

# Swing

## Week 43



# Class Timetable - Week 43

**Session Length:**  
60mins

**Group Size:**  
1:8

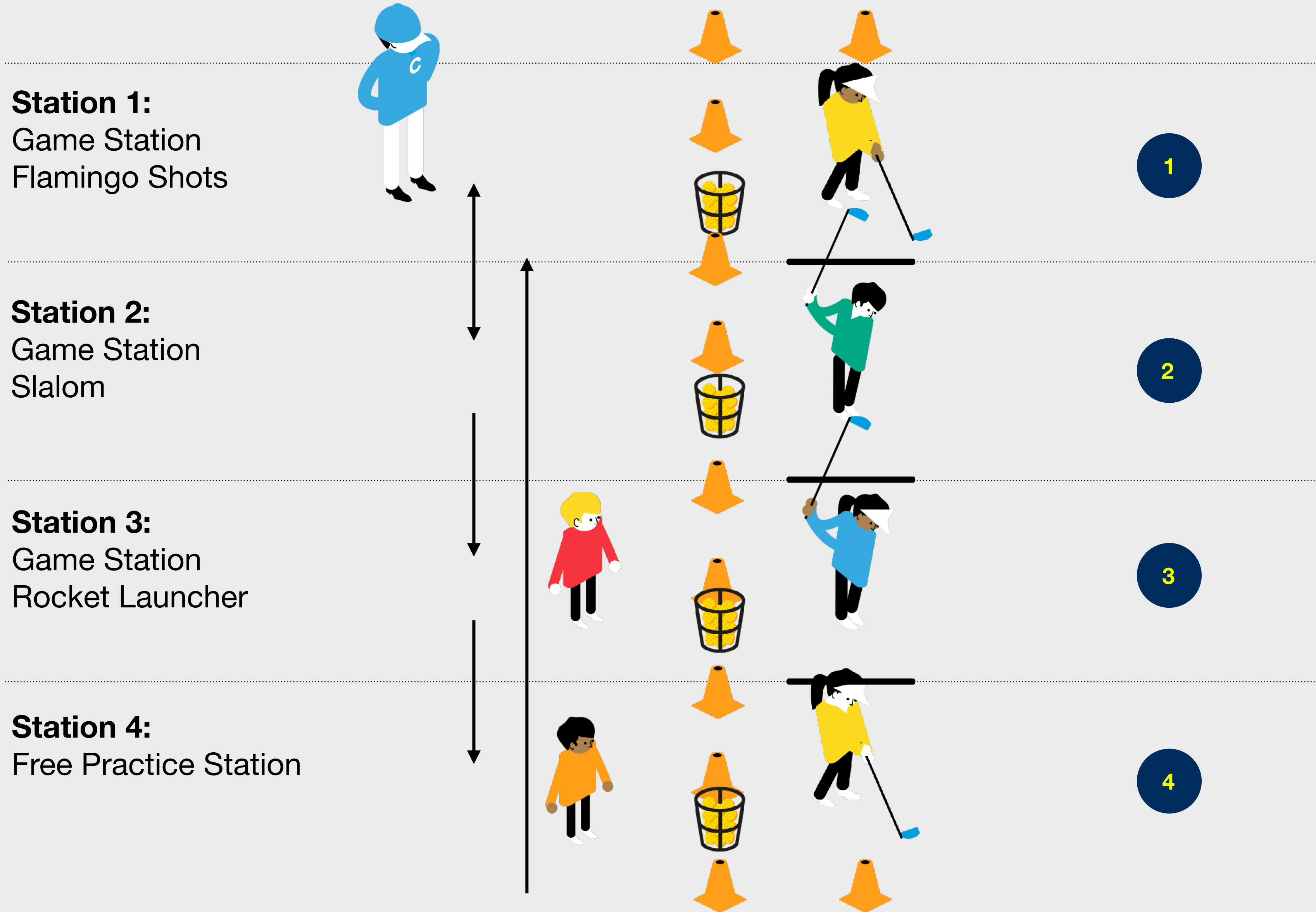
**Mastering the Game Focus:**  
Swing:  
Driver

