

On the Green

Week 44



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Class Timetable

4 Class Plans
Playing 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 44

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Scoring

Whole Child Focus
Creative:
Talent

Learning the Game Focus:
Playing and Scoring:
Stableford Points

Mastering the Game Challenge:
Scoring 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"> Connected |
| 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"> Stableford Points |
| 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"> Talent |
| 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"> Tic Tac Toe Build a Hole Scoring 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+ |

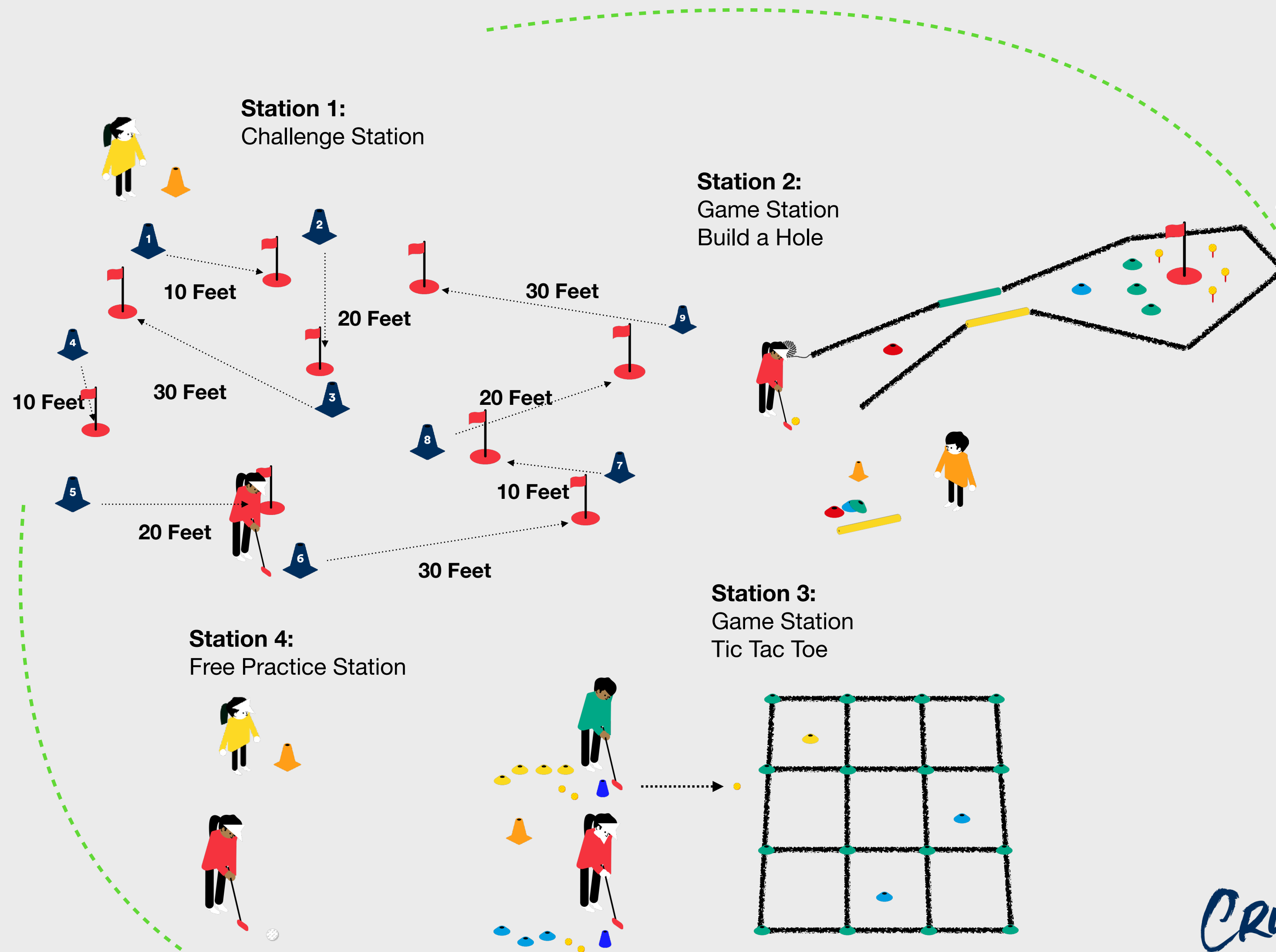
Layout and Setup



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



Scoring Challenge Setup

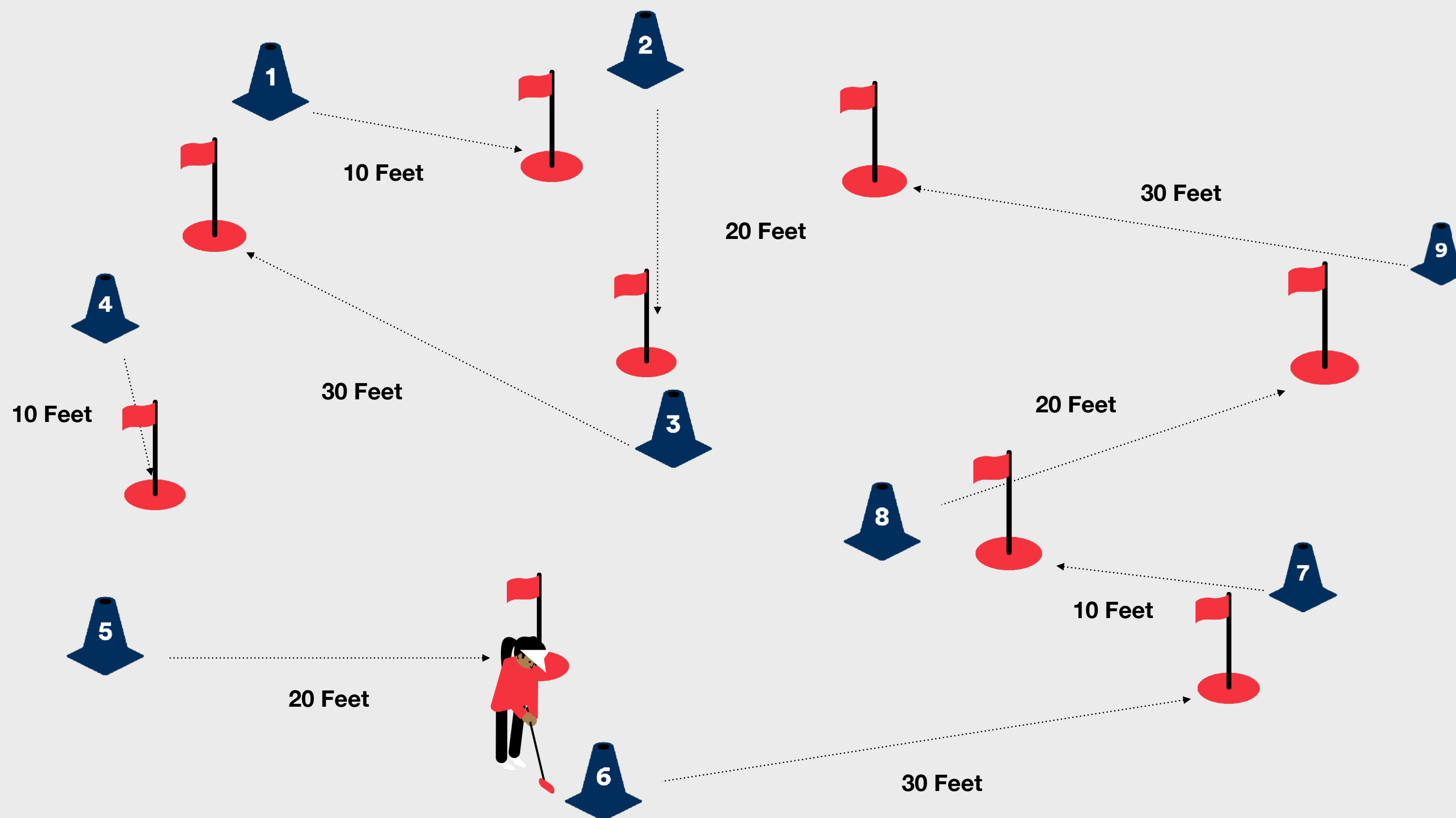


Setting out the Challenge

- 9 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet, 3 cones at 20 feet and 3 cones at 30 feet
- You can use your string to clearly define each putting hole
- Children can attempt the challenge depending on the progression level they are on by playing the required number of holes and distances

