

# Around the Green

## Week 39



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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>	Coming Soon
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 39

**Session Length:**  
60mins

**Group Size:**  
1:8

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

**Whole Child Focus**  
Social:  
Cooperation

**Learning the Game Focus:**  
Rules and Etiquette:  
What is a penalty area?

**Mastering the Game Challenge:**  
Chipping 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>High Fives</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>What is a penalty area?</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>Cooperation</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>Luck of the Draw</li> <li>Curling</li> <li>Chipping 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

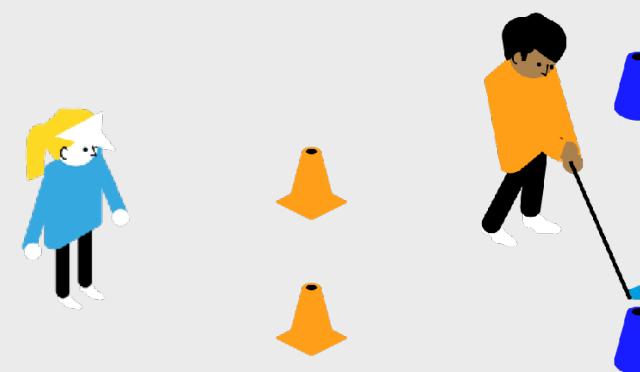


# Class Layout and Setup

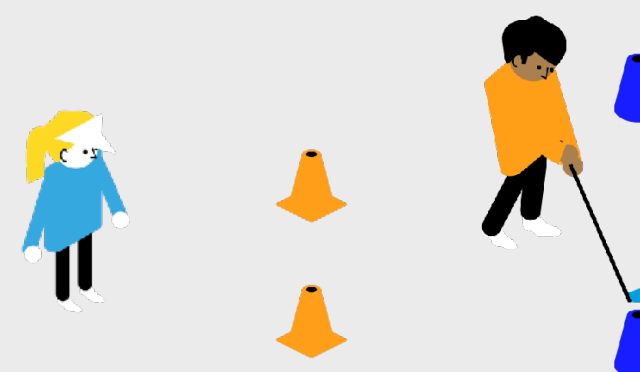
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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

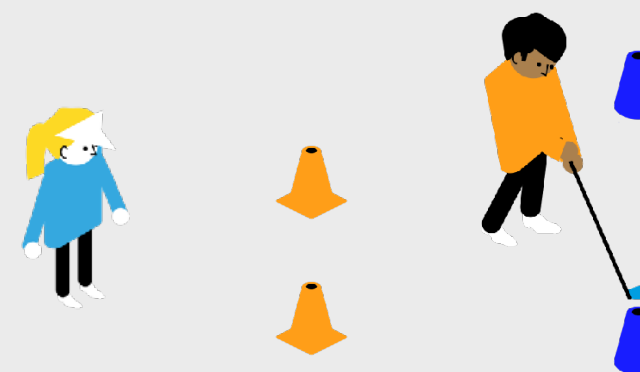
**Station 3:**  
Game Station  
Curling



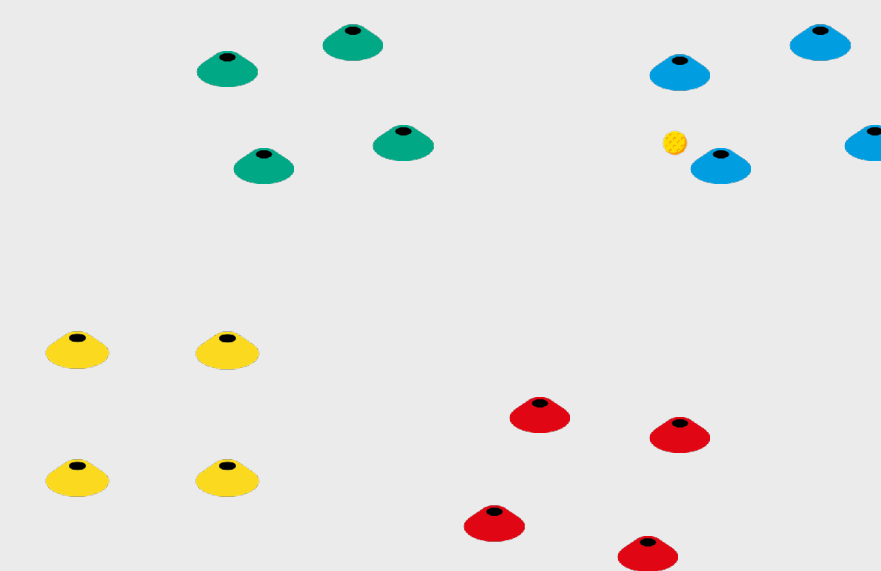
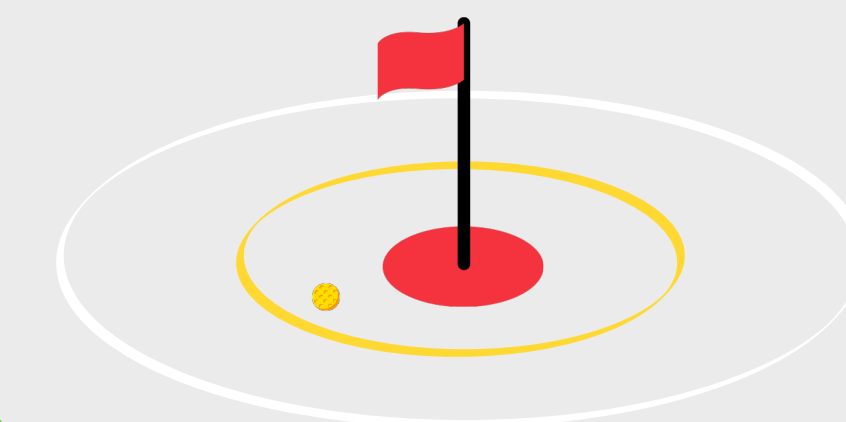
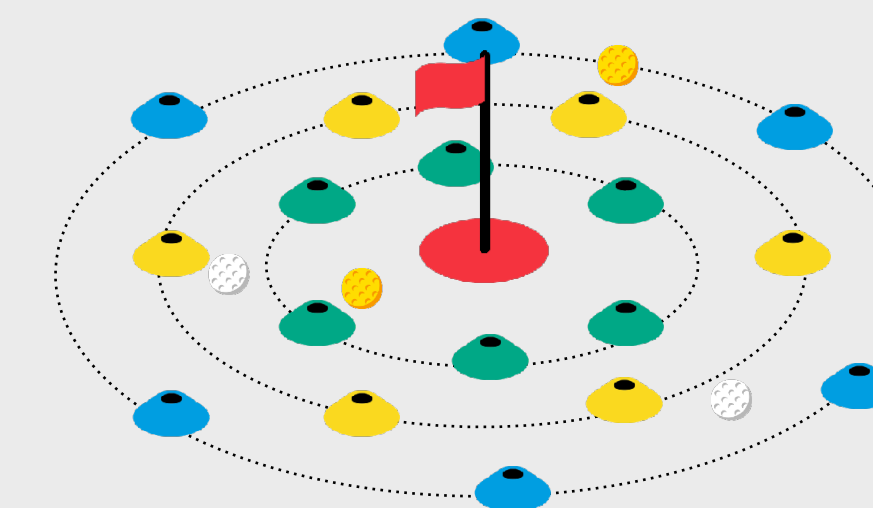
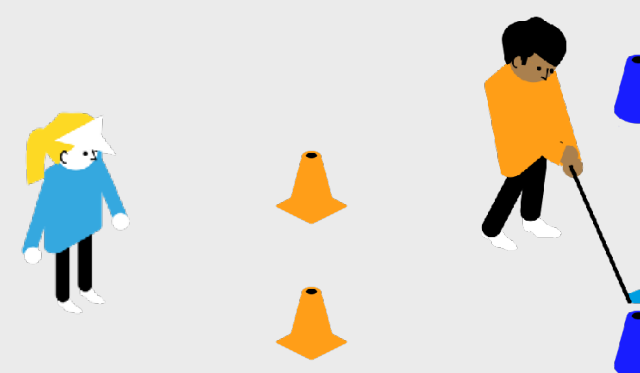
**Station 4:**  
Free Practice Station



