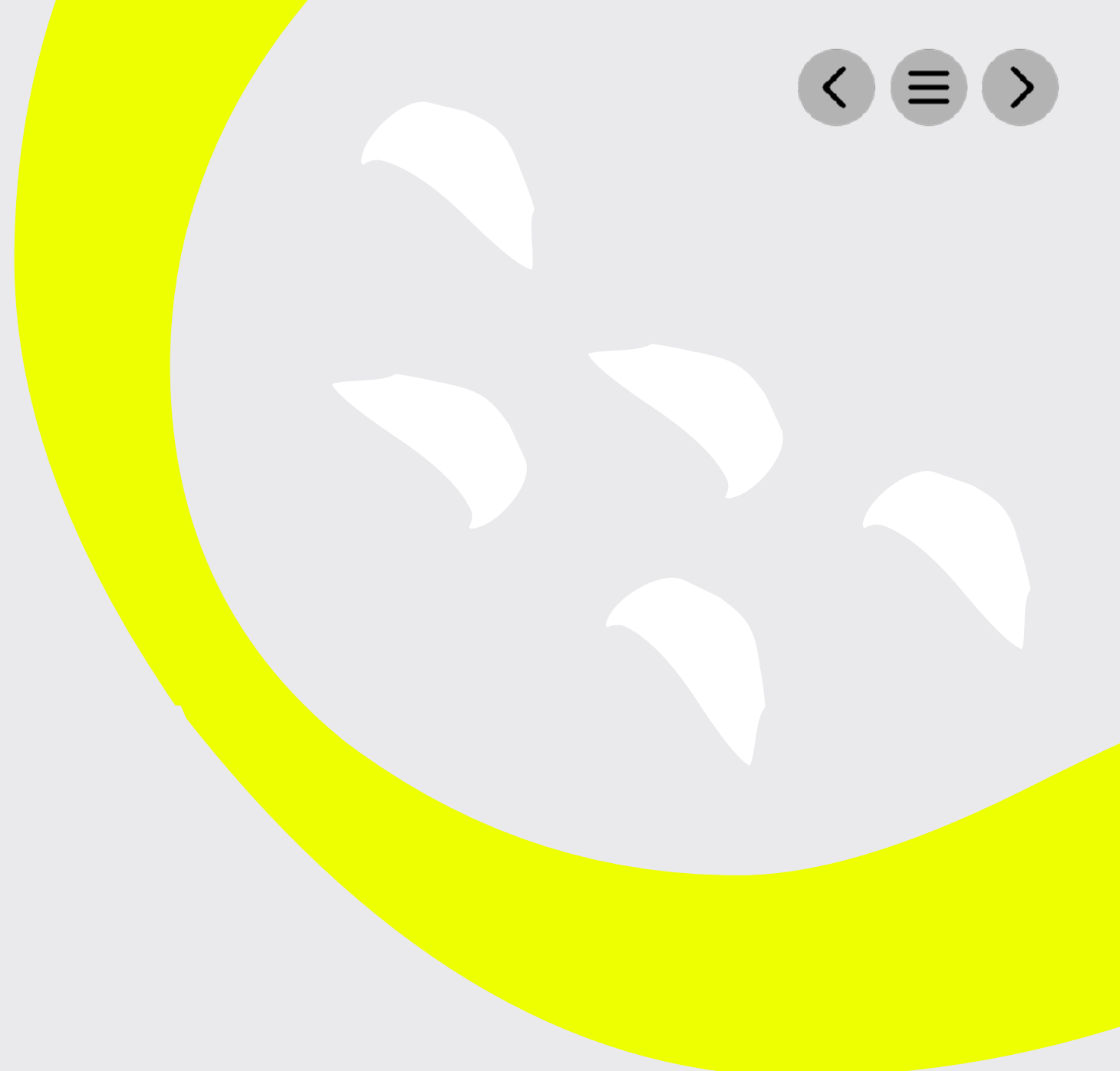


Around the Green

Week 42



Class Timetable - Week 42

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Pitching

Whole Child Focus
Personal:
Self-Discipline

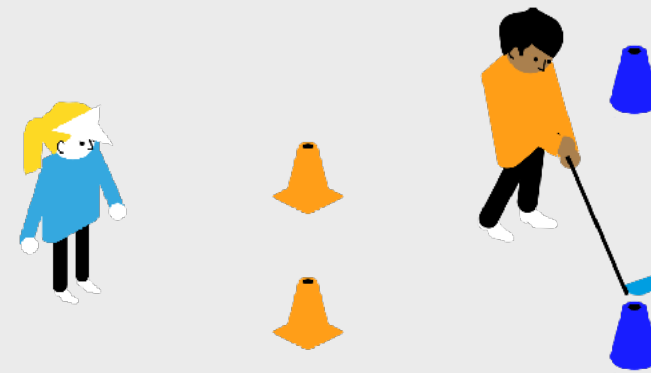
Learning the Game Focus:
Preparing Play:
Pace of Play

