

# Around the Green

## Week 33



# Class Timetable - Week 33

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Around the Green:  
Pitching

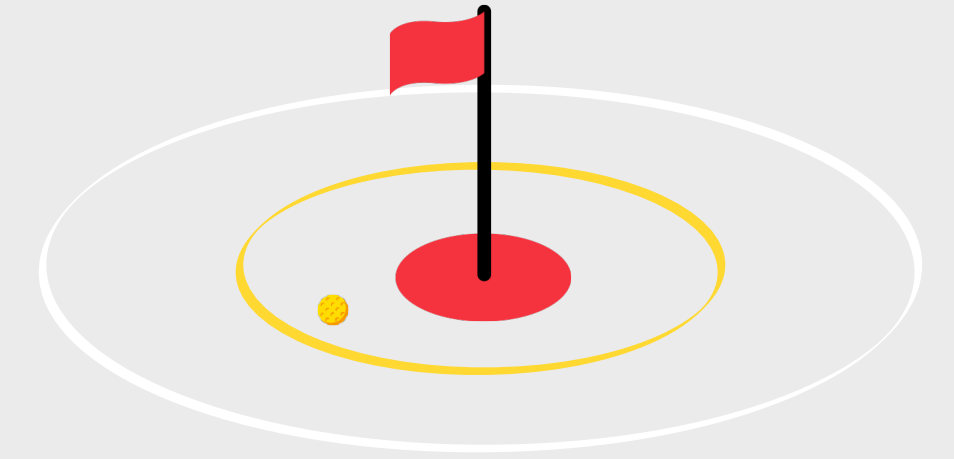
**Whole Child Focus**  
Cognitive:  
Effort

**Learning the Game Focus:**  
Playing and Scoring:  
Ground Under Repair

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>Bunny Hops</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>Ground Under Repair</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>Effort</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>Choose your Trajectory</li> <li>Golf Tennis</li> <li>Single, Double, Triple</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

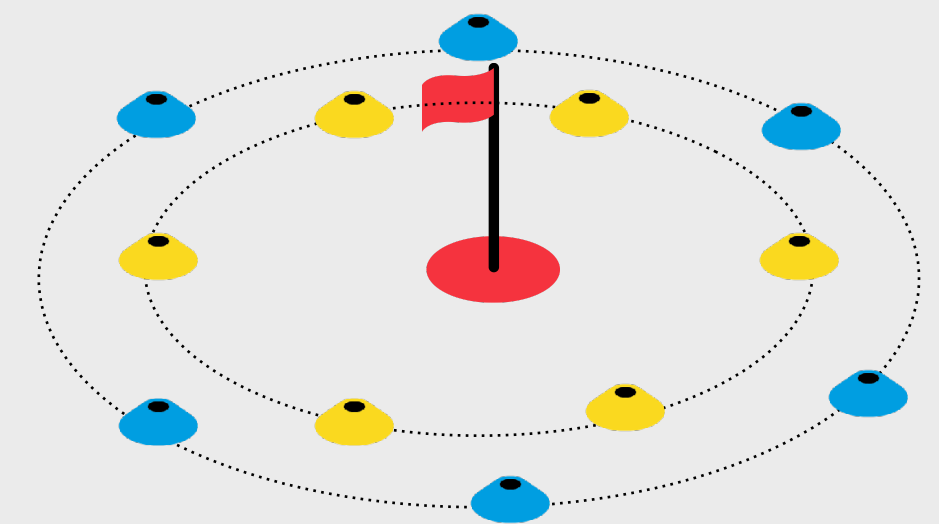
**Station 2:**  
Game Station  
Choose your Trajectory