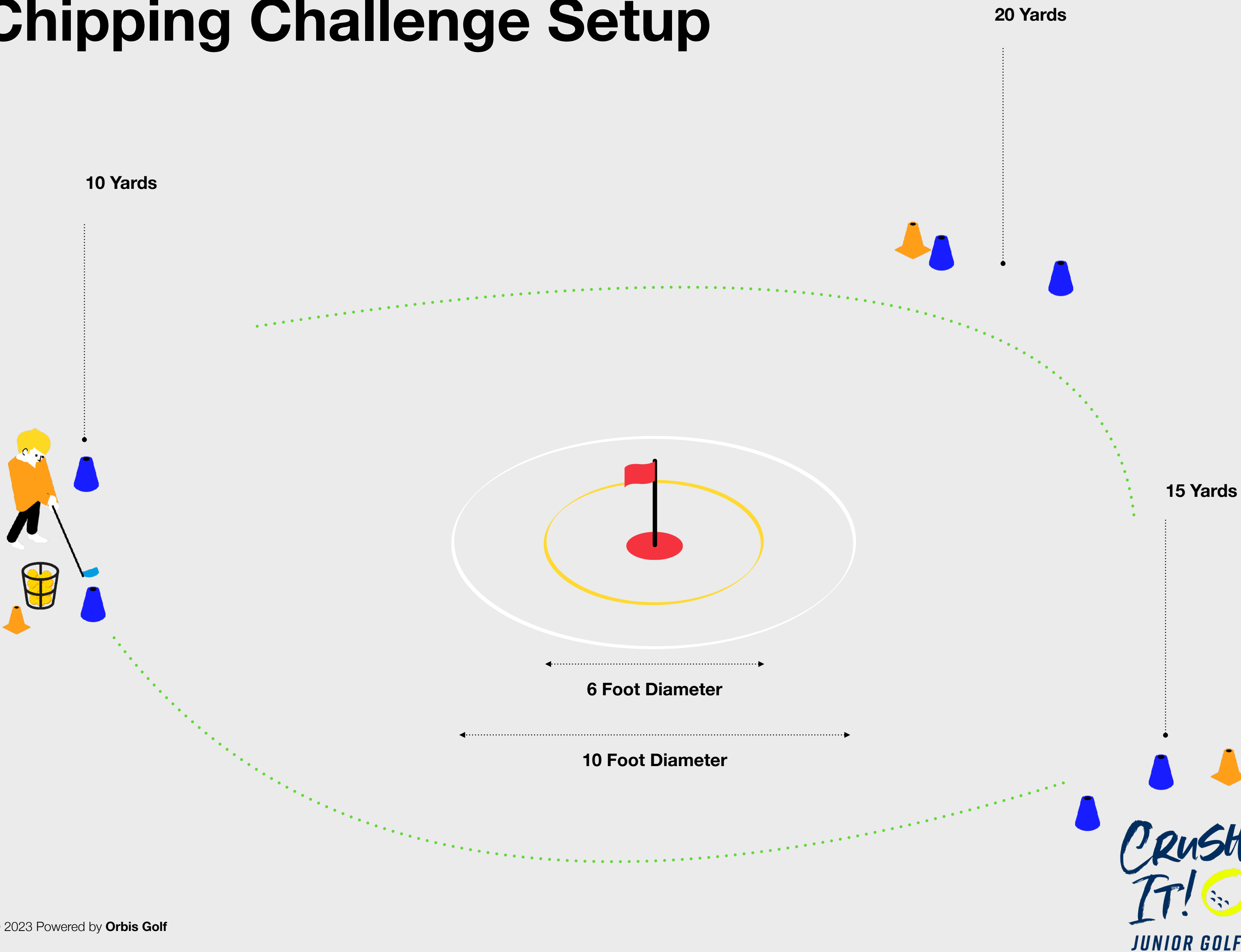
**Station 1:**  
Challenge Station



**Station 2:**  
Game Station  
Luck of the Draw



# Chipping 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 from your equipment bag are placed around the flag at the diameters in the graphic opposite
- Three starting points are positioned around the green for level 3-6 challenges
- These should offer variation and at the approximate distance indicated in the graphic

## Equipment Required

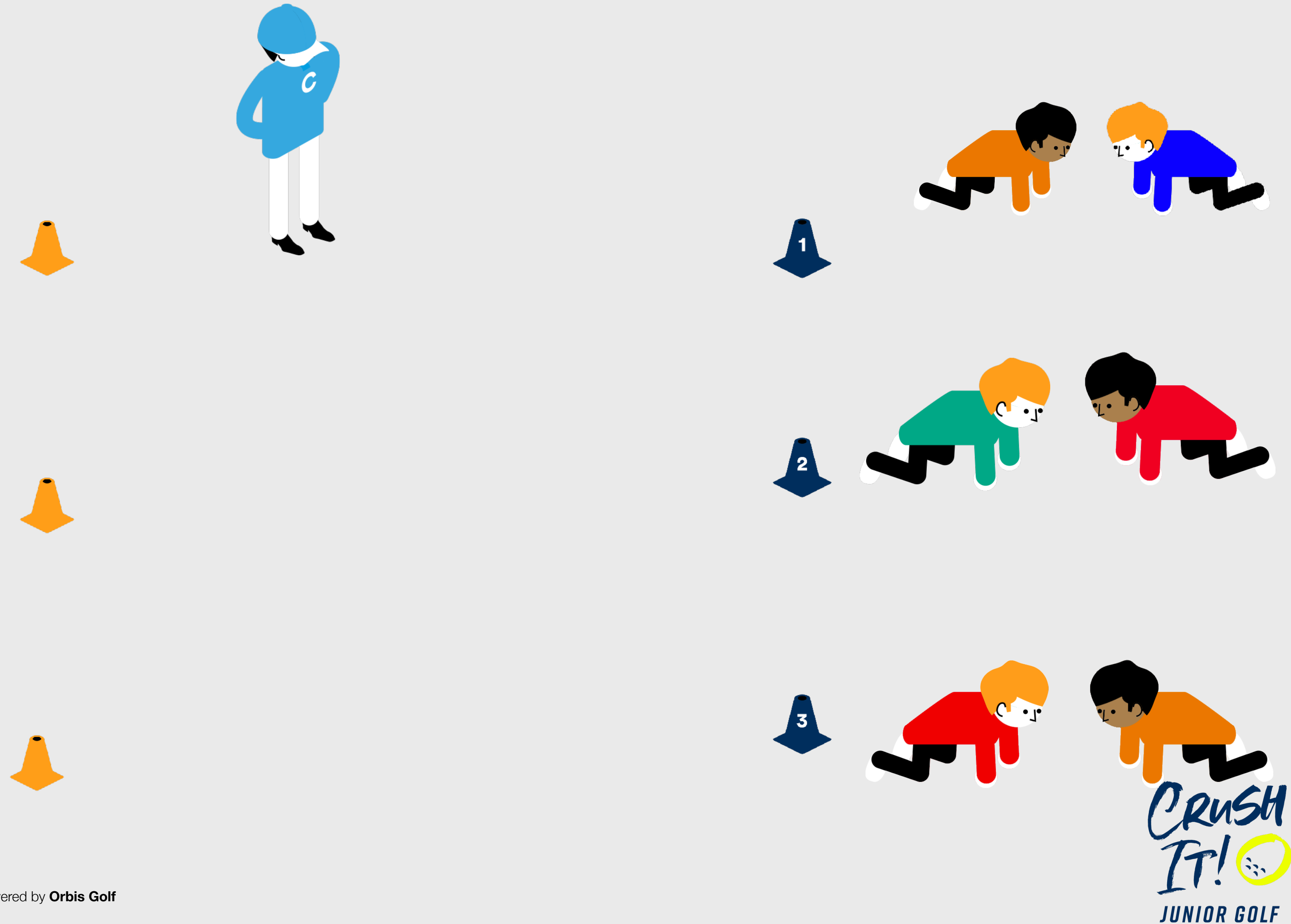
- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Target circles
- Flag
- Alignment Sticks for a flag if this isn't possible