Mastering the Game Challenge:
Pitching Challenge

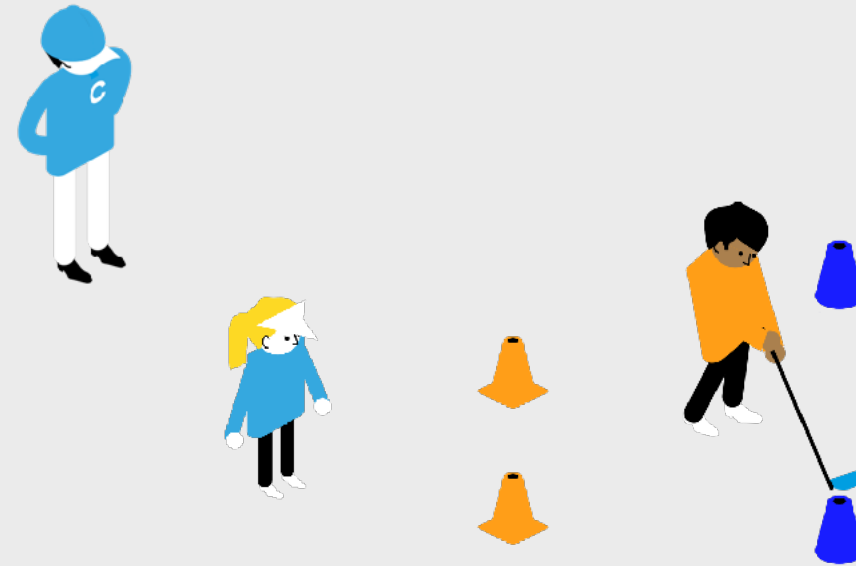
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Launch Pads
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"> Pace of Play
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"> Self-Discipline
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"> Over or Under Matchplay Pitch Pitching 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