**Whole Child Focus**  
Social:  
Leadership

**Learning the Game Focus:**  
Rules and Etiquette:  
What are the rules on the tee?

| 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>Fairway Run</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 are the rules on the tee?</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>Leadership</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>Power Play</li> <li>Clubface Contact</li> <li>X's &amp; O's</li> </ul> |
| 5 Mins  | myAcademy Folder Track and 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>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> </ul>                          | <ul style="list-style-type: none"> <li>myAcademy Folders</li> </ul>                                           |

# Class Layout and Setup



# Fairway Run



## How to Play

- This game is best played in two team. Split the children into even teams.
- 1 team starts on one side of the centre line and the other team starts on the opposite side.
- The team nominated by the coach starts with the 3 soft balls
- The team attempts to throw the soft balls waist height and hit the players on the opposing team
- When a player is hit they drop out of the game
- If a ball is caught, then any players out of the game can be re-introduced or the throwing players drops out
- The winning team is the team with players left in the playing area

## Progression Ideas

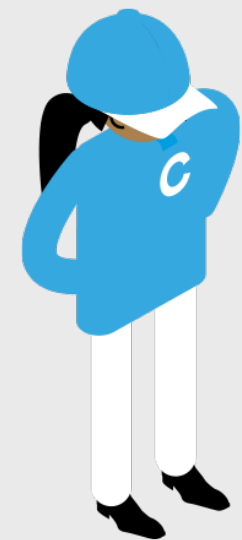
- Decrease the size of the playing area
- Increase the number of softballs
- Play the game with different movement skills such as rolling the balls or nominating the arm the throw with

