

Swing Week 4



Class Timetable - Week 4

Session Length:
60mins

Group Size:
1:8

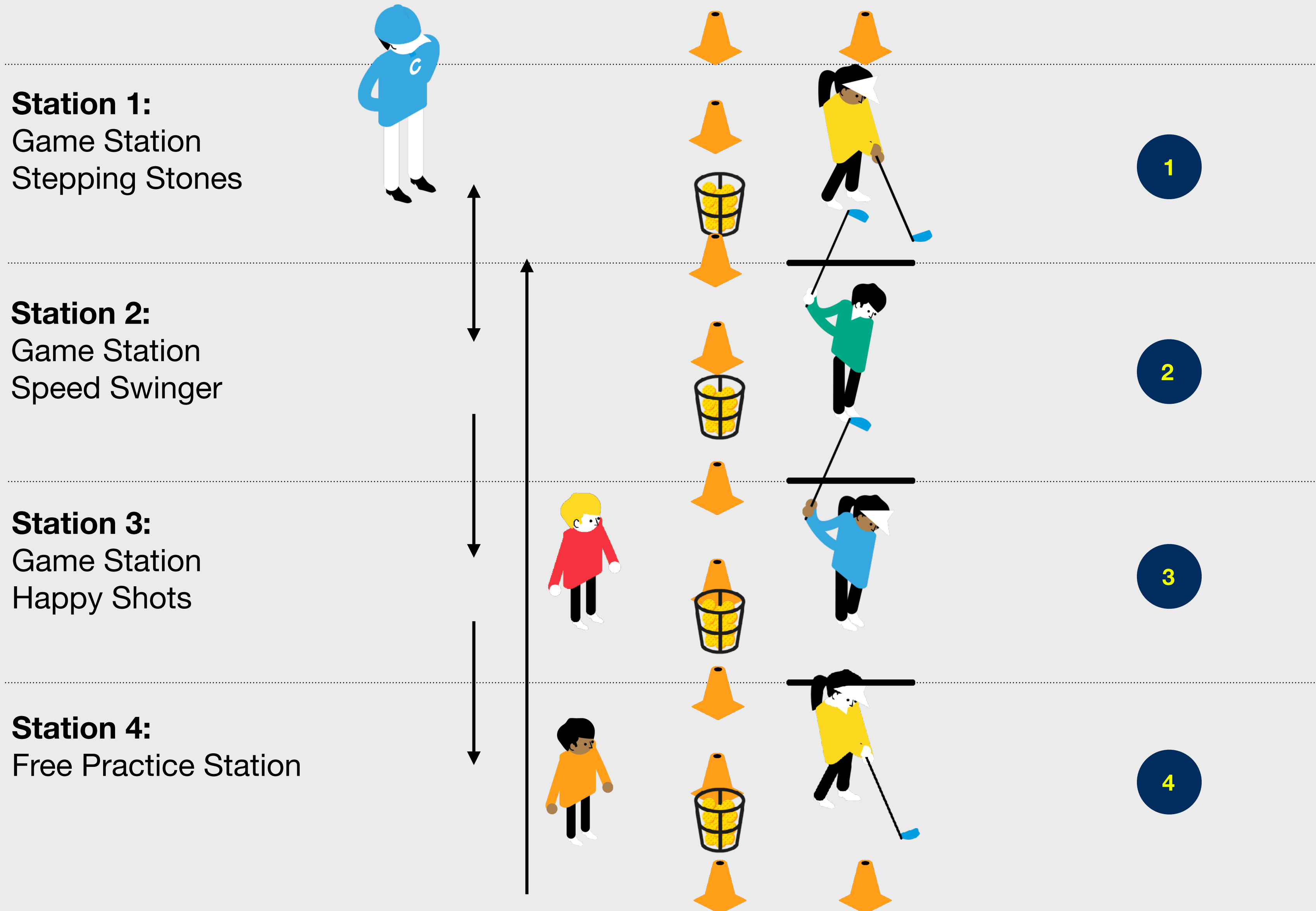
Mastering the Game Focus:
Swing:
Fairway Woods