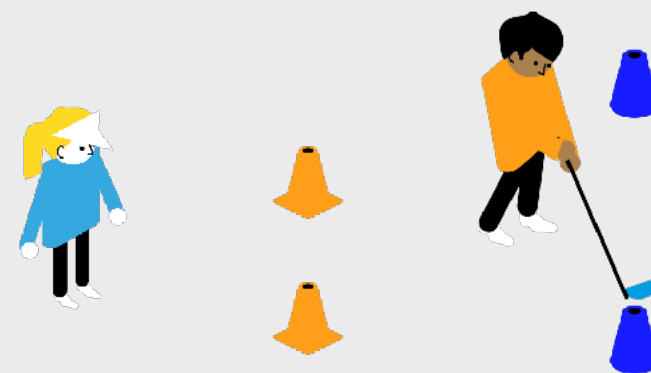
Station 3:
Game Station
Over or Under



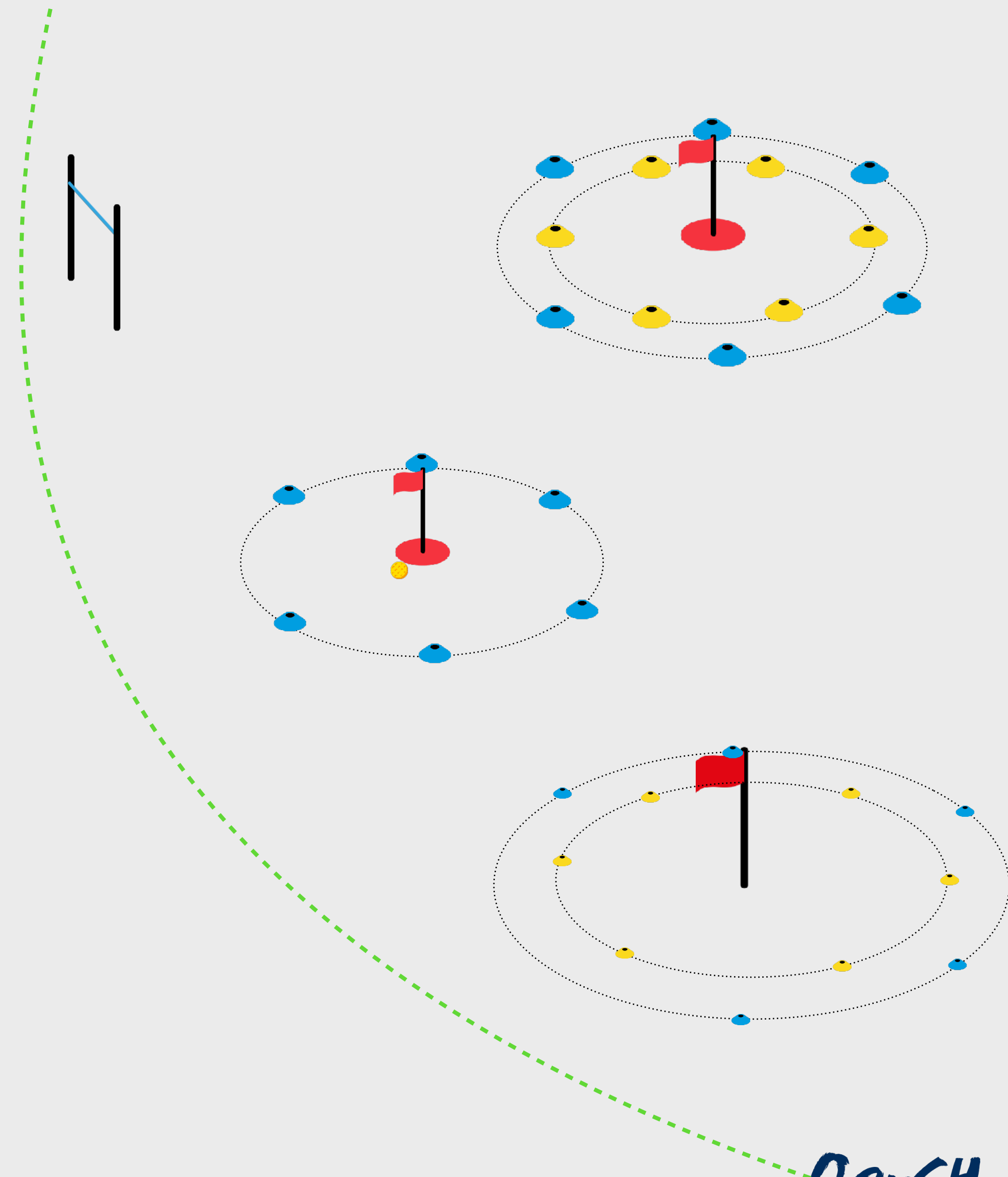
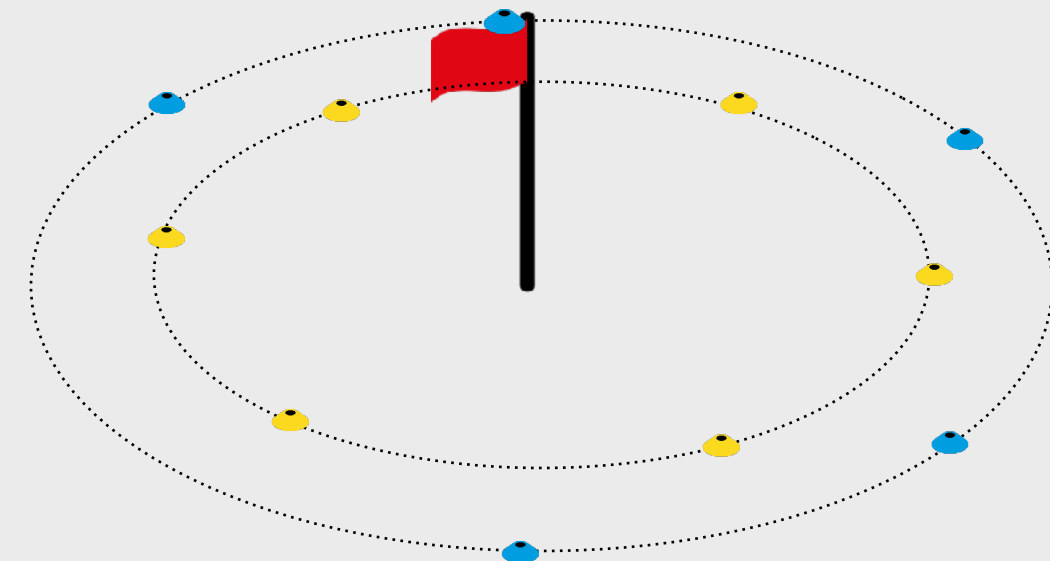
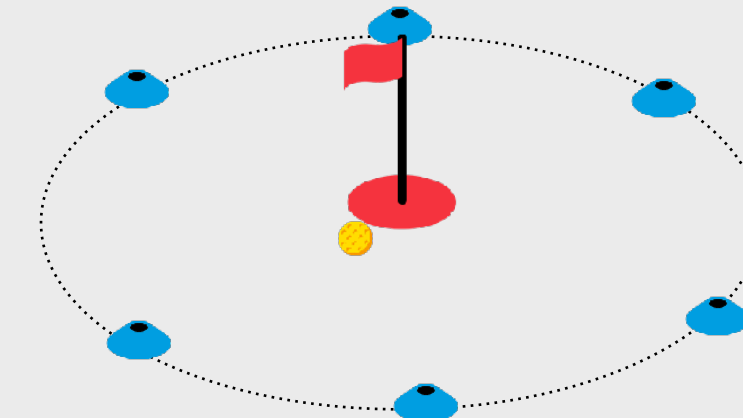