## Equipment Needed

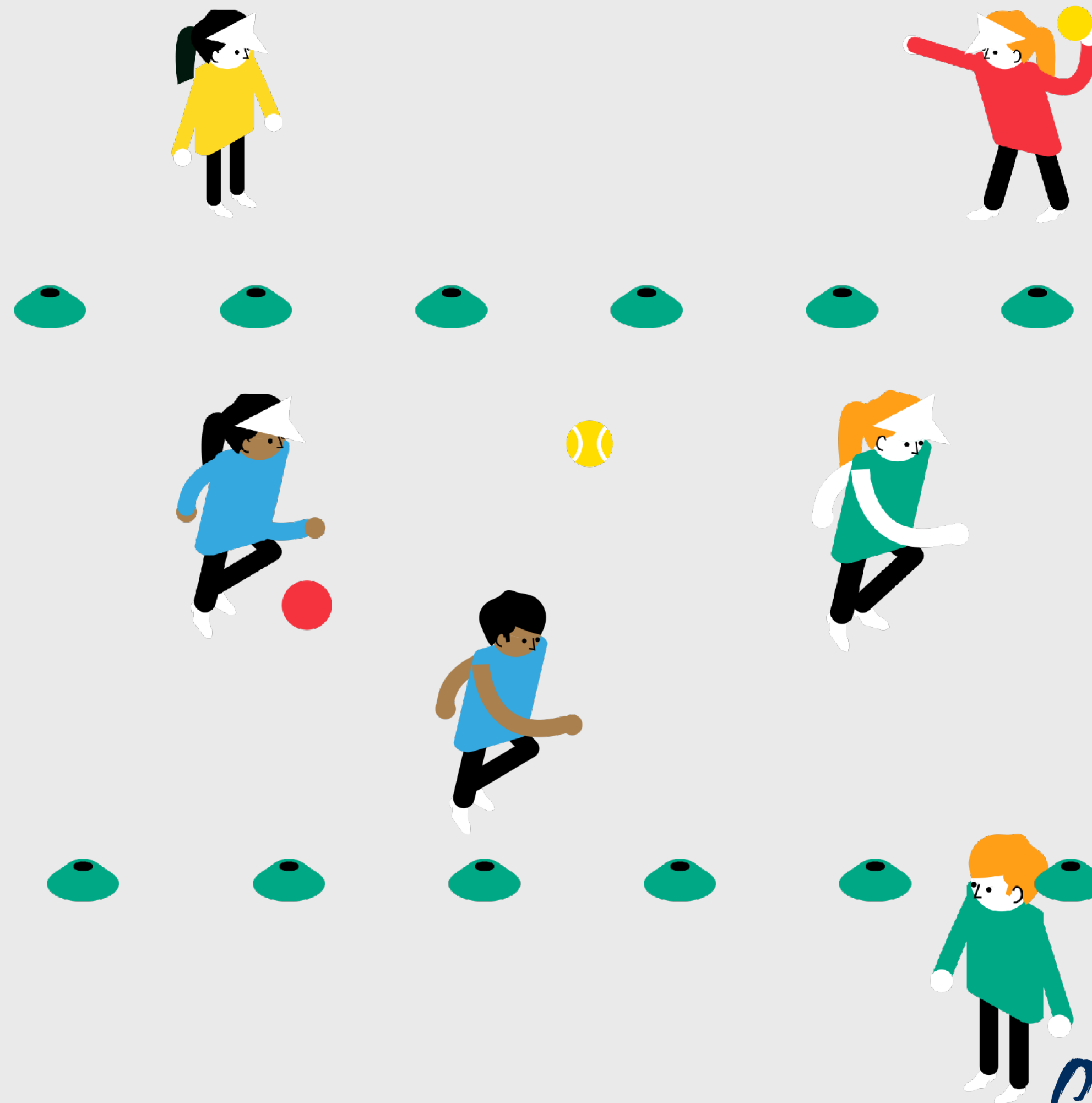
Cones to mark the edge of the tunnel



Soft Balls



Go!



CRUSH  
IT!  
JUNIOR GOLF



## Social Leadership

- The Whole Child theme this week is to encourage the children to develop leadership skills.
- Carry this theme into the class by appointing captains for the session in order to teach the children how a leader can inspire their team and improve performance.

