

Swing Week 4



Class Timetable - Week 4

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Fairway Woods

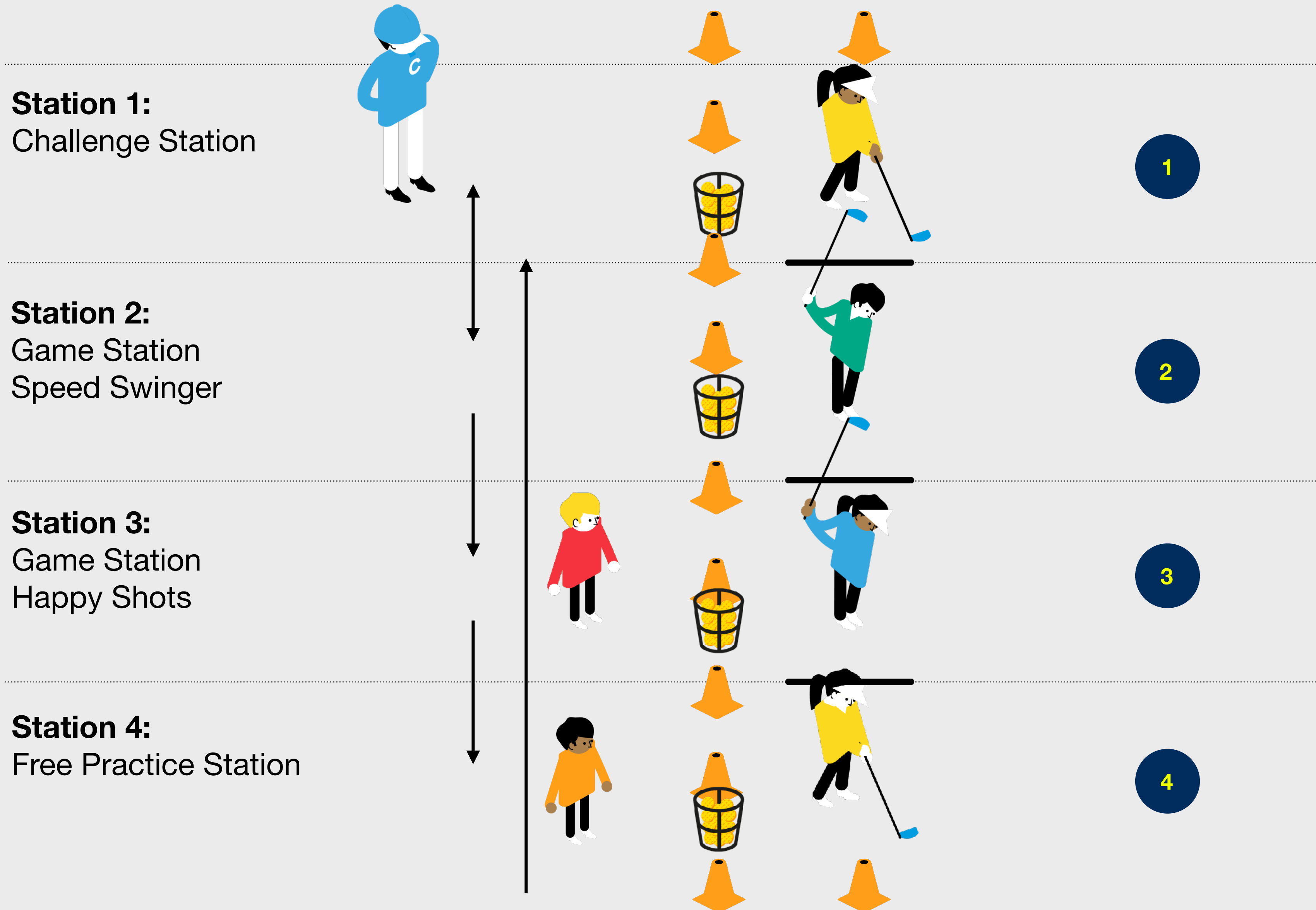
Whole Child Focus
Creative:
My Hero

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

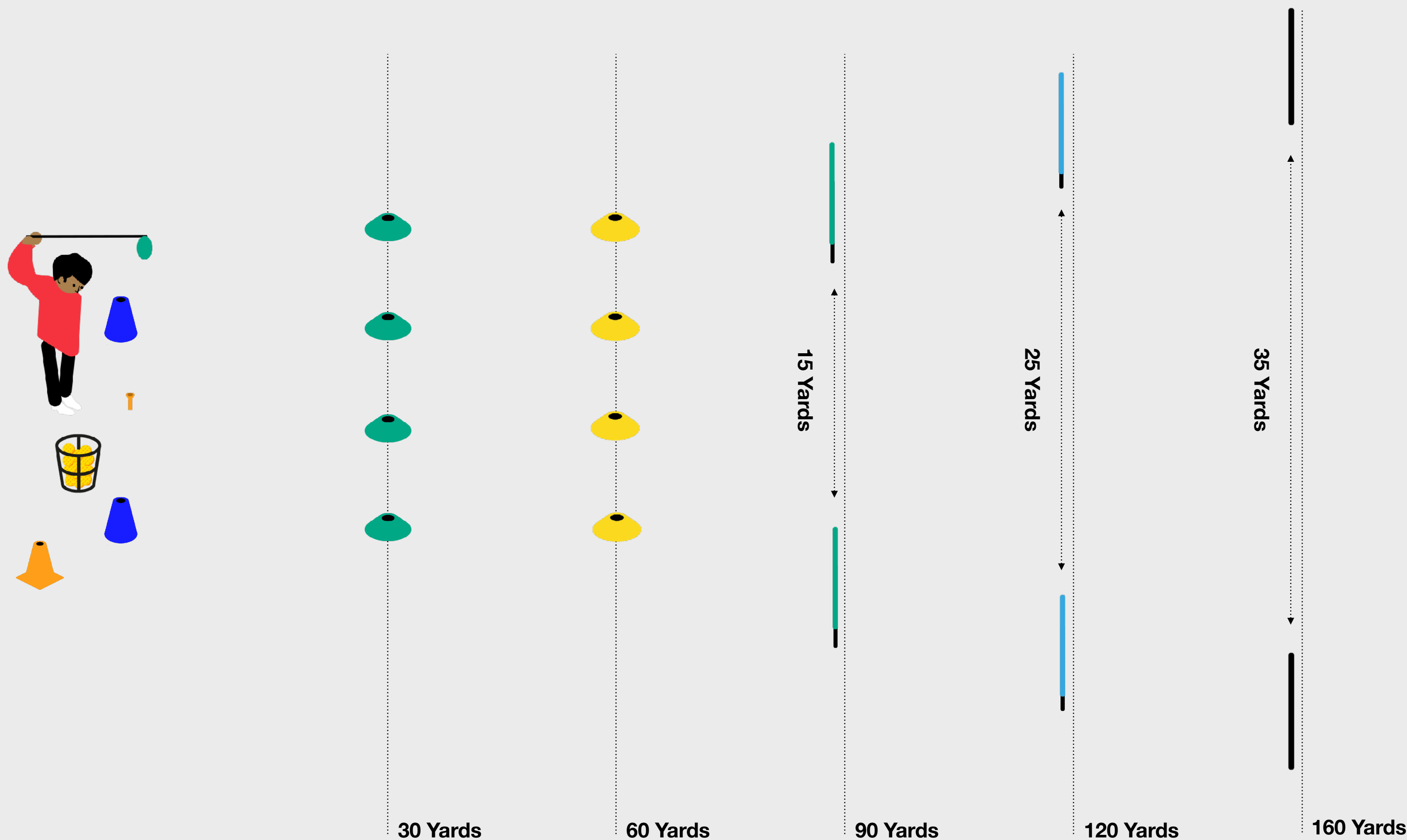
Mastering the Game Challenge:
Fairway Wood Challenge

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"> 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 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 Happy Shots Fairway Wood 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



