

# Around the Green

## Week 33



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# Class Timetable

**4** Class Plans  
**Playing** 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>	<ul style="list-style-type: none"> <li>Coming Soon</li> </ul>
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 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

**Mastering the Game Challenge:**  
Pitching 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>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>Pitching 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

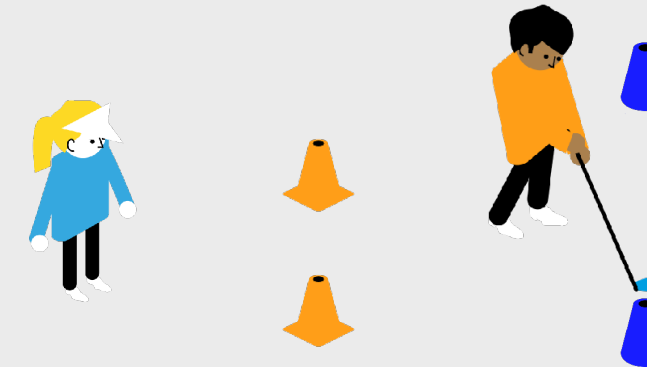


# Class Layout and Setup

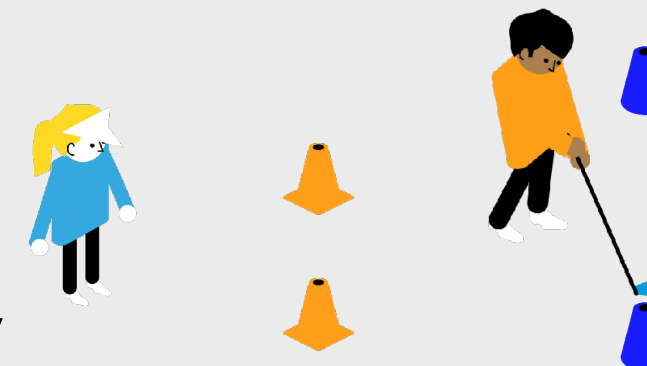
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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

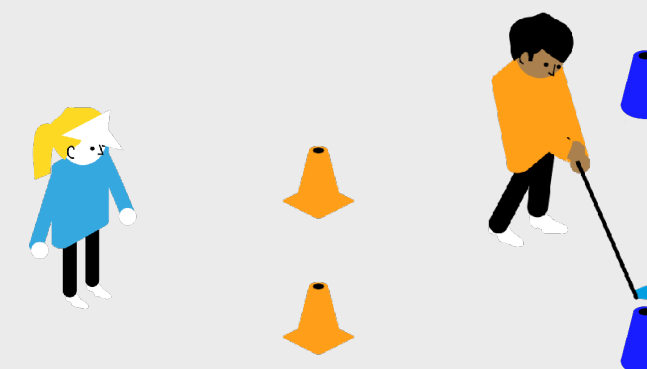
**Station 4:**  
Free Practice Station



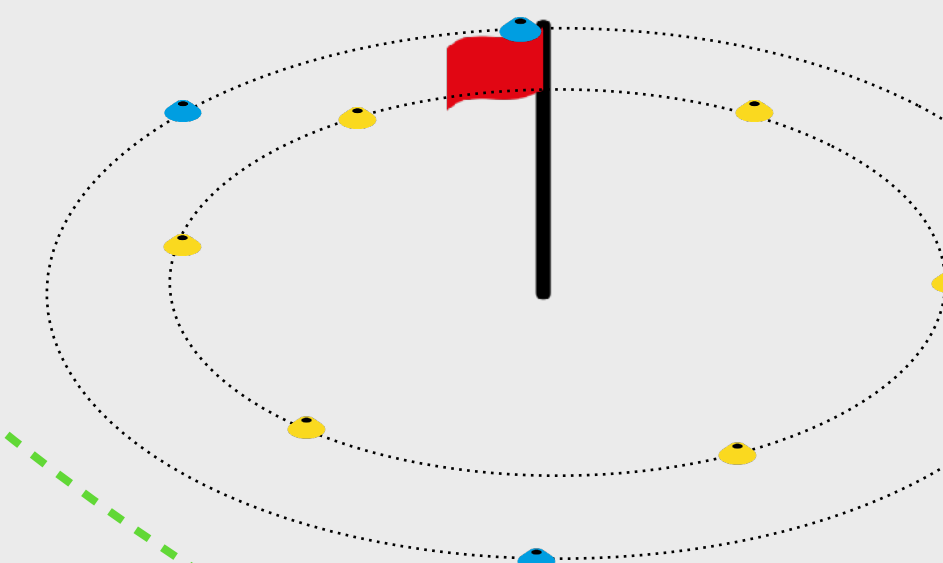
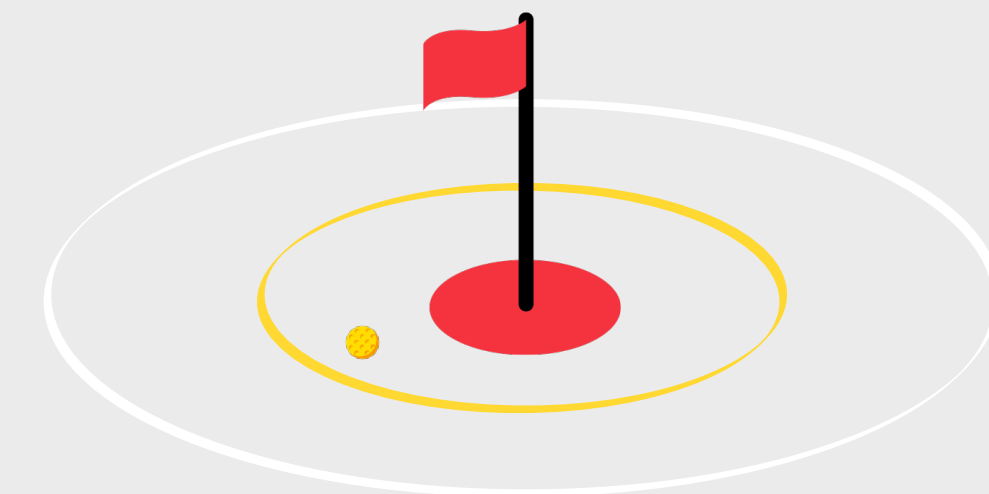
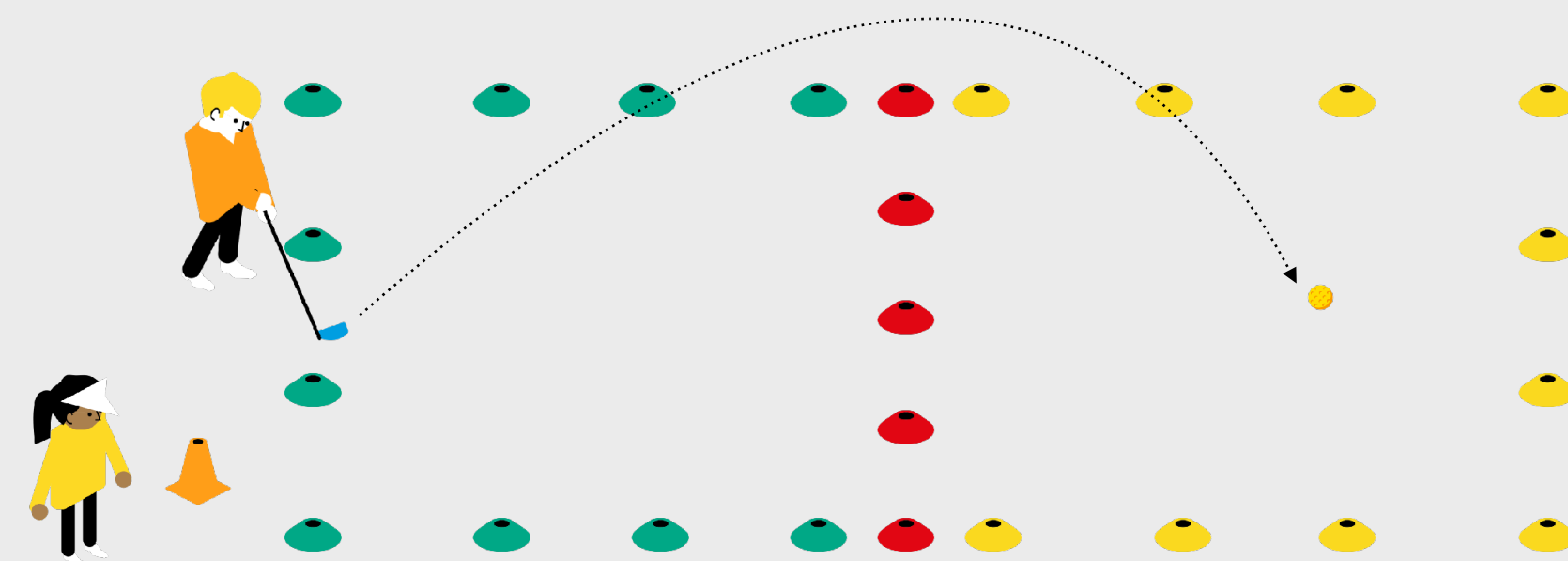
**Station 2:**  
Game Station  
Choose your Trajectory