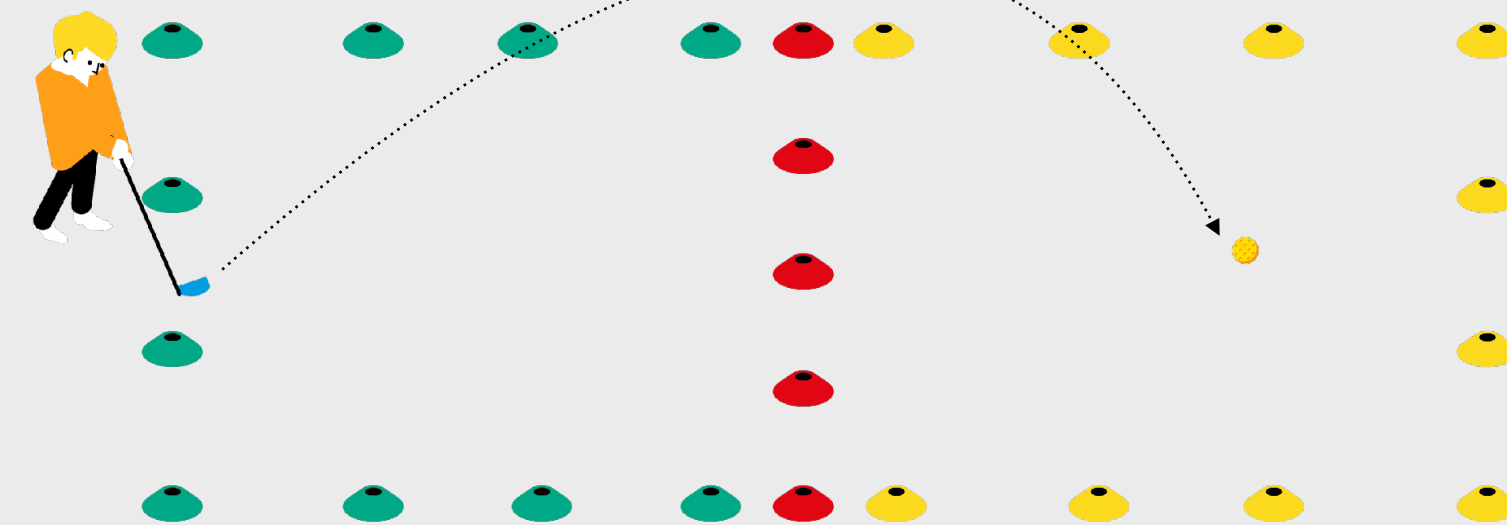
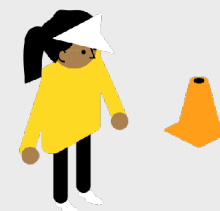
**Station 4:**  
Free Practice Station



