

Swing Week 40



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Class Timetable

4 Class Plans
Playing Golf 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"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams & demonstrate warm up game Play the warmup game 	<ul style="list-style-type: none"> Relay Race
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Introduce the components of the Golf Bag Introduce the Iron & components of the club 	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions & class layout Introduce games, tasks & challenges Deliver one to one & group coaching on the Mastering the Game learning outcomes Children can attempt the Iron Challenge Children rotate around the stations 	Coming Soon
10 Mins	myJunior Track & Reward	<ul style="list-style-type: none"> Recap Mastering the Game and Learning the Game Focus from the session to check for understanding Distribute Learning the Game Resource if appropriate Children can complete myProgress Wheel and add stickers where appropriate Add any lesson notes to the child's myProgress section Award the Achiever Reward to a student in front of the parents and the group Award any Pins & Hats 	<ul style="list-style-type: none"> The Iron Challenge Tug of War Stepping Stones

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Class Timetable - Week 40

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Fairway Woods

Whole Child Focus
Creative:
Positive Energy

Learning the Game Focus:
Preparing to Play:
What's in the Bag?

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"> Golf Baseball
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"> What's in the Bag?
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"> Positive Energy
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"> C.O.P.Y me Rocket Launcher 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+

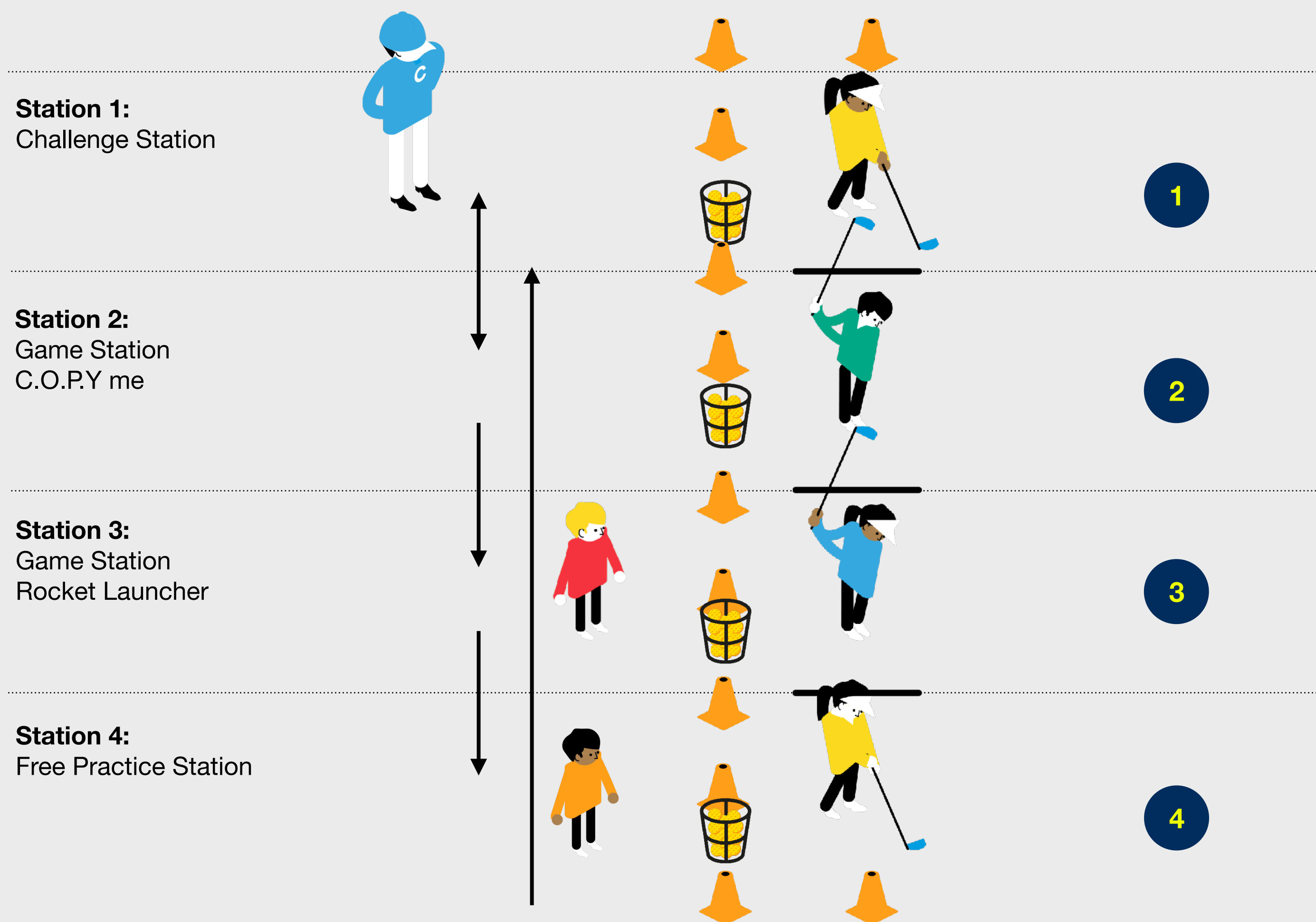
Layout and Setup



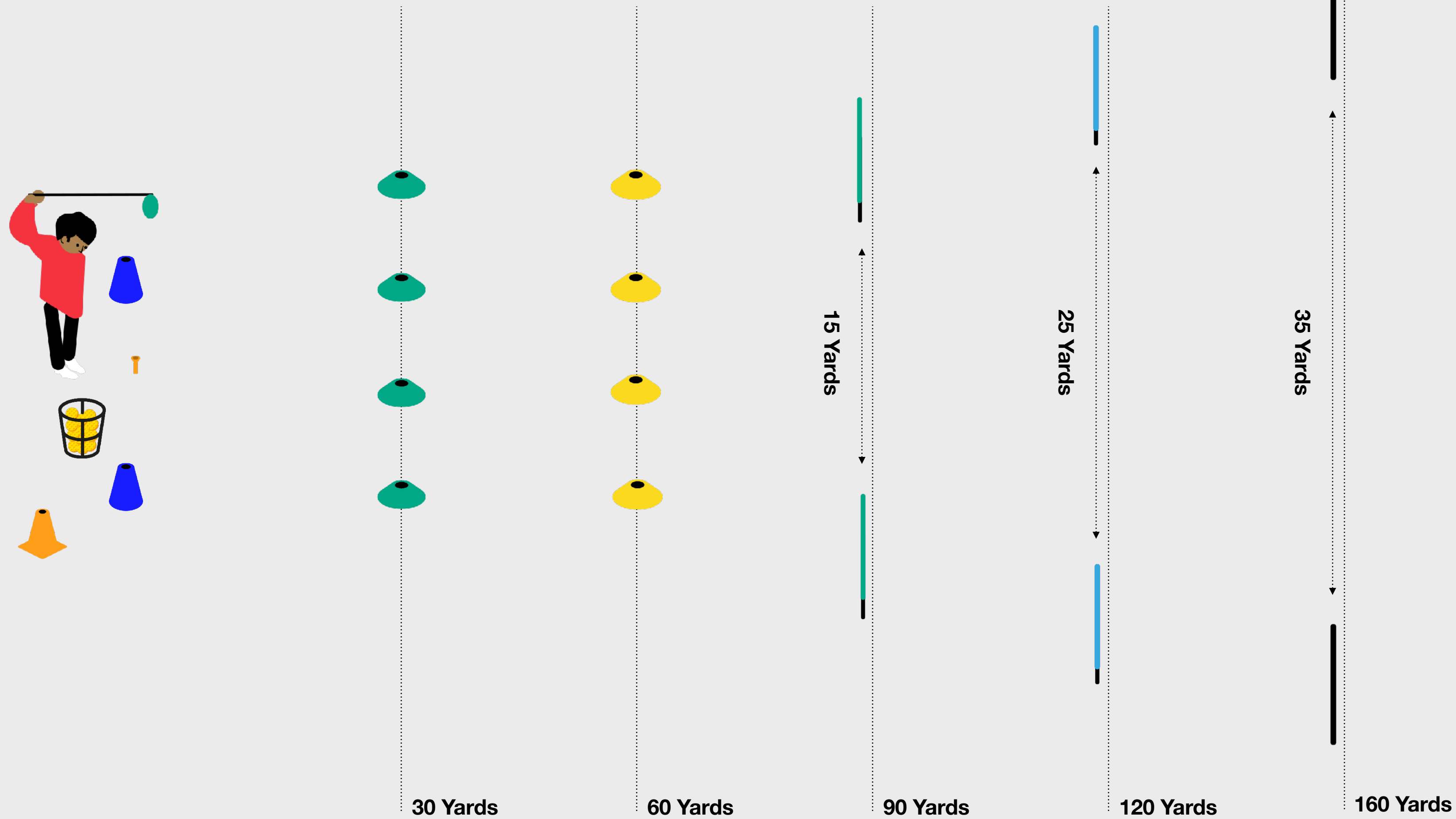
Class Layout and Setup

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



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

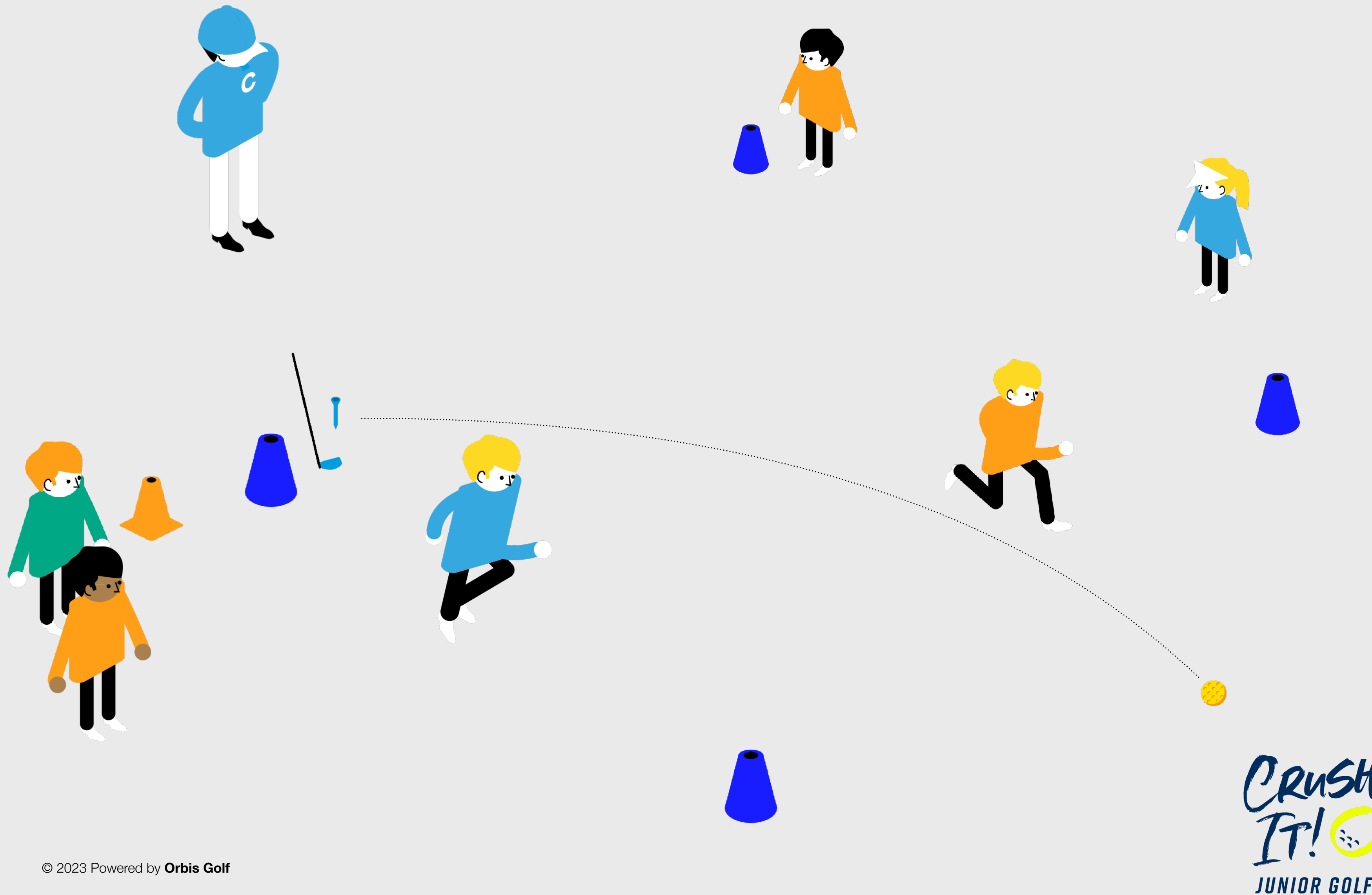
Setting out the Challenge

- 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

Physical Literacy Warm Up Game



Golf Baseball



How to Play

- This game is best played in two teams. Split the children evenly.
- One team starts as the fielders and one team starts as the hitters. The hitting team number themselves and the fielding team disperse to the outfield and bases.
- Player number 1 plays first and gets 3 attempts before 'striking out'. When the player strikes the ball, they immediately drop the club and run to first base.
- Players attempt to get round the bases in one go to score a 1 point. Players who make it round but stop at a base score half a point.
- Players swap over once all hitters have struck out, been caught or didn't make it to a base.

Progression Ideas

- Reduce the number of attempts before striking out.

Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



Golf Wedge



Soft Ball



**CRUSH
IT!**
JUNIOR GOLF

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



Creative Positive Energy

The Whole Child theme this week is to encourage creativity, specifically through bringing a great energy to each game and challenge that each child faces.

Carry this theme into the class by showing lot's of enthusiasm towards the games and challenges. Make sure everyone is making lot's of positive comments on each others golf and generally too.

It should be highlighted that the Achiever Award is presented to the child that displays the best energy throughout the class.

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.



