

Swing

Week 34



Class Timetable - Week 34

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Driver

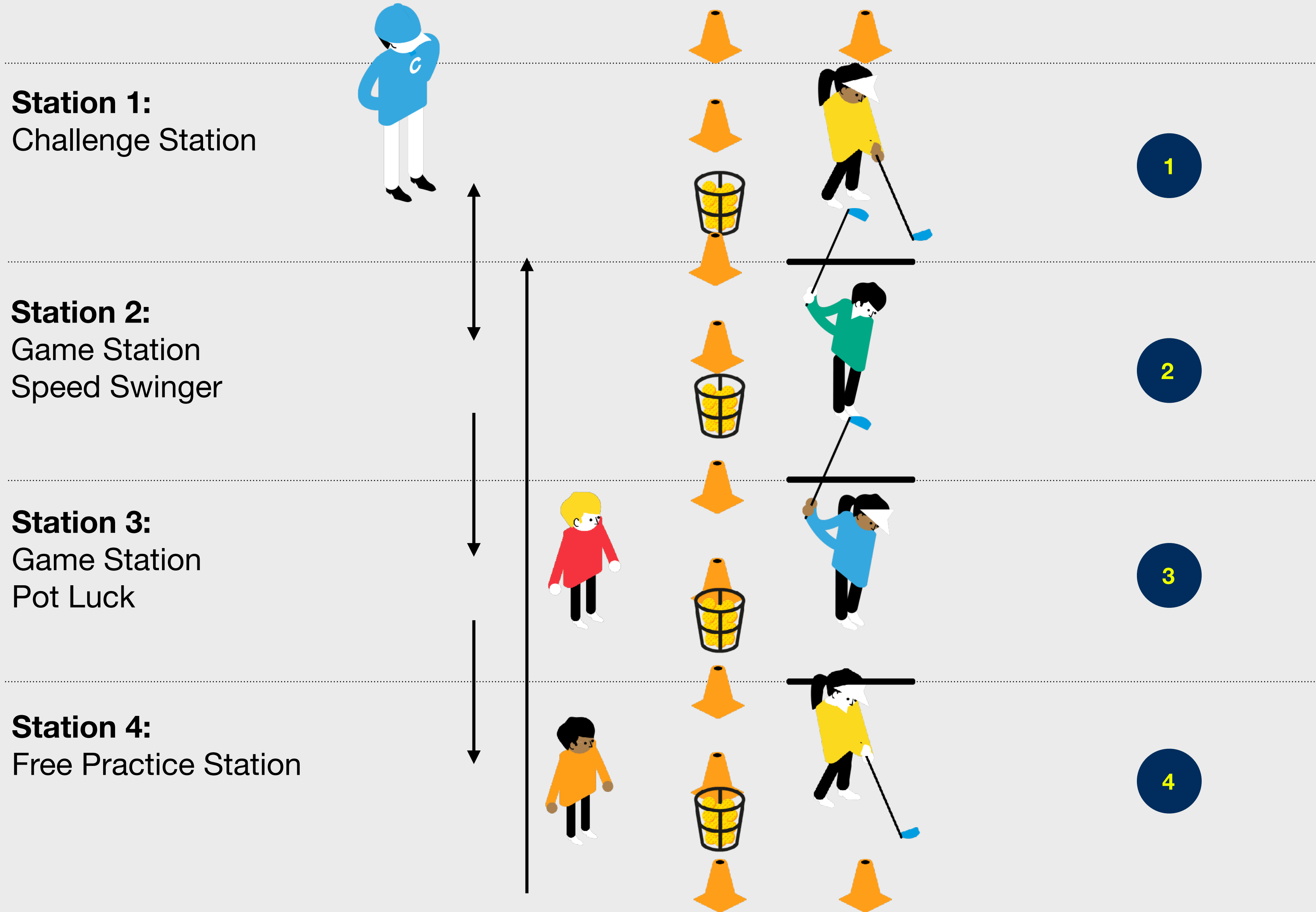
Whole Child Focus
Personal:
Resilience

Learning the Game Focus:
Rules and Etiquette:
Out of Bounds

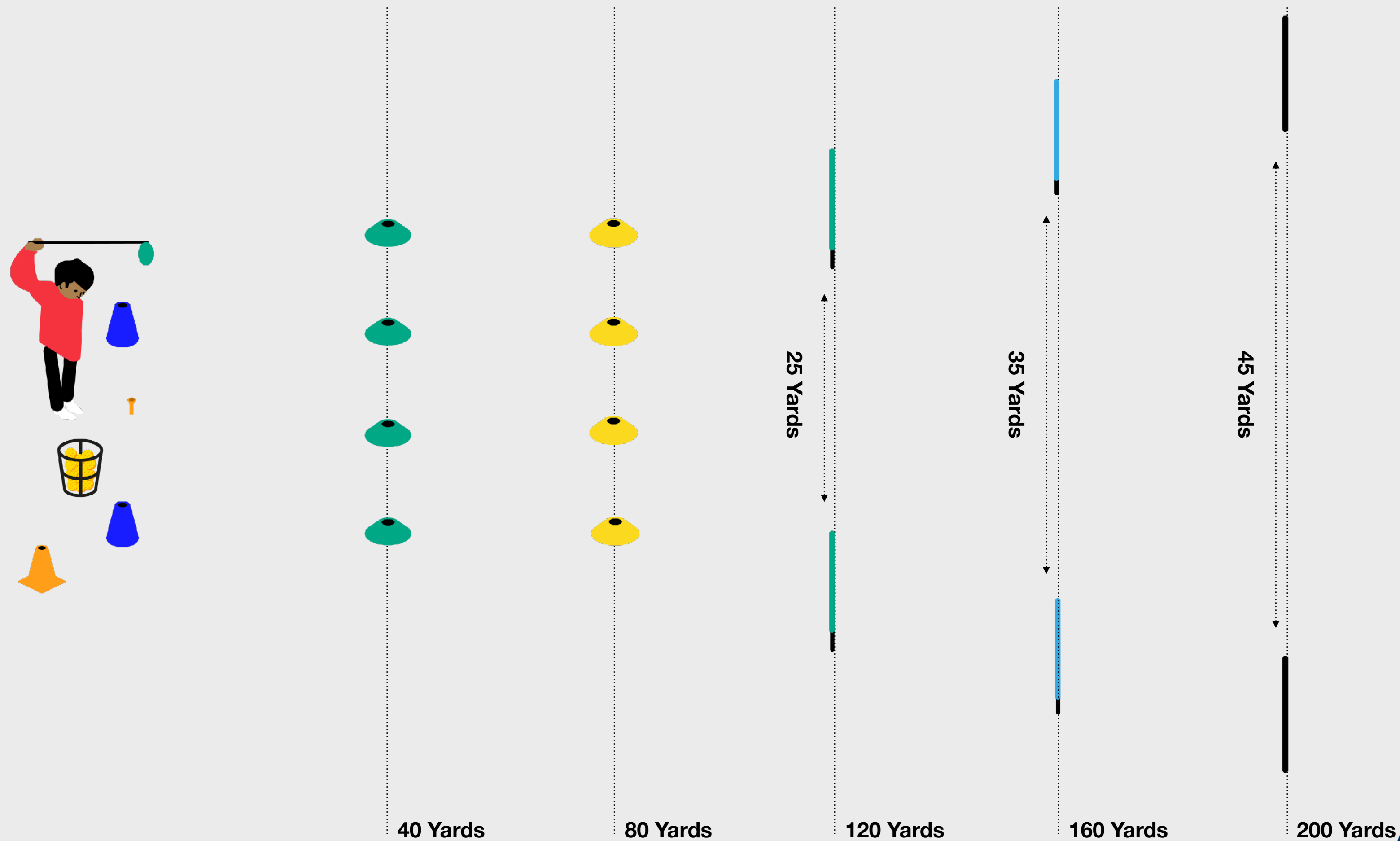
Mastering the Game Challenge:
Driver Challenge

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"> Relay Race, Ins and Outs
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"> Out of Bounds
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"> Resilience
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"> Speed Swinger Pot Luck Driver Challenge
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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 The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app Present the Achiever Award to a student in front of the parents and the group Award any Pins and Hats that may have been achieved 	<ul style="list-style-type: none"> myAcademy Folders GLF. Connect myGame+