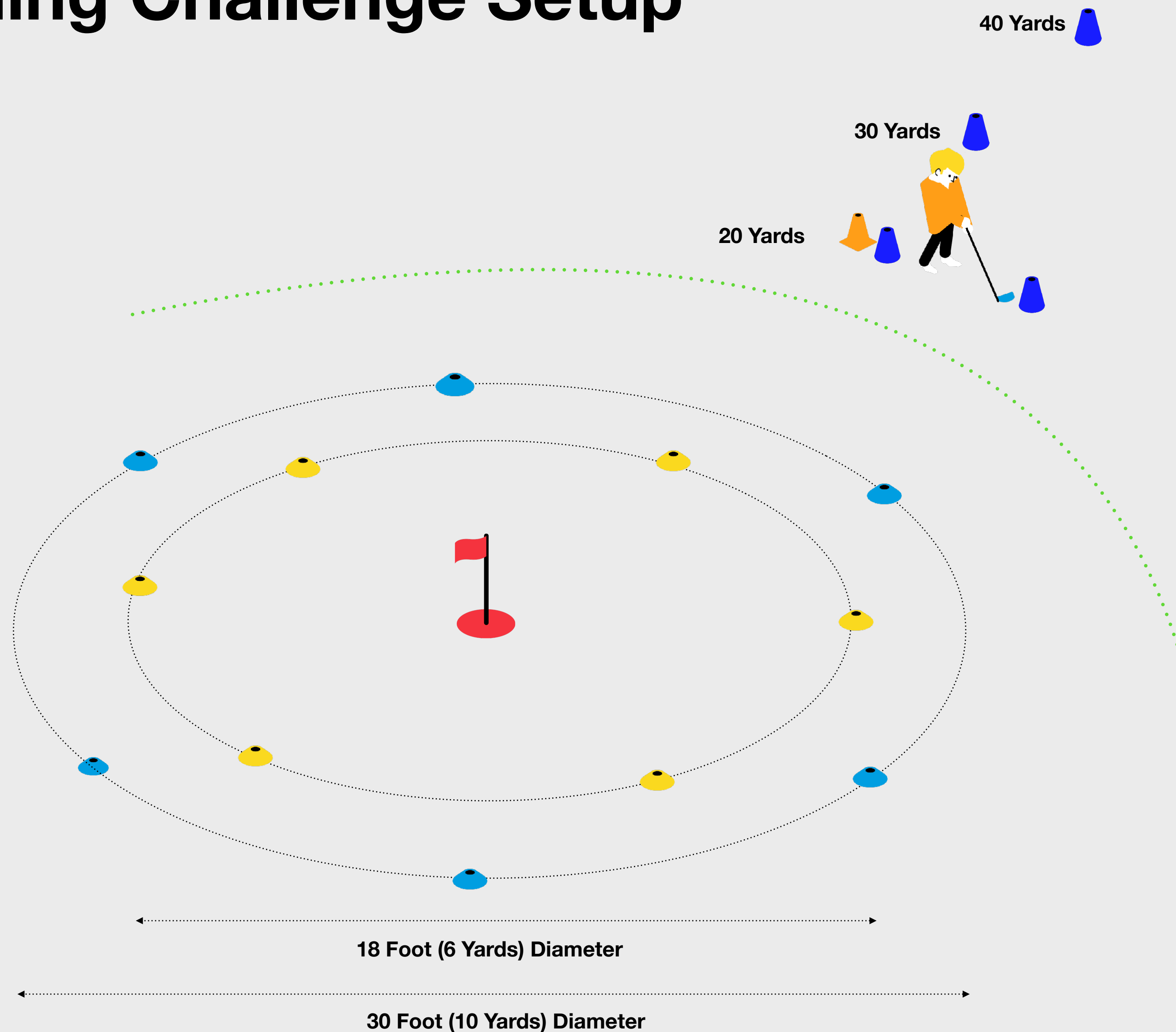
**Station 1:**  
Challenge Station



**Station 3:**  
Game Station  
Golf Tennis



# Pitching 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, marked by cones, are placed around the flag or alignment stick at the diameters in the graphic opposite, 6 yards and 10 yards
- Three starting points are positioned in a row at distances of 20, 30 and 40 yards