**CRUSH
IT!** 
JUNIOR GOLF



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

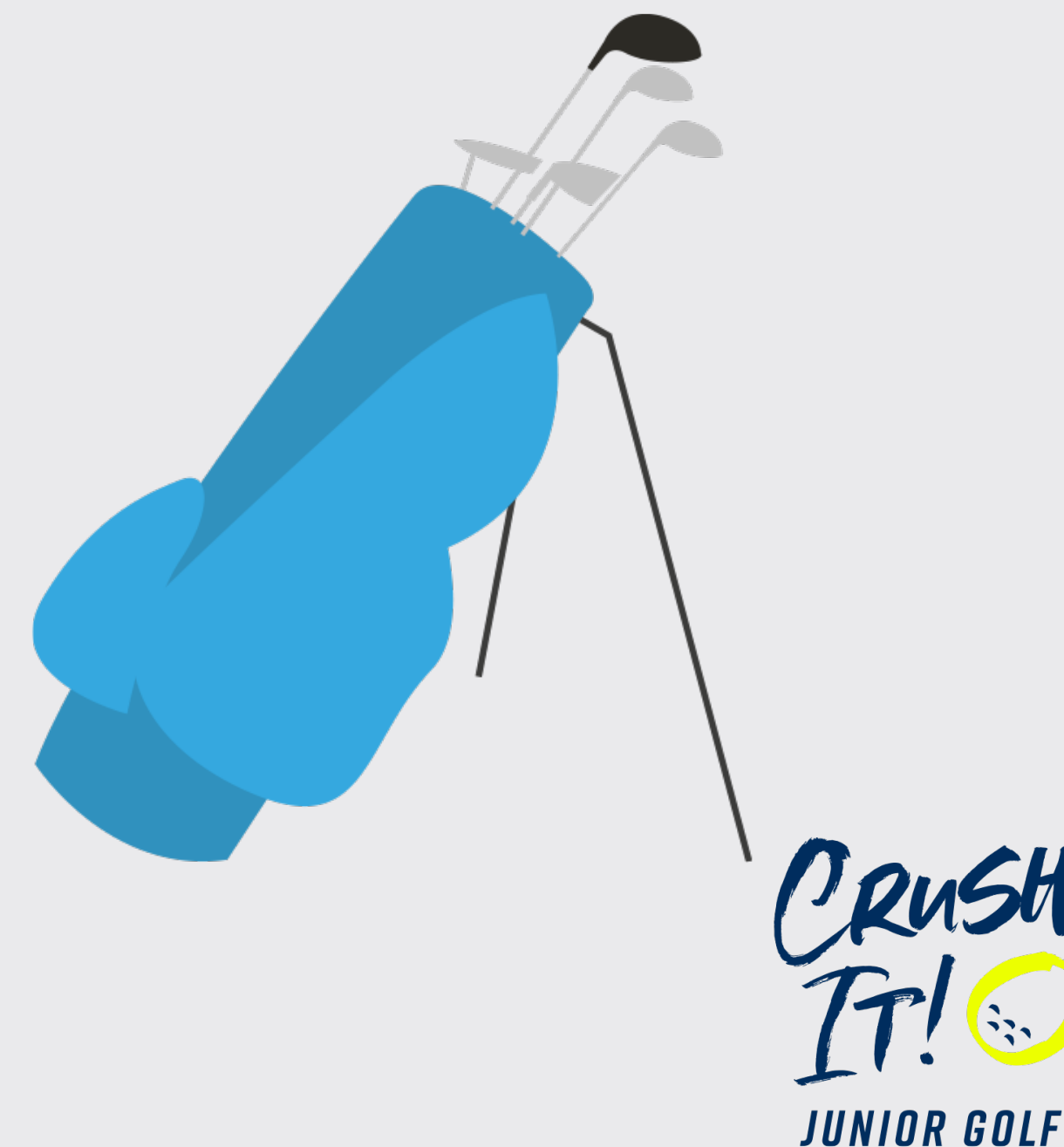
What's in the Bag?

The Learning the Game focus this week is to make sure you are prepared to play by keeping by knowing what you need in your golf bag.

You should highlight to your juniors that it is their responsibility to know what they need and to make sure they have it ready each time they play.

Use the lesson to highlight what the children might need and when they might need it throughout a round of golf.

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



Questions to Ask

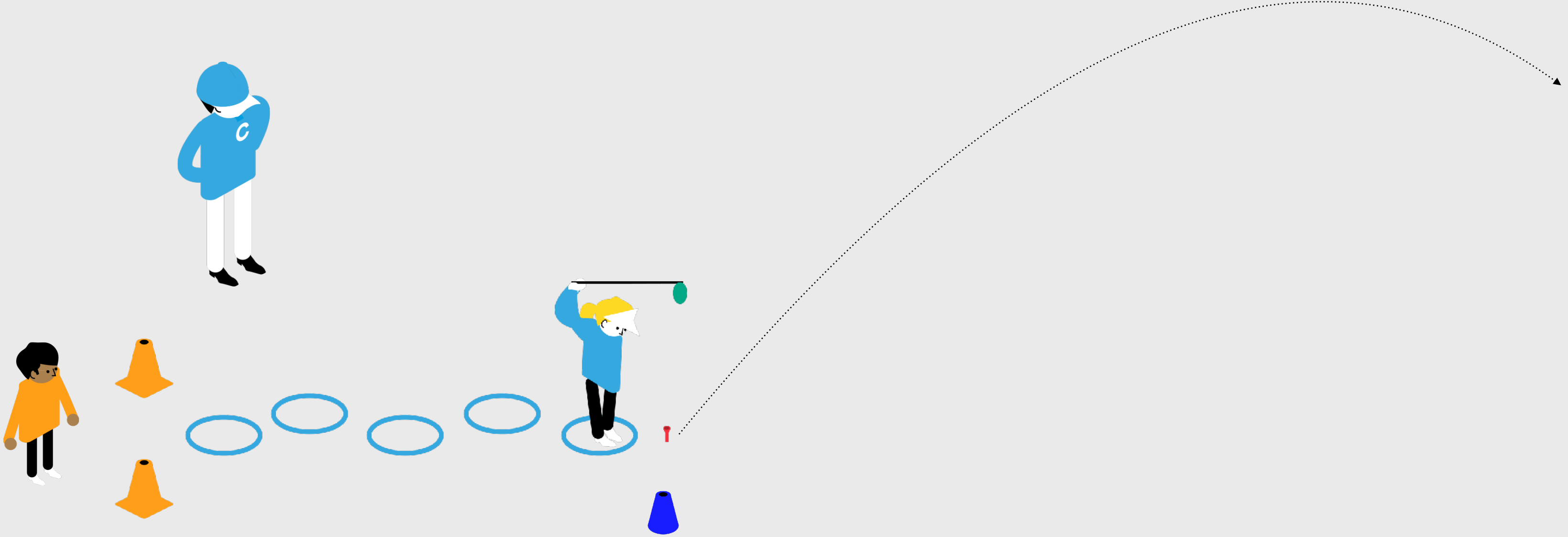
- What do you need in our golf bag to make sure you are prepared to play golf?
- Who is responsible to make sure those items are in your golf bag?
- Will you always need the same things each time you play?
- How many clubs and balls do you think you need for a round of golf?