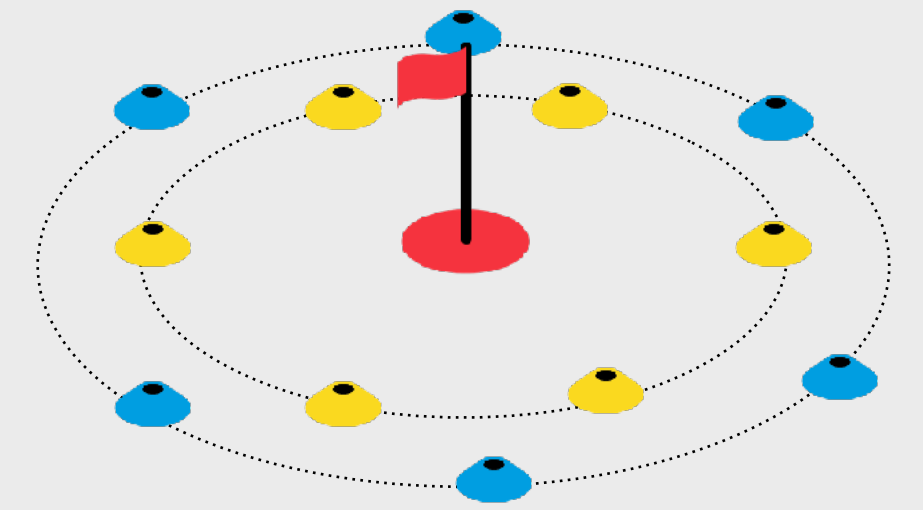
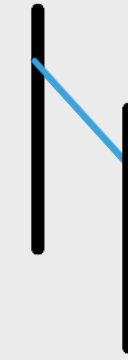
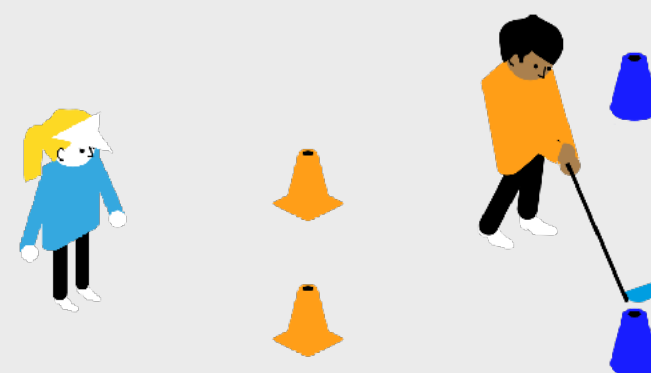
Station 2:
Game Station
Matchplay Pitch



