

On the Green

Week 35



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Class Timetable



Class Timetable - Week 35

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Scoring

Whole Child Focus
Social:
Safety

Learning the Game Focus:
Preparing to Play:
Simple Stretches

Mastering the Game Challenge:
Scoring 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"> Fill the Bucket
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"> Simple Stretches
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"> Safety
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"> Coconut Shy Putting Partners Scoring 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+

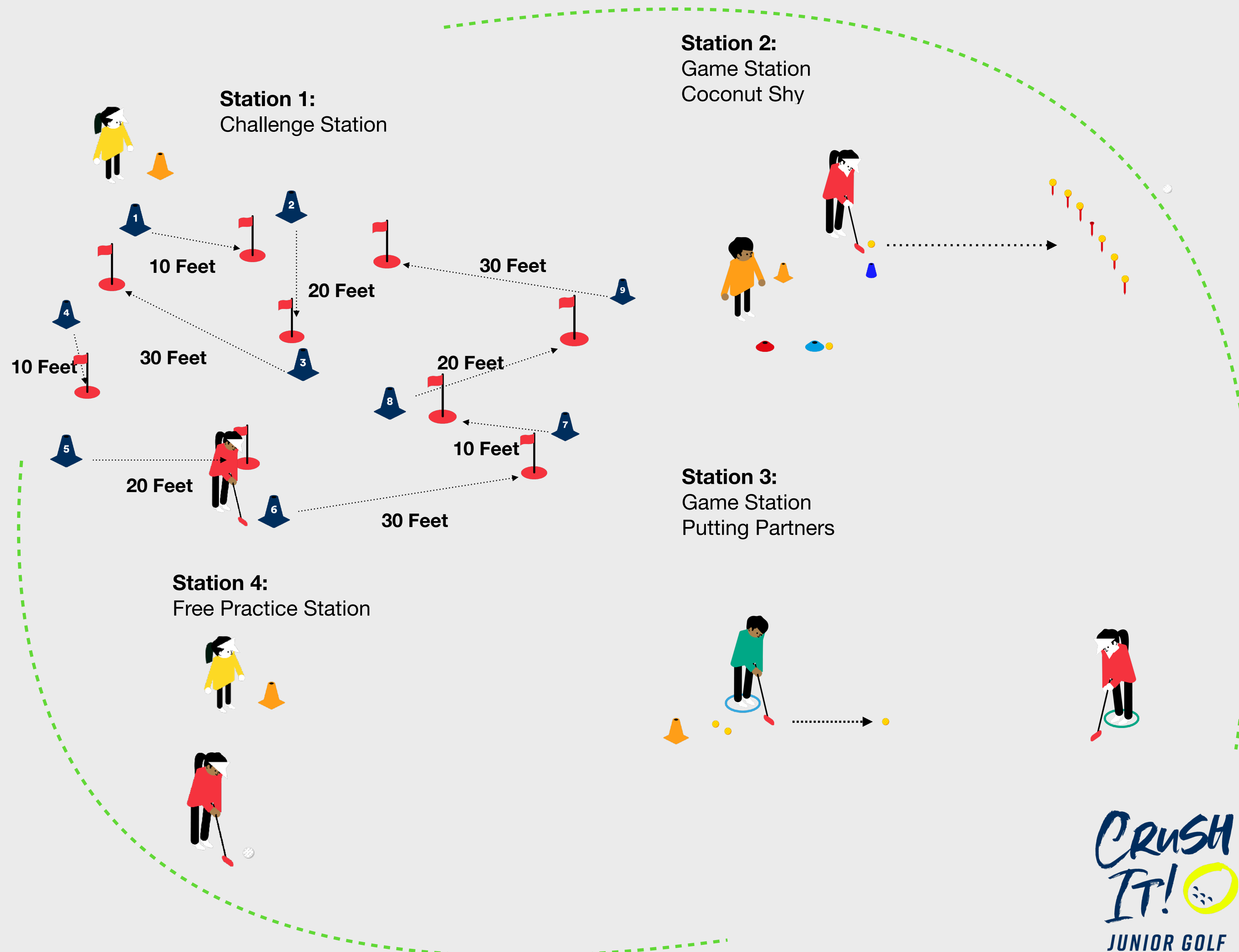
Layout and Setup



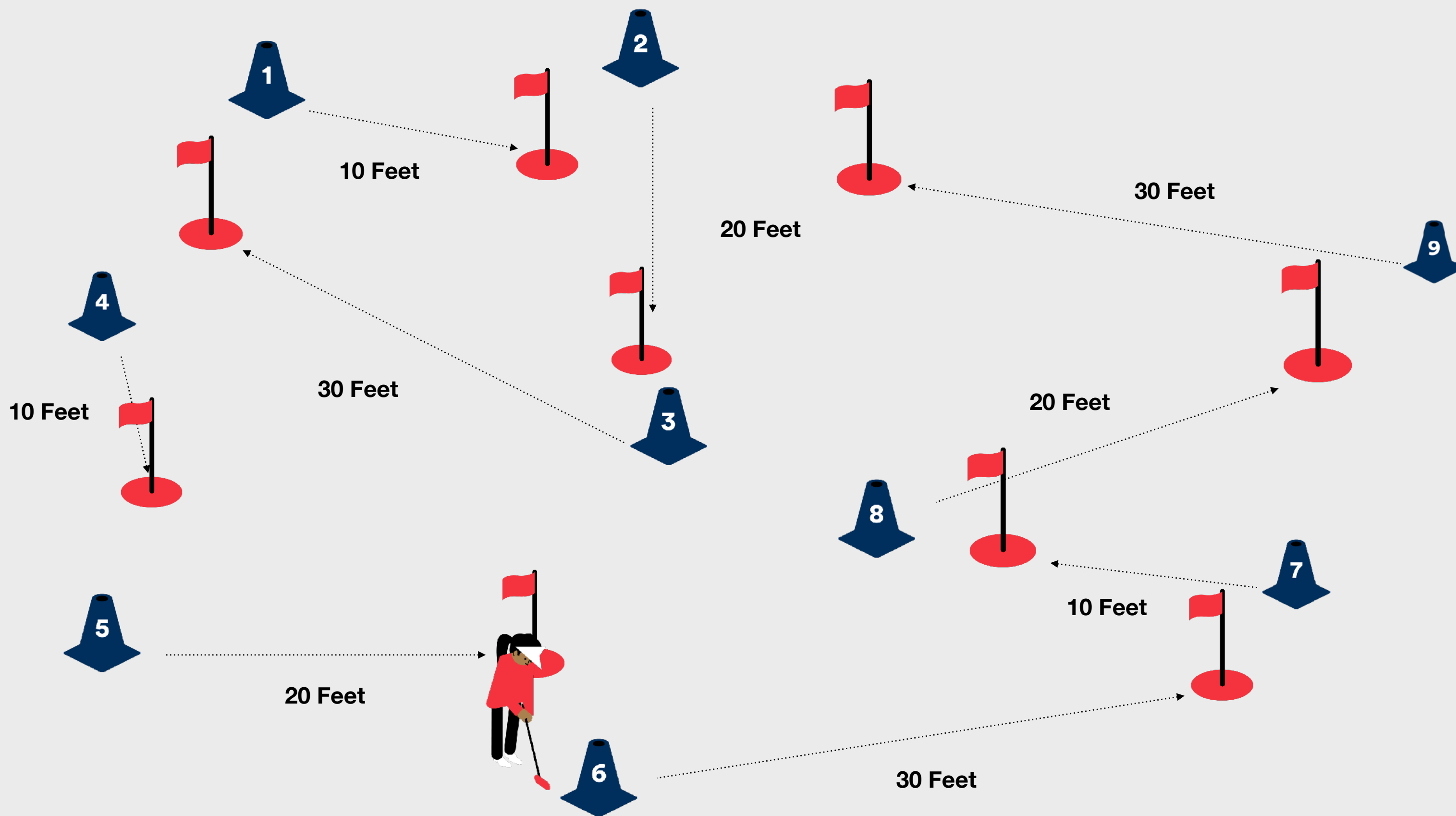
Class Layout and Setup

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



Scoring Challenge Setup



Setting out the Challenge

- 9 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet, 3 cones at 20 feet and 3 cones at 30 feet
- You can use your string to clearly define each putting hole
- Children can attempt the challenge depending on the progression level they are on by playing the required number of holes and distances