Fairway Woods Challenge Setup



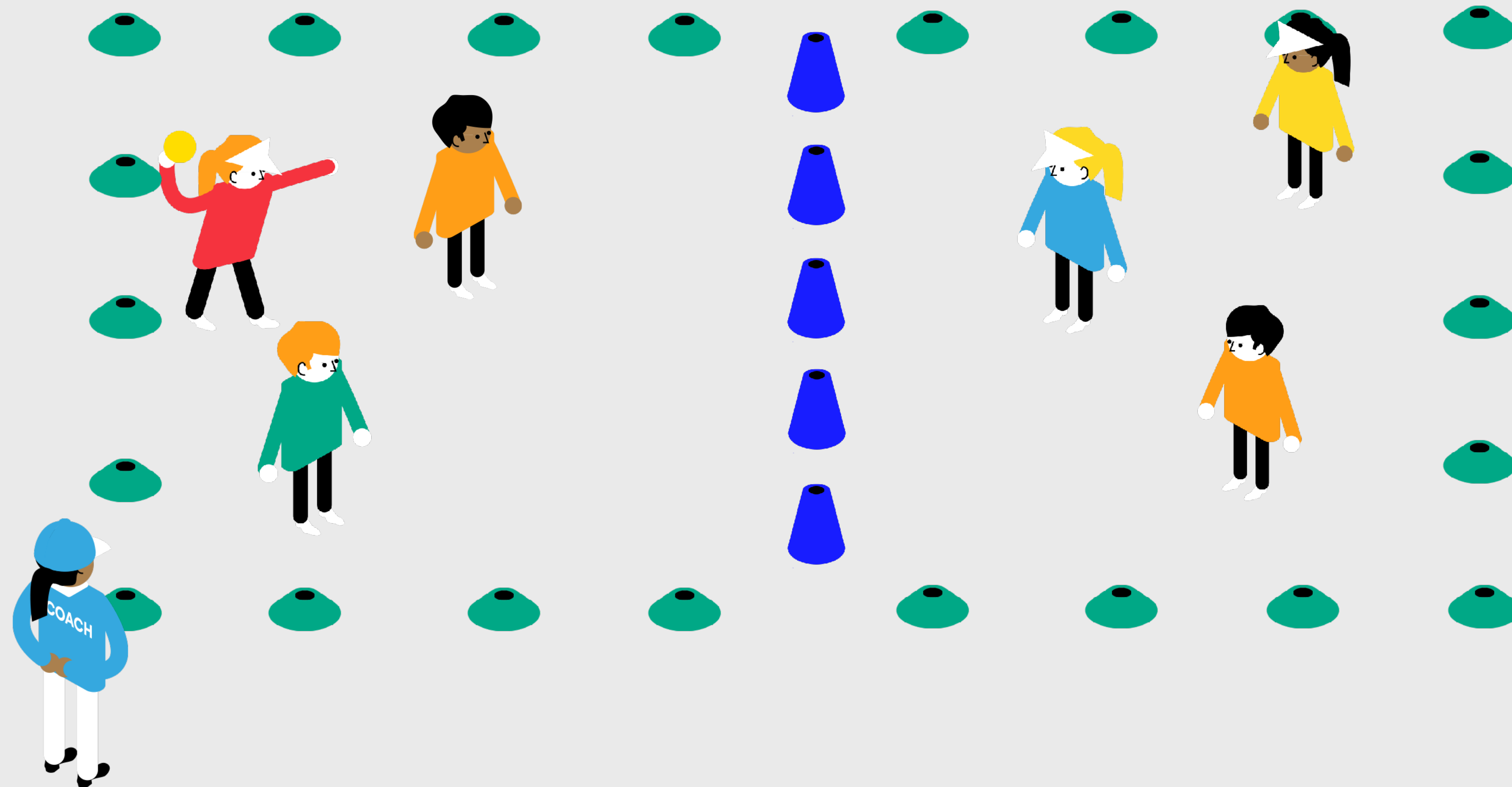
Equipment Needed

- Orange safety cones for a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines for the level 2 and 3 challenges
- Alignment Sticks with a foam noodle on top to mark out the target gates