# Physical Literacy Warm Up Game





# High Fives



## How to Play

- This game is played in pairs
- The children start behind their team's safety cone
- On go, the children run, hop or skip across to behind their JGA cone
- The children then get into a press up position and have to high five each other, 10 times, using alternating hands
- After the team has completed their high fives they have to run, hop or skip back behind their safety cone
- The first team back behind their cone is the winner

## Progression Ideas

- If holding a press up position is too difficult then children can play on their hands and knees, however one of their hands has to stay on the floor whilst they complete the high fives
- Introduce different FMS to move between the safety cone and JGA cone

## Equipment Needed

Orange Safety Cones



3 x JGA cones



# 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 Cooperation

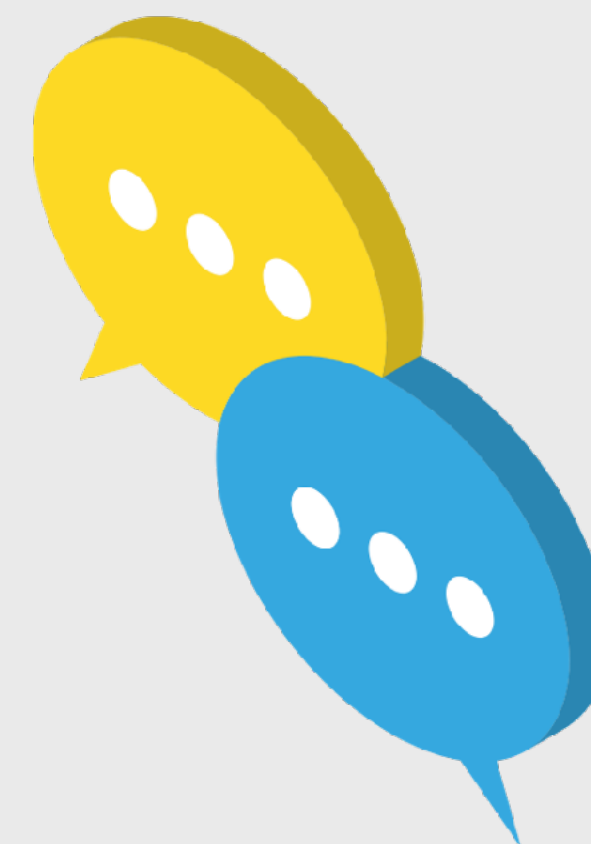
The Whole Child theme this week is to encourage cooperation, working together with each other, the coach and everyone at the club.

Carry this theme into the class by ensuring children attempt the games in their pairs and even join in with them yourself for a couple of shots. This will highlight togetherness to achieve a common goal.

It should be highlighted that the Achiever Award is presented to the child that the coach or group believe displayed the best cooperation in the lesson.

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



# Rules and Etiquette

## What is a penalty area?

The Learning the Game focus this week is about learning the rules if your ball ends up in a penalty area.

You should make sure the children understand what a penalty area is, how to recognise it, and how to take appropriate relief.

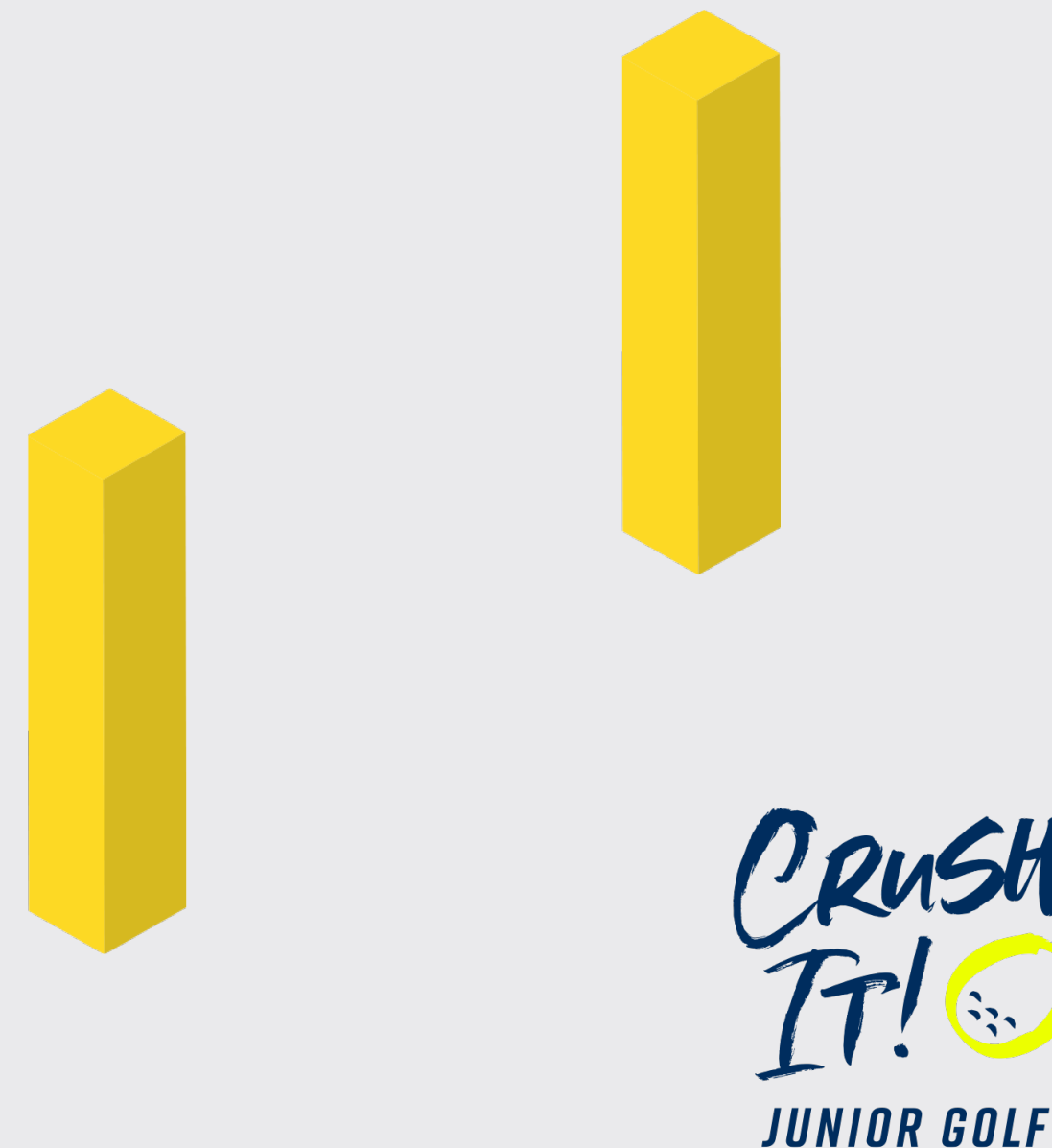
Demonstrate how to take a drop properly and make sure the children understand how to drop the ball in the appropriate place.

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



### Questions to Ask

- How do we recognise a penalty area?
- What are the rules for when your ball lands in a penalty area?
- How do you take a drop from a penalty area?