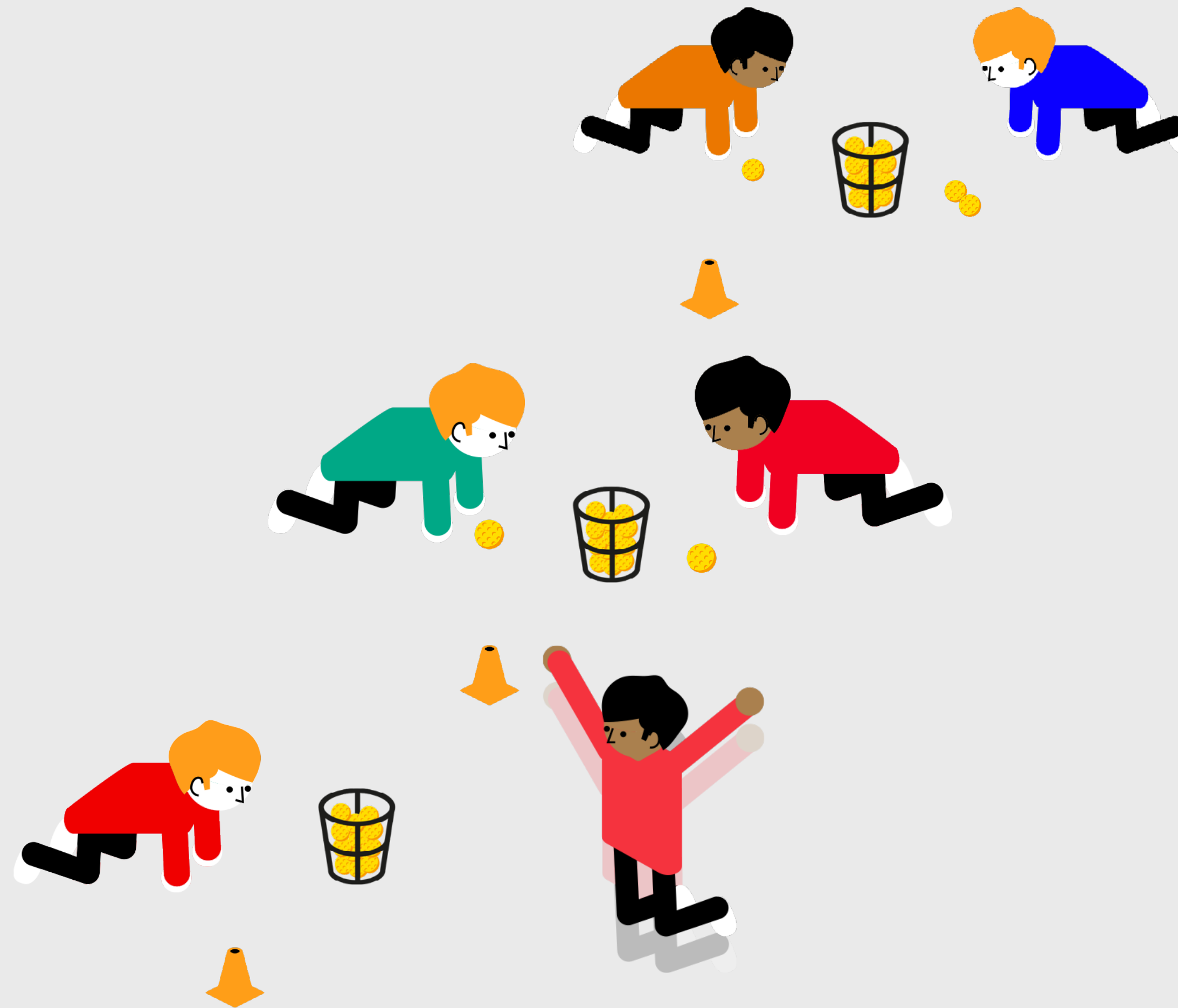
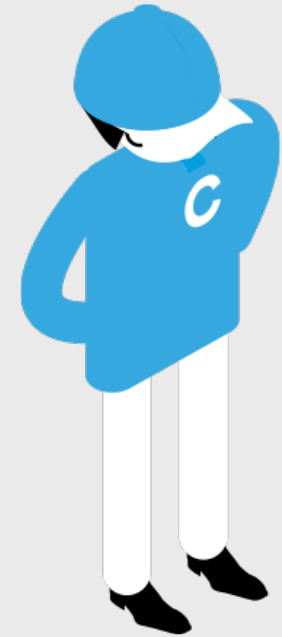
Equipment Required

- 9 holes on the green
- 9 numbered starting cones
- String
- Scorecard and pencil

Physical Literacy Warm Up Game



Fill the Bucket



**CRUSH
IT!**
JUNIOR GOLF



How to Play

- This game is best played in pairs
- The children start either side of their team's bucket, with 10 balls each on the floor next to the bucket
- On go, from a raised plank position, the children have to pick the balls up from the ground and put them into the bucket
- The team that wins is the one that fills their bucket first and jumps up

Progression Ideas

- Experiment with different poses, holding a squat position, balancing on one leg, etc
- Increase or decrease the number of golf balls for each player
- Introduce a distance between the balls and the bucket so the player has to crawl or travel using a different FMS

Equipment Needed

Orange Safety Cones

SAFETY



3 x Baskets



10 x Golf balls per child



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



Social Safety

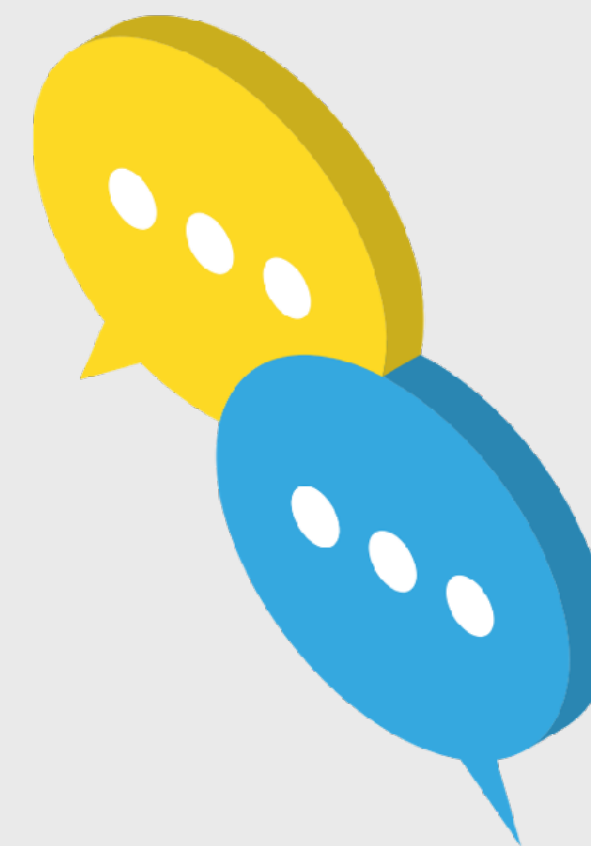
The Whole Child theme this week is to promote the importance of playing safely.

Carry this theme into the class by looking for those moments when the juniors are playing safely when not being supervised directly by the coach and praise them for this behaviour.