Setting out the Challenge

- Use 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

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

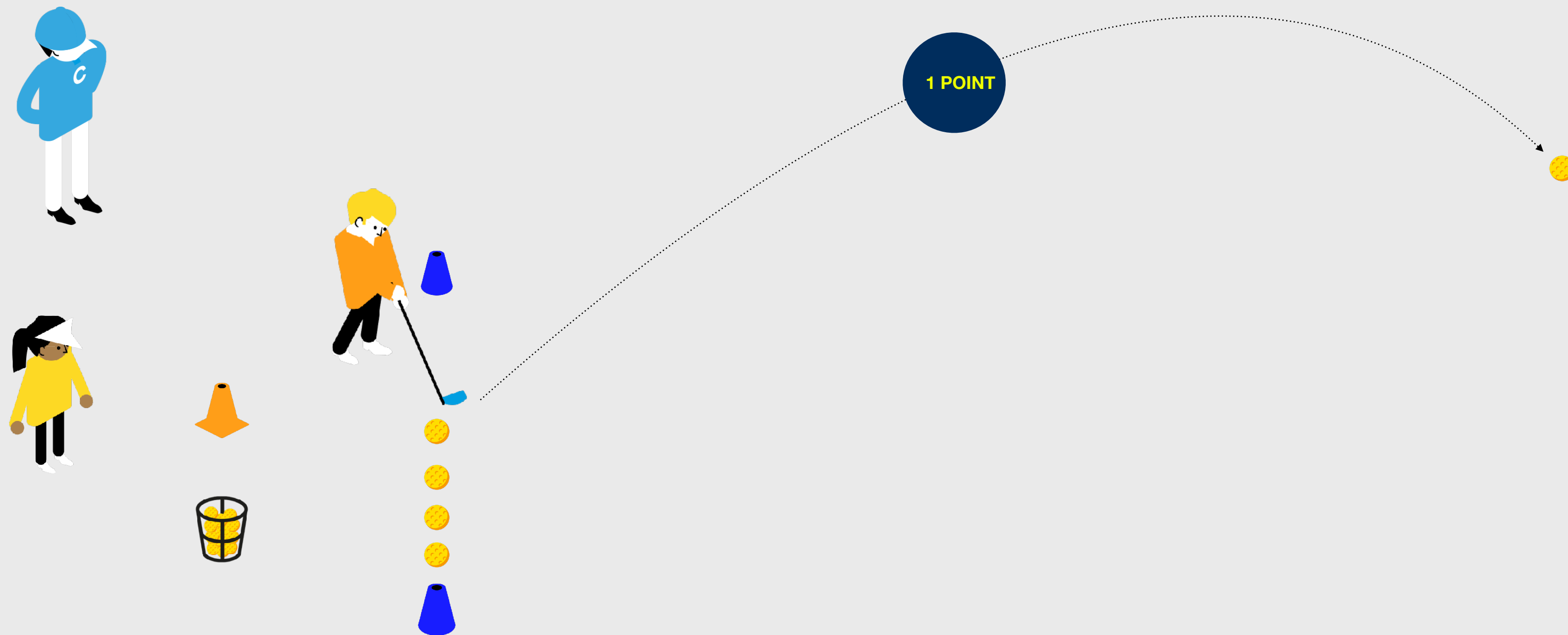
- The Whole Child theme this week is to ask the children who their hero is, and why they have chosen that person as their hero.
- Carry this theme into the class by encouraging the children to impersonate their hero when playing their shots.