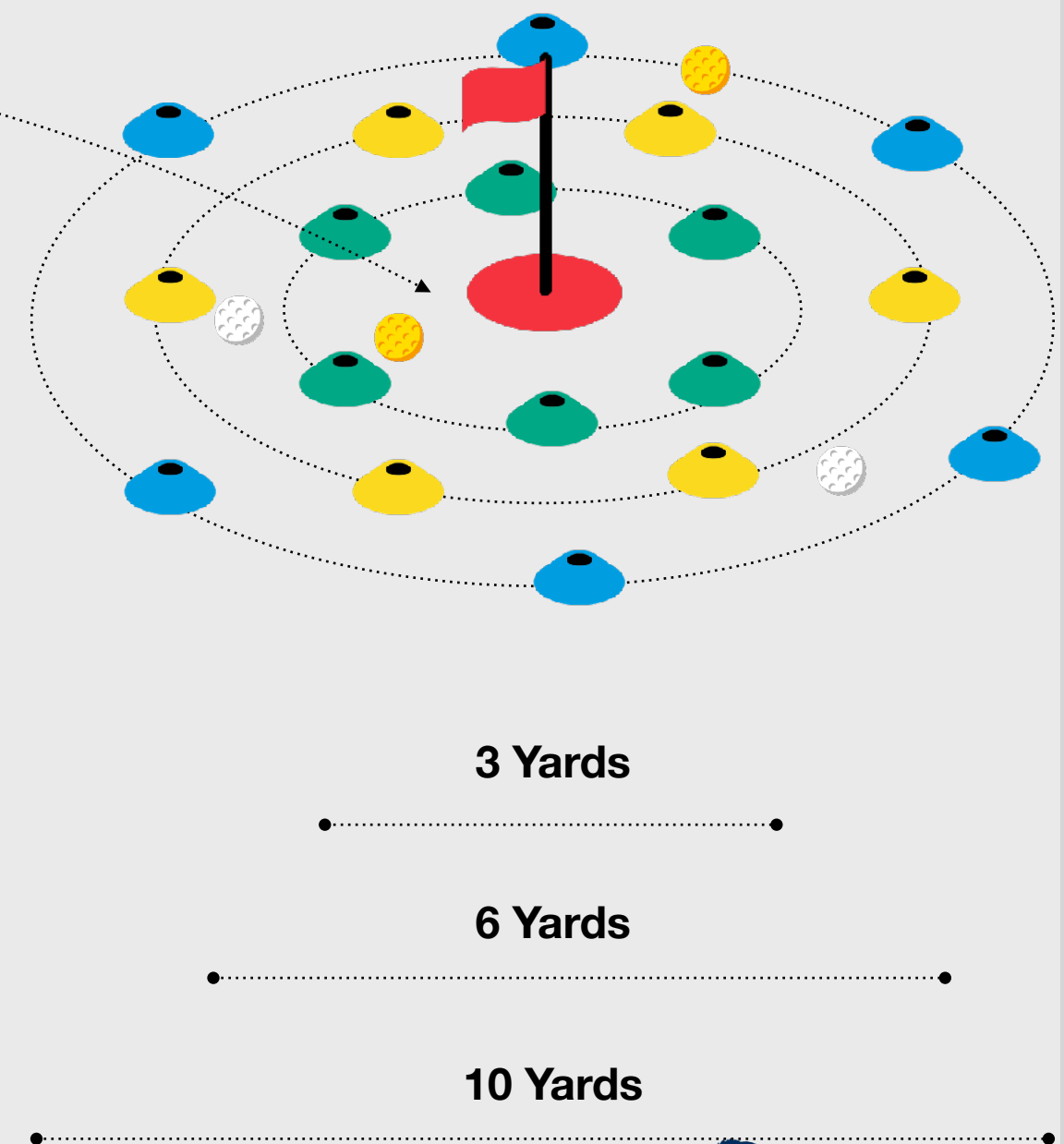
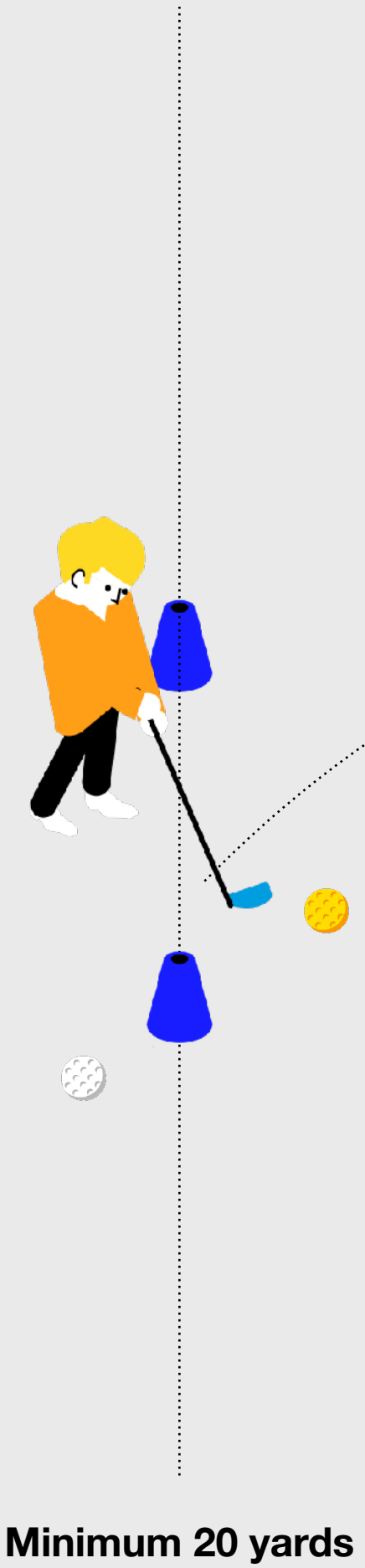
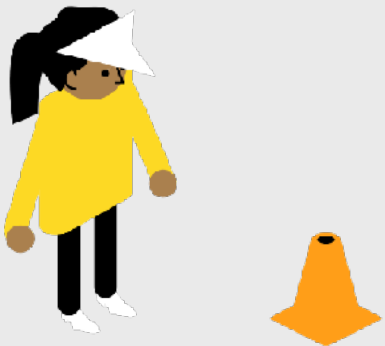
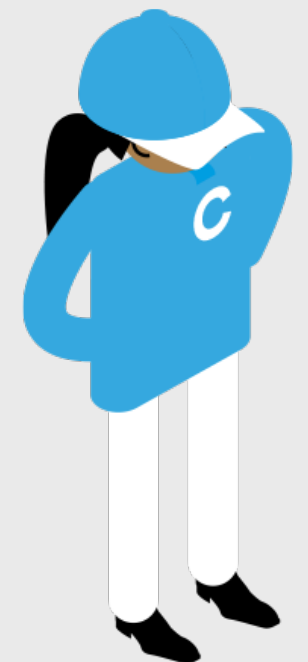


# Mastering the Game Cards





# Curling



### How to Play

- Nominate a player to play first. Each child is given 3 golf balls of different colors
- The first player attempts their first shot and aims to get their ball as close to the flag as possible
- Players alternate turns until all of the golf balls have been used
- The 3 golf balls nearest to the hole score a point each. Only 3 points can be scored in any round of the game
- Players then attempt the next round and the game continues until one player reaches 11 or 21 points

### Progression Ideas

- Vary the starting point from around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circles
- Change the distance between the starting position and the target circles

### Equipment needed

Orange Safety Cones	
Cones to mark out the necessary hitting station	
Spare equipment that may be required for the group attendees.	
3 x Yellow Golf Balls	
3 x White Golf Balls	
10 x Yellow Colored Cones for Middle 6 Yard Target Circle	
10 x Blue Colored Cones for Outer 10 Yard Target Circle	
8 x Green Colored Cones for Inner 3 Yard Target Circle	





# Luck of the Draw



## How to Play

- Players take it in turns to pick a colored card from a Crush It cone
- Whichever color is picked the player must try to hit the ball into that colored square
- If the player successfully hits their shot into the designated square they score a point
- The team have to try to accumulate as many points as possible before switching games

## Progression Ideas

- Move the squares further away
- Make the size of the squares smaller or bigger
- Instead of the squares use the gates as targets