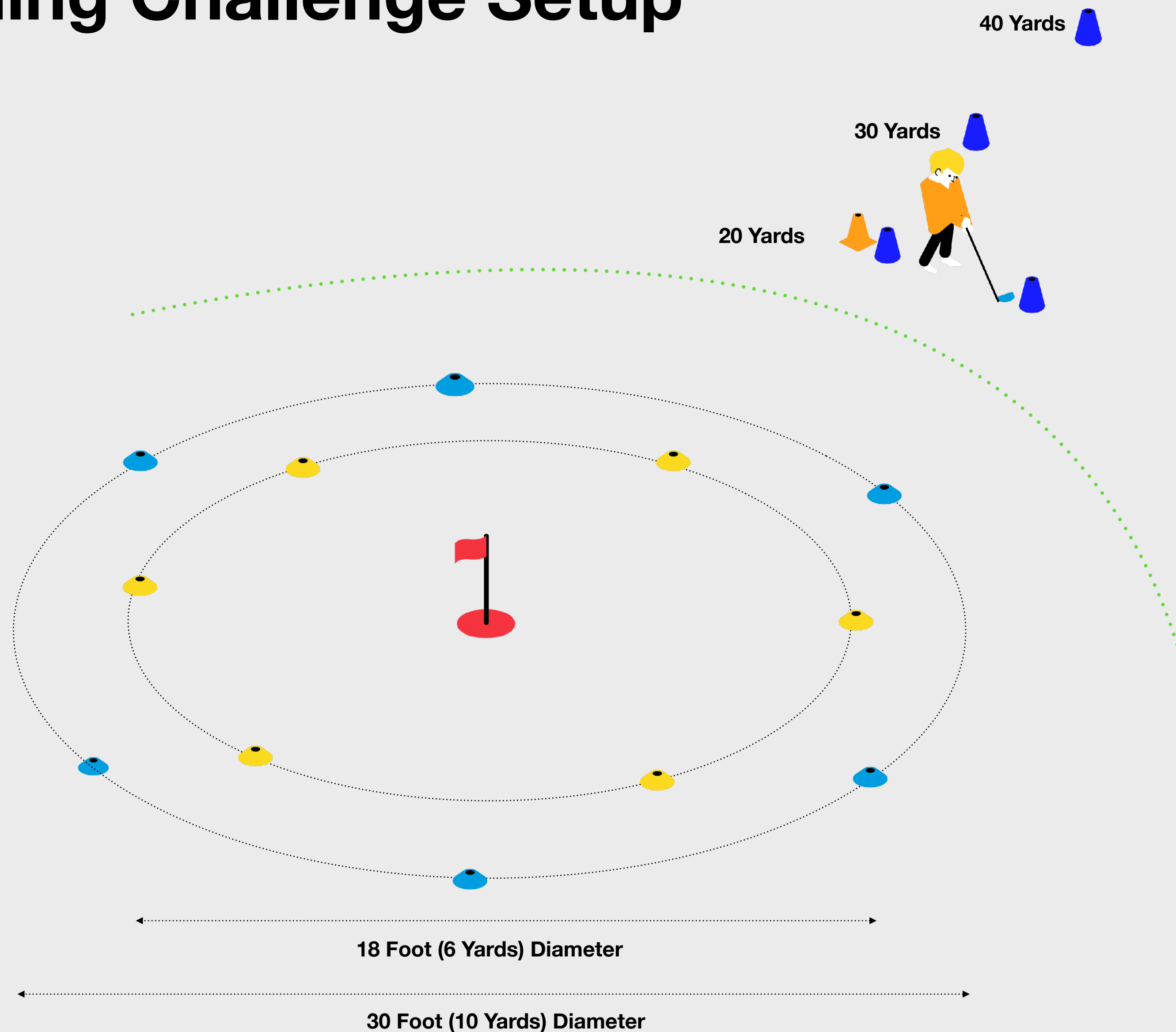
Station 1:
Challenge Station



Station 4:
Free Practice Station



Pitching 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, marked by cones, are placed around the flag or alignment stick at the diameters in the graphic opposite, 6 yards and 10 yards
- Three starting points are positioned in a row at distances of 20, 30 and 40 yards

Equipment Required

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

Launch Pads



How to Play

- Split the children into pairs
- Both players must stay in their hoop. The challenge is to launch the noodle and for their partner to catch it without stepping out of the hoop
- The pair that manage the most consecutive catches without dropping the noodle

Progression Ideas

- Try using two noodles at a time and the partner has to catch both at the same time
- Decrease or increase the distance between the hoops
- Add in additional rules, for example standing on one leg, or catching with one hand
- Put a time limit on each round and switch partners after each round