## Equipment Required

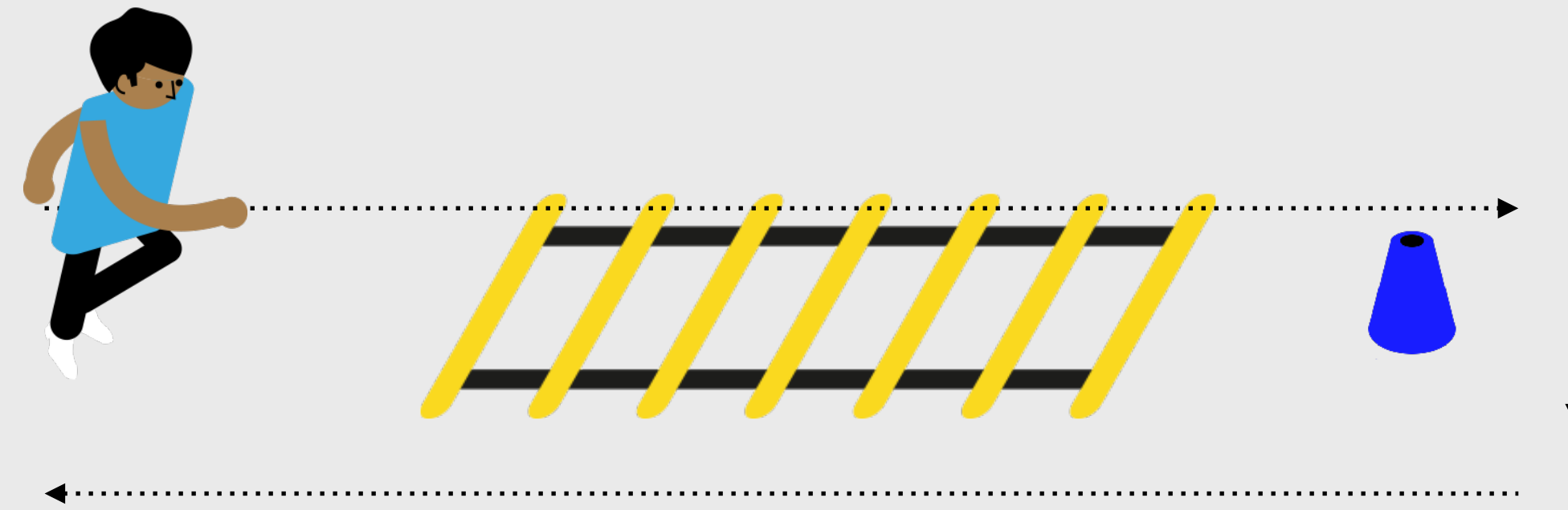
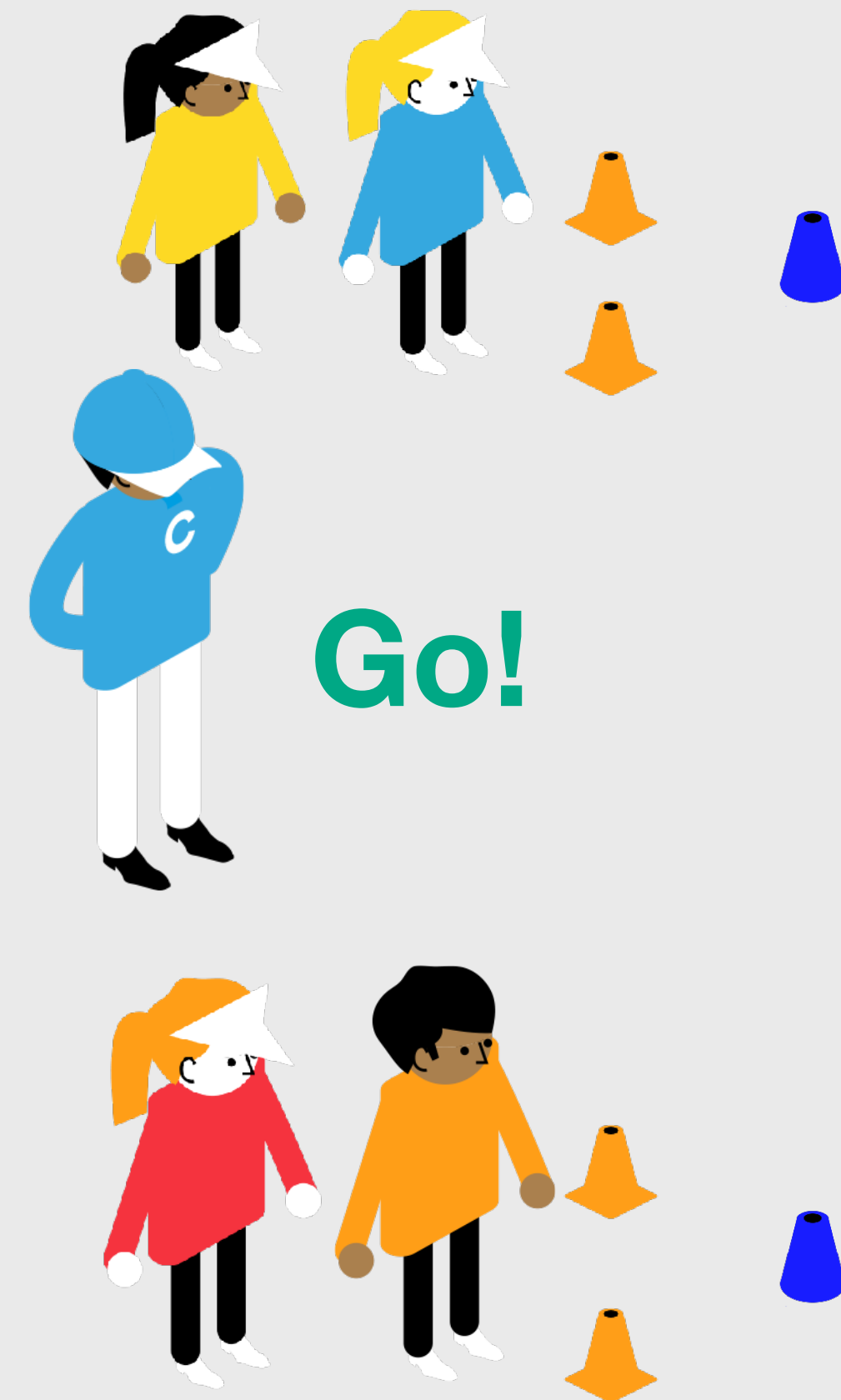
- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Target circles from the equipment bag
- Cones to mark target circles
- Flag
- Alignment Sticks for a flag if this isn't possible

# Physical Literacy Warm Up Game





# 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



# 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



# Cognitive Effort

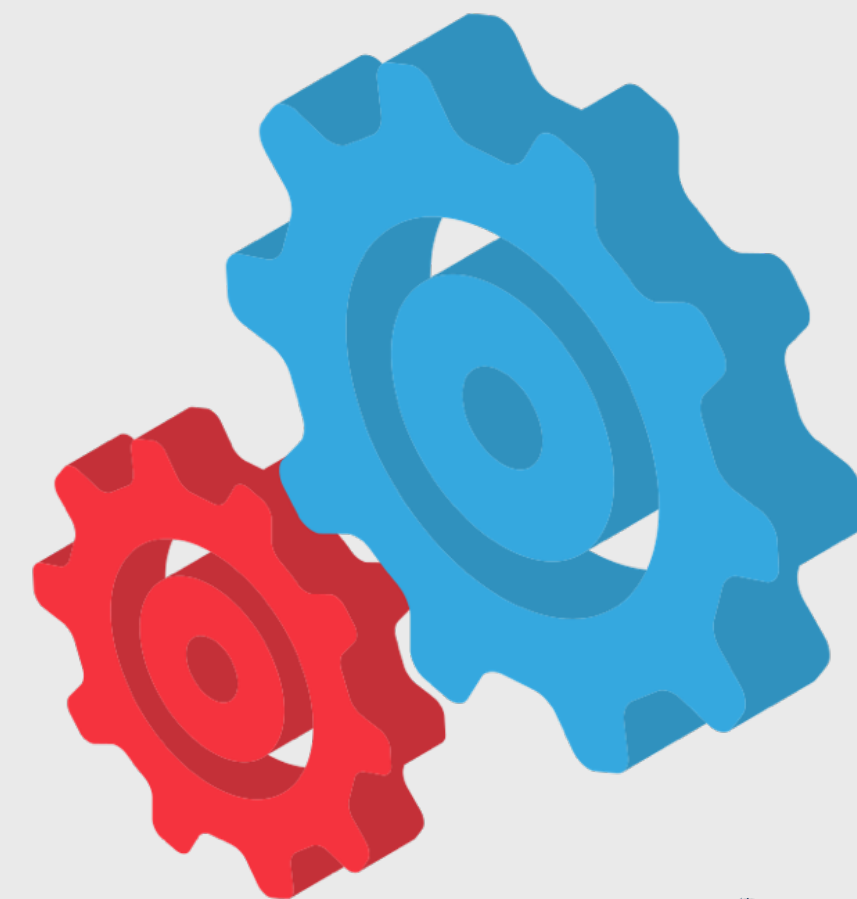
The Whole Child theme this week is focussing on praising the effort that the children put into their games and practice.