Mastering the Game Cards





Rocket Launcher



How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1...”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

Equipment needed

4 x Orange Safety Cones

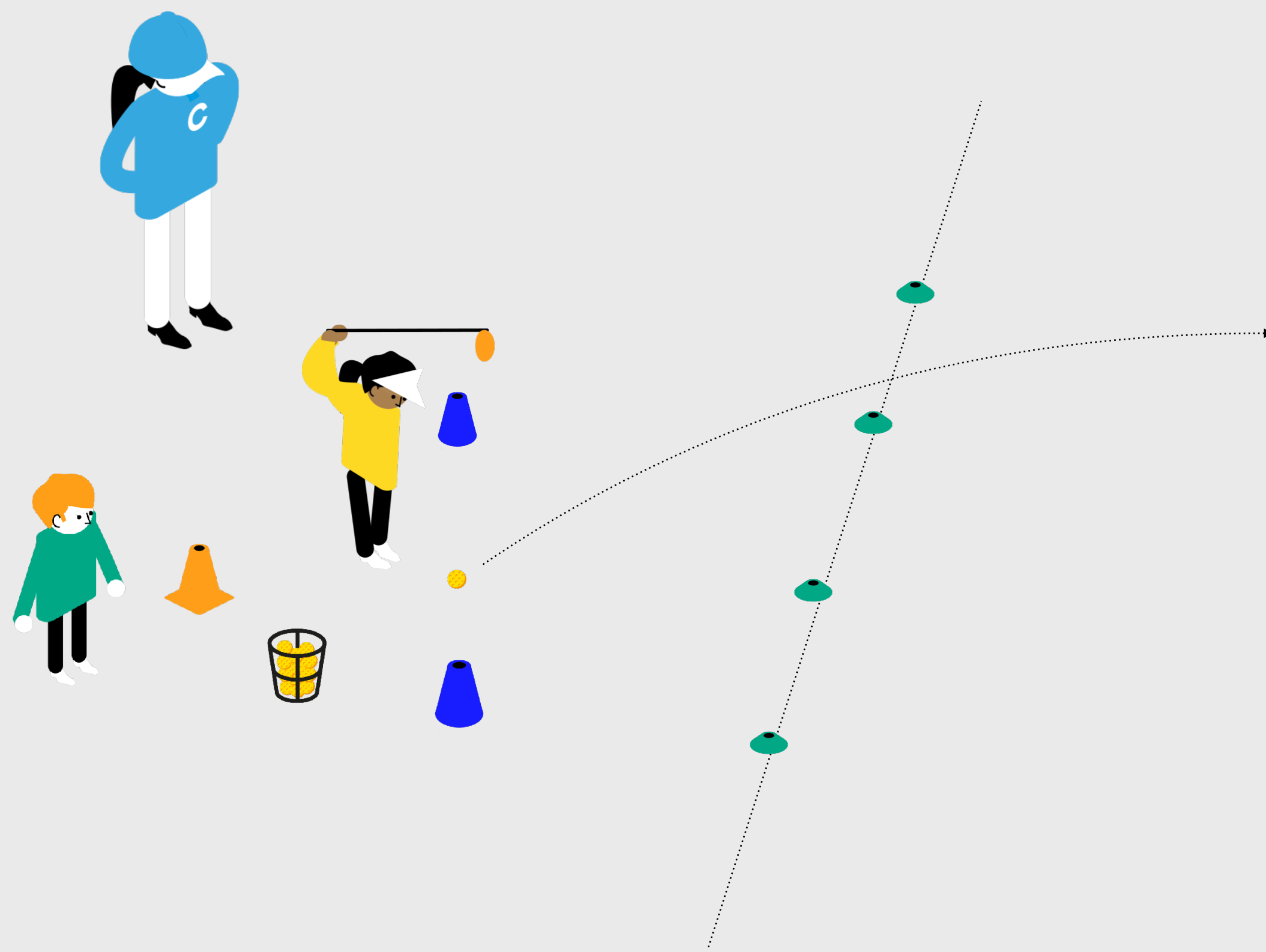
SAFETY



Hoops



C.O.P.Y me



How to Play

- The children should take it in turns to choose a shot for their partner to replicate
- If the child cannot produce the shot themselves they receive a letter "C"
- If their partner does not manage to replicate the intended shot they receive a letter "C"
- The game continues until one learner has completed the word "COPY" then they lose

Progression Ideas

- Make it target based as well

Equipment Needed

Orange Safety Cones

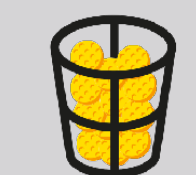
SAFETY



Cones to mark out the necessary hitting stations.



