knocks the most cones over

## Progression Ideas

- If the children are struggling with the noodle in between their feet, let them pick the noodle up but they have to bunny hop to the cones and back
- Move the cones further away
- Decrease or increase the distance between the cones

## Equipment Needed

4 x Orange Safety Cones



9 x Numbered Cones



2 x Foam Noodles



CRUSH  
IT!  
JUNIOR GOLF



## Social Engagement

- The Whole Child theme this week is to encourage engagement in challenges and games.
- Carry this theme into the class by ensuring children rotate around all the stations during the session. This will help keep their full concentration on their current task and avoid their attention wavering.



## Playing and Scoring Pre-Shot Routine

- The Learning the Game focus this week is about learning a pre-shot routine.
- You should highlight to the children how having a pre-shot routine can help them to perform better, and introduce some key aspects of a pre-shot routine. For example, visualising the shot, rehearsing the shot and committing to the shot.

# Stepping Stones



## How to Play

- Child number 1 starts and attempts to hit their shot onto the green
- If the child hits it onto the green, then the child moves the white cone to the first colored cone (stepping stone). If the child misses, the cone stays where it is
- The next child attempts their shot and moves the cone if successful
- The children complete the challenge if they manage to get the white cone to the end before it is time to switch games

## Progression Ideas

- Vary the size of the green
- Vary the distance between the tee box and the green
- Add Hazards to act as a penalty
- Add additional targets to increase the number of moves up the stepping stones

## Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



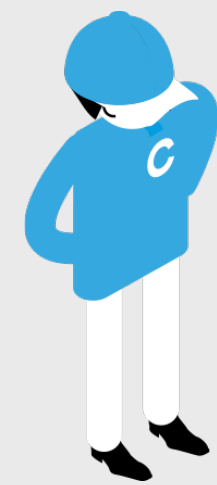
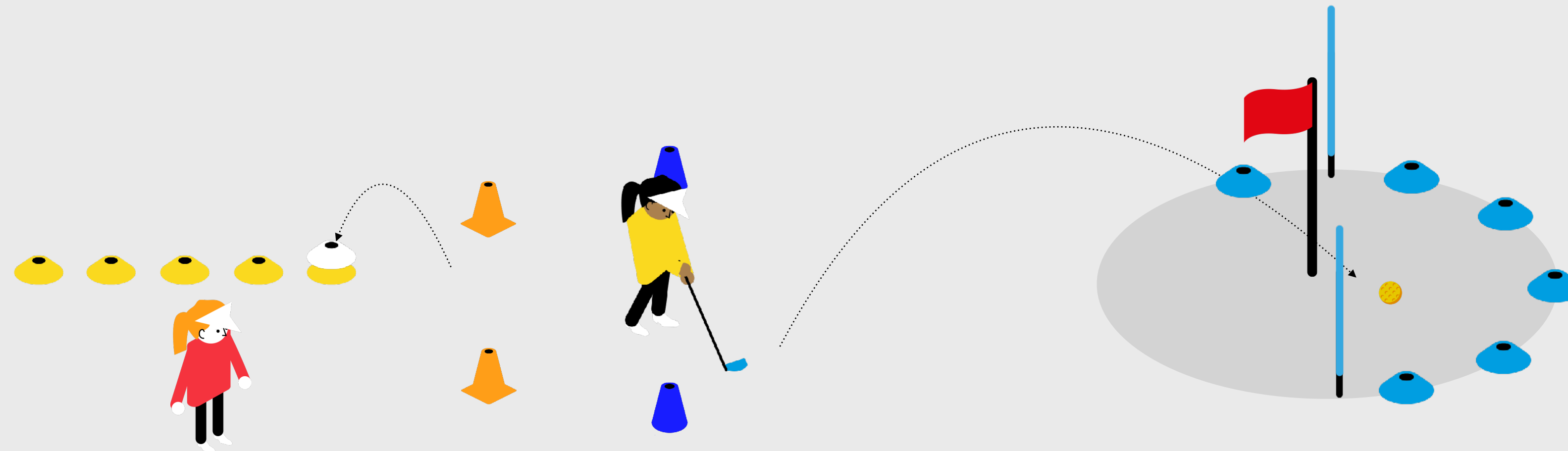
5 x Yellow Cones