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.

It should be highlighted that the Achiever Award is presented to the child that displays the most effort within the games and challenges. An example of this could be continuing to practice even when it's not going well.

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.



**CRUSH  
IT!**   
JUNIOR GOLF



## 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



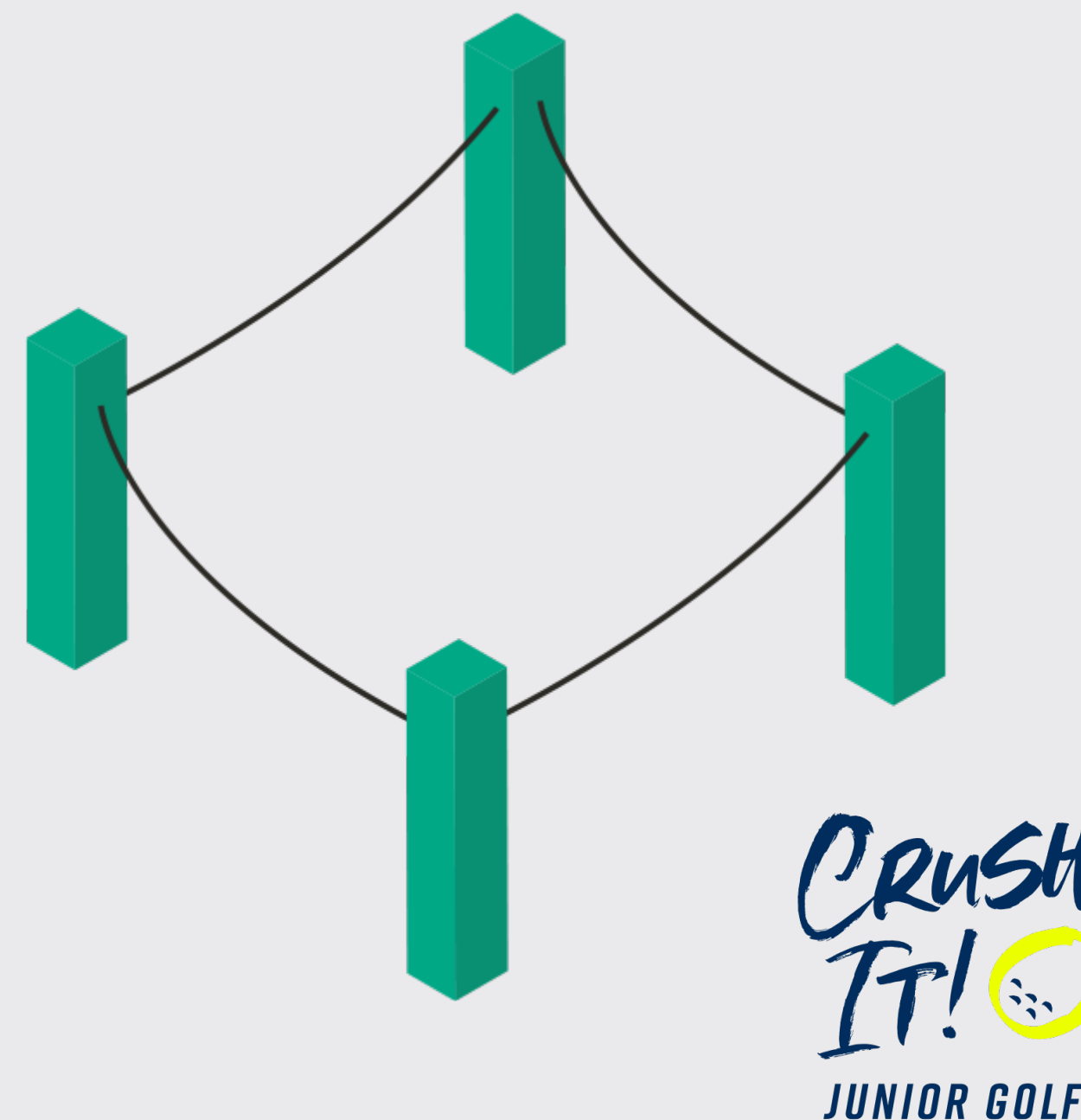
# Playing and Scoring Ground Under Repair

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.

Use the lesson to highlight what the children might need and when they might need it throughout a round of golf.

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



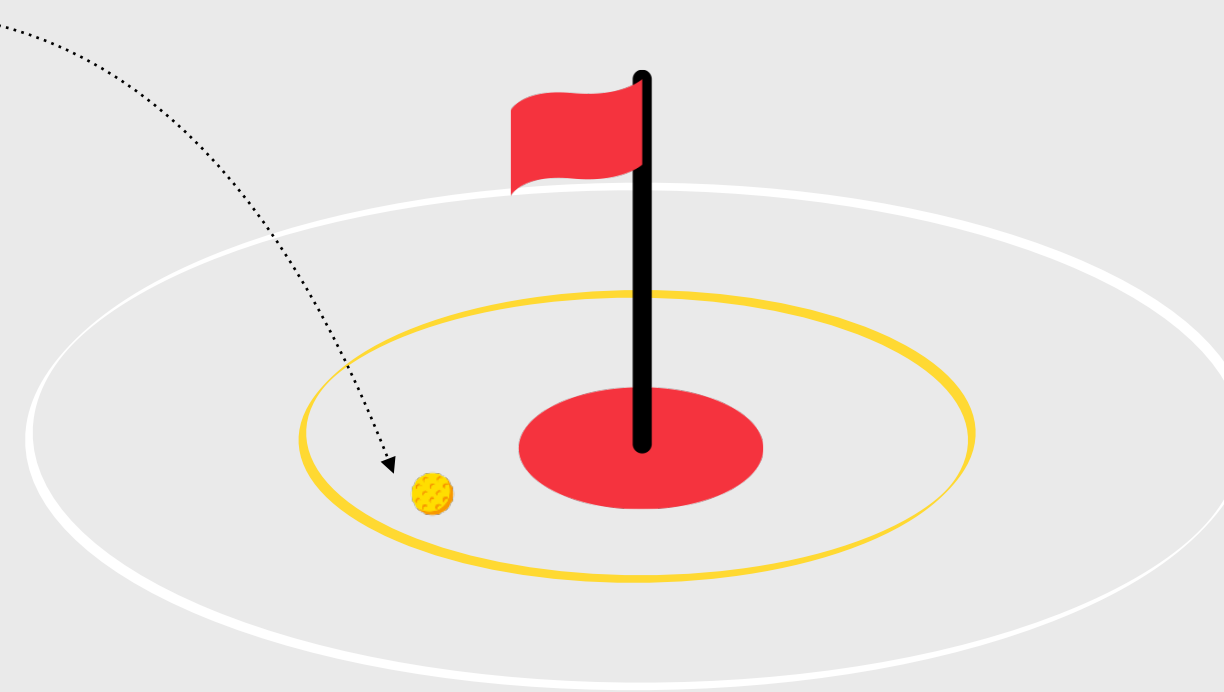
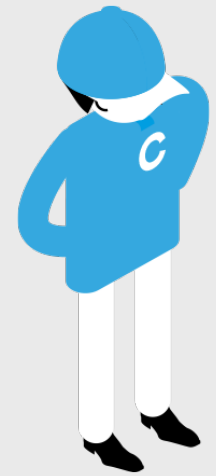
## Questions to Ask

- What do you do if your ball lands in Ground Under Repair?
- Where do you drop your ball?
- How do you drop your ball?