Equipment Required

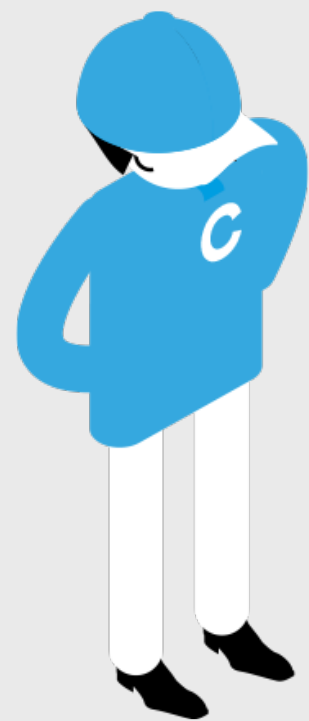
- 9 holes on the green
- 9 numbered starting cones
- String
- Scorecard and pencil



Physical Literacy Warm Up Game



Connected



How to Play

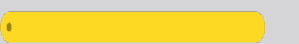
- This game should be played in pairs
- Each pair is connected by a foam noodle
- The aim is to get from the starting cones to the other side, round the JGA cone and back with out dropping the noodle or touching it with their hands

Progression Ideas

- The pairs gets an extra go to beat their time
- Increase the distance between the cones
- Switch partners and try the game again
- Add penalties for dropping the noodle or touching it with their hands

Equipment Needed

3 x Foam Noodles



3 x Orange safety cones



6 x Cones



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 Talent

The Whole Child theme this week is to educate parents and children that their “Talent” can be developed, and not to label a child as “talented” or “not talented”

Carry this theme into the class by instilling a belief in the children that they can practice and improve to become more talented. Even introduce a known success story to emphasise the point.

It should be highlighted that the Achiever Award is presented to the child that demonstrates effort in their practice and has earned the talent that they’ve developed.

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.



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



Orientation

Stableford Points

The Learning the Game focus this week is to learn about the stableford scoring system.

You should explain to the children what the different points are given for, and where appropriate explain how handicaps effect this too.

Make sure children understand the scoring and encourage them to try this next time they play.