## Equipment needed

2 x Orange Safety Cones



2 x Cones



1 x printed "Luck of the Draw" sheet



4 x Yellow Cones



4 x Red Cones



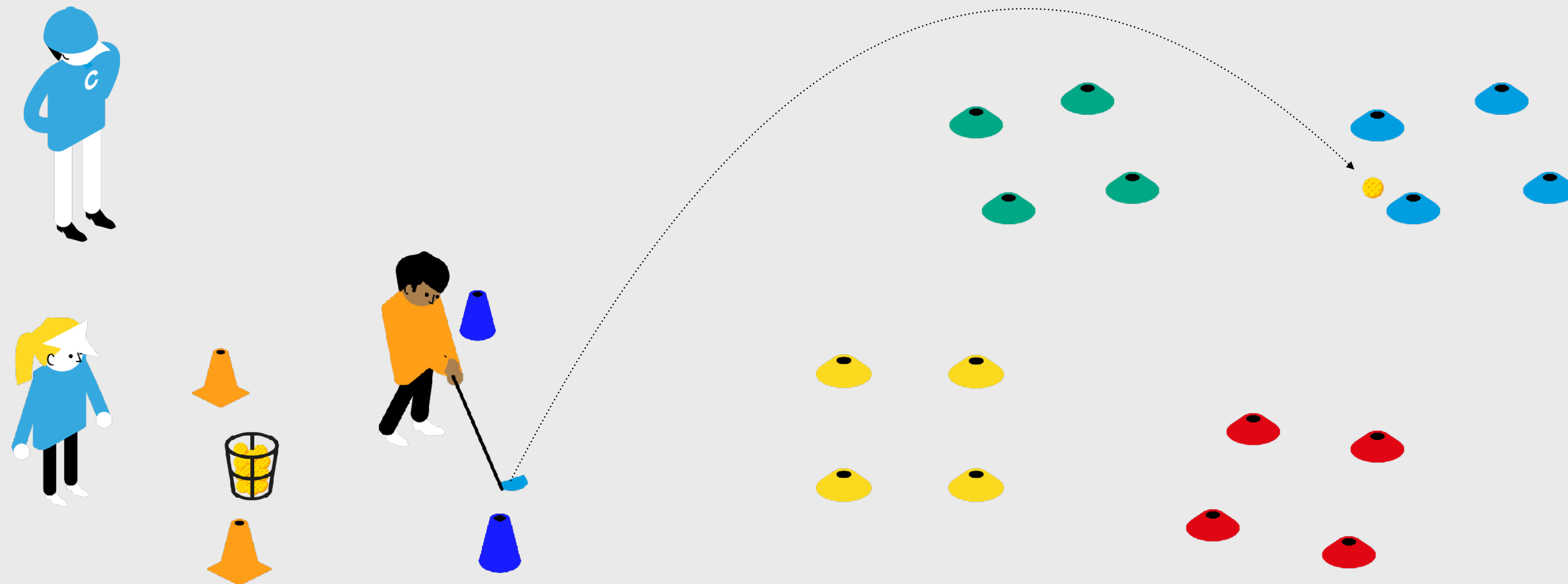
4 x Green Cones



4 x Blue Cones



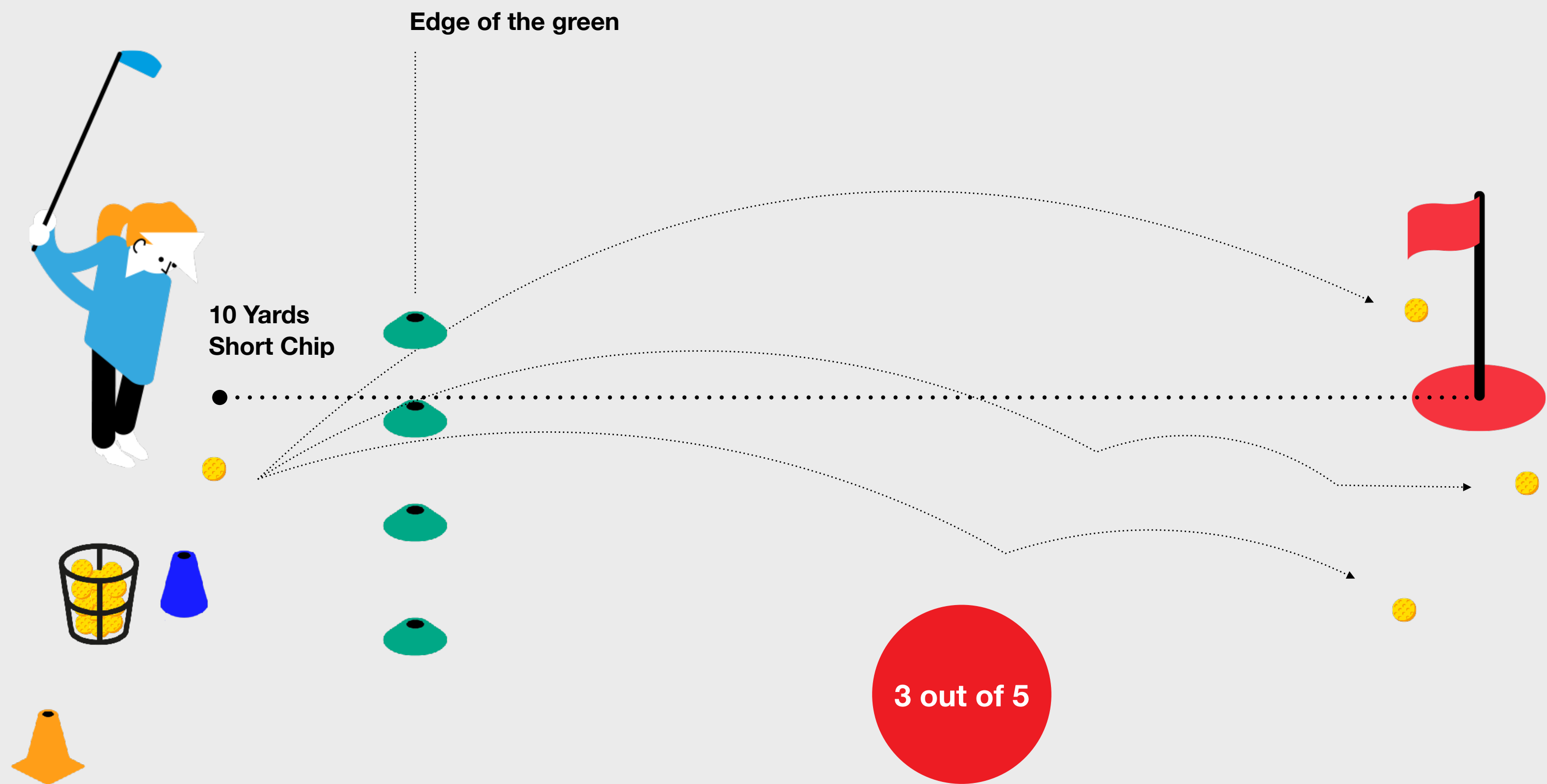
Golf Balls



# Mastering the Game Challenge Cards



# Chipping Challenge



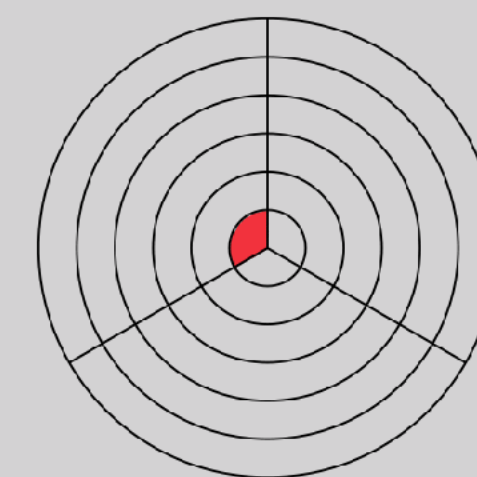
## The Challenge

To complete the Level 1 Challenge within the Chipping skill element, the child needs to get 3 shots out of 5 anywhere on the green from a starting distance of 10 yards.