Equipment Needed

3 x Orange Safety Cones

SAFETY



6 x Hoops



3 x Foam Noodles



CRUSH
IT!
JUNIOR GOLF



Personal Self Discipline

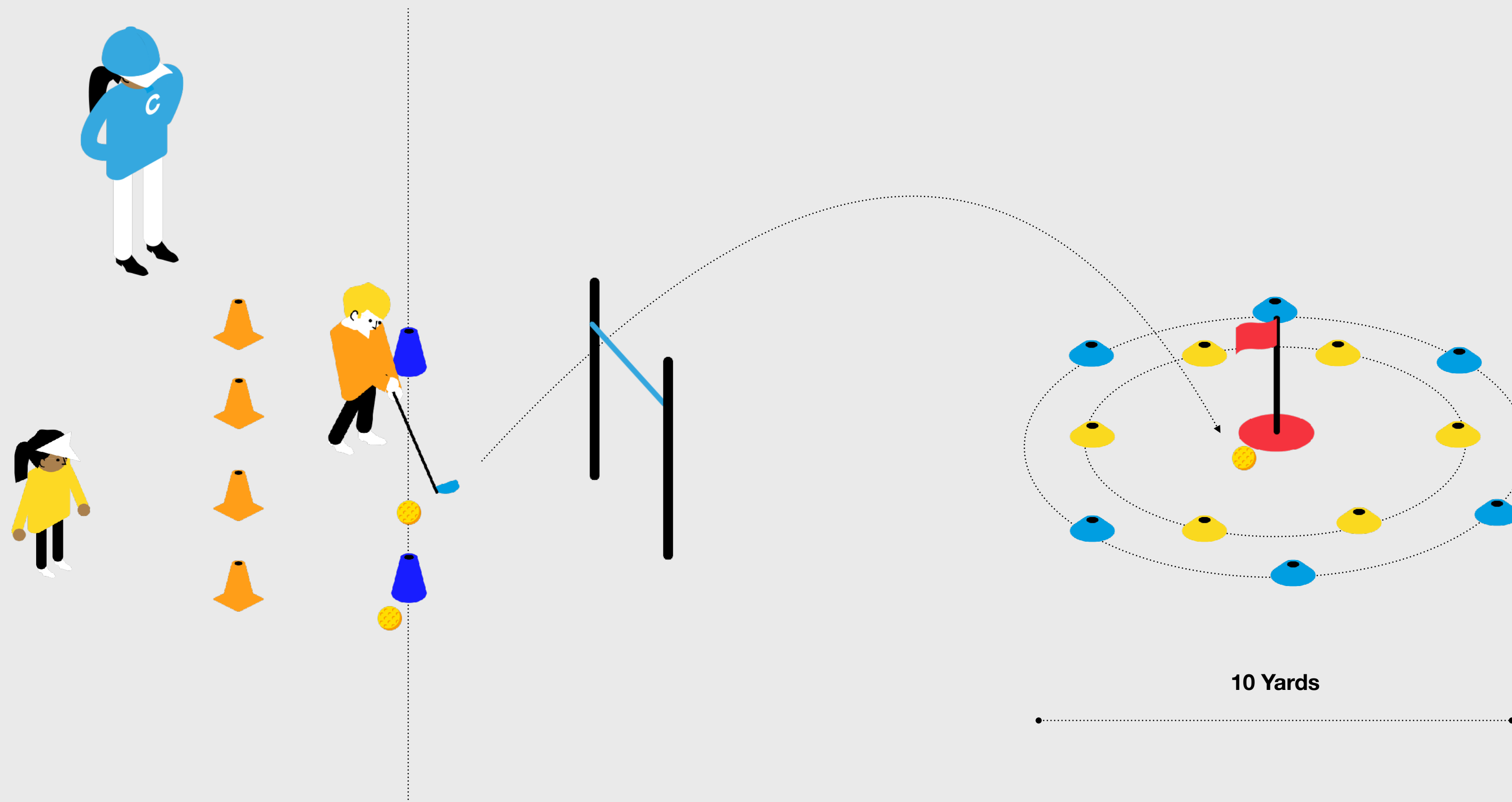
- The Whole Child theme this week is developing self discipline.
- Carry this theme into the class by performing a breathing exercise with the class to show a method of controlling emotions.



Preparing to Play Pace of Play

- The Learning the Game focus this week is to learn the pace you should be playing
- You should highlight to the children how important it is to maintain the pace of play.

Over or Under



How to Play

- Nominate a player to play first. Each child has 2 shots per round
- The first player attempts their first shot over the foam noodle and aims to get their ball as close to the flag as possible
- On their second go they try to chip the ball under the foam noodle and aims to get their ball as close to the flag as possible
- Players score points for getting as close to the flag as possible, 1 point for the outer circle 2 points for the inner circle
- Players have 5 rounds to score as many points as possible

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

SAFETY



Cones to mark out the necessary hitting station



Colored Cones for Target Circles



Spare equipment that may be required for the group attendees.