Golf balls



6 x Cones to build a target pyramid

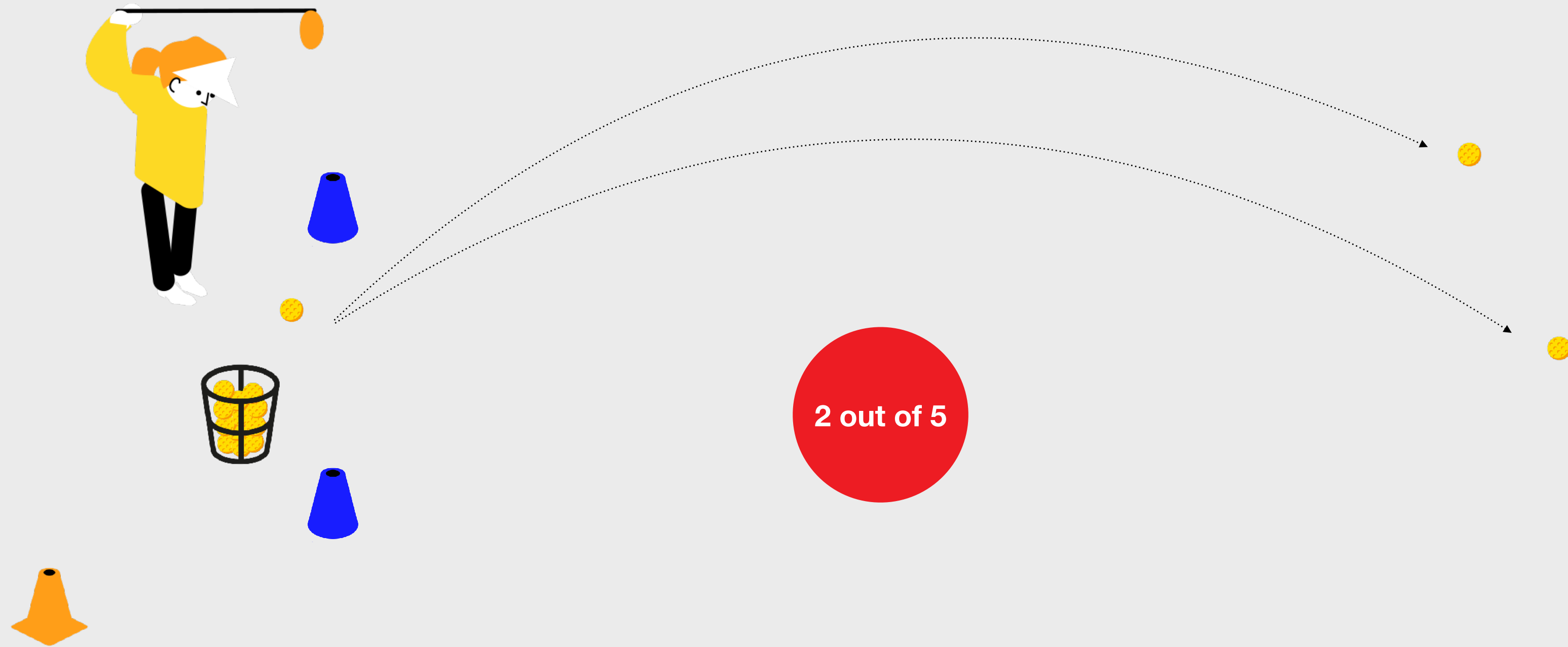


CRUSH
IT!
JUNIOR GOLF

Mastering the Game Challenge Cards



Fairway Wood Challenge



The Challenge

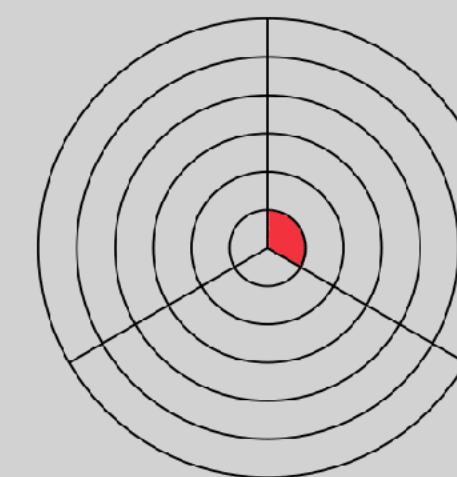
To complete the Level 1 Challenge within the Fairway Woods element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the child doesn't need to demonstrate control over direction or distance. This challenge can be attempted off a tee.

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.

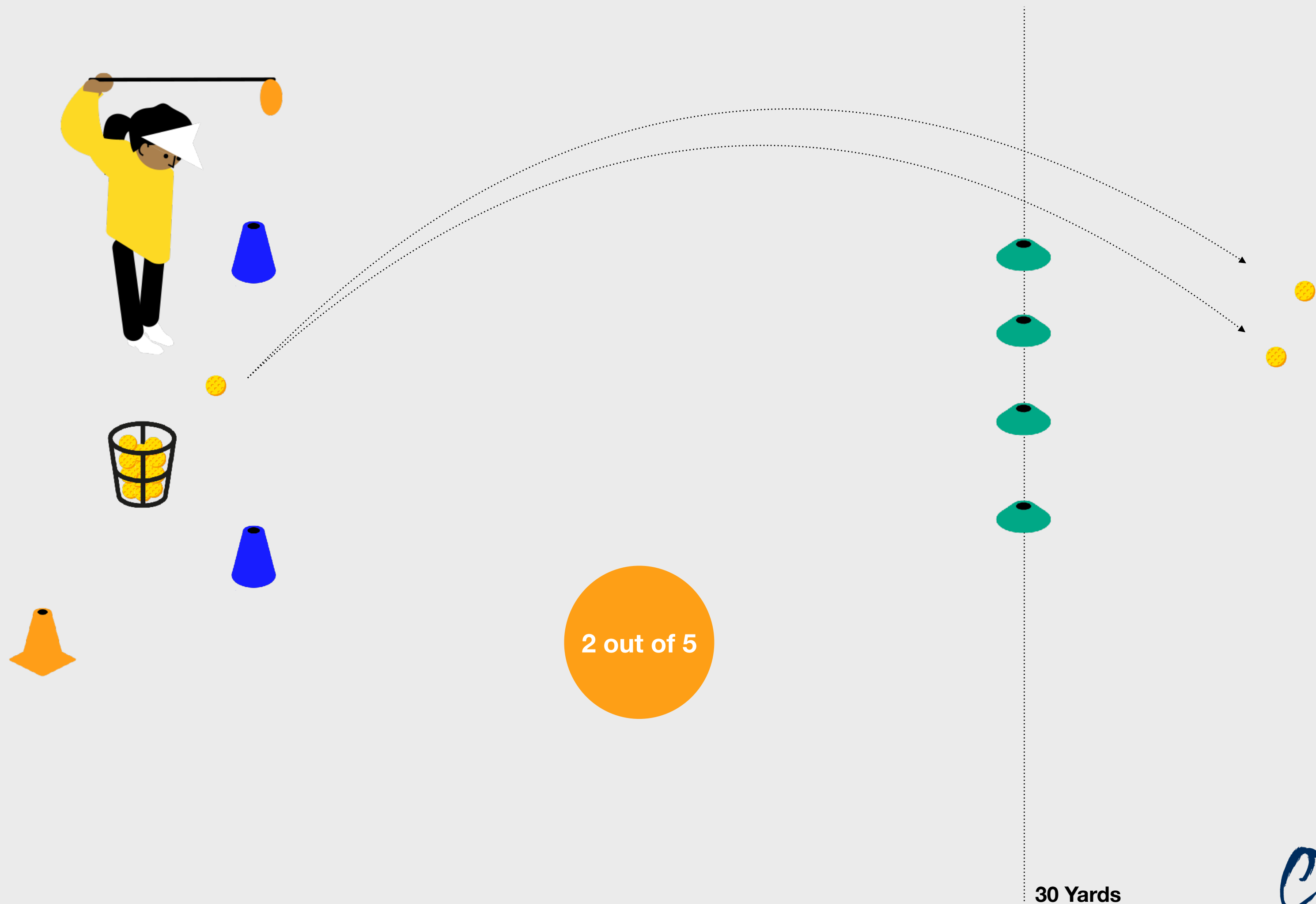
If they are also assigned to the Crush It *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



The Challenge

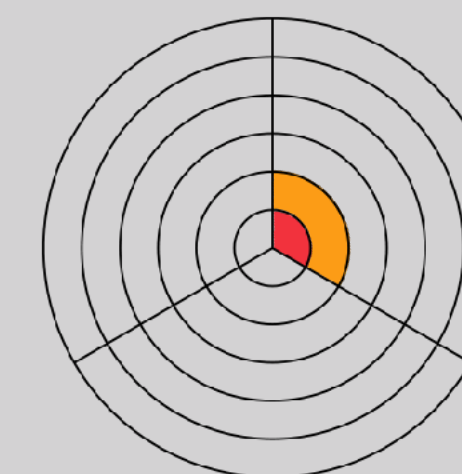
To complete the Level 2 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air, a minimum carry distance of 30 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction and the shots can be attempted off a tee.

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.