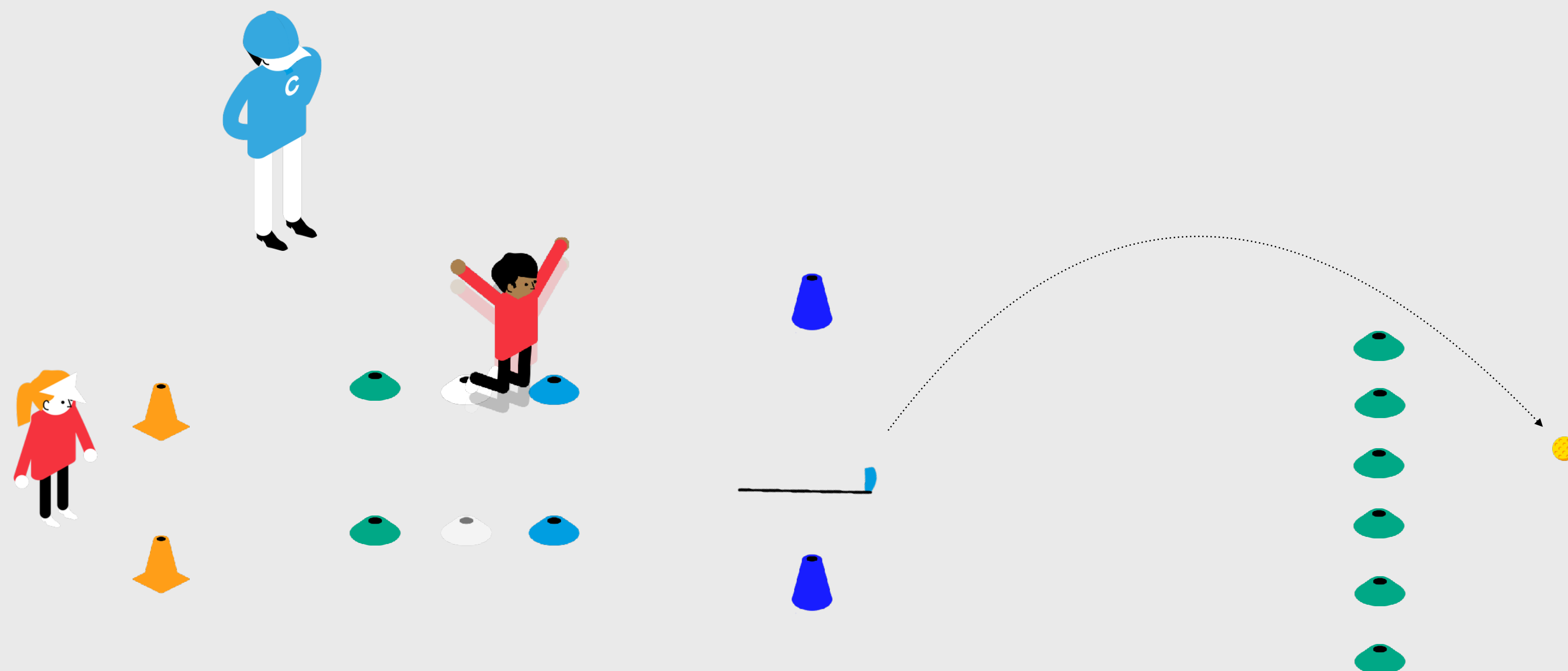


## Rules and Etiquette

### What are the rules on the tee?

- The Learning the Game focus this week is about learning the different rules on the tee box.
- You should make sure the children understand where they are allowed to play from, what the different markers mean, and the information that is provided on the tee signage

# Power Play



## How to Play

- Children take it in turns to do a standing long jump from the first set of cones, seeing if they can jump past the next two sets of cones
- After jumping as far as possible they then try to hit the ball as far as possible
- The children take it in turns to do this, each time trying to beat their personal best long jump, and furthest shot

## Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest

## Learning Outcomes

- Improve strength and power
- Learn how improving different movement skills can improve their golf shots