Golf Balls



Alignment Sticks



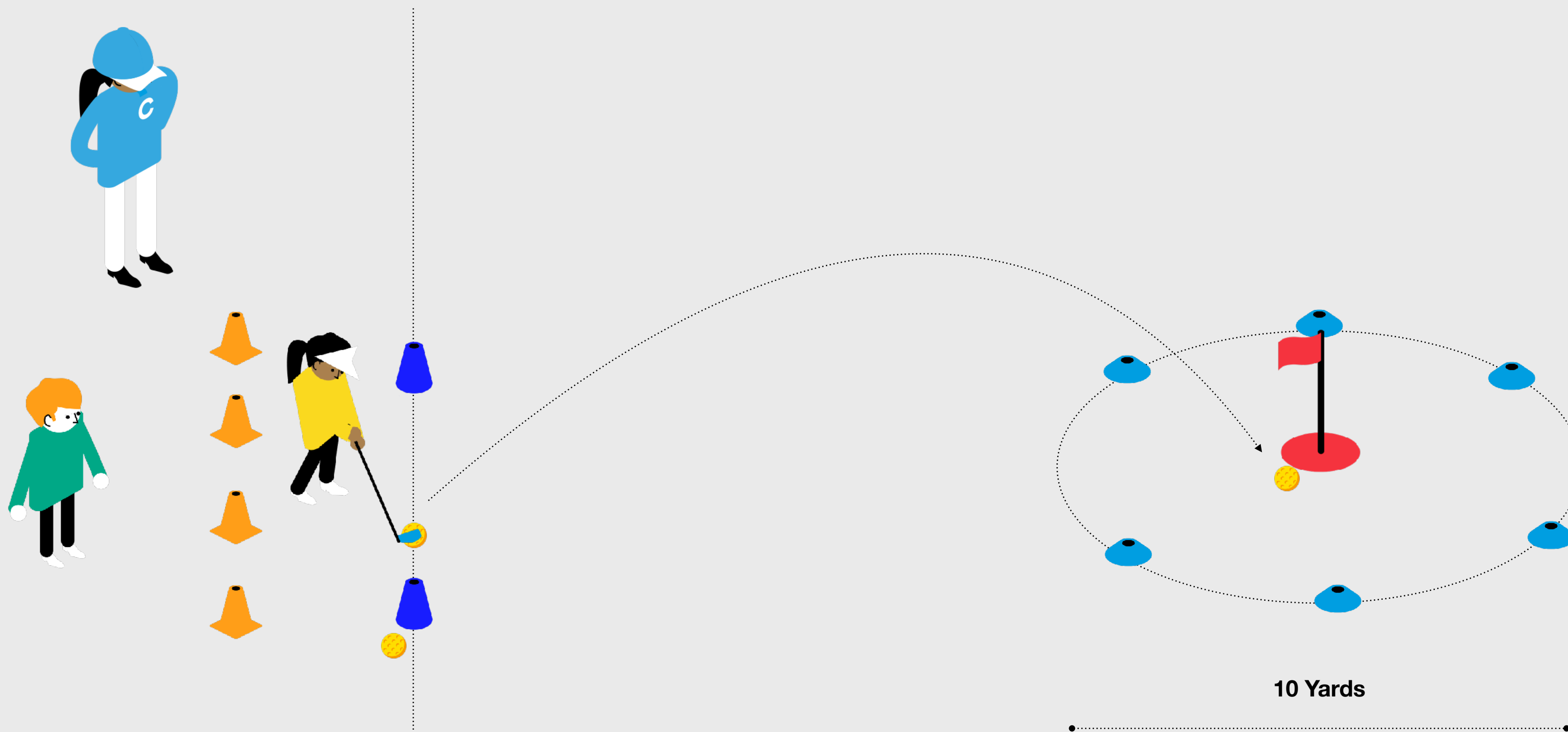
Foam Noodle



CRUSH
IT!
JUNIOR GOLF



Matchplay Pitch



How to Play

- Nominate a player to go first, they try to hit their shot into the target circle
- The next player then takes their shot. If neither player hits their shot into the circle they lose the round and go 1 DOWN
- If both players manage to hit the ball into the inner target circle they win that round and the team scores 1UP
- If only one player pitches the ball into the target circle the game remains ALL SQUARE
- The game is played over 9 or 18 attempts, scoring in a matchplay format

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



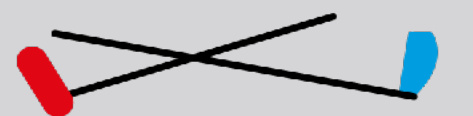
Cones to mark out the necessary hitting station