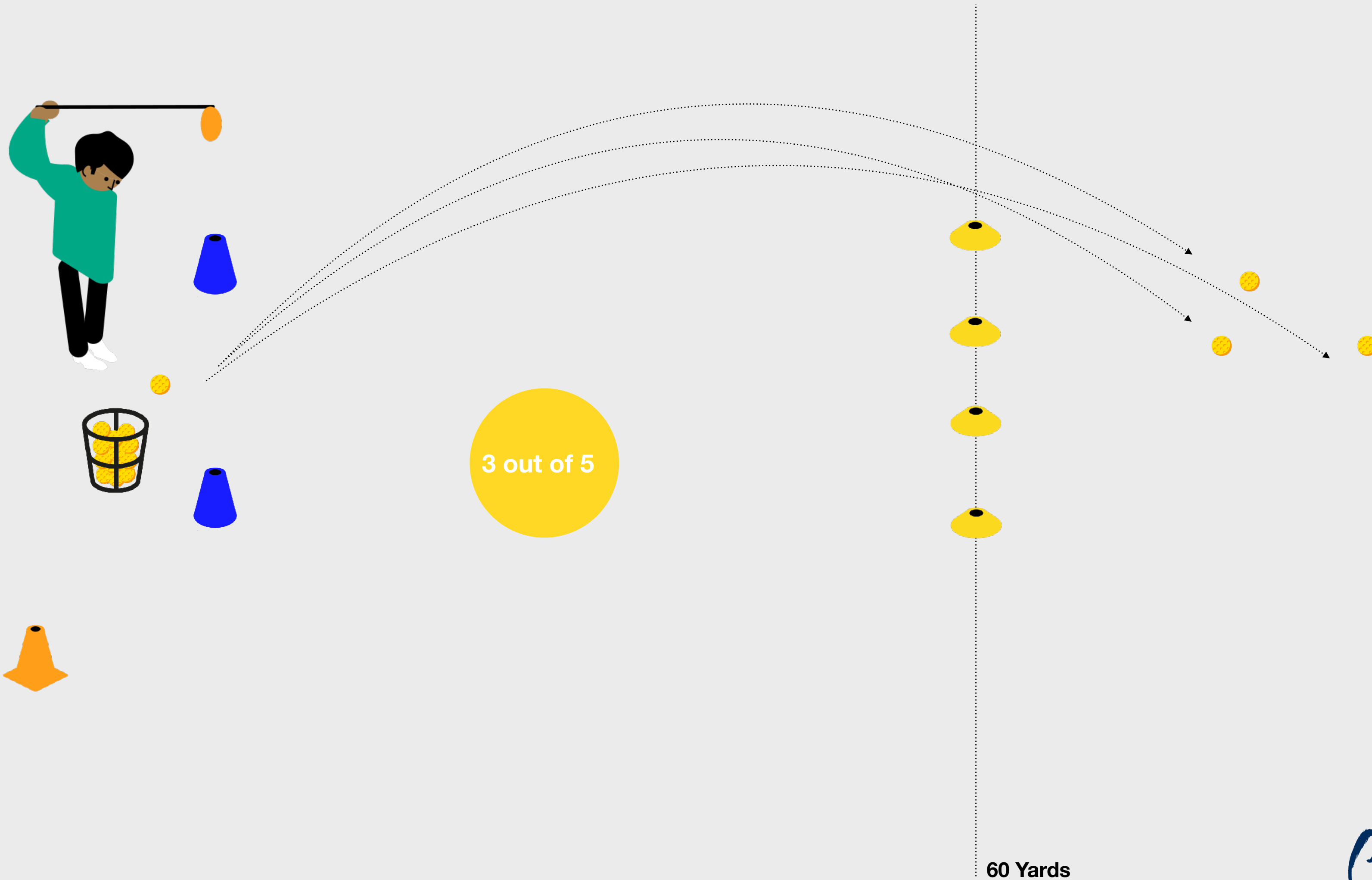
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



The Challenge

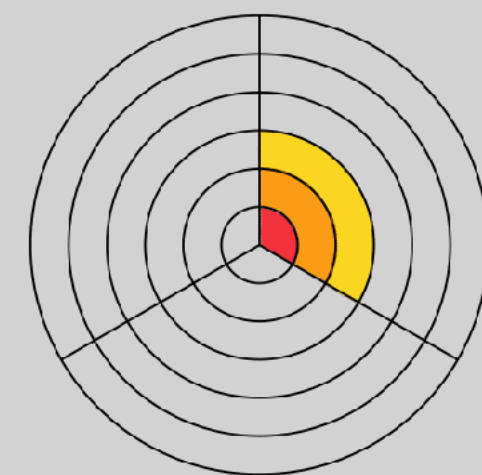
To complete the Level 3 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum distance of 60 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction and can hit their shots off a tee.

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.

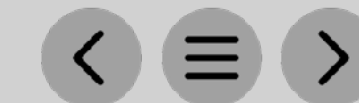
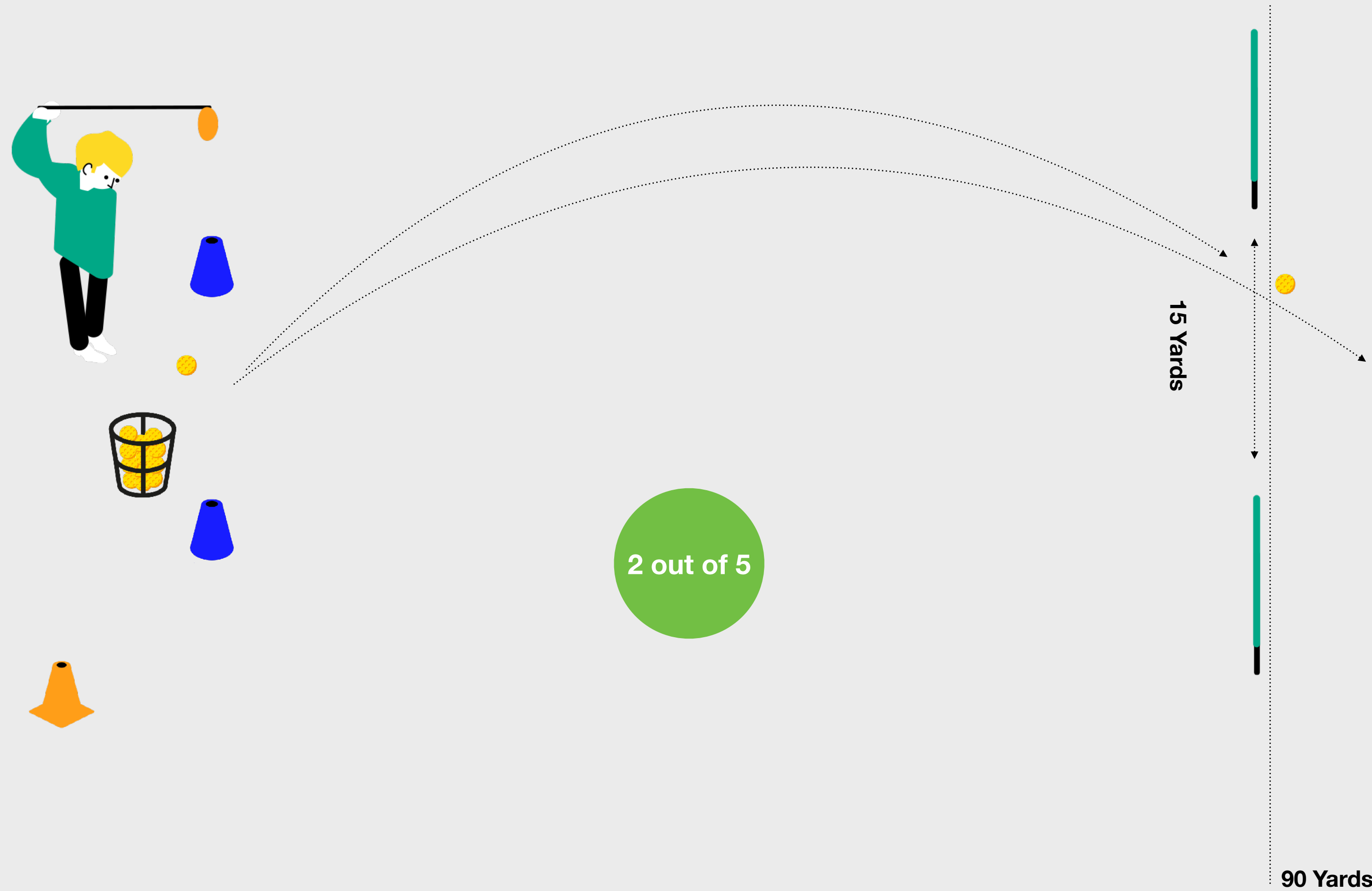
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