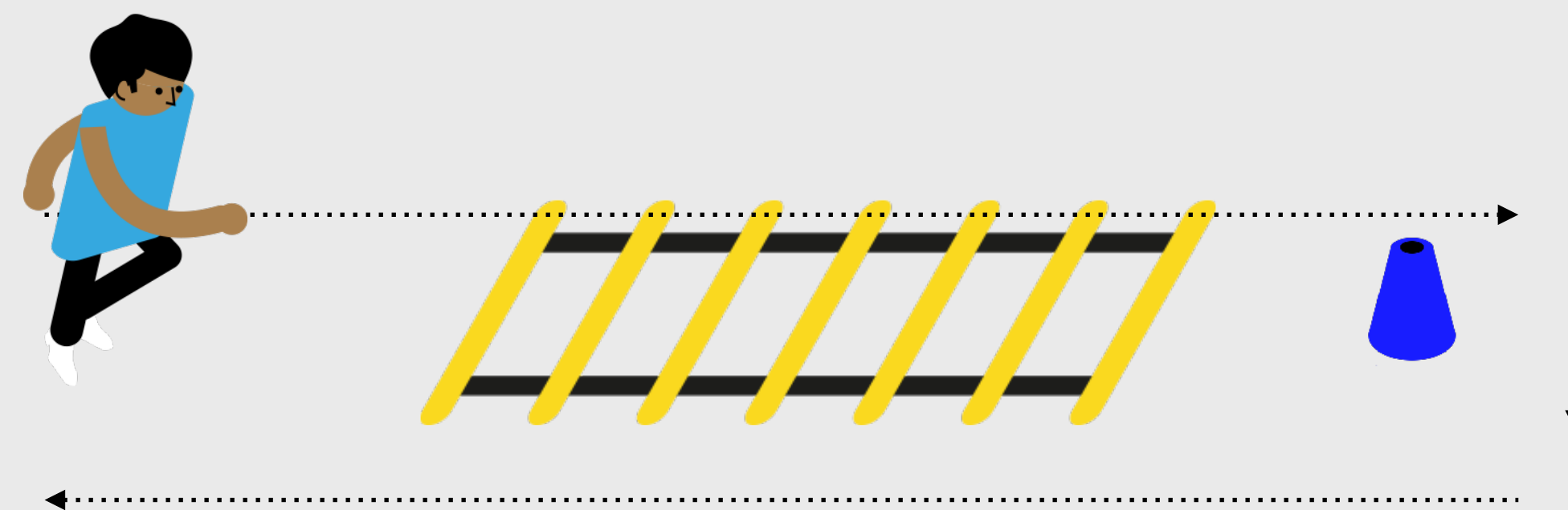
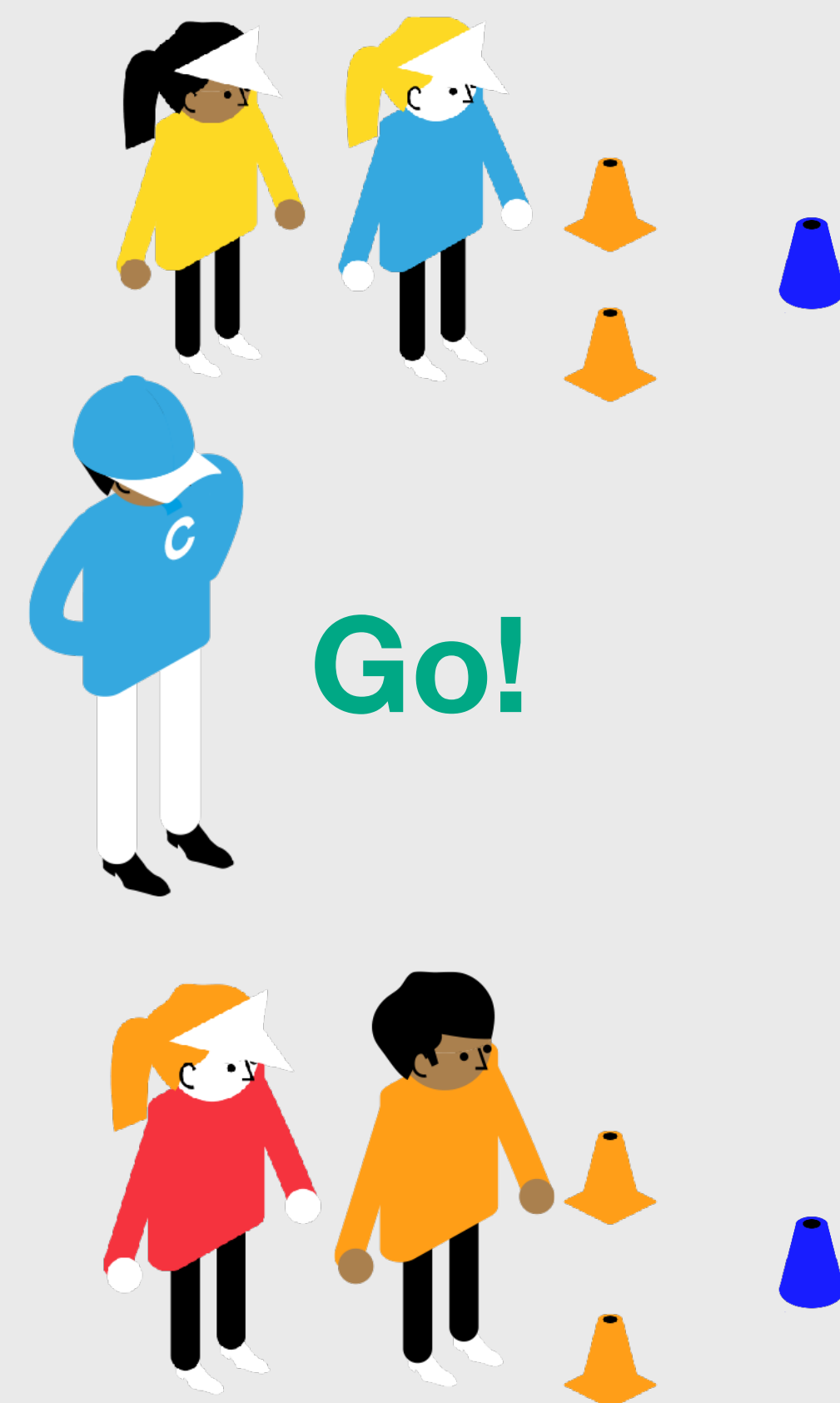
**Station 1:**  
Game Station  
Single, Double, Triple