Colored Cones for Target Circles



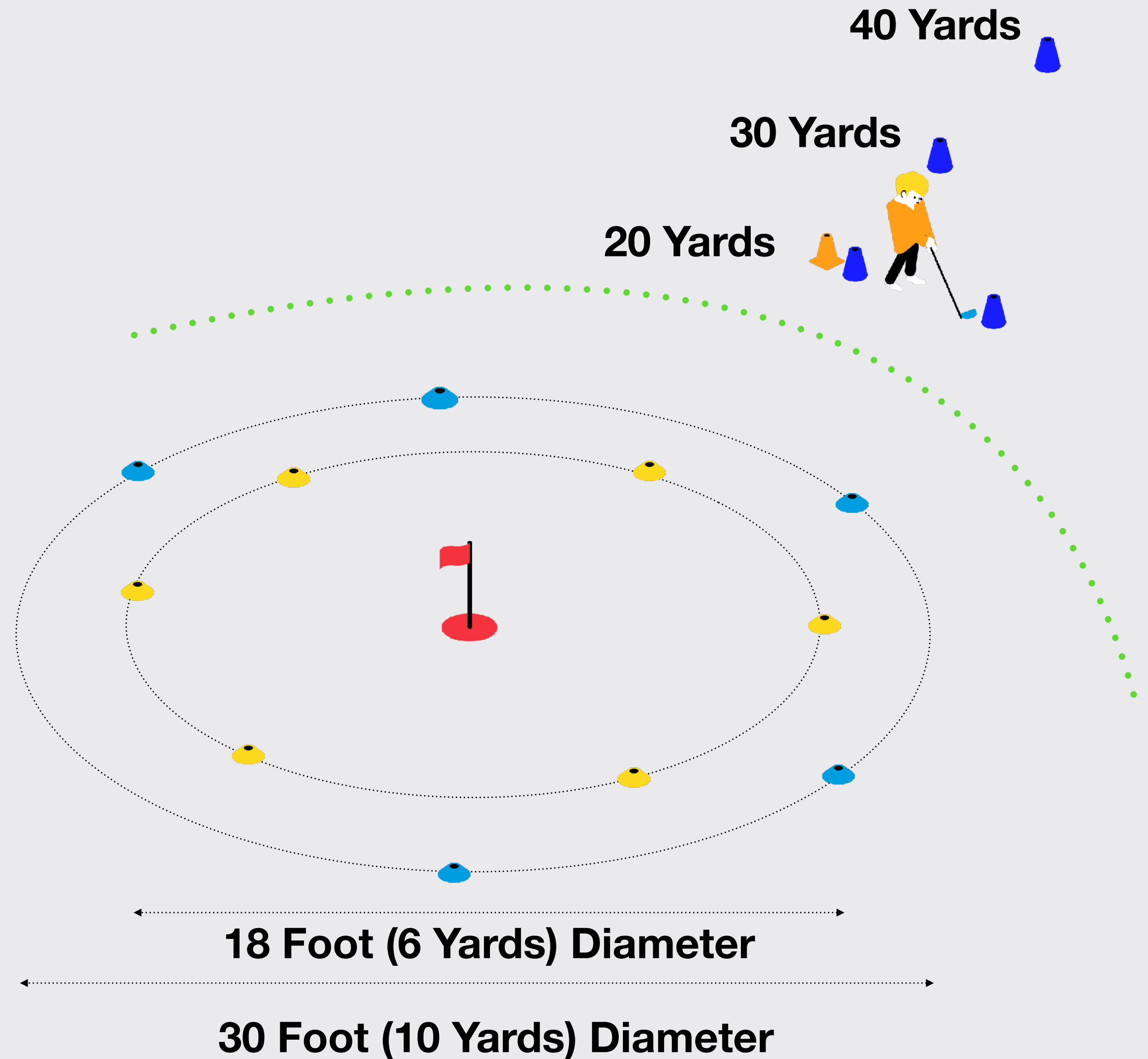
Spare equipment that may be required for the group attendees.



Golf Balls



Pitching 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 Complete this Level 1 Challenge by pitching 1 ball on the green from a starting distance of 20 yards from the flag. You have 5 attempts and the ball does not need to land on the green.
- 2 Complete this Level 2 Challenge by pitching 3 balls on the green from a starting distance of 20 yards from the flag. You have 5 attempts and the ball does not need to land on the green.
- 3 Complete this Level 3 Challenge by pitching 1 ball within a 10-yard circle from a starting distance of 20 yards from the flag. You have 5 attempts and all attempts must finish on the green, but the ball does not need to land on the green.
- 4 Complete this Level 4 Challenge by pitching 3 balls within a 10-yard circle from a starting distance of 20 yards from the flag. Pitching 1 ball within a 10-yard circle from a starting distance of 30 yards from the flag. You have 5 attempts from each position and all attempts must finish on the green, but do not need to land on the green.
- 5 Complete this Level 5 Challenge by pitching 4 balls within a 10-yard circle from a starting distance of 20 yards from the flag. Pitching 2 balls within a 10-yard circle from a starting distance of 30 yards from the flag. Pitching 1 ball within a 10-yard circle from a starting distance of 40 yards from the flag. You have 5 attempts from each position and all attempts must finish on the green, but the ball does not need to land on the green.
- 6 Complete this Level 6 Challenge by pitching 4 balls within a 6-yard circle from a starting distance of 20 yards from the flag. Pitching 3 balls within a 6-yard circle from a starting distance of 30 yards from the flag. Pitching 2 balls within a 6-yard circle from a starting distance of 40 yards from the flag. You have 5 attempts from each position and all attempts must land and finish on the green.