It should be highlighted that the Achiever Award is presented to the child that can demonstrate their awareness of playing safely.

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



Preparing to Play

Simple Stretches

The Learning the Game focus this week is to learn some simple stretches that will help them to warm up and be ready to play.

You should highlight which muscles are being used when demonstrating the stretches and why it helps with golf performance.

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



**CRUSH
IT!** 
JUNIOR GOLF



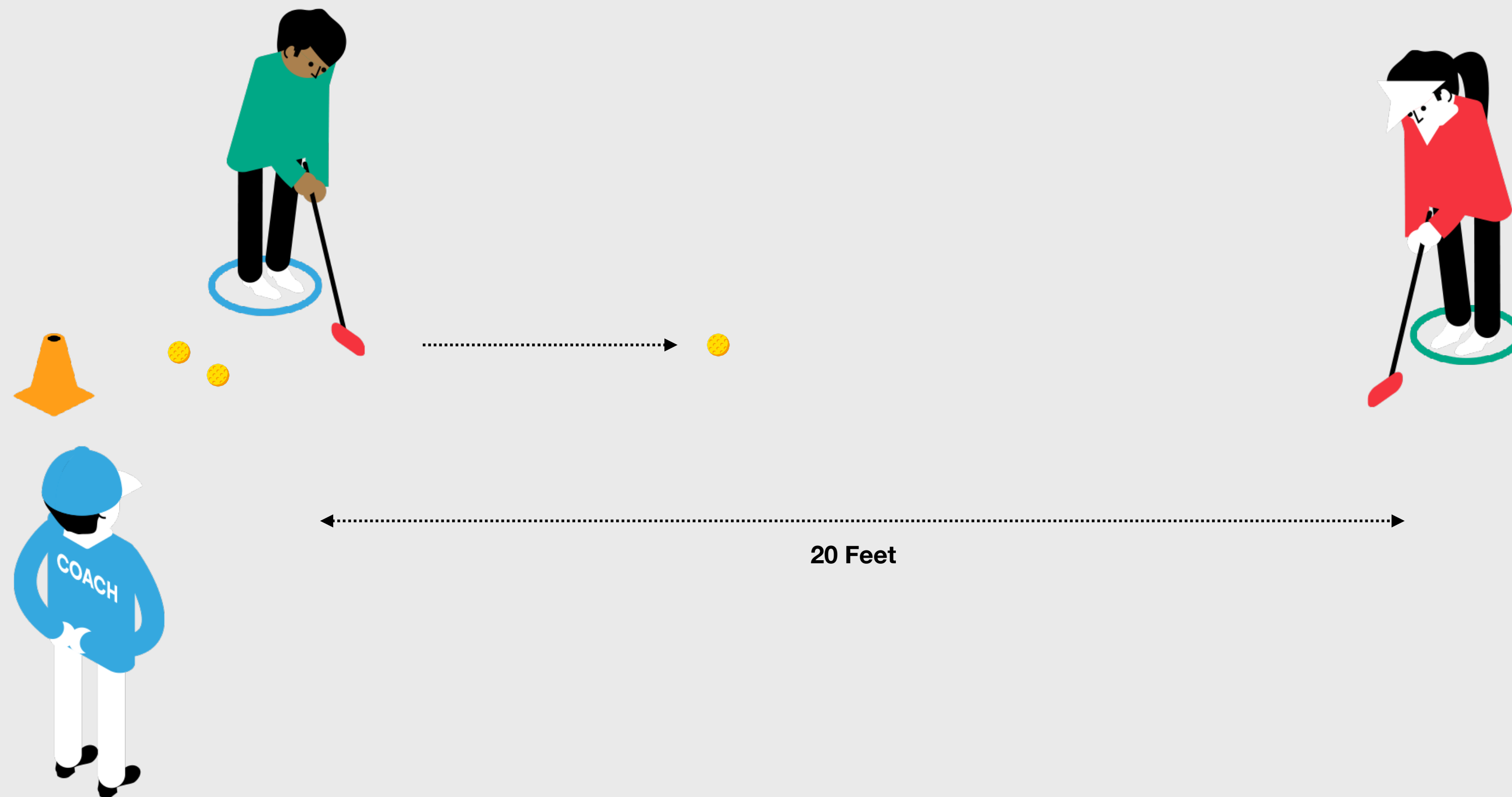
Questions to Ask

- What stretches can we do to be fully prepare to play golf?
- What muscles are being used in these stretches?
- Why is it important to stretch before playing?

Mastering the Game Cards



Putting Partners



How to Play

- In this game the players are working as a team. The aim is to keep their 3 golf balls in play for as long as possible
- Each player has to remain in their circle at all times
- The first player putts the balls towards their partner, who has to remain motionless in the circle
- Once the balls have come to rest the partner has to reach out and retrieve the balls without leaving the circle or touching the ground with their knees or elbows
- The second player is only allowed to putt back the balls they can reach
- The game ends when no balls are remaining

Progression Ideas

- Change the distance between the hoops
- Don't allow players to use their putter when retrieving balls
- Introduce a sloped surface when playing the game
- Change the number of balls being used

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- Also a great game to promote team work

Equipment needed

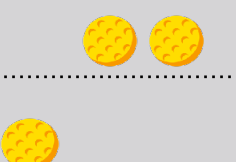
Orange Safety Cones

SAFETY

2 x Hoops



3 x Golf Balls



Coconut Shy



How to Play

- Each child is nominated a color cone. In this example either blue or red
- The children take it in turns to hit a putt towards the tees that have a ball resting on them
- If the child is successful in knocking a ball off a tee then they collect the ball and place it next to their coloured cone
- Once all the balls have been knocked off the children count how many balls they have collected and the one with the most is the winner

Progression Ideas

- Increase or decrease the number of target balls to hit
- Add in a line of cones as a backstop and if the child's ball goes over the backstop then they have to put a ball back onto one of the tees
- Change the distance from the starting cones to the target

Learning Outcomes

- The primary learning outcome is control of direction
- If the backstop is added then there is more emphasis on distance control