**Station 3:**  
Game Station  
Golf Tennis



# Bunny Hops



## How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child jumps with both feet or hops with into each step of the ladder
- The team that wins is the one who gets all players home first.

## Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with different fundamental movements such as single leg jumping and alternative leg jumping
- Increase the number of steps of the ladder
- Increase the width of the ladder steps.

## Equipment Needed

4 x Orange Safety Cones

SAFETY



4 x Cones



Ladder





## Cognitive Effort

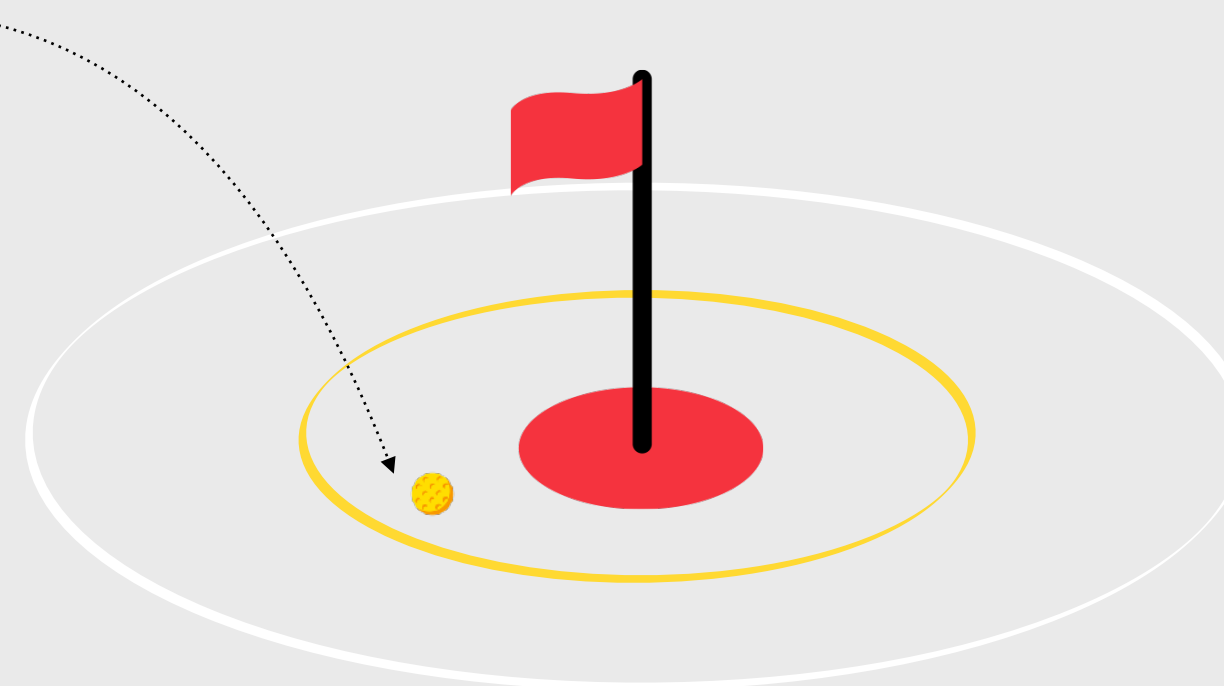
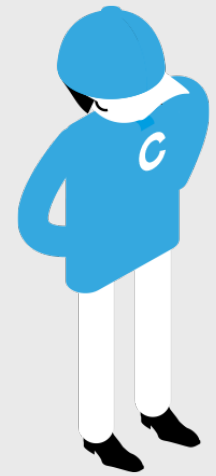
- The Whole Child theme this week is focussing on praising the effort that the children put into their games and practice.
- Carry this theme into the class by suggesting the idea of additional practice sessions and being more attentive to coaching the children on the free practice station.