# Mastering the Game Cards



# 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

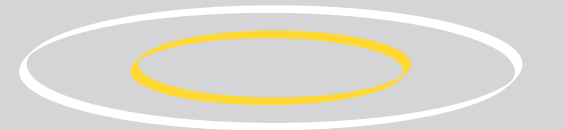
SAFETY



### Cones to mark starting position



### Target Rings



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



### Golf Balls



### 2 x Alignment Sticks



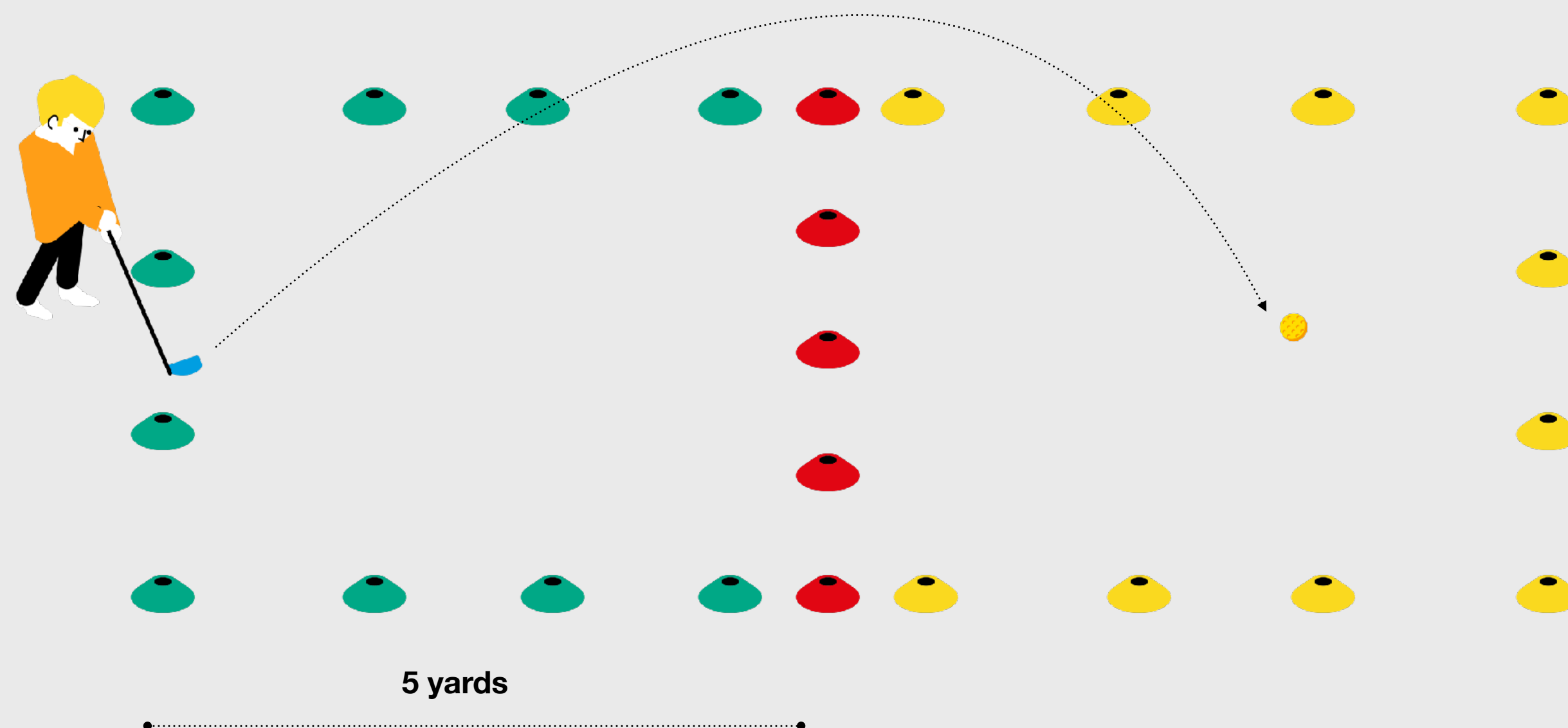
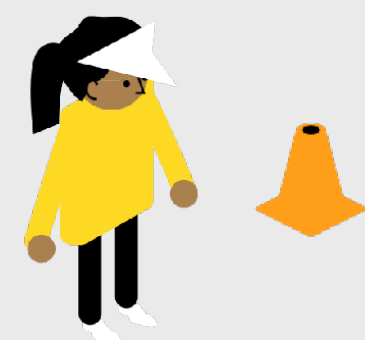
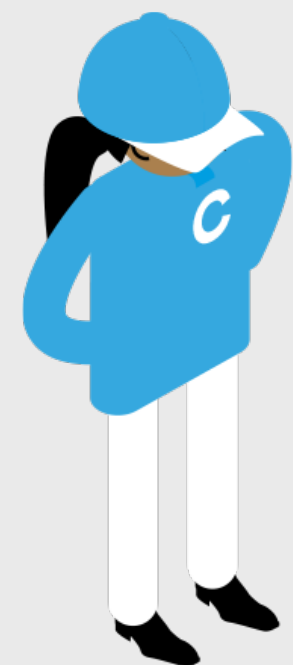
### 3 x Foam Noodles



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# 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