Class Layout and Setup



Driver Challenge Setup



Equipment Needed

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines
- Alignment Sticks with foam noodles to mark the target gates

Setting out the Challenge

- Use the cones to mark out the carry distance lines for the level 2 and 3 challenges
- Alignment sticks with foam noodles should be used to measure the gates for the level 4-6 challenges at the target distances and widths
- Set out all the markers to enable every child to attempt their challenges in the class

Relay Race In and Outs



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 races to the end cone, weaving in and out of the cones, runs around the end cone and back tagging the next player
- The team that wins is the team that 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 a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

Equipment Needed

Orange Safety Cones

SAFETY



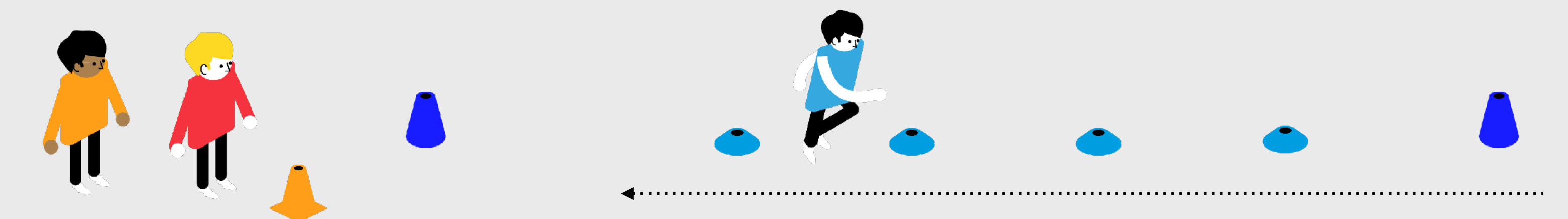
4 x Cones



4 x Red colored cones



4 x Blue colored cones



CRUSH
IT!
JUNIOR GOLF



Personal Resilience

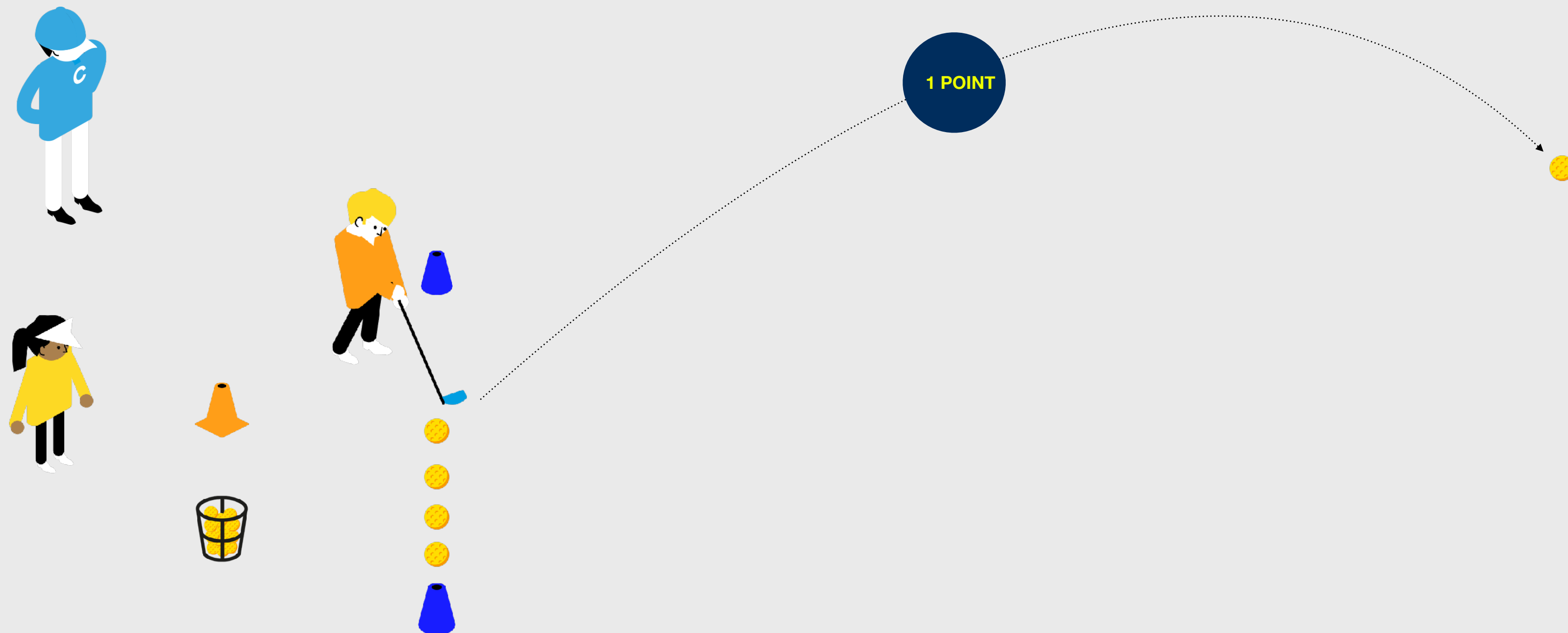
- The Whole Child theme this week is to encourage the children to be resilient. Everyone will hit bad shots, it's how you react to it that is key.
- Carry this theme into the class by teaching children that if you hit a bad shot on the course and stay resilient, it can help towards hitting a good recovery shot and still scoring well.