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



7 x Tees



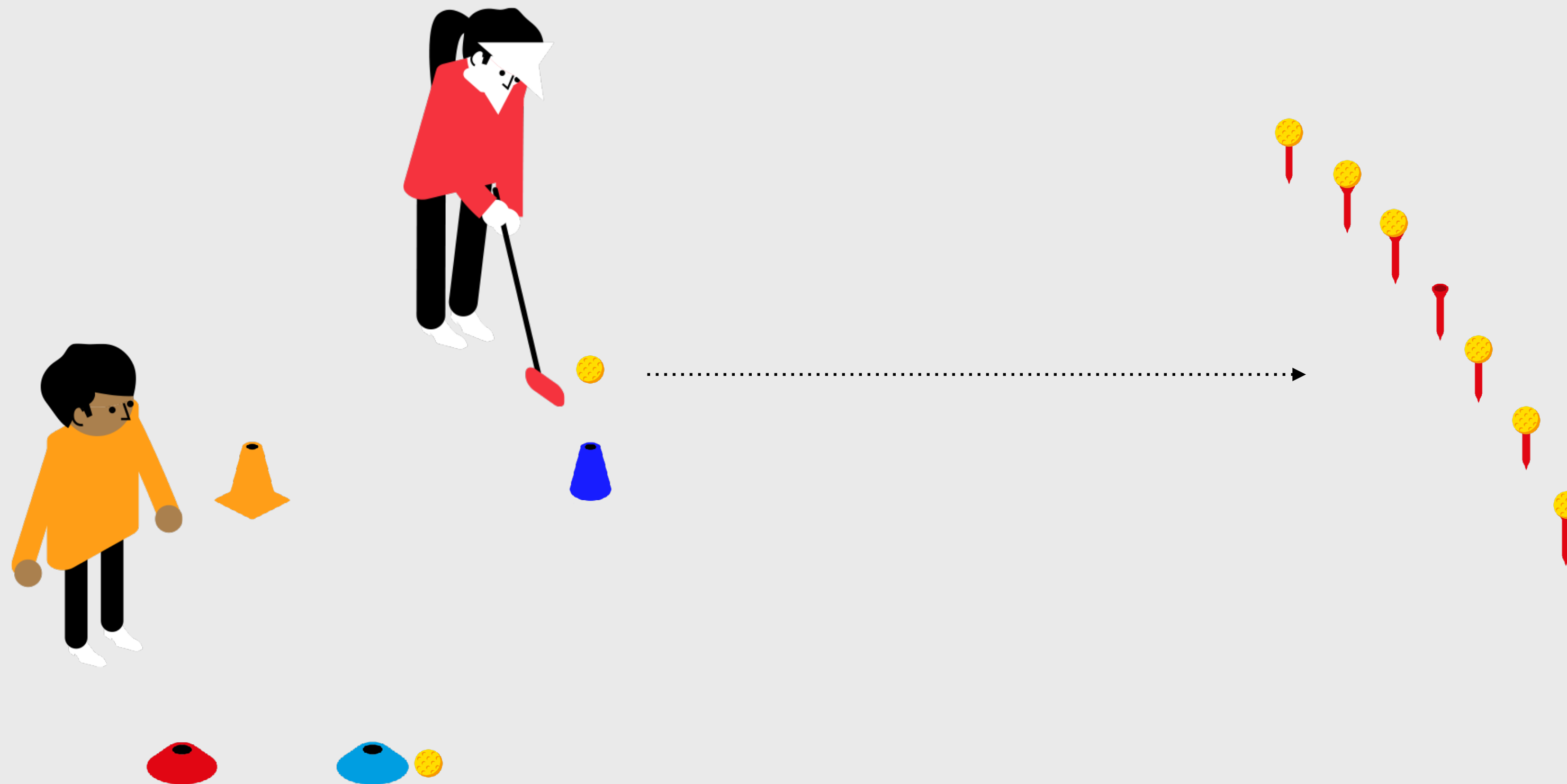
8 x Golf Balls



2 x Colored cones



Spare equipment that may be required for the group attendees.



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IT!
JUNIOR GOLF

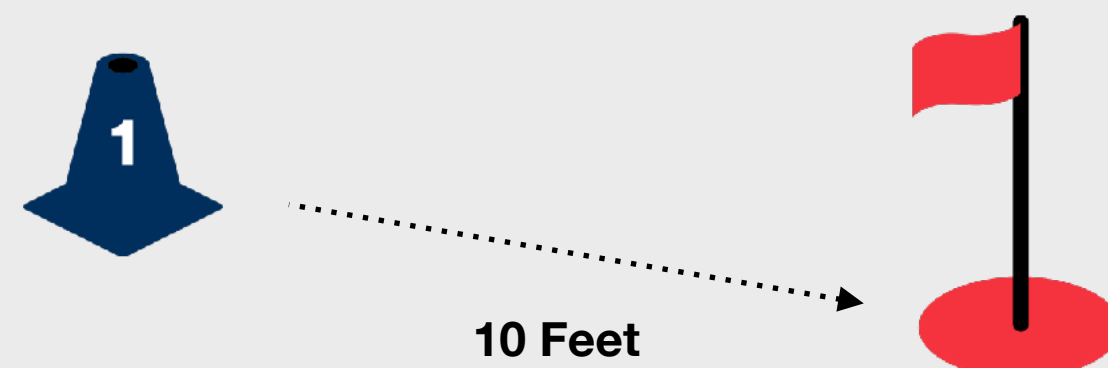
Mastering the Game Challenge Cards



Scoring Challenge



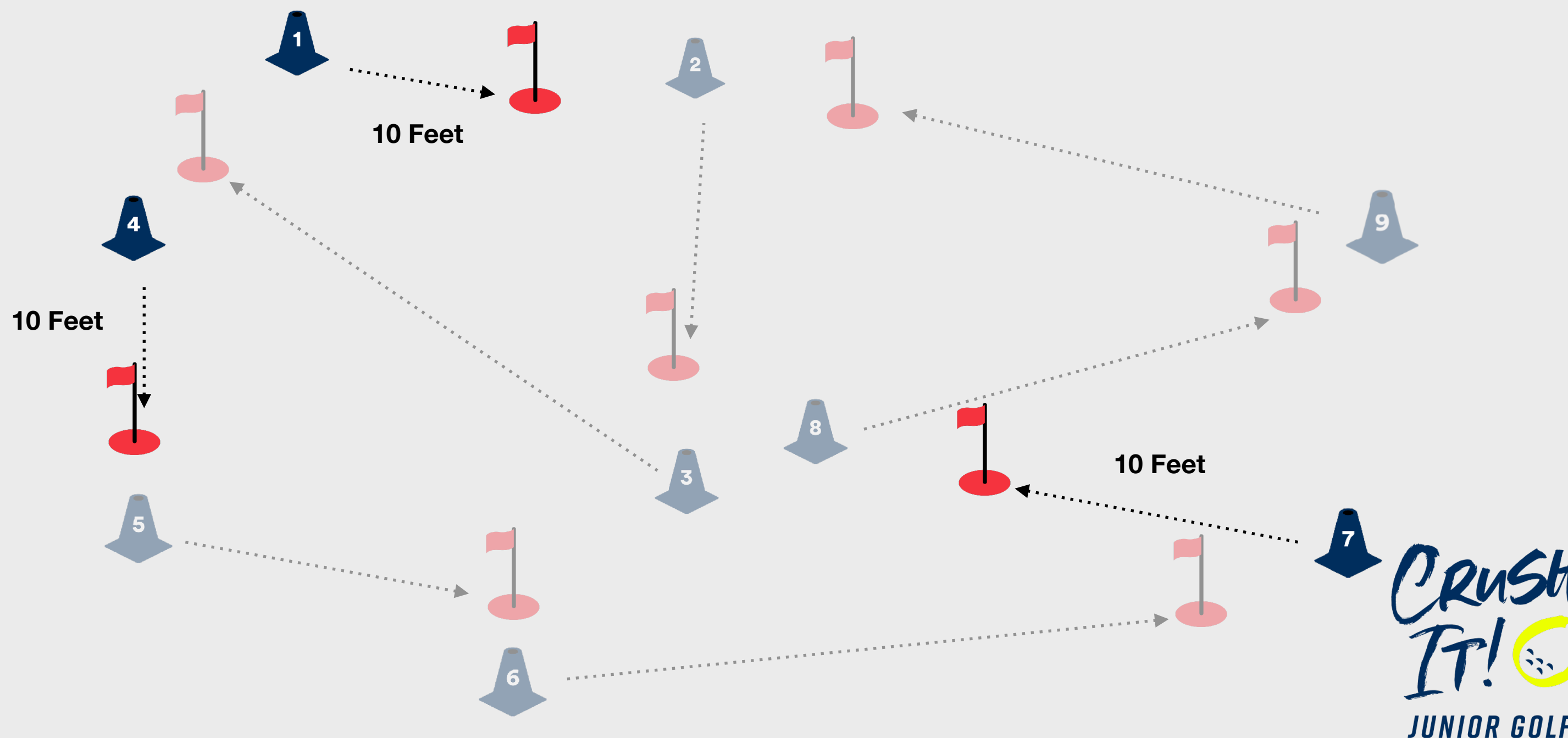
Option 1



X 3

12 putts or less

Option 2



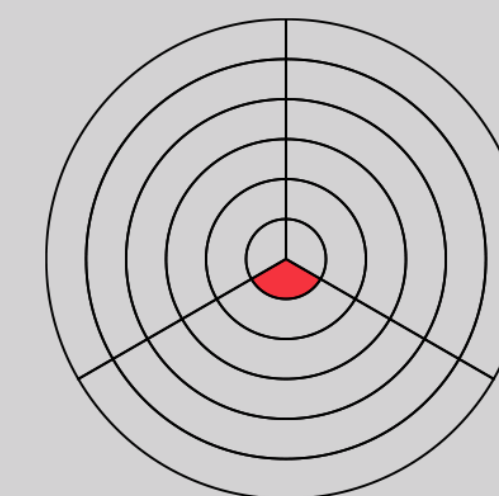
The Challenge

To complete the Level 1 Challenge within the Scoring skill element, the child needs to score 12 putts or less over 3 holes on the putting green starting 10 feet away on each 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.