## Playing and Scoring Ground Under Repair

- The Learning the Game focus this week is to make sure children understand about the rules for Ground Under Repair.
- You should demonstrate what they need to do and how to take a drop in the appropriate place.

# Choose your Trajectory



## How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible for their team based on where the ball finishes
- In order to score points the player must hit the ball through the gap nominated by their playing partner
- The team try to score the most points from their 10 shots, and then try to beat that score on the next go

## Progression Ideas

- Specify which club must be used
- Change the size of the target circles
- Vary the size of the gaps created by the foam noodles
- Vary the starting point from around the green
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

## Learning Outcomes

- Controlling strike to get a consistent trajectory
- Understanding the loft of the club and it's influence on trajectory
- Develop the ability to control the flight of the ball, hitting different trajectories, using the same golf club

## Equipment needed

### Orange Safety Cones

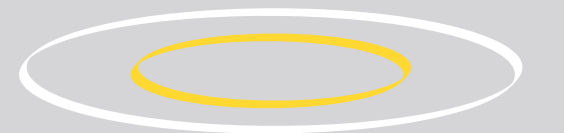
SAFETY



### Cones to mark starting position



### Target Rings



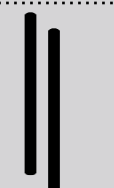
### Spare equipment that may be required for the group attendees.