Golf Balls

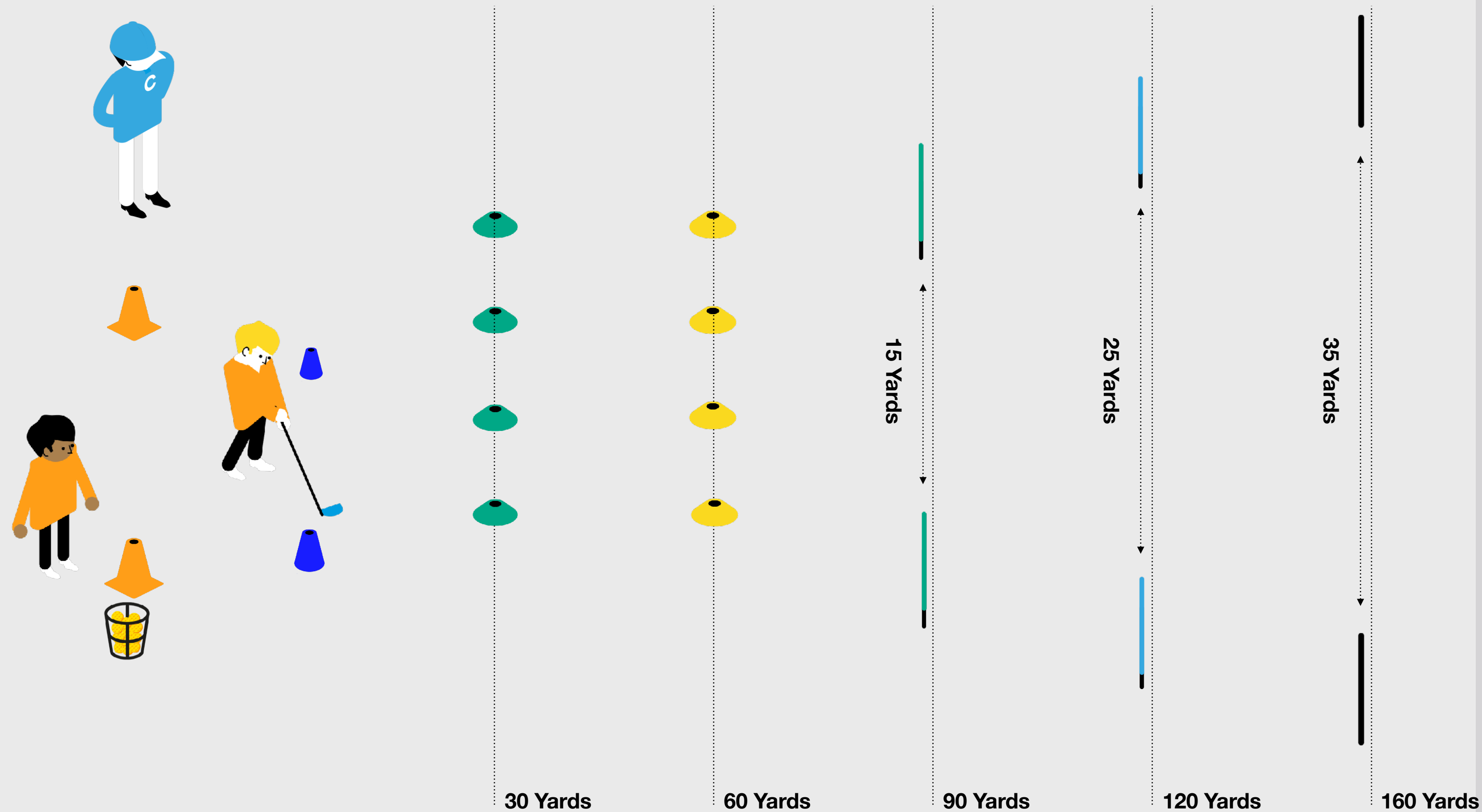


Spare equipment that may be required for the group attendees.



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# Create Your Own Game



## How to Play

- Using the targets that are set out on the outfield, challenge the children to be creative and come up with their own game
- Try not to give too many instructions
- So long as the game is safe, and the children play sensibly they should be allowed the freedom to come up with whatever game they like

## Progression Ideas

- Provide more cones, alignment sticks and foam noodles for additional targets

## Learning Outcomes

- To encourage creativity in practice and play
- To empower the children to come up with their own rules and play safely, fairly and sensibly

## Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



Golf Balls



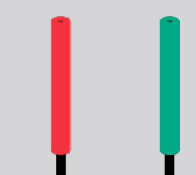
Spare equipment that may be required for the group attendees.