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



Questions to Ask

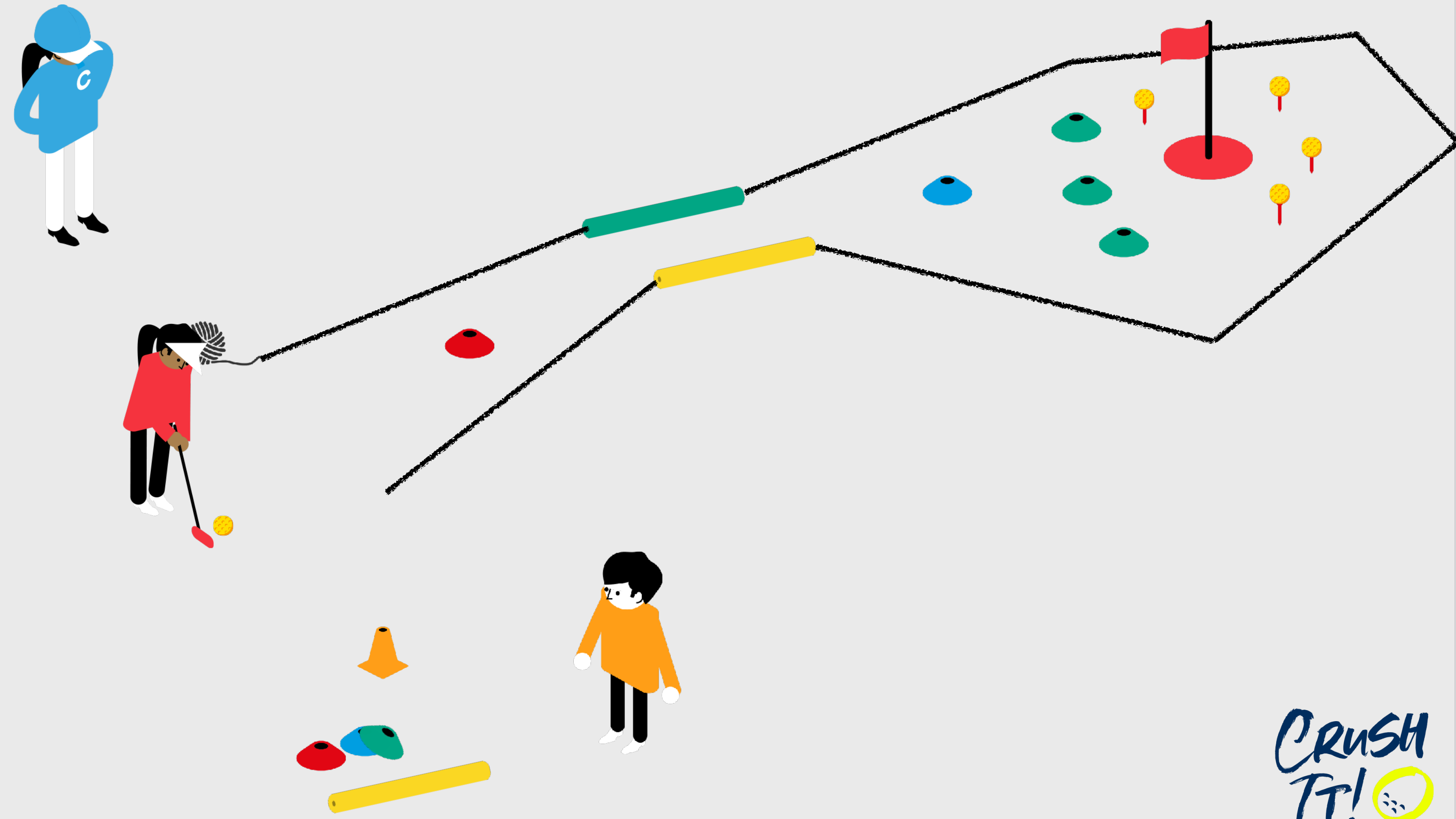
- How many points do you score for a par?
- How many points do you score for a birdie?
- How many points do you score for a bogey?
- Will you try playing stableford points?

Mastering the Game Cards





Build a Hole



How to Play

- Children work together to create their own putting hole
- Encourage use of all the equipment and allow the players to come up with their own rules
- Make sure they leave enough time to play their hole before switching to the next game


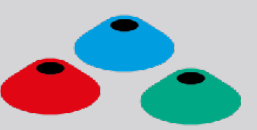




Junior Progression Ideas

- Introduce additional rules, for example an out of bounds area
- Add or remove equipment