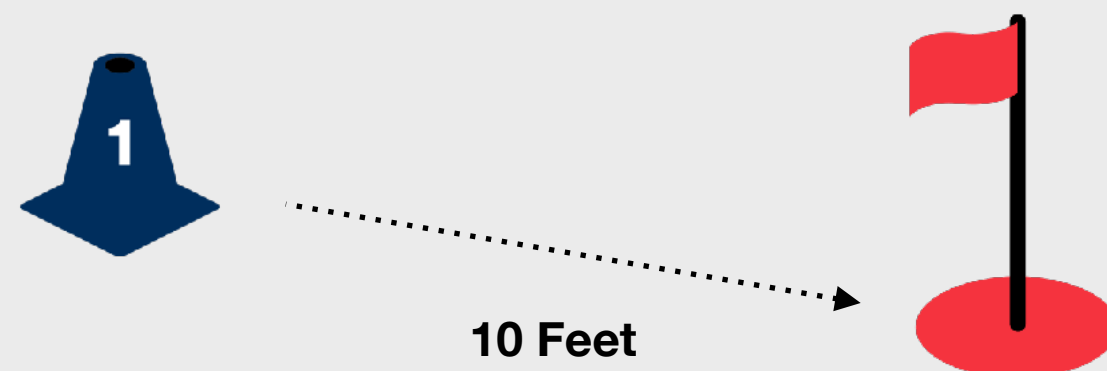
Scoring



Scoring Challenge



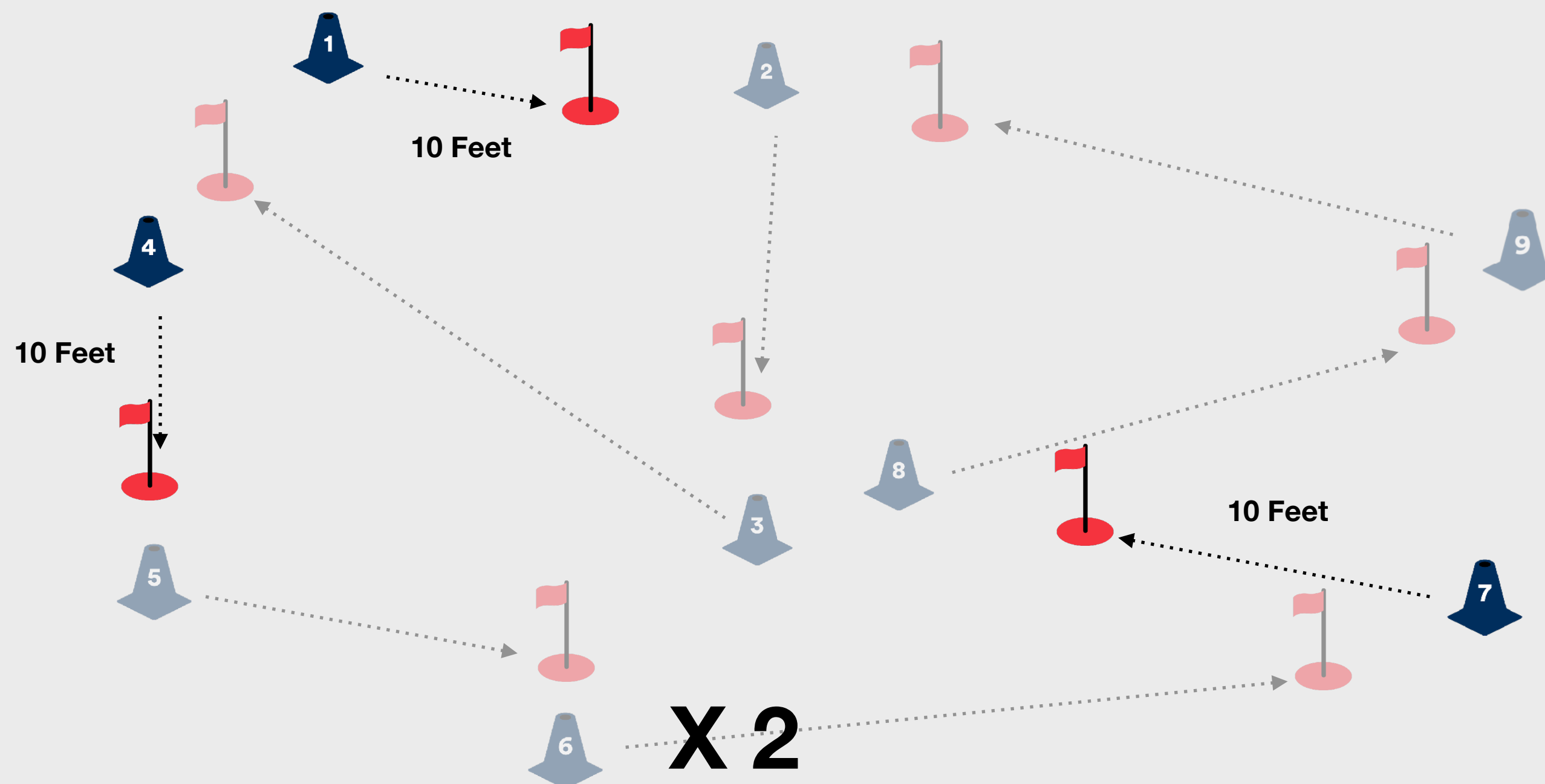
Option 1



X 6

21 putts or less

Option 2



X 2



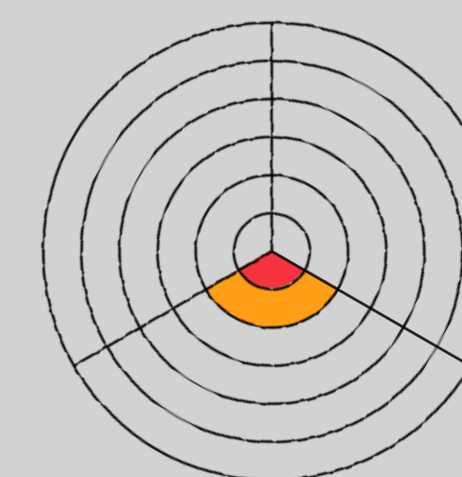
The Challenge

To complete the Level 2 Challenge within the Scoring skill element, the child needs to score 21 putts or less over 6 holes on the putting green starting 10 feet away on each 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.