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

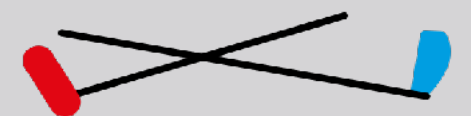
SAFETY



Cones to mark out the necessary hitting stations



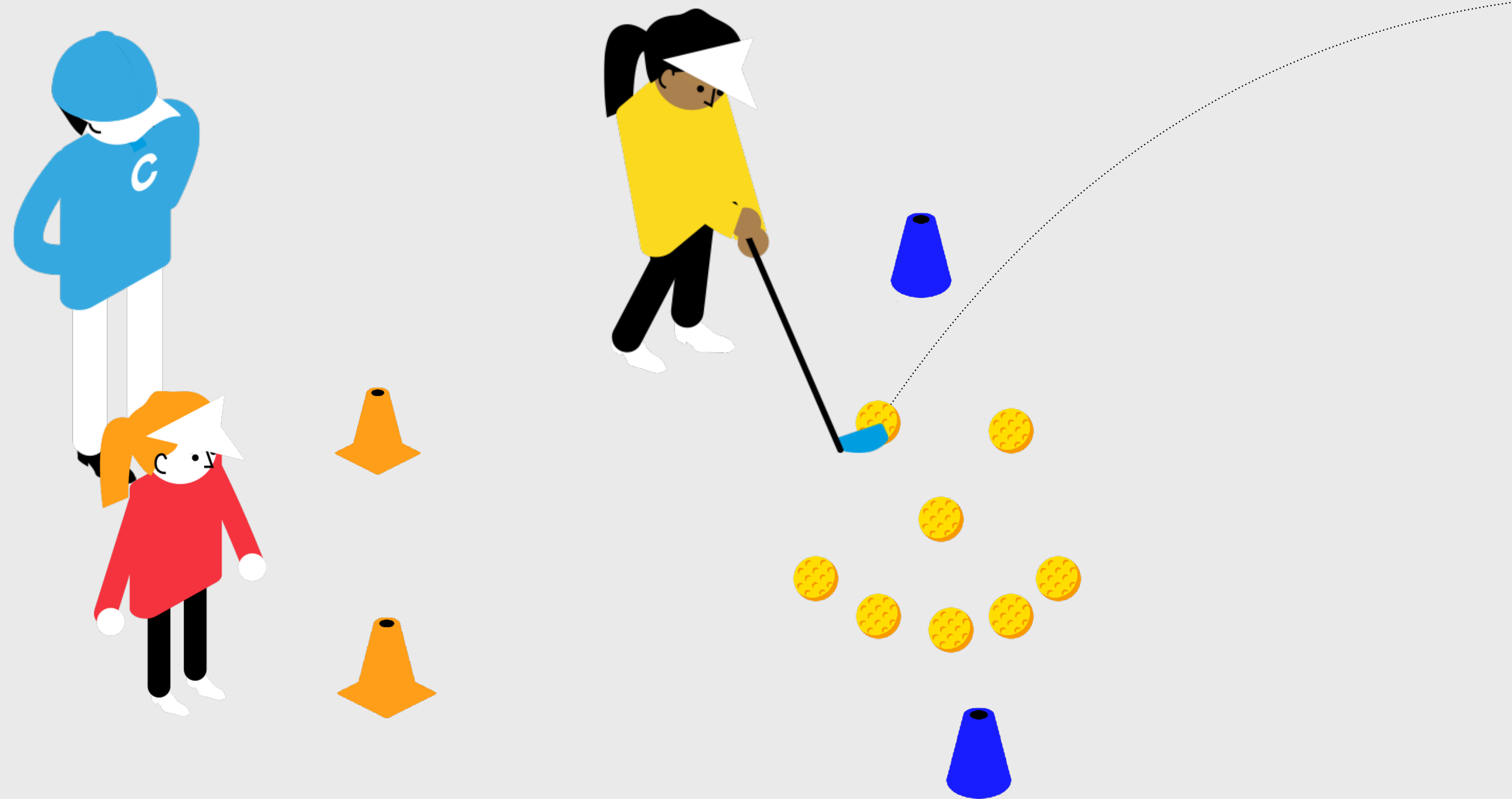
Spare equipment that may be required for the group attendees.



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.



Fairway Wood 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** Juniors hit 2 shots in the air using a Fairway Wood. They have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a tee.
- 2** Juniors hit 2 shots in the air using a Fairway Wood. The ball must carry a minimum of 30 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 3** Juniors hit 3 shots in the air using a Fairway Wood. The ball must carry a minimum distance of 60 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 4** Juniors hit 2 shots 90 yards with a Fairway Wood. The ball needs to finish through the 15-yard-wide gate. They have 5 attempts and this challenge must be attempted with the ball on the ground.
- 5** Juniors hit 3 shots 120 yards with a Fairway Wood. The ball needs to finish through the 25-yard-wide gate. They have 5 attempts and this challenge must be attempted with the ball on the ground.
- 6** Juniors hit 4 shots 160 yards with a Fairway Wood. The ball needs to finish through the 35-yard-wide gate. They have 5 attempts and this challenge must be completed on the ground.