## 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.

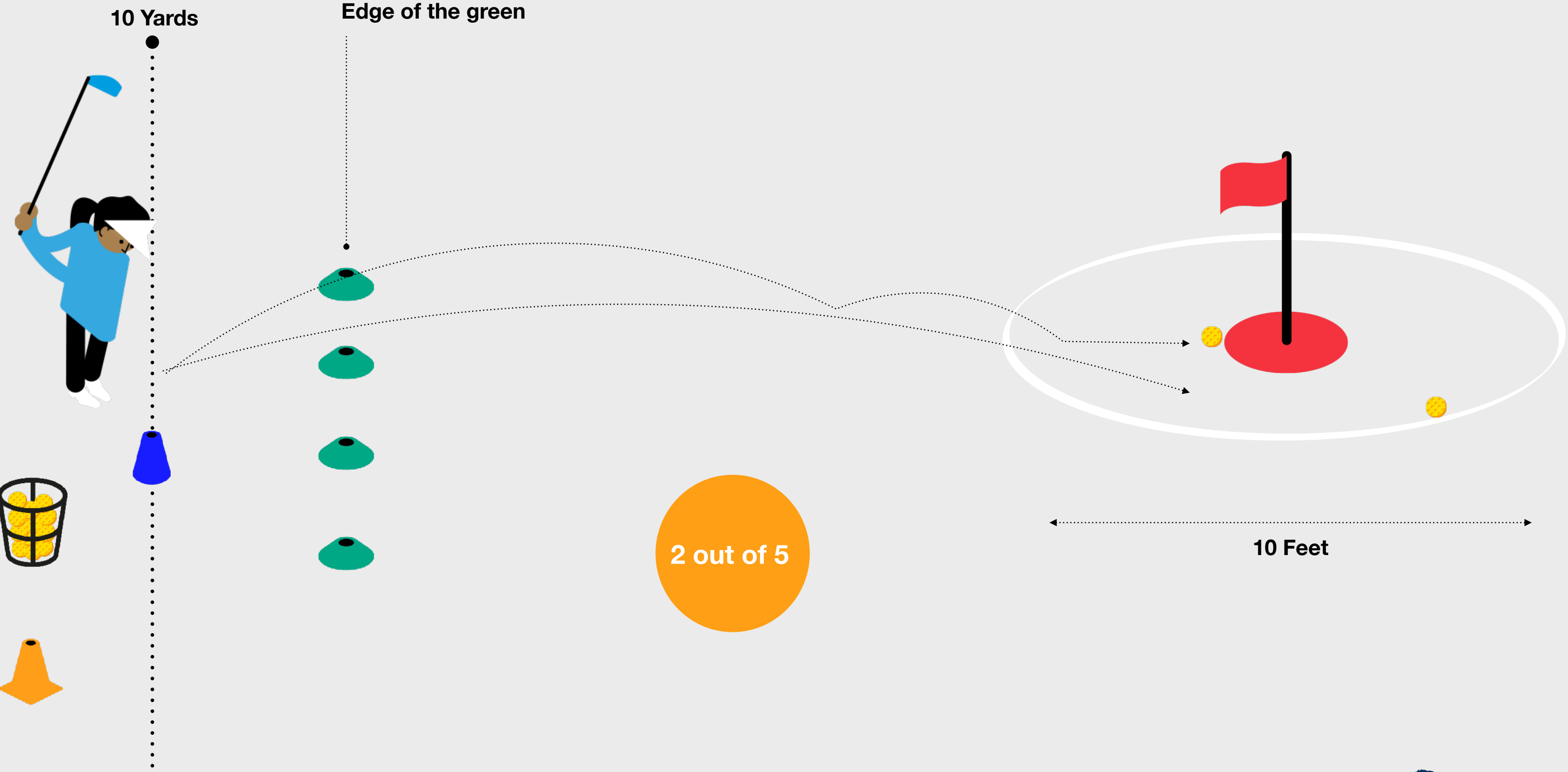
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Chipping



# Chipping Challenge



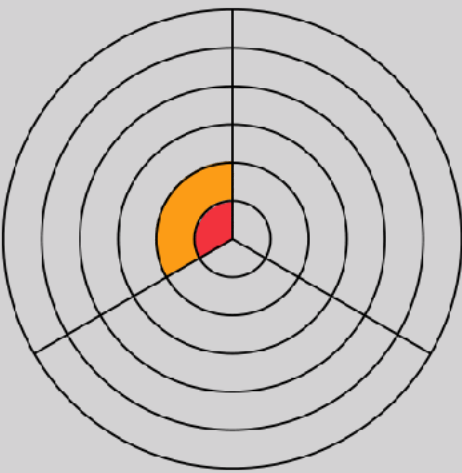
### The Challenge

To complete the Level 2 Challenge within the Chipping skill element, the child needs to get 2 shots out of 5 within a 10-foot diameter target circle from a starting distance of 10 yards from the flag.

### 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.

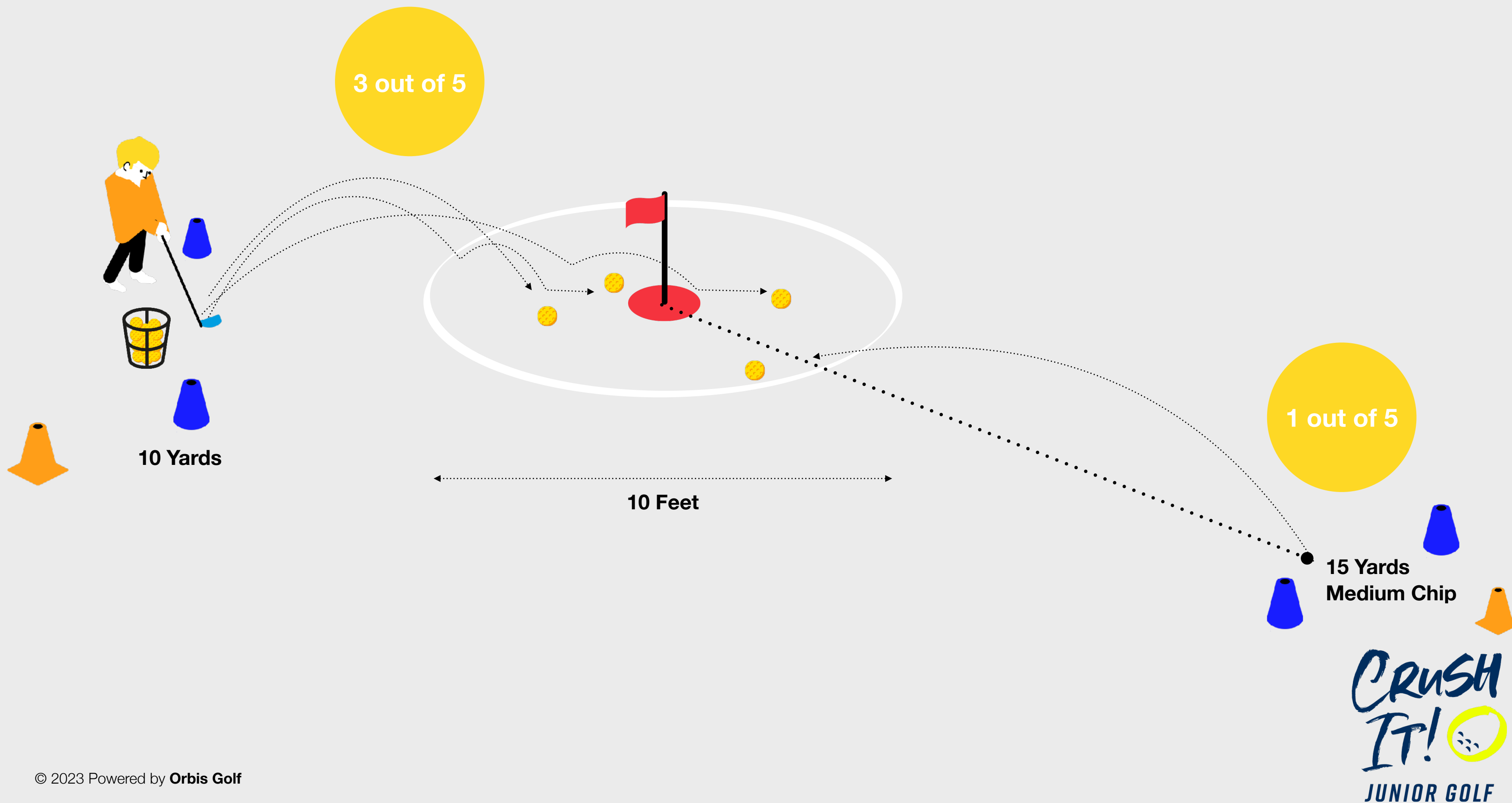
If they are also assigned to the *Crush It myGame+* program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Chipping