Scoring



Scoring Challenge

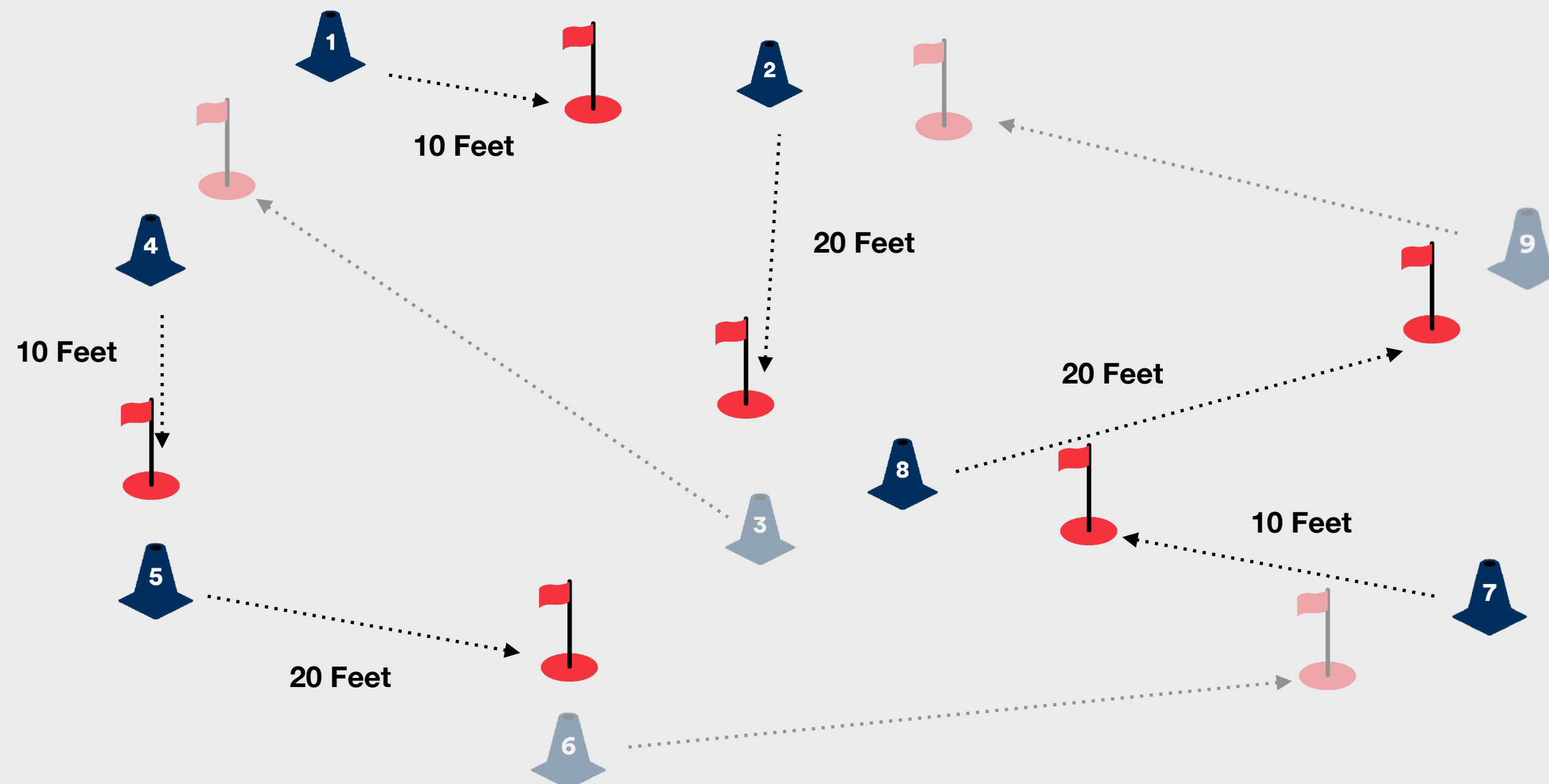


Option 1



18 putts or less

Option 2



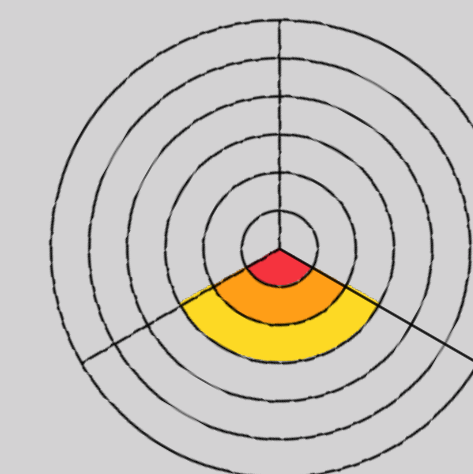
The Challenge

To complete the Level 3 Challenge within the Scoring skill element, the child needs to score 18 putts or less for 6 holes on the putting green, playing 3 holes at a starting distance of 10 feet and 3 holes at a starting distance of 20 feet from 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.



Scoring



Scoring Challenge



The Challenge

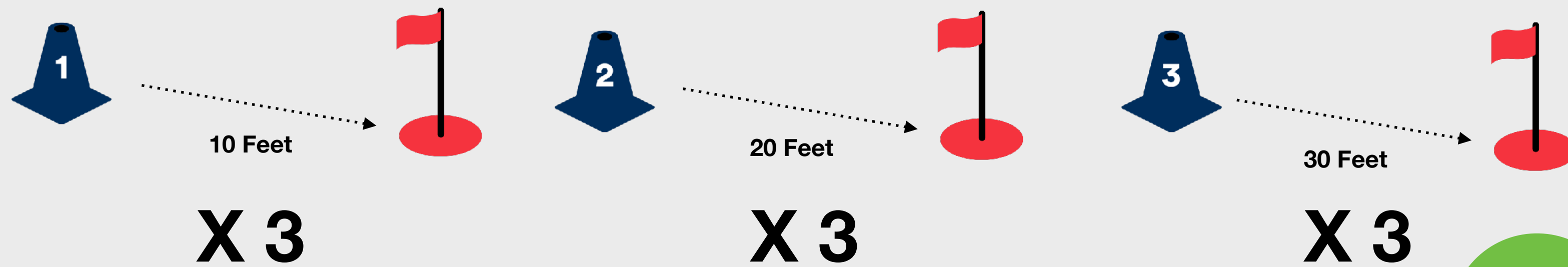
To complete the Level 4 Challenge within the Scoring skill element, the child needs to score 24 putts or less for 9 holes on the putting green, with 3 holes at a starting distance of 10 feet, 3 holes at a starting distance of 20 feet and 3 holes at a starting distance of 30 feet from the hole.

What to do next?