Rules and Etiquette Out of Bounds

- The Learning the Game focus this week is to teach the children about Out of Bounds, how to determine a ball is Out of Bounds, and the associated rules.
- You should make sure that children know the rules and what to do should they hit their ball Out of Bounds.

Speed Swinger



How to Play

- Set 5 balls up on tees in a line within the hitting station
- The challenge is to hit each ball without stopping, improving coordination and speed
- The child scores 1 point for hitting the ball high, 1 point for hitting it far, and 1 point for hitting it straight
- The child that gets the most points from their 5 shots wins

Progression Ideas

- Pre-determine the distance the child has to hit the ball
- Add in more balls
- Add in target gates that the children have to hit the ball through to score a point

Equipment needed

Orange Safety Cones

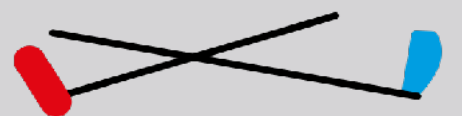
SAFETY



Cones to mark out the necessary hitting stations



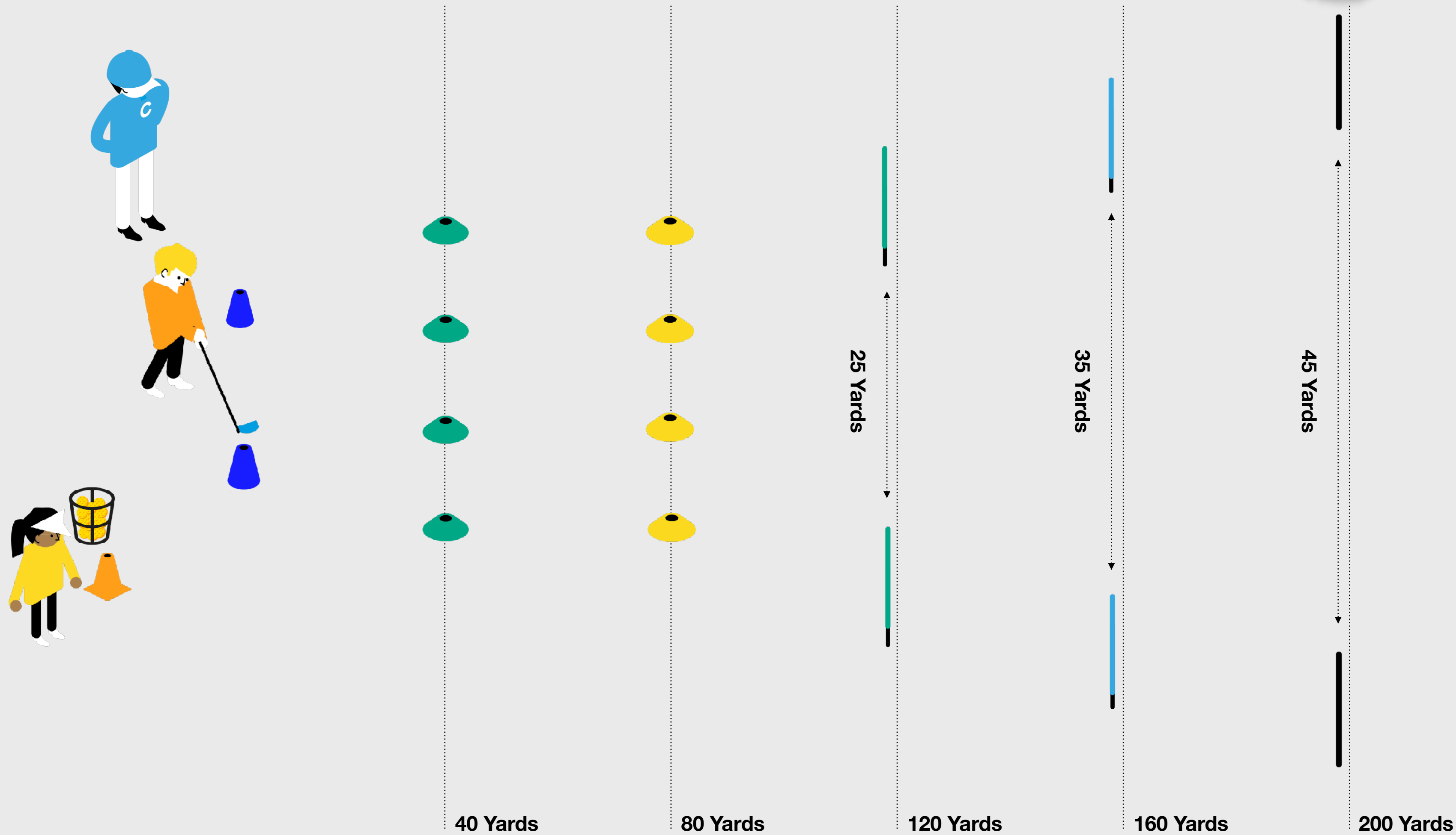
Spare equipment that may be required for the group attendees.



Golf Balls



Pot Luck



How to Play

- Players take in turns to pull a playing card from the deck of cards
- The number on the card dictates how many shots the player can take to complete their challenge (Picture cards count as 10)
- If the player completes their challenge within the designated number of shots they score 1 point
- The first player to score 5 points wins the game

Progression Ideas

- Add in special rules for certain playing cards
- Allow the players to come up with their own rules

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations



Deck of playing cards



Spare equipment that may be required for the group attendees.