### Golf Balls



### 2 x Alignment Sticks

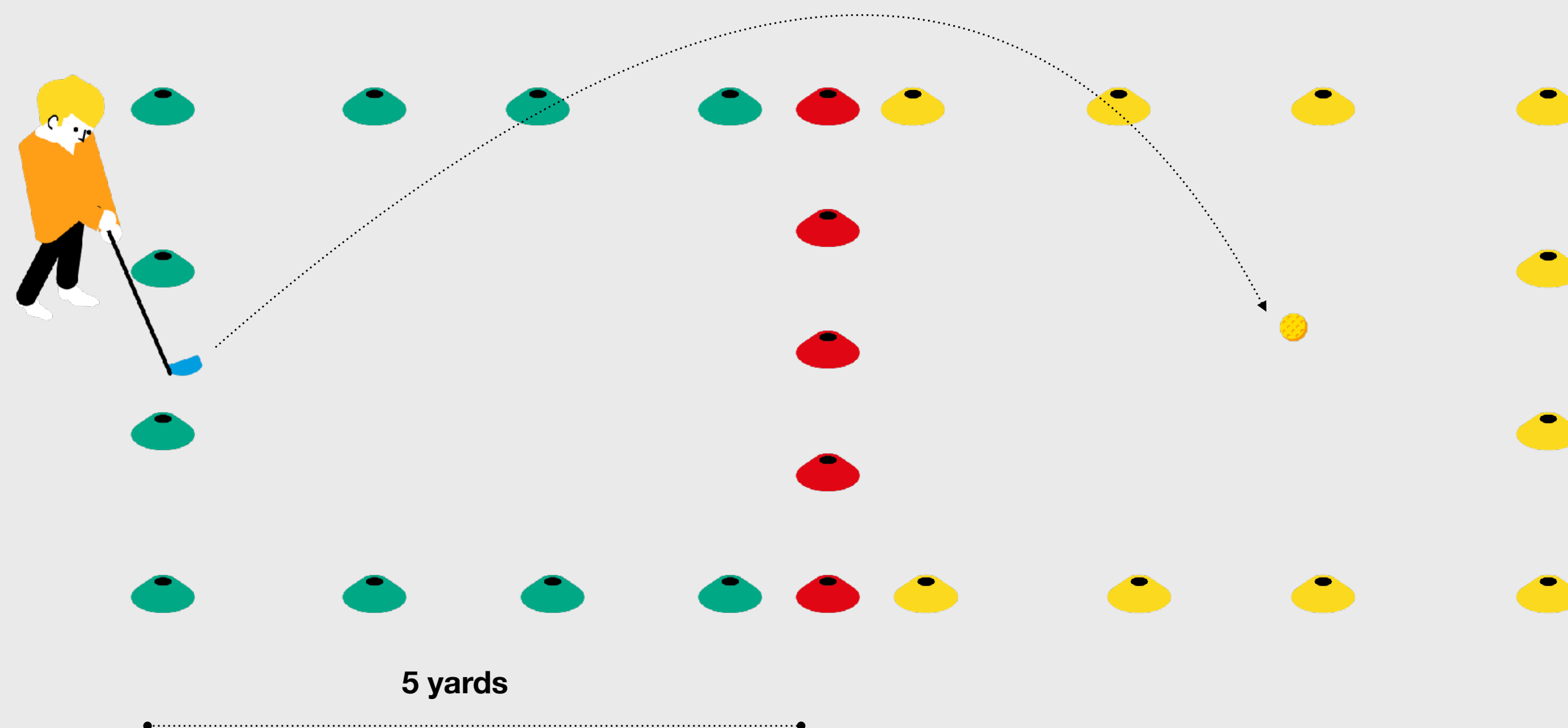
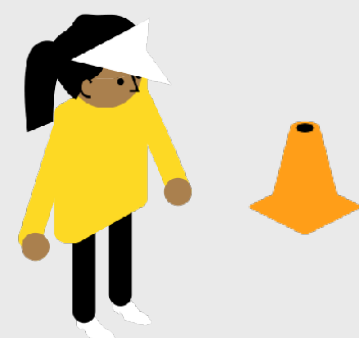
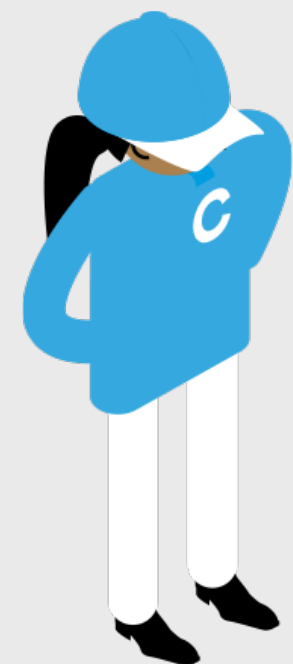


### 3 x Foam Noodles



CRUSH  
IT!  
JUNIOR GOLF

# Golf Tennis



## How to Play

- Be sure to set up the game in a safe area, and highlight that players should not stand opposite each other when playing their shots
- Nominate a player to play first. One child is the
- The first player attempts their shot and aims to get their ball to bounce in the opposing player's box
- If successful and the ball stays in the box then the opposing player plays the ball from wherever it finishes. If the ball rolls out of the area then the opposing player places the ball on the base line and plays their shot from there
- The game can be scores like tennis, where if a player misses the box then the opposing player scores 15 points, alternatively they can score 1 point
- The game continues until a player wins the game like in a tennis match, or until a player scores 5 points

## Progression Ideas

- Vary the size of the area
- Vary the club that is being used
- Change the ball being use to a tennis ball or soft ball
- Introduce a rule that the ball has to land and finish in the opponent's area