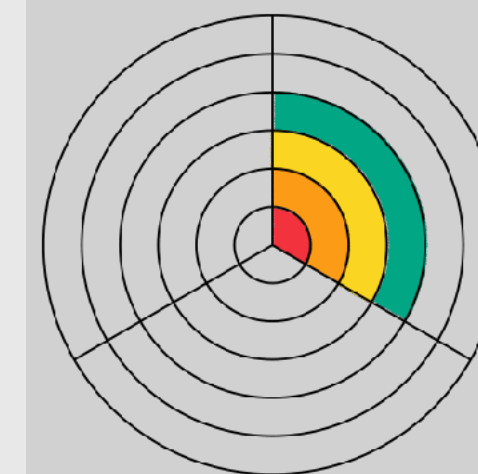
The Challenge

To complete the Level 4 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air, a minimum total distance of 90 yards. The ball must come to rest within a 15-yard-wide gate. This challenge should be attempted with the ball on the ground.

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.

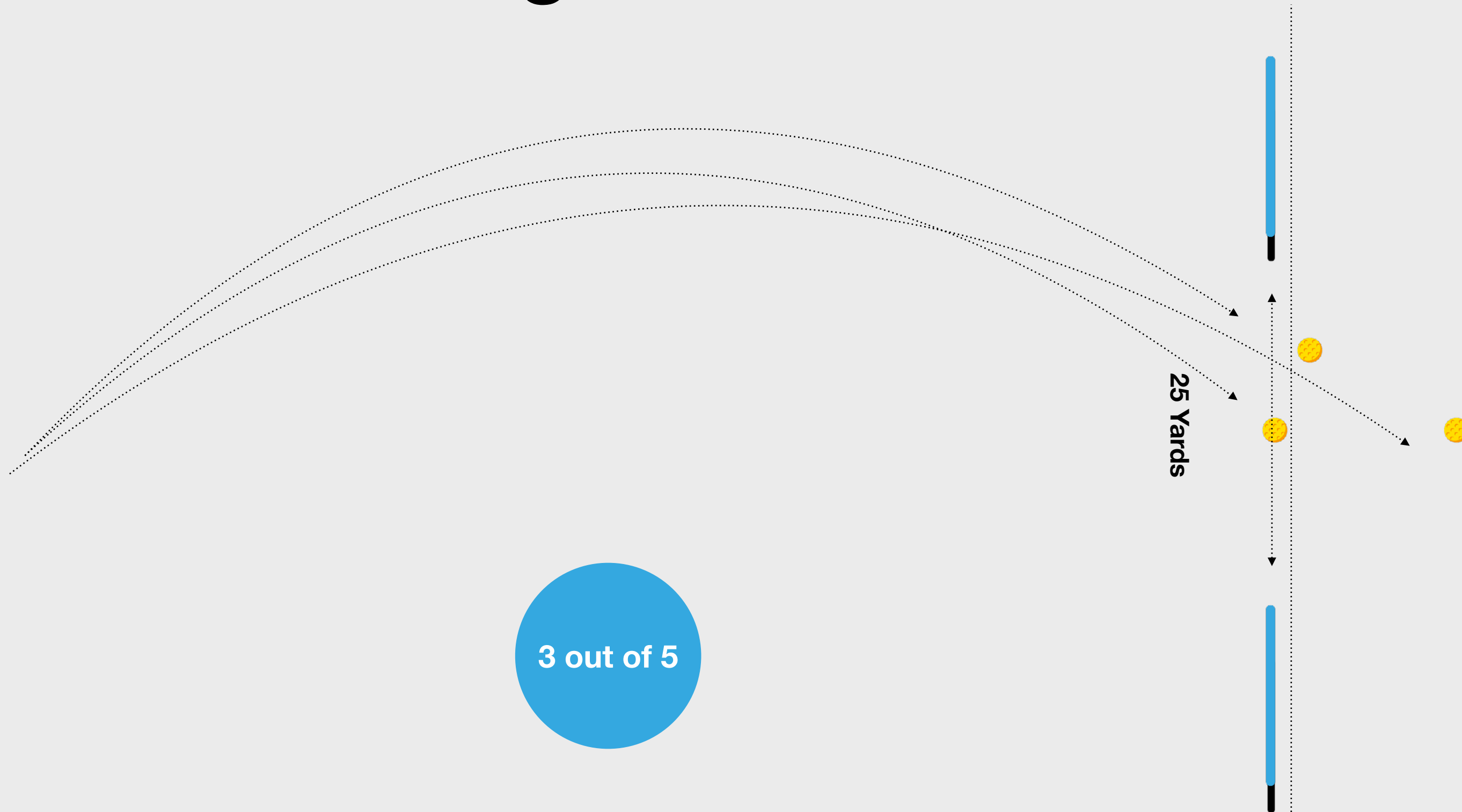
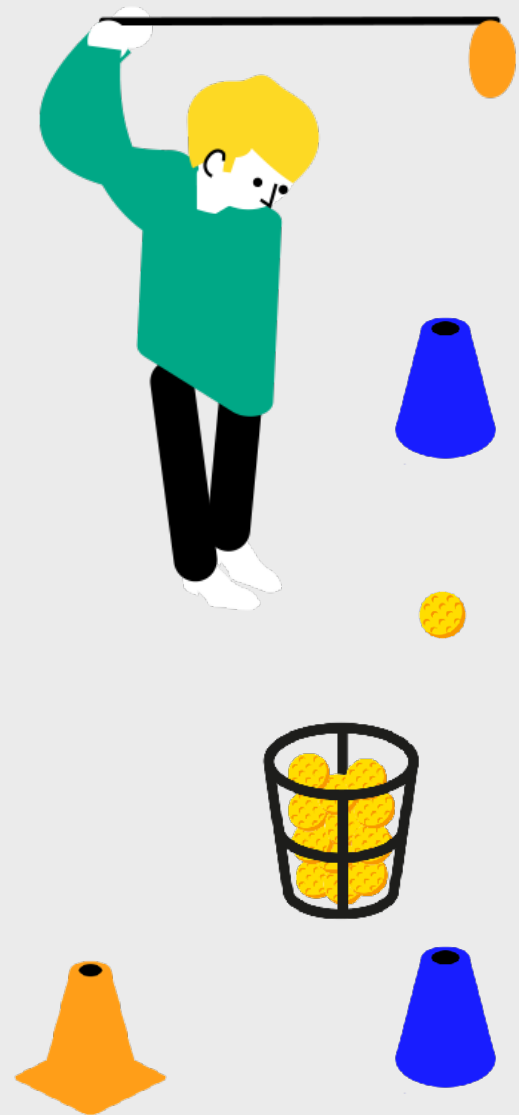
If they are also assigned to the Crush It myGame+ program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