# Chipping Challenge



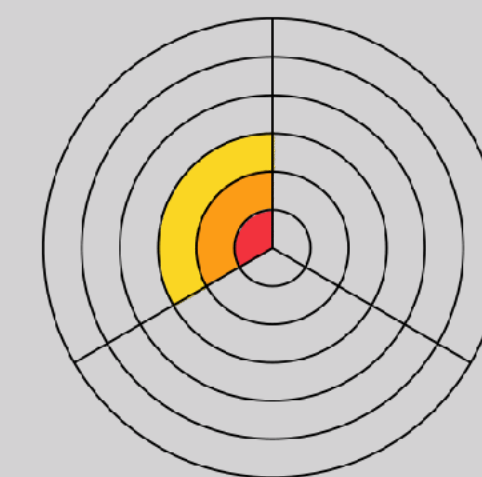
## The Challenge

To complete the Level 3 Challenge within the Chipping skill element, the child needs to hit 3 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter circle around the flag.

## 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.

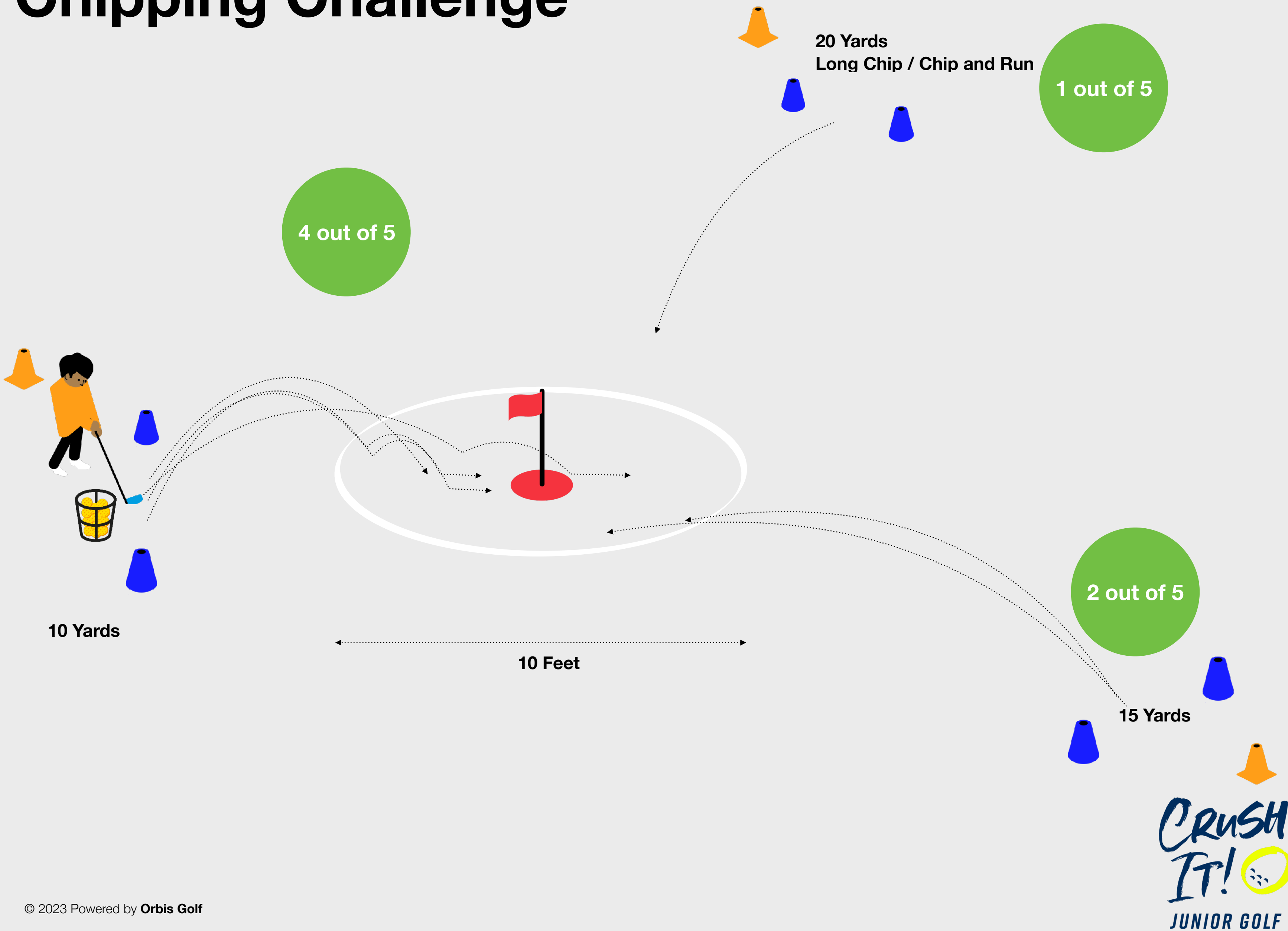
If they are also assigned to the Crush It myGame+ program on GLF, Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Chipping



# Chipping Challenge



### The Challenge

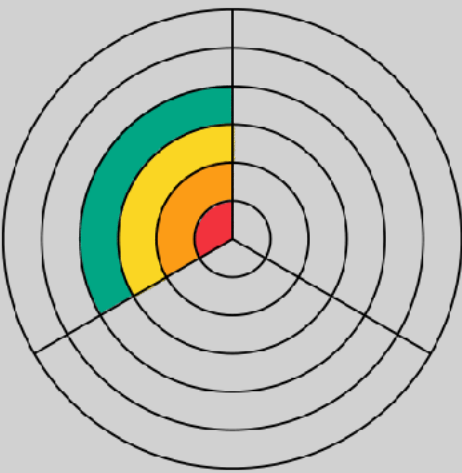
To complete the Level 4 Challenge within the Chipping skill element, the child needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 shots from 20 yards within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