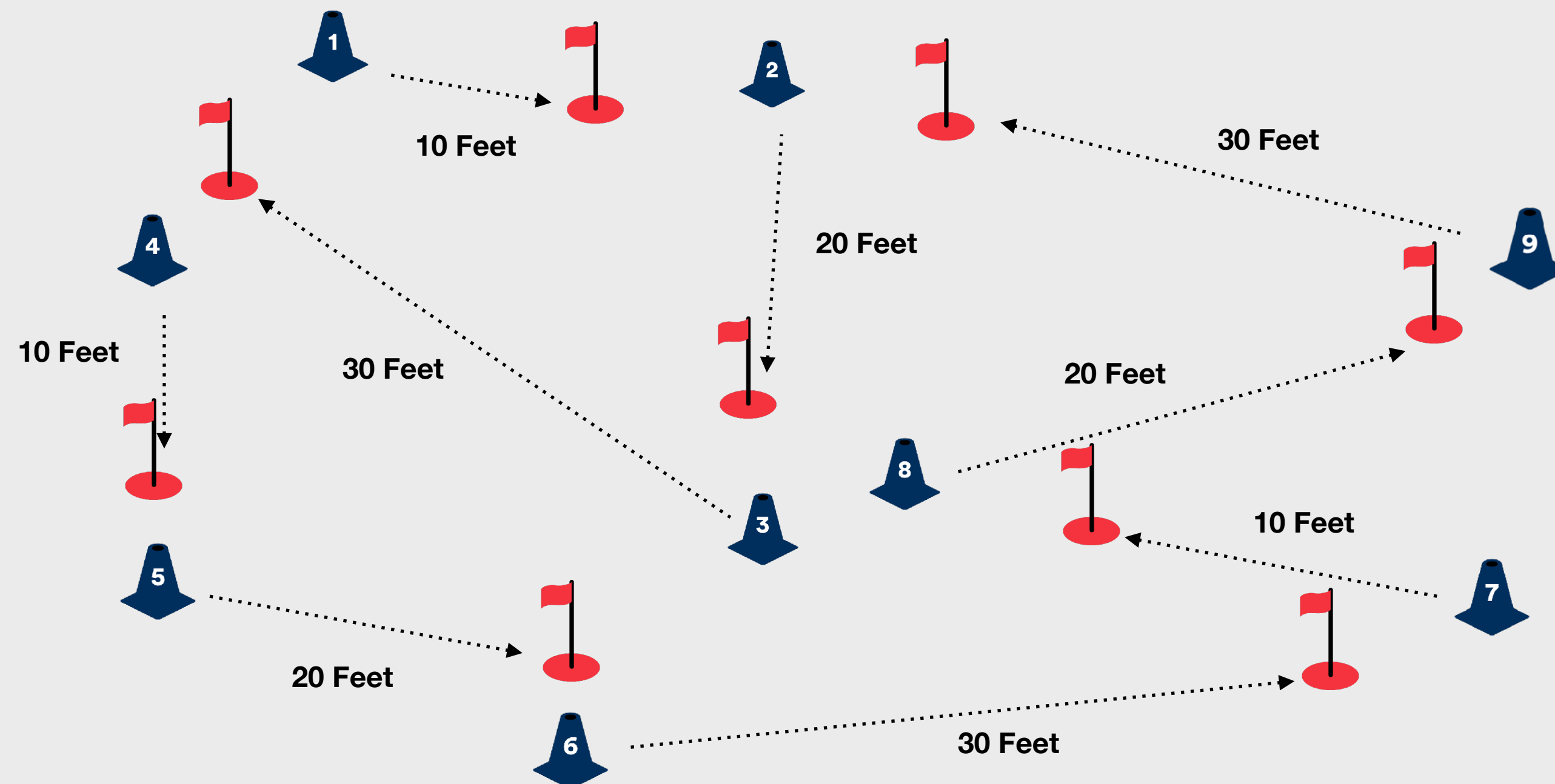
If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

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.