3 out of 5

25 Yards

120 Yards



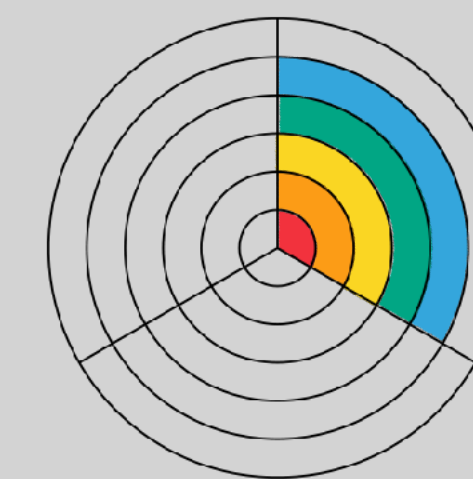
The Challenge

To complete the Level 5 Challenge within the Fairway Wood Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum total distance of 120 yards. The ball must come to rest through a 25-yard wide gate. This challenge should be attempted with the ball on the ground.

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.

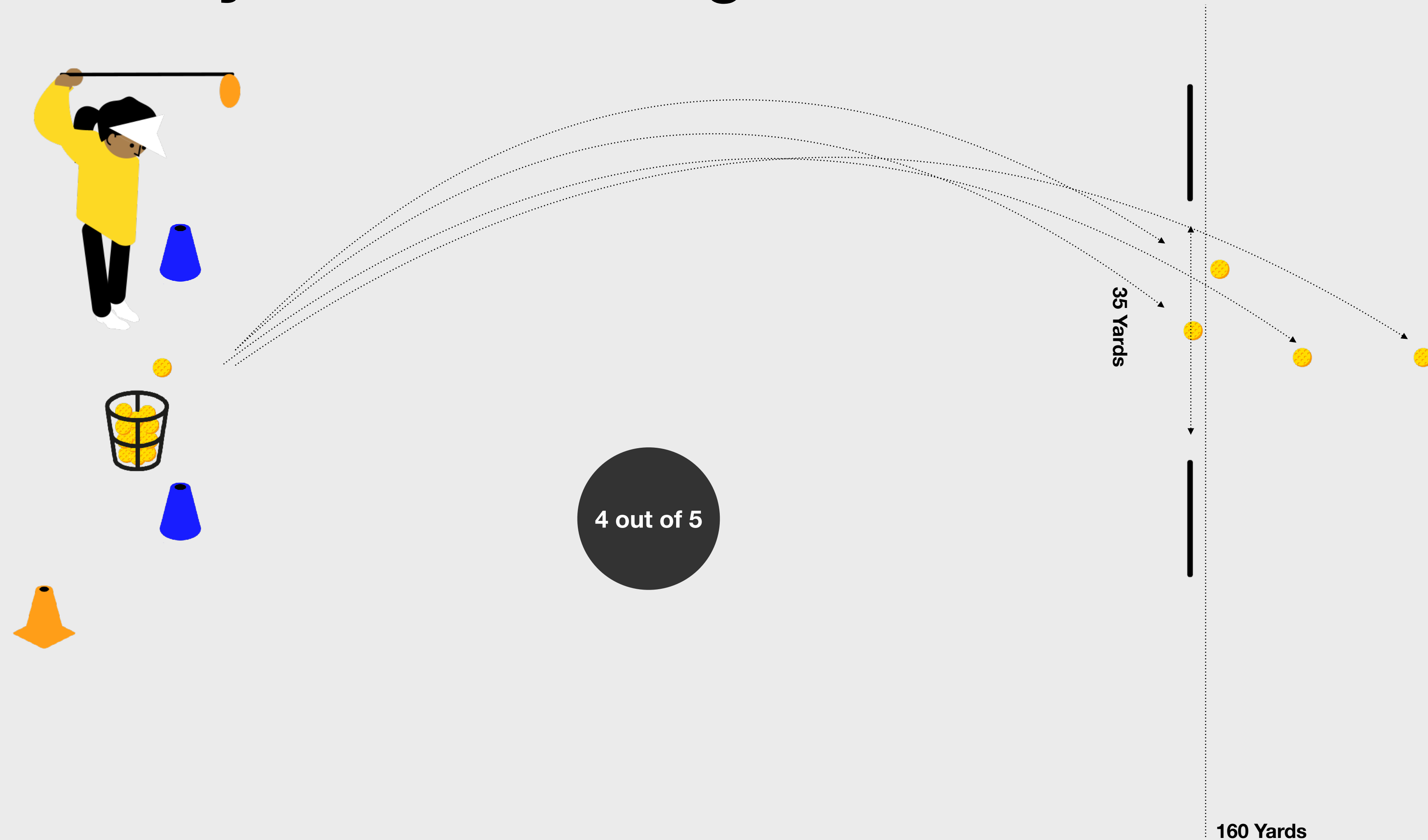
If they are also assigned to the Crush It myGame+ program on GLF, Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



Fairway Wood Challenge



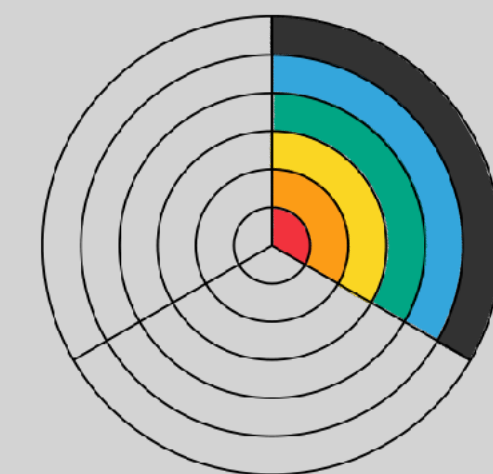
The Challenge

To complete the Level 6 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots a minimum total distance of 160 yards. The ball should come to rest through a 35-yard wide gate. This challenge should be attempted with the ball on the ground.

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.



Fairway Woods