Whole Child Focus
Creative:
My Hero

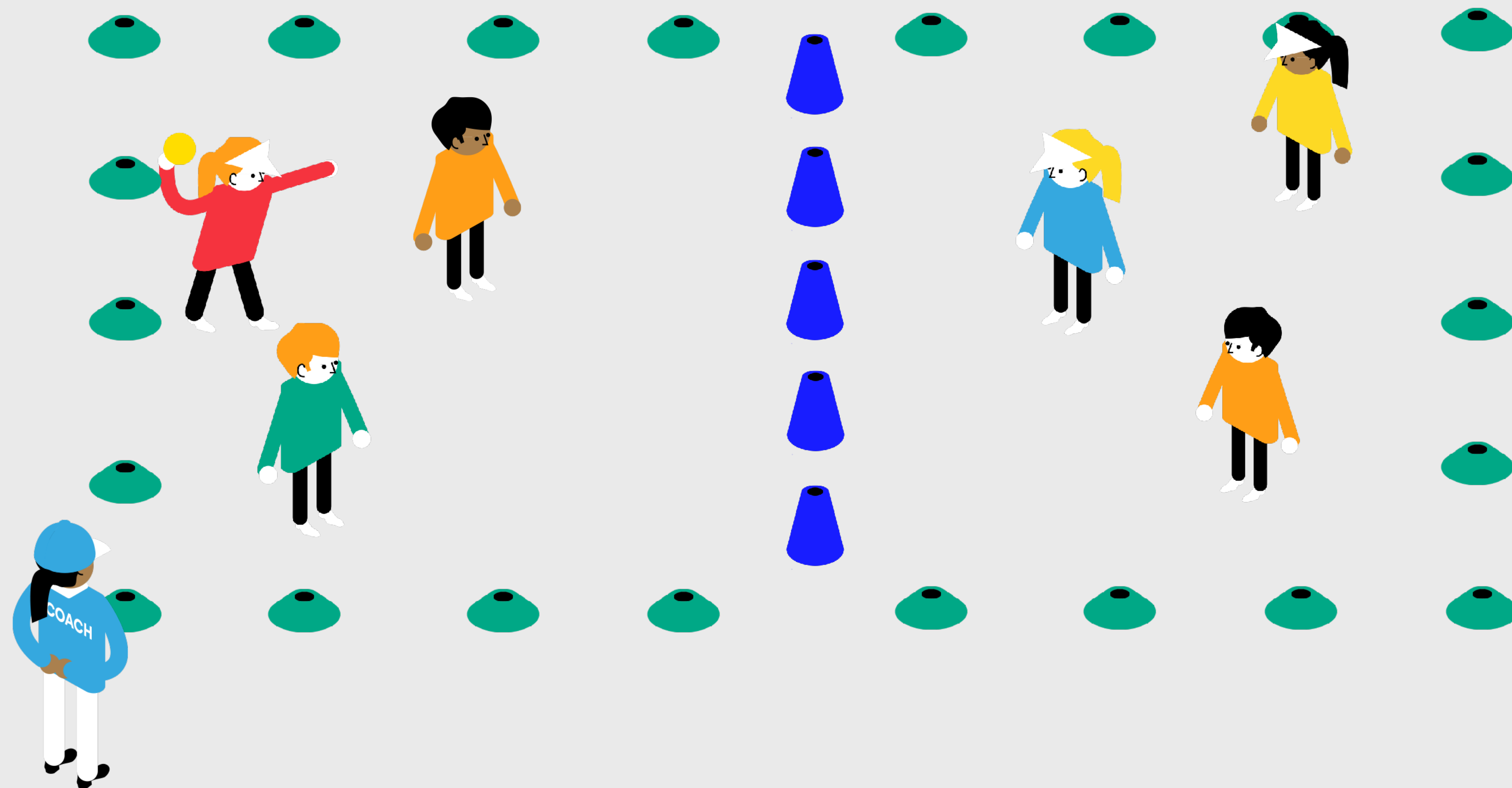
Learning the Game Focus:
Orientation:
Par 3, Par 4, Par 5