## Equipment needed

Orange safety cones

SAFETY



10 x Green cones to mark out half of the court



10 x Yellow cones to mark out half of the court



5 x Red cones to mark the center line



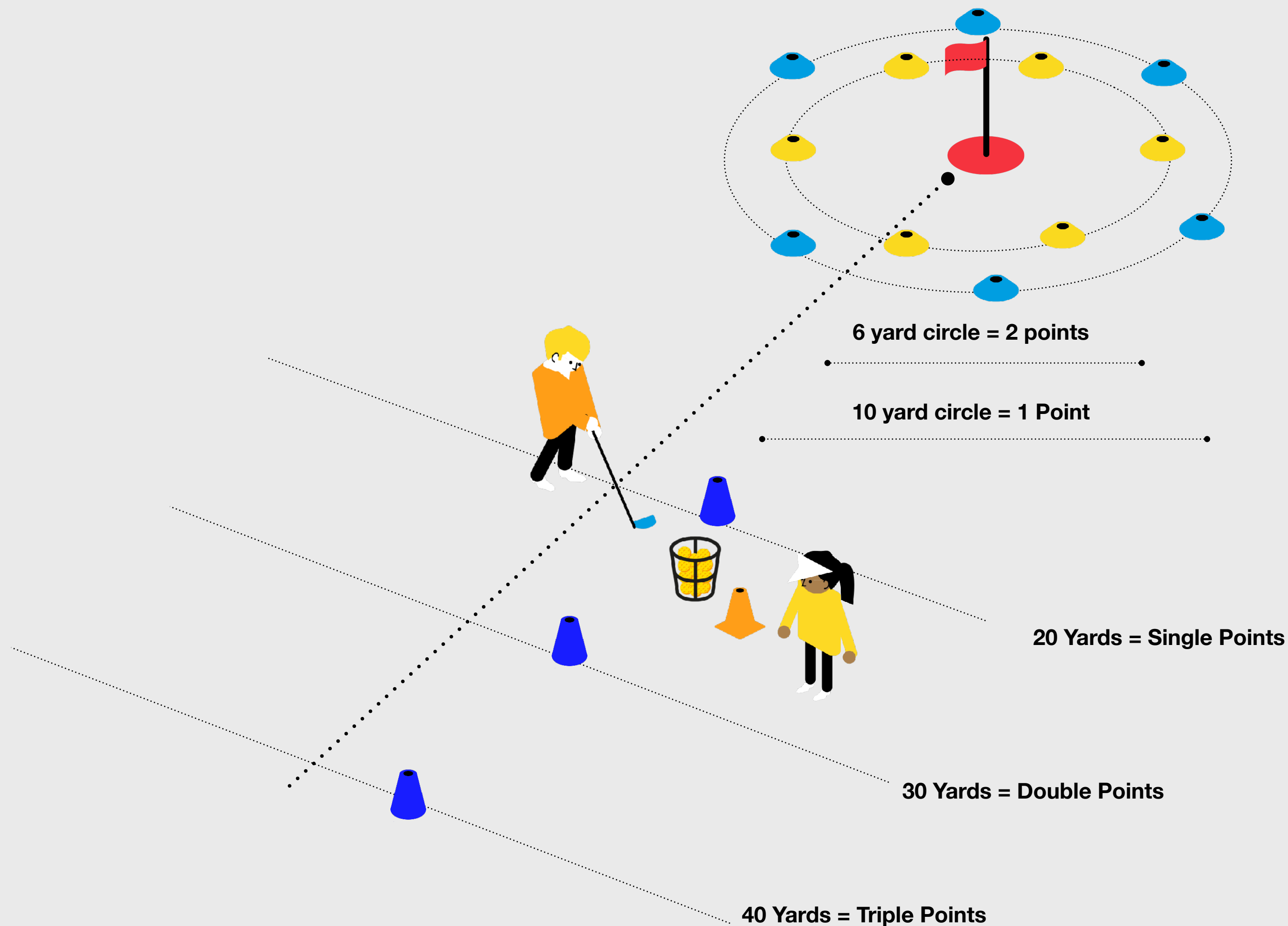
1 x Golf ball



CRUSH  
IT!  
JUNIOR GOLF



# Single, Double, Triple - Pitching



## 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 pitch 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