Golf Balls



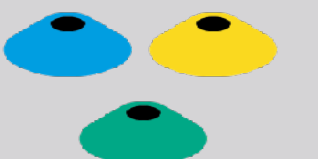
6 x Alignment Sticks



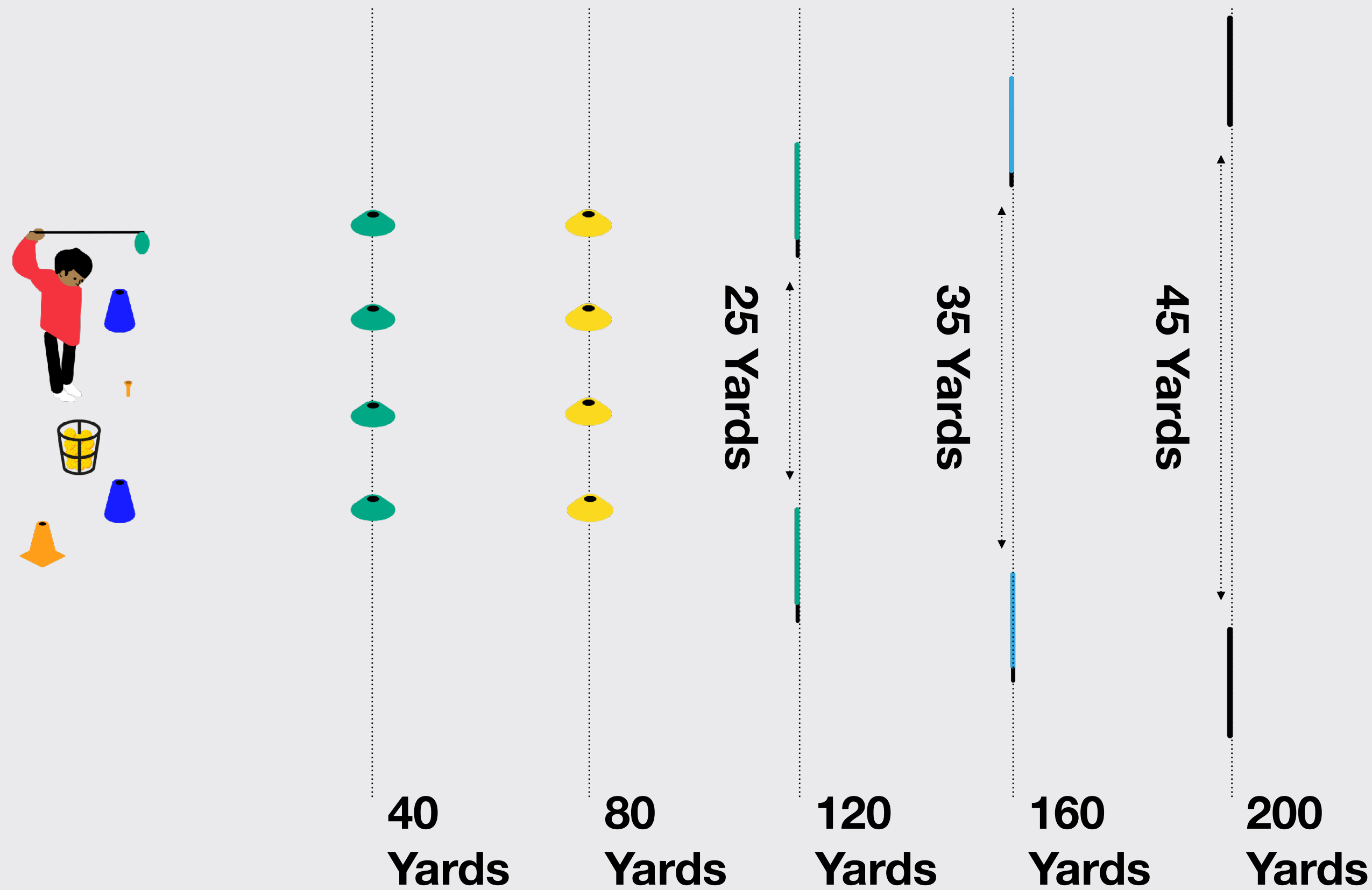
6 x Foam Noodles



Variety of colored cones for 40 yard and 80 yard lines



Driver Challenge



Attempting the Challenge

- Juniors have 5 attempts at the Challenge
- Juniors should attempt the Challenge for the level they are aiming to complete
- Juniors get 1 point for every successful attempt for the team challenge

The Challenges

- 1 Complete this Level 1 Challenge by hitting 2 shots in the air with the Driver. You have 5 attempts and do not need to hit the ball in a certain distance or direction.
- 2 Complete this Level 2 Challenge by hitting 2 shots in the air with the Driver. The ball must carry a minimum of 40 yards. You have 5 attempts with no direction requirement.
- 3 Complete this Level 3 Challenge by hitting 3 shots in the air using the Driver. The ball must carry a minimum of 80 yards. You have 5 attempts with no direction requirement.
- 4 Complete this Level 4 Challenge by hitting 3 shots 120 yards with the Driver. The ball needs to finish through the 25-yard-wide gate. You have 5 attempts.
- 5 Complete this Level 5 Challenge by hitting 4 shots 160 yards with the Driver. The ball needs to finish through the 35-yard-wide gate. You have 5 attempts.
- 6 Complete this Level 6 Challenge by hitting 5 shots 200 yards with the Driver. The ball needs to finish through the 45-yard-wide gate/ You have 5 attempts.