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"> Hand Volleyball
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"> Par 3, Par 4, Par 5
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"> My Hero
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games Deliver one to one and group coaching on the Mastering the Game learning outcomes Children rotate around the stations Opportunity for free practice if appropriate 	<ul style="list-style-type: none"> Speed Swinger Happy Shots Stepping Stones
5 Mins	myAcademy Folder Track and Reward	<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 Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

Class Layout and Setup



Hand Volleyball



How to Play

- This game is played in two teams. Players are split evenly and one team starts on one side of the court and one team starts on the other side of the nett.
- The player serves by using the palm of their hand to hit the ball over the nett.
- The ball is able to bounce once and the opposing team attempt to return the ball over the nett using their hand.
- Players may pass the ball between team mates but are unable to let the ball drop.
- A team scores a point when the opposing team is unable to return the ball or hits it outside of the cones.

Progression Ideas

- Call out the commands faster and faster.
- Add in more numbers and therefore more actions to remember.

Equipment Needed

Cones for the Net Line



Colored cones for the Court



Large Soft Ball





Creative My Hero

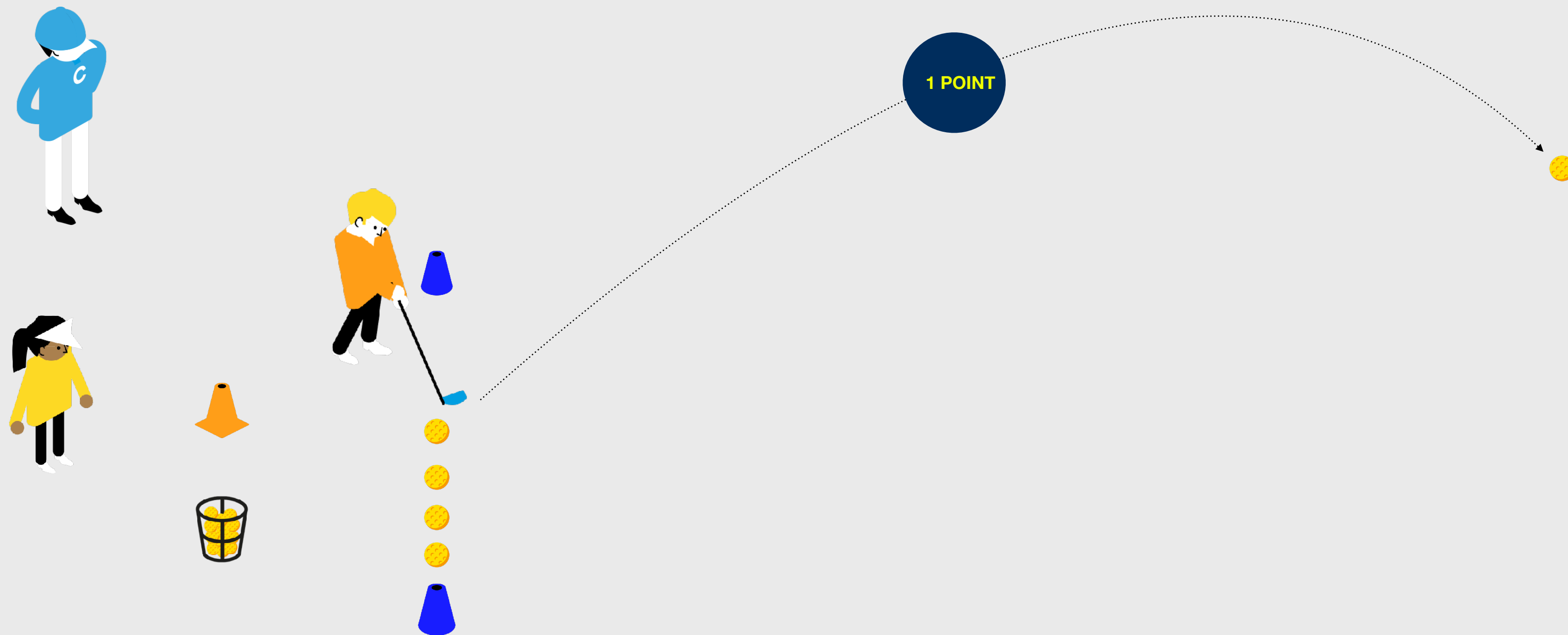
- The Whole Child theme this week is to ask the children who their hero is, and why they have chosen that person as their hero.
- Carry this theme into the class by encouraging the children to impersonate their hero when playing their shots.