### 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.

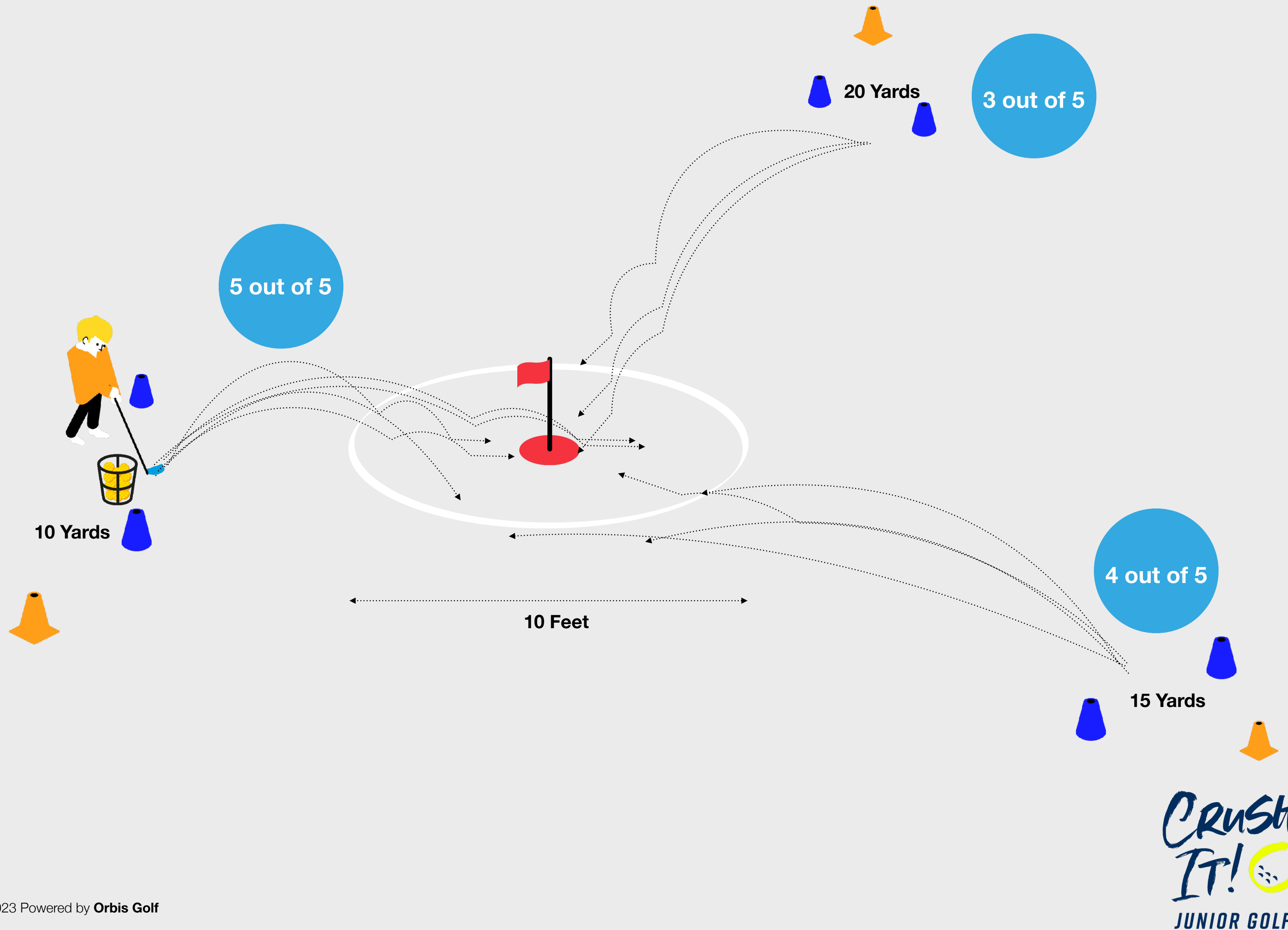
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Chipping



# Chipping Challenge



## The Challenge

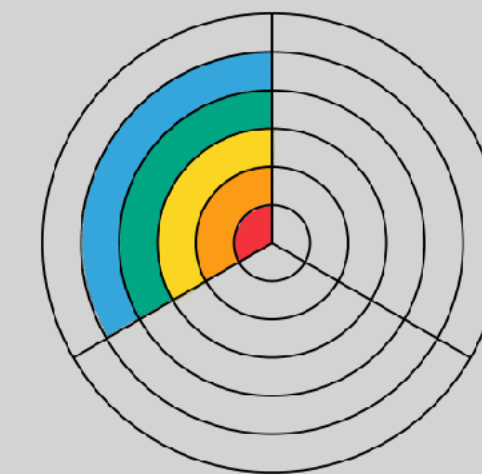
To complete the Level 5 Challenge within the Chipping skill element, the child needs to 5 out of 5 shots from 10 yards, 4 out of 5 shots from 15 yards and 3 out of 5 shots from 20 yards to finish within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

## 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.

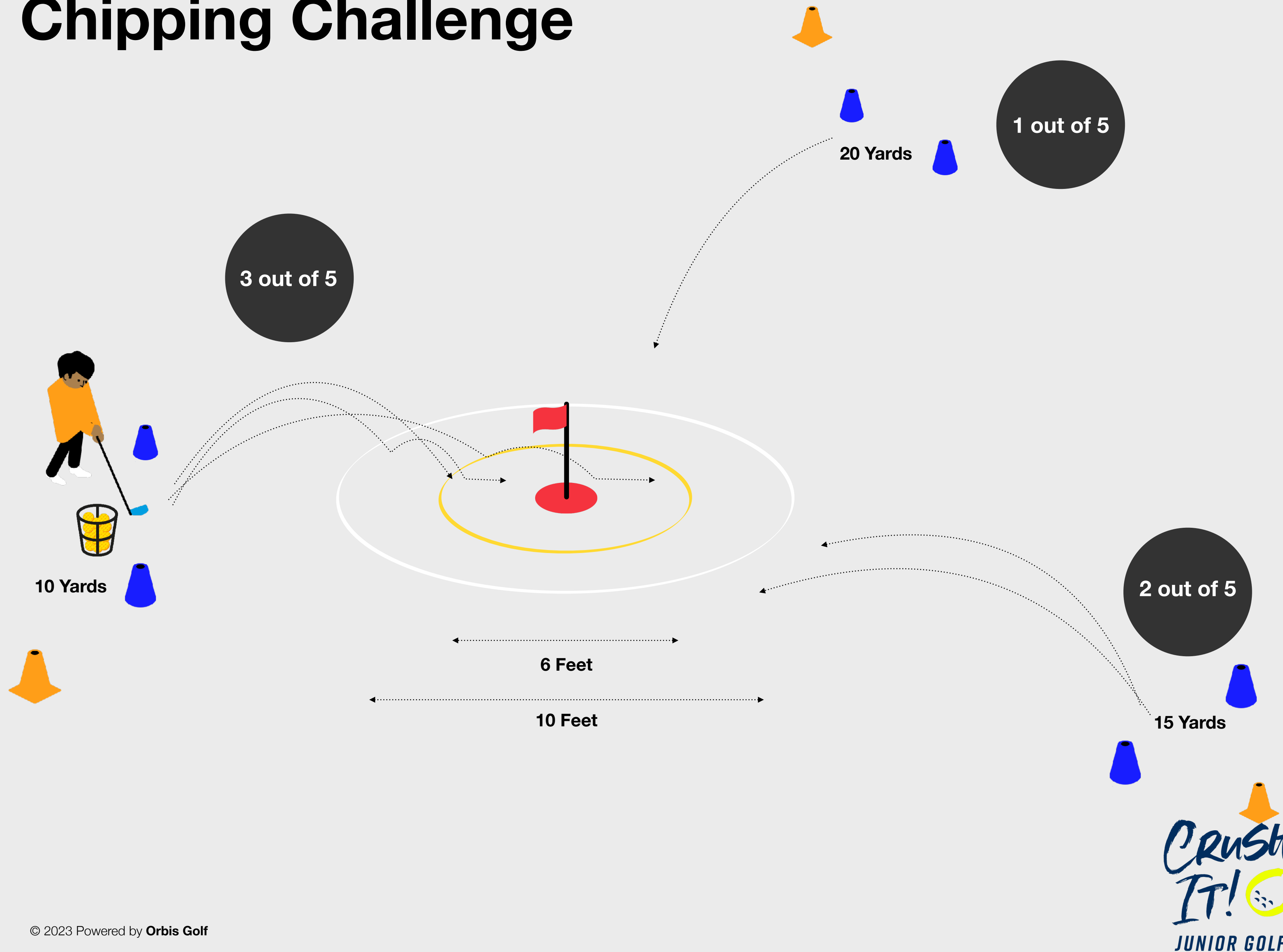
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Chipping



# Chipping Challenge



## The Challenge

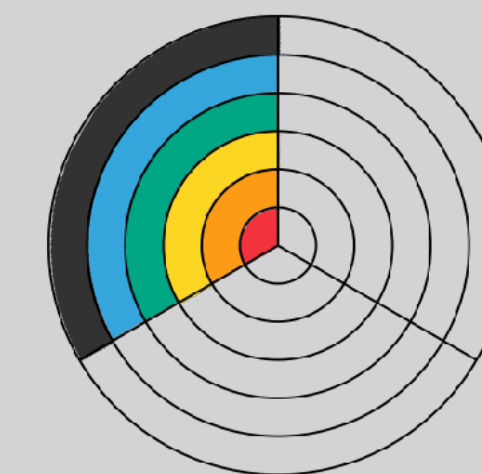
To complete the Black Sticker Challenge within the Chipping skill element, the child needs to get 3 out of 5 from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 from 20 yards to finish within a 6-foot diameter circle.

All shots must finish with the 10 foot target circle and the child should demonstrate good control of contact.

## 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.



Chipping