## Equipment needed

### Orange Safety Cones

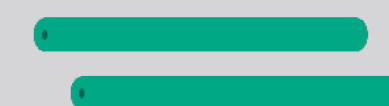
SAFETY



### Cones to mark out hitting stations



### 2 x Foam Noodles



### 2 x Alignment Sticks



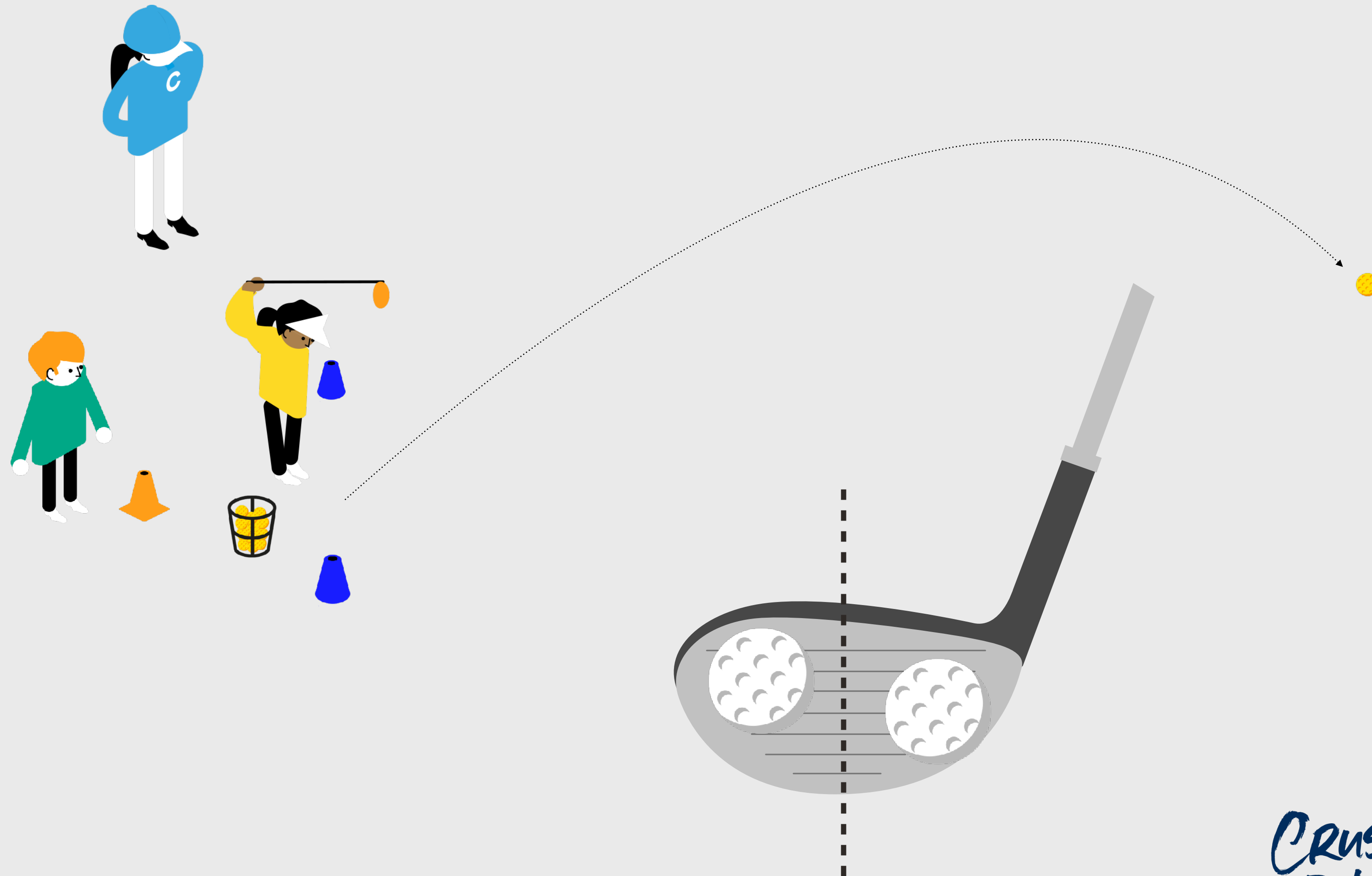
### Golf Balls



Spare equipment that may be required for the group attendees.



# Clubface Contact



## How to Play

- Players take it in turns to hit a shot with impact tape on the clubface in order to see where they made contact
- Draw a line down the middle of the impact tape
- The aim is to be able to deliberately strike the ball with the toe and then the heel
- The challenge is complete when the child successfully strikes the ball using the toe and the heel of the club

## Progression Ideas

- Draw quarters on the impact tape and challenge the juniors to hit each quarter of the club face
- If the juniors aren't able to generate enough clubbed speed to make a mark on the impact tape then use foot spray as an alternative
- Swap out the golf ball for marshmallows - a fun alternative that will engage the juniors and still make a mark on the club face

## Equipment needed

Orange Safety Cones

SAFETY



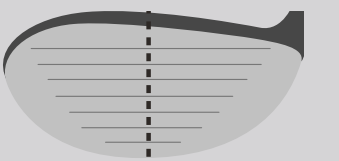
Cones to mark out the necessary hitting stations.