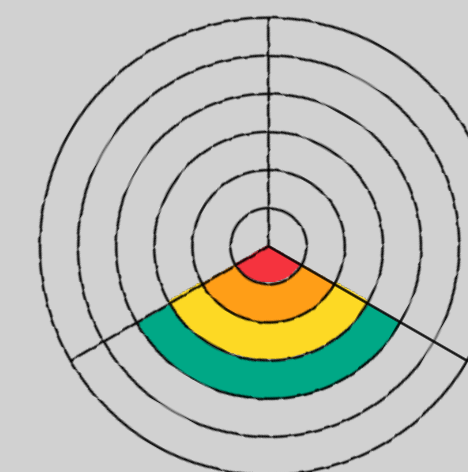
Option 1



Option 2



24 putts or less



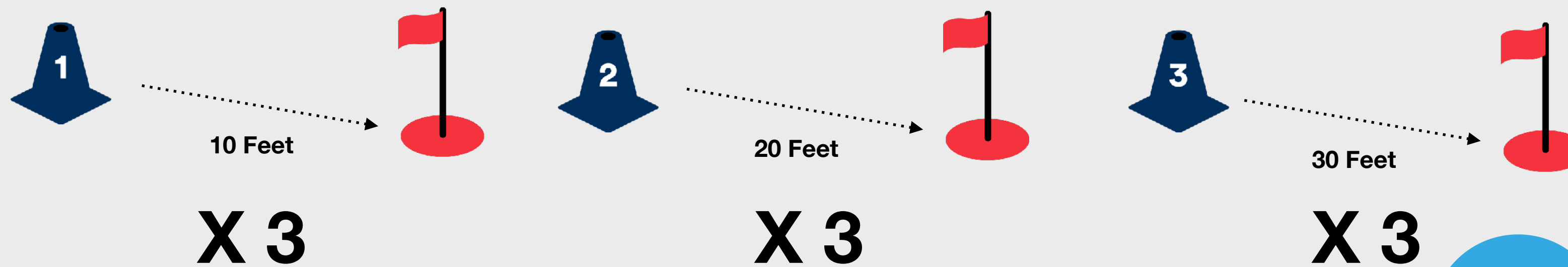
Scoring



Scoring Challenge

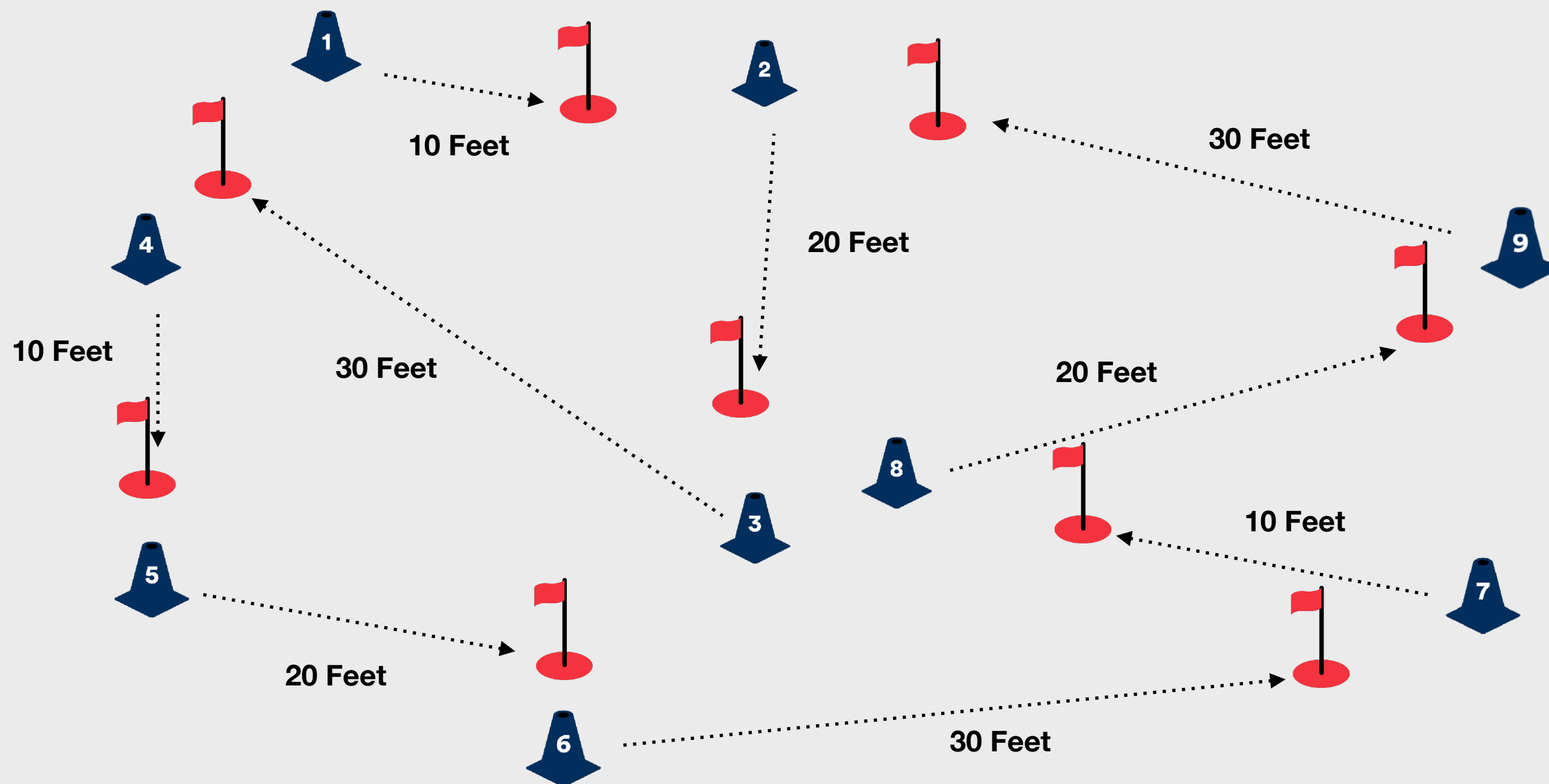


Option 1



21 putts or less

Option 2



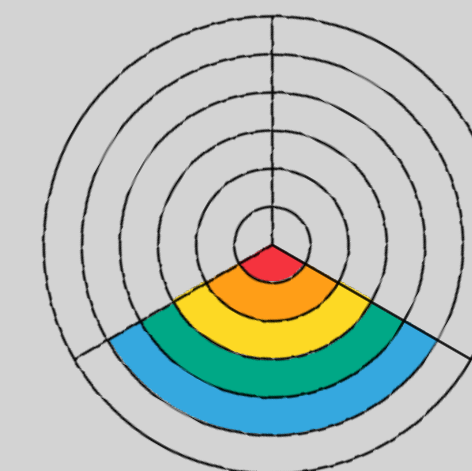
The Challenge

To complete the Blue Sticker Challenge within the Scoring skill element, the child needs to score 21 putts or less for 9 holes on the putting green, with 3 holes at a starting distance of 10 feet, 3 holes at a starting distance of 20 feet and 3 holes at a starting distance of 30 feet from 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.



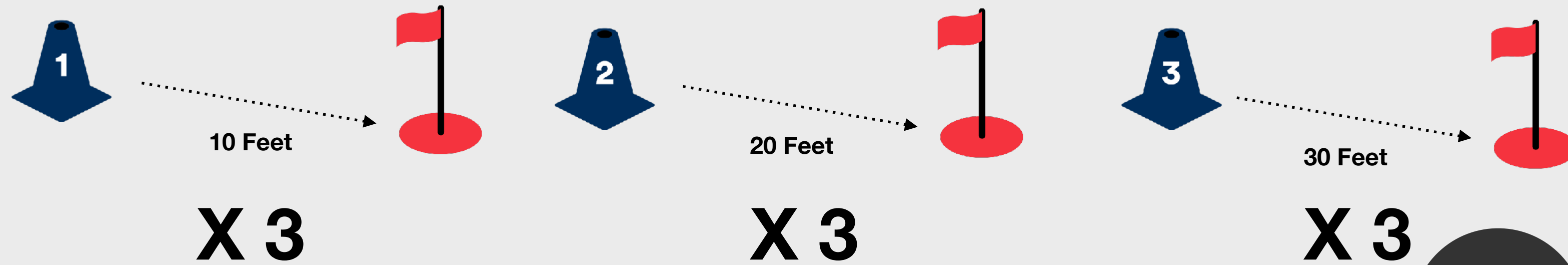
Scoring



Scoring Challenge

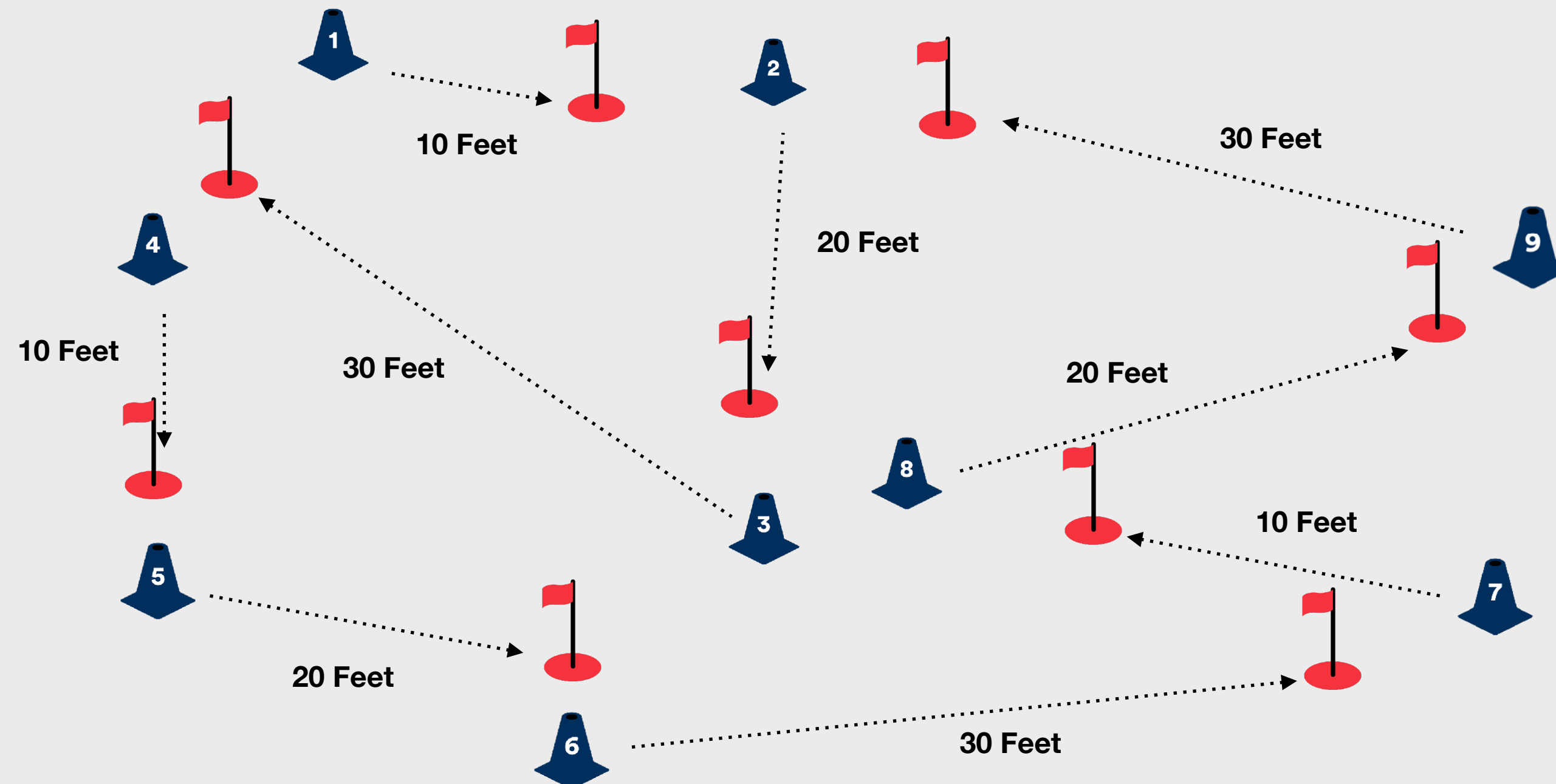


Option 1



18 putts or less

Option 2



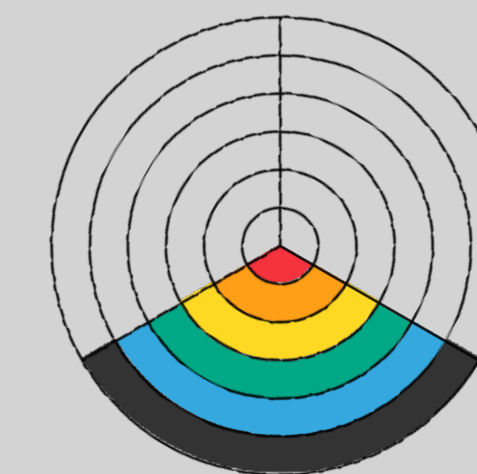
The Challenge

To complete the Level 6 Challenge within the Scoring skill element, the child needs to score 18 putts or less for 9 holes on the putting green, with 3 holes at a starting distance of 10 feet, 3 holes at a starting distance of 20 feet and 3 holes at a starting distance of 30 feet from 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.



Scoring