Orientation Par 3, Par 4, Par 5

- The Learning the Game focus this week is learning about Par 3s, 4s and 5s.
- You should introduce to your juniors the difference between the pars and make sure they understand that they should reach a Par 3 in one shot, Par 4 in two shots and a Par 5 in three shots.

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

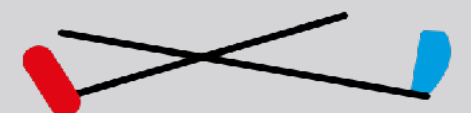
SAFETY



Cones to mark out the necessary hitting stations



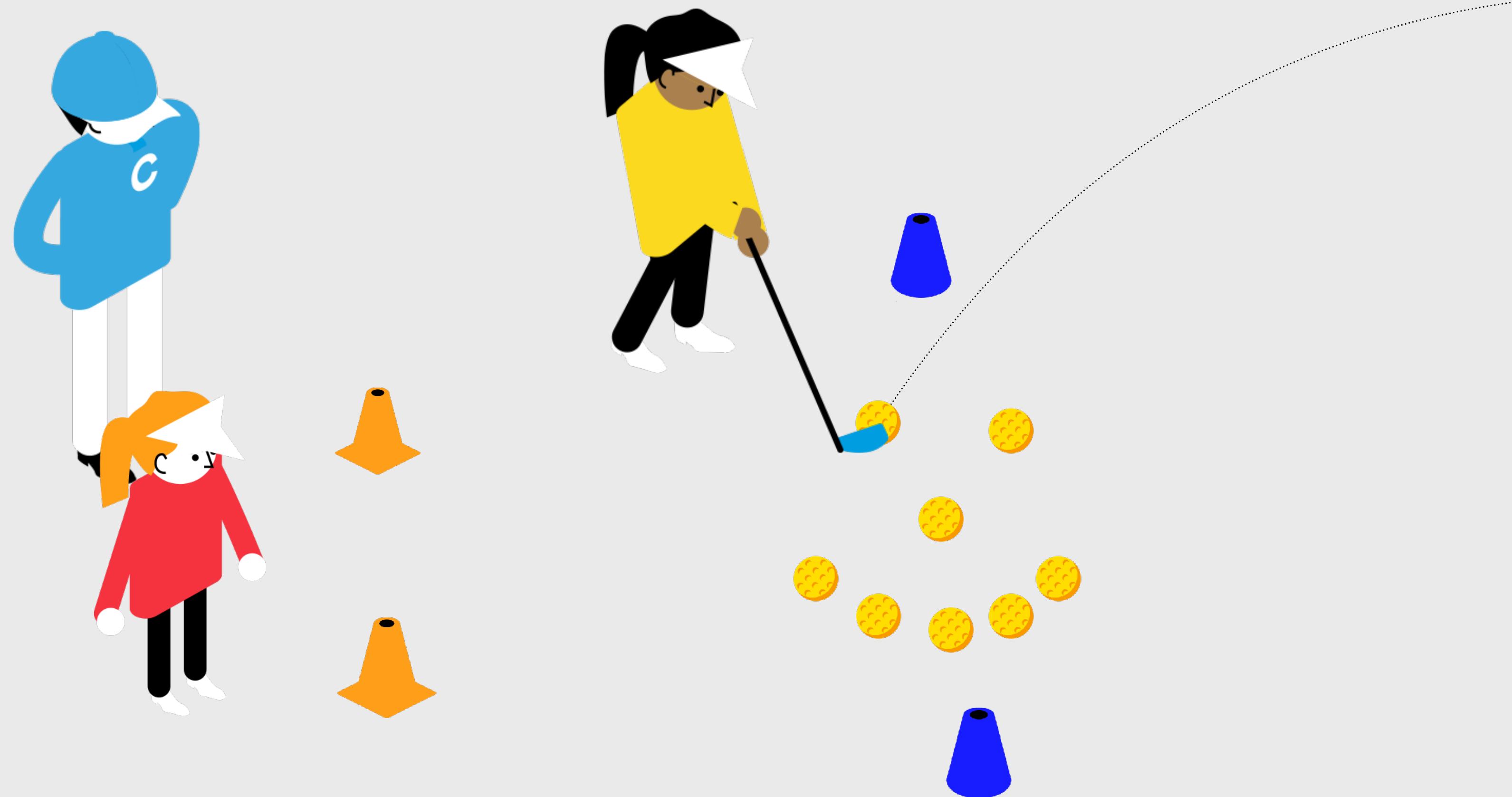
Spare equipment that may be required for the group attendees.