6 x Alignment Sticks to mark the target fairway



6 x Foam Noodles to mark the target fairway



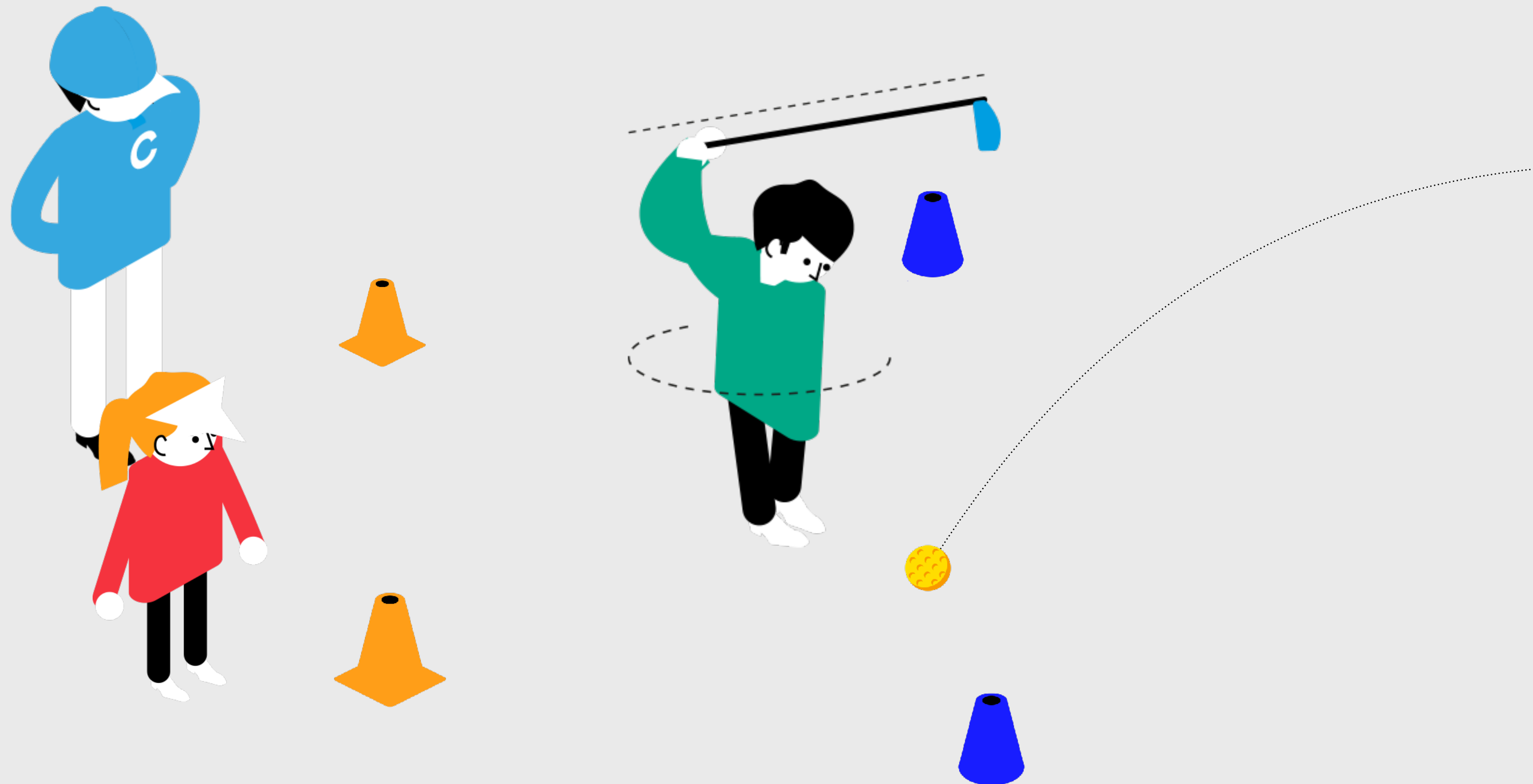
6 x Colored Cones to mark the 30 yard distance line



6 x Colored Cones to mark the 60 yard distance line



# Flamingo Shots



## How to Play

- The children take it in turns to hit shots, whilst keeping their balance
- The challenge is for children to make good contact with the golf ball whilst standing on one foot like a flamingo
- The children should try one shot on each leg, and if they struggle they should try with their feet together

## Progression Ideas

- Further difficulty can be added by standing on a noodle
- If the children find the challenge easy then add in direction and distance targets
- Allocate points for hitting certain targets

## Learning Outcomes

- Learn to control strike from challenging situations
- Improve balance and coordination by making the initial challenge more difficult

## Equipment needed

Orange Safety Cones



2 x Cones



Golf Balls



Spare equipment that may be required for the group attendees.



1 x Foam Noodle