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IT!  
JUNIOR GOLF

# Mastering the Game Challenge Cards



# Pitching Challenge



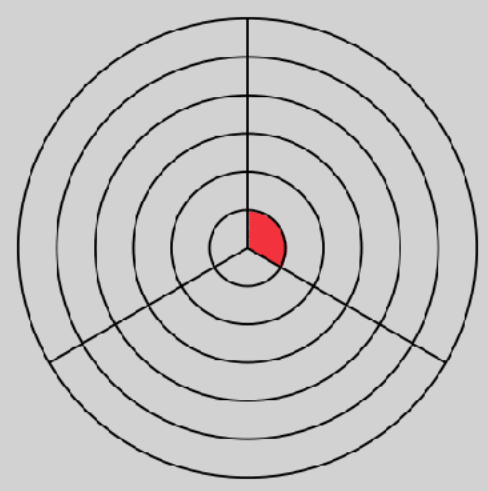
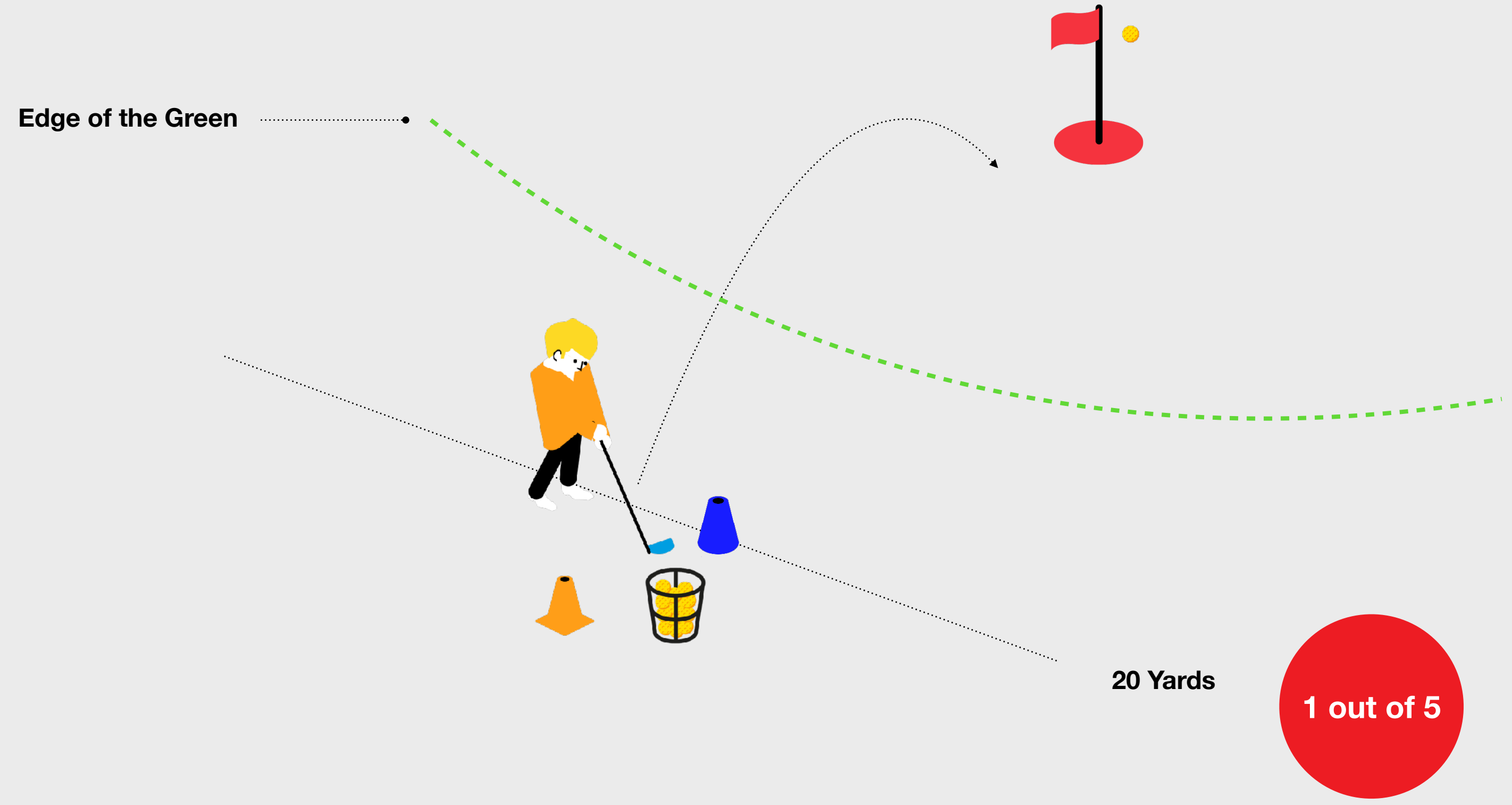
### The Challenge

To complete the Level 1 Challenge within the Pitching skill element, the child needs to get 1 shot out of 5 anywhere on the green. The shot does not need to land on the green.

### 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.



### Pitching



# Pitching Challenge



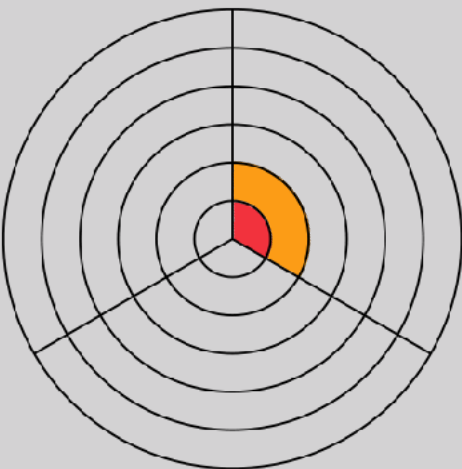
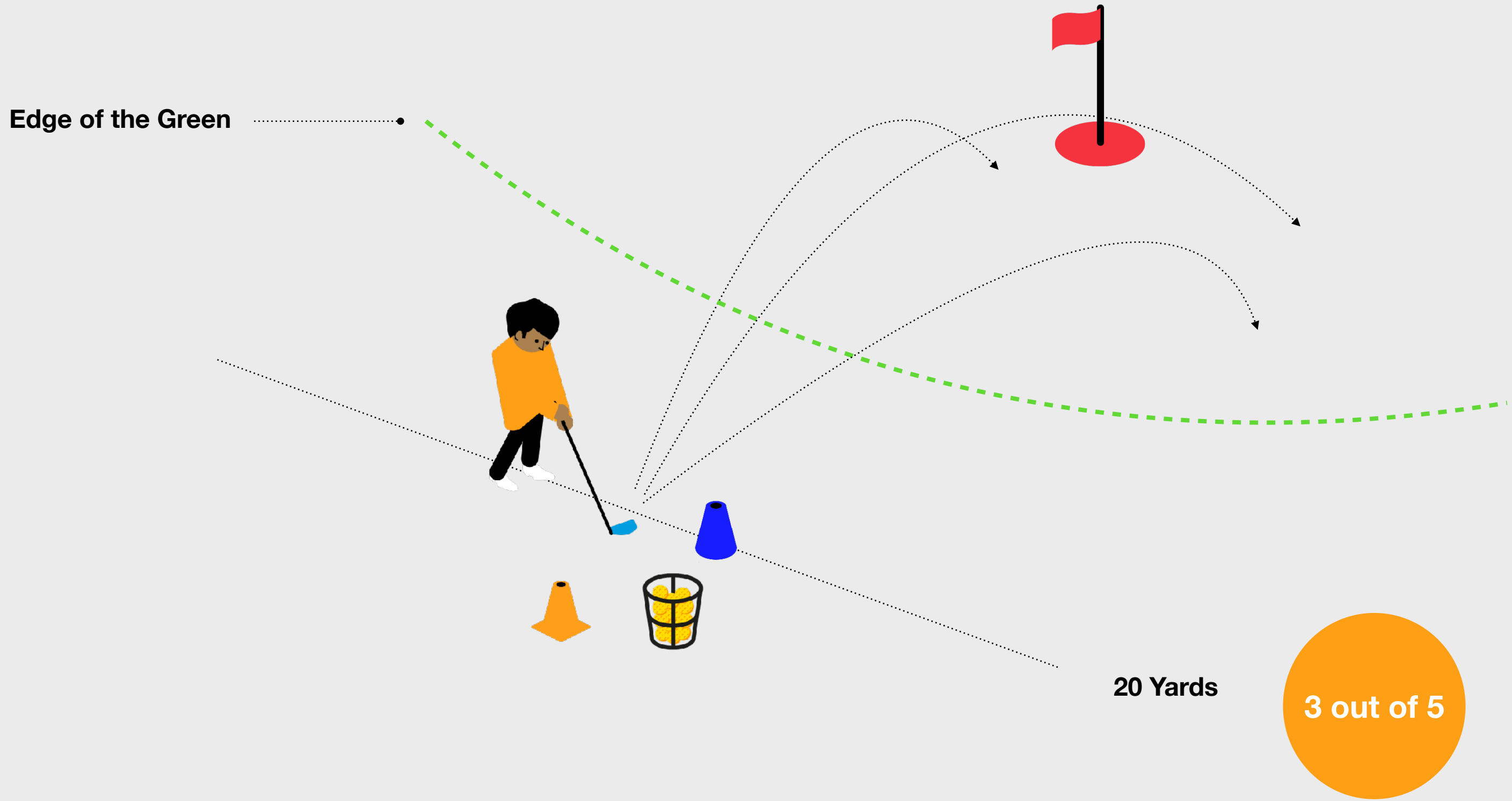
### The Challenge

To complete the Level 2 Challenge within the Pitching skill element, the child needs to get 3 shot out of 5 shots anywhere on the green from 20 yards. The shots do not need to land on the green but the child should demonstrate control.