Golf Balls



Happy Shots



How to Play

- Let the children design a smiley face with 8 golf balls
- The children take it in turns to hit their shots, they choose which ball they want to hit and mustn't move any of the other balls in the process.
- The children complete the challenge if they can hit all the shots one at a time, without moving any of the other balls

Progression Ideas

- Make the smiley face smaller
- Add a rule that the player must stand in the same place to hit all their shots
- Add a target to aim for, allocate points for hitting the target

Learning Outcomes

- Learn to control the direction the club is swinging
- Learn to control strike with variability of distance from the ball, and direction of swing

Equipment needed

Orange Safety Cones

SAFETY



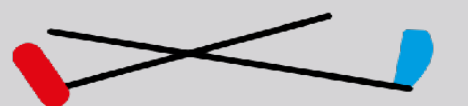
2 x Cones



Golf Balls



Spare equipment that may be required for the group attendees.



Stepping Stones



How to Play

- Child number 1 starts and attempts to hit their shot onto the green
- If the child hits it onto the green, then the child moves the white cone to the first colored cone (stepping stone). If the child misses, the cone stays where it is
- The next child attempts their shot and moves the cone if successful
- The children complete the challenge if they manage to get the white cone to the end before it is time to switch games

Progression Ideas

- Vary the size of the green
- Vary the distance between the tee box and the green
- Add Hazards to act as a penalty
- Add additional targets to increase the number of moves up the stepping stones

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



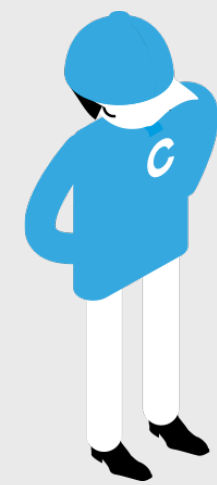
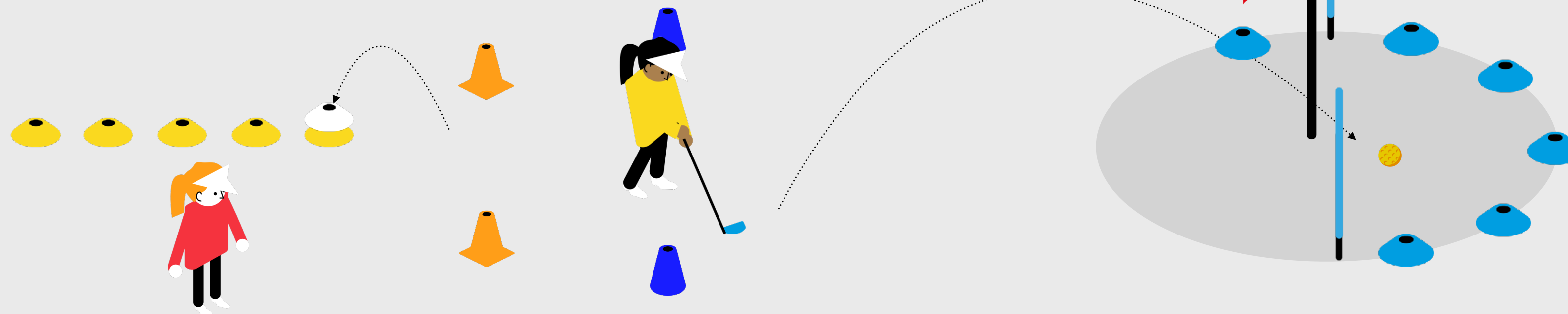
5 x Yellow Cones



Golf Balls



Spare equipment that may be required for the group attendees.



CRUSH
IT!
JUNIOR GOLF