Golf balls



Impact tape and a marker pen to draw the lines

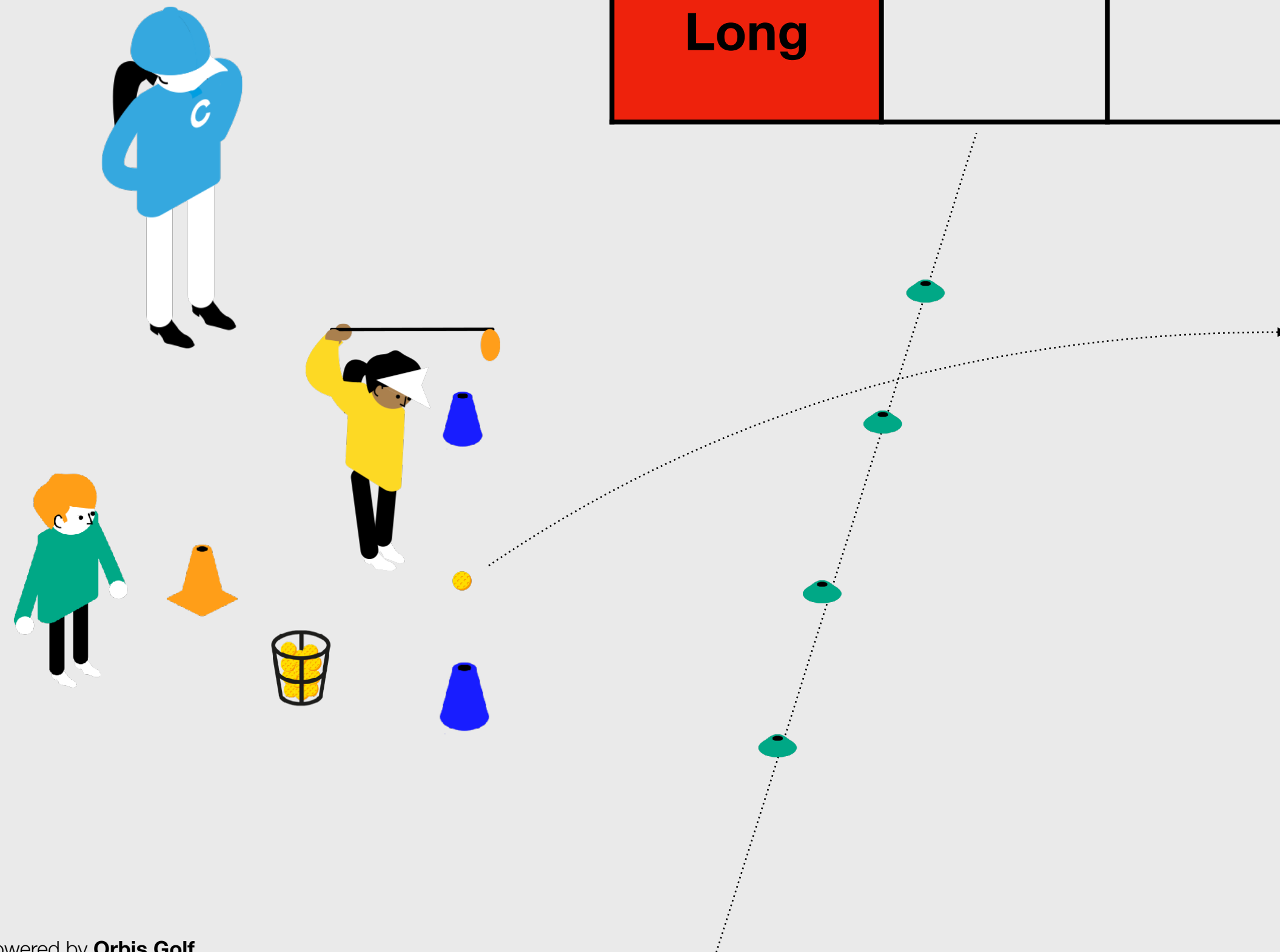


CRUSH  
IT!  
JUNIOR GOLF

# X's & O's



| Shot Type | Left | Straight | Right |
|-----------|------|----------|-------|
| Short     | X    |          |       |
| Medium    |      | X        |       |
| Long      |      |          | X     |



### How to Play:

- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The children take it in turns to hit their shots
- If they are successful hitting their chosen shot then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

### Progression Ideas:

- Move the minimum distance cone line further out

### Equipment Needed:

Orange Safety Cones



Cones to mark out the necessary hitting stations.



Golf balls



Paper and Pen to draw the grid



4 x Green Cones