### 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.

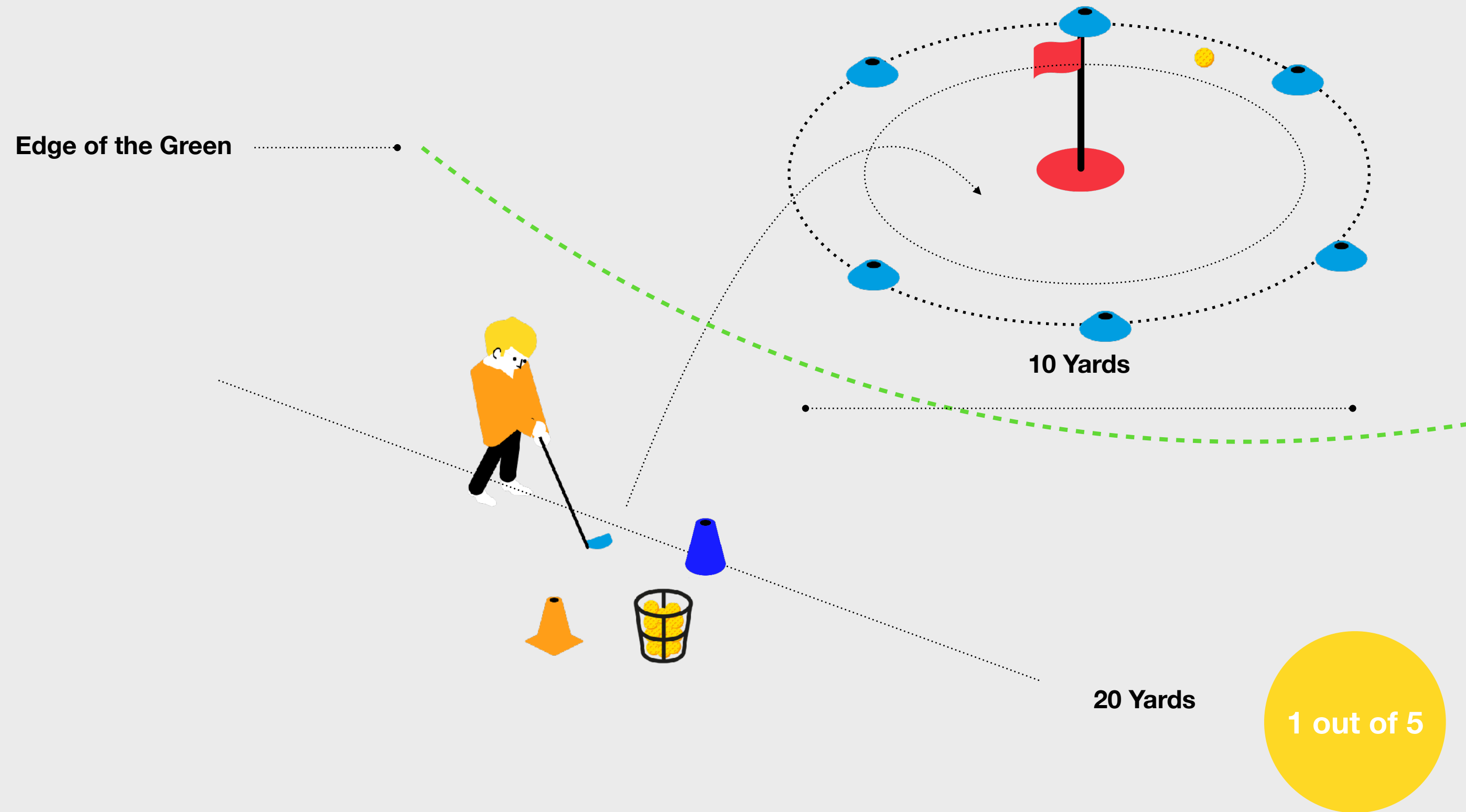
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Pitching



# Pitching Challenge



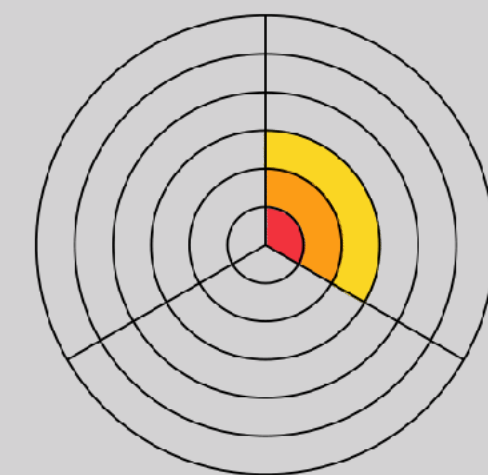
## The Challenge

To complete the Level 3 Challenge within the Pitching skill element, the child needs to hit 1 out of 5 shots from 20 yards to finish within a 10 yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the green.

## 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.



Pitching



# Pitching Challenge



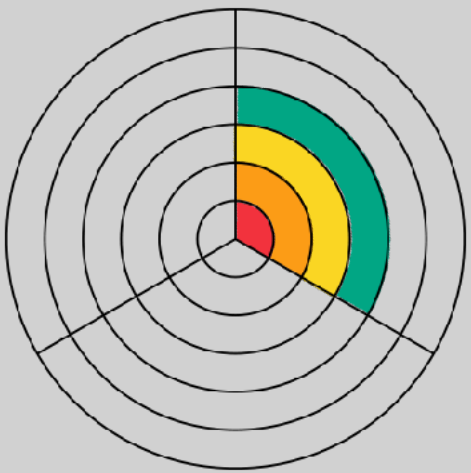
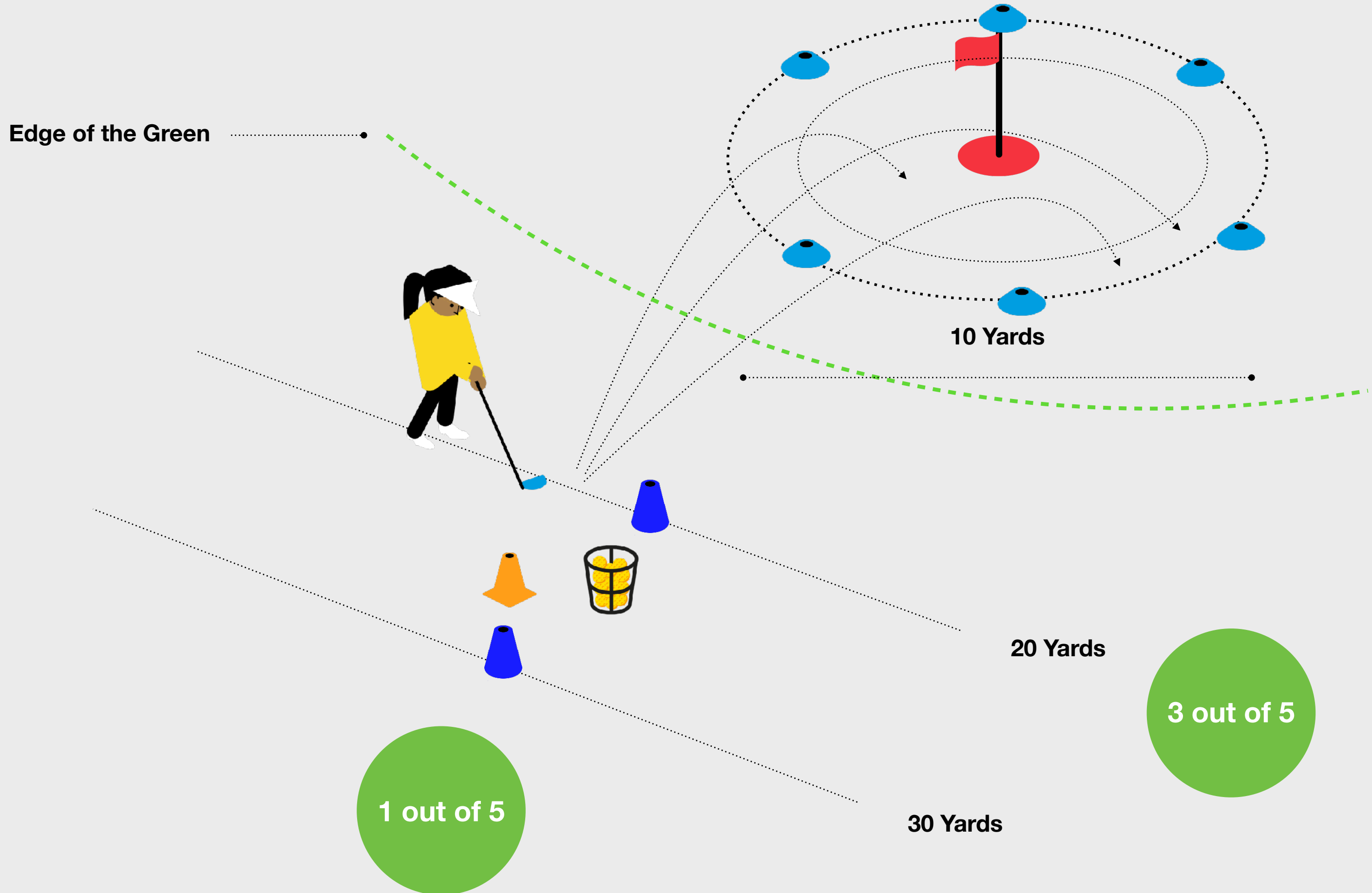
### The Challenge

To complete the Level 4 Challenge within the Pitching skill element, the child needs to hit 3 out of 5 shots from 20 yards and 1 out of 5 shots from 30 yards within a 10-yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the hole.

### 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.

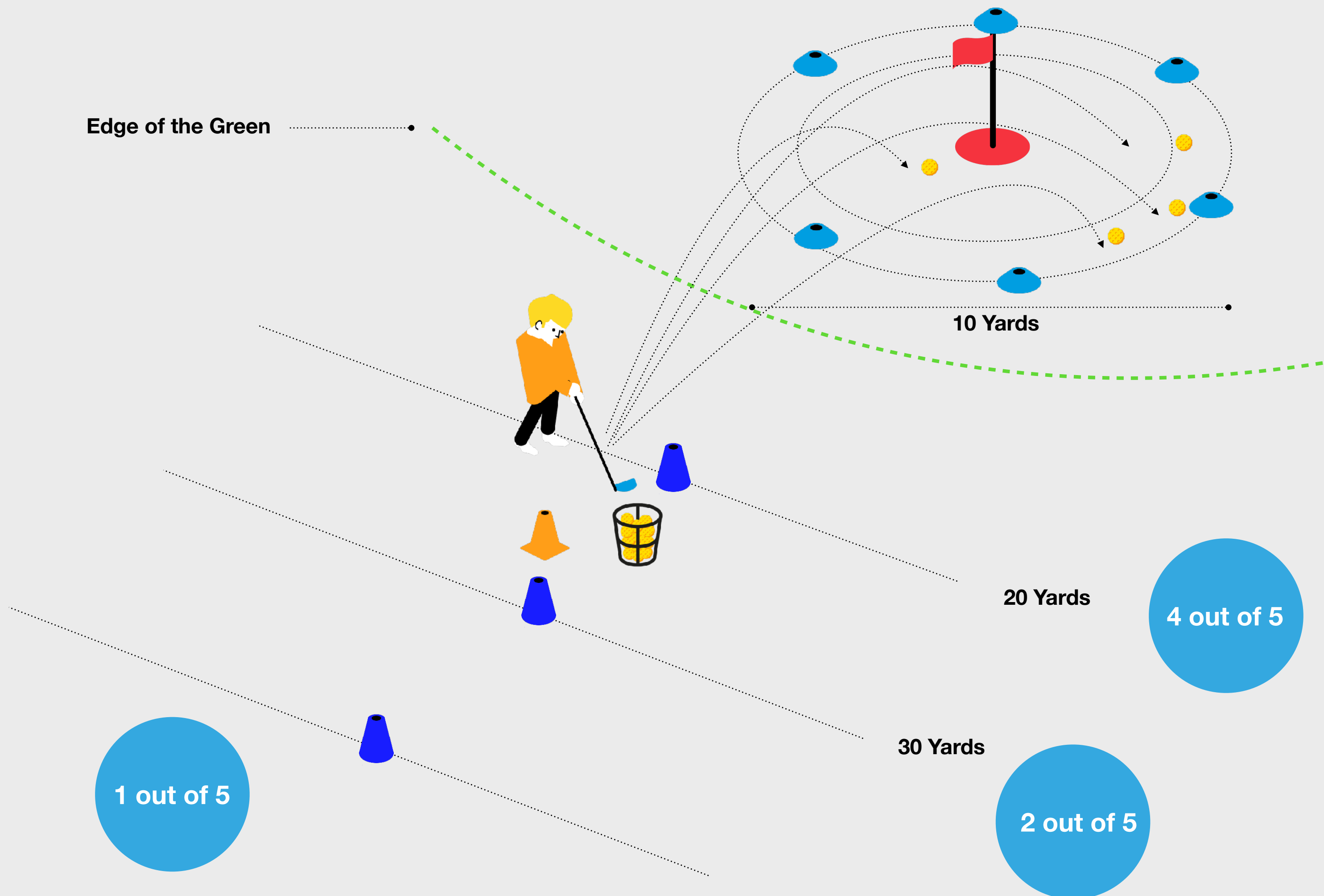
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Pitching



# Pitching Challenge



1 out of 5

2 out of 5

4 out of 5



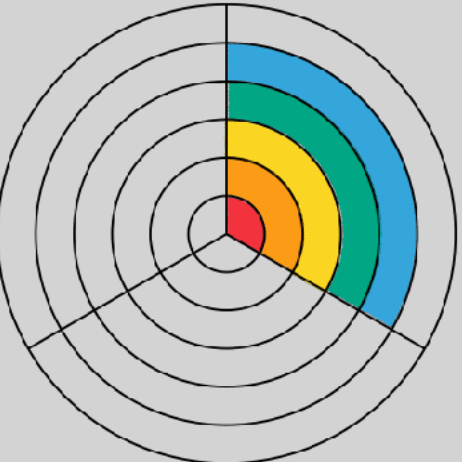
### The Challenge

To complete the Level 5 Challenge within the Pitching skill element, the child needs to hit 4 out of 5 shots from 20 yards, 2 out of 5 shots from 30 yards and 1 out of 5 shots from 40 yards to finish within a 10 yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the green.

### 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.



Pitching



# Pitching Challenge



## The Challenge

To complete the Black Sticker Challenge within the Pitching skill element, the child needs to hit 4 out of 5 from 20 yards, 3 out of 5 from 30 yards and 2 out of 5 from 40 yards to finish within a 6-yard diameter circle. All attempts should come to rest on the green and the ball should land on the green.

## 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.



Pitching