Learning Outcomes

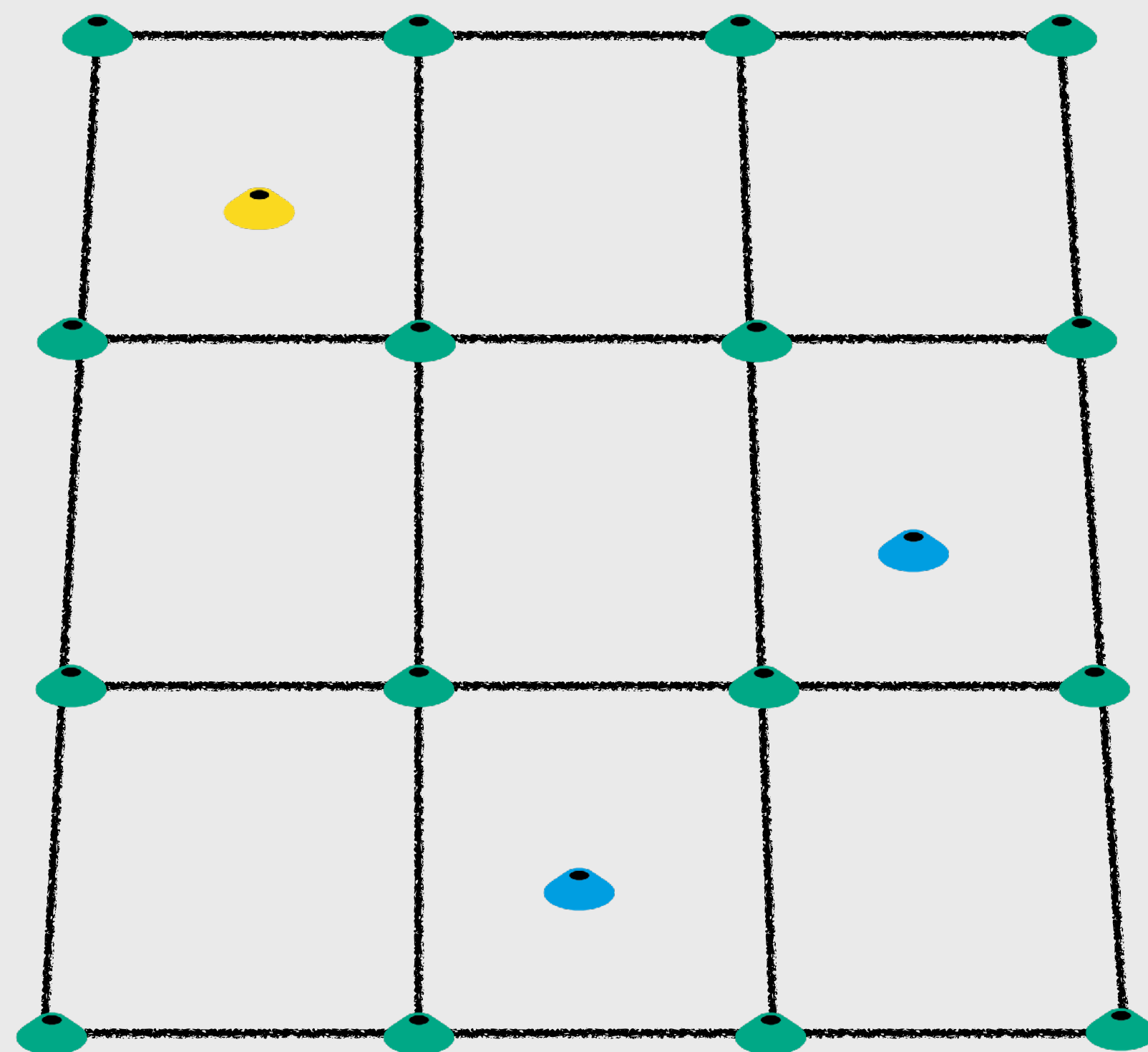
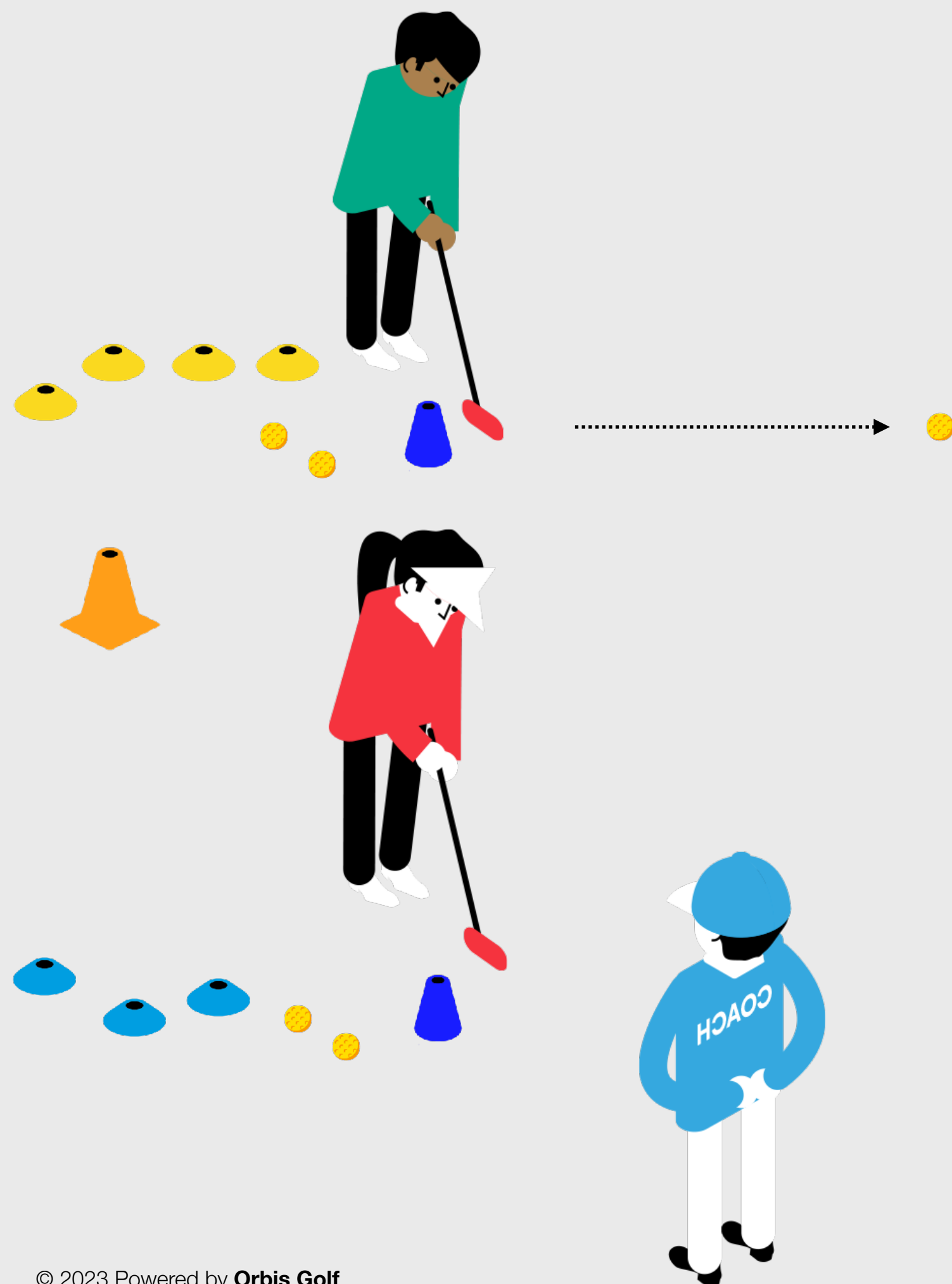
- This game is great for encouraging creativity and teamwork
- Depending on the hole that the children build, and the rules they introduce, the game can be linked back to the required skills needed to complete the hole in the least number of shots

Equipment needed

| | |
|------------------------|---|
| 1 x Orange safety cone |  |
| Colored cones |  |
| Foam Noodles |  |
| String |  |
| Tees |  |
| Golf balls |  |



Tic Tac Toe - Putting



**CRUSH
IT!**
JUNIOR GOLF



How to Play

- One child is the X's and the other child is the O's
- The objective is for the child to place their colored cones into the center of the box by putting the ball into the box.
- When the child successfully gets the ball into the box that has been nominated, they place their colored cone into the centre of the box
- The child who wins is the one who makes 3 in a row in one direction

Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point on the green and the boxes
- Increase the number of shots that must go into the boxes before the box is owned

Learning Outcomes

- Distance and directional control
- Game strategy
- Acceptance, that you cannot always control the outcome

Equipment needed

Orange Safety Cones



2 x Cones



String and 16 tees to create the grid



Colored cones for one team



Colored cones for the other team



Golf Balls



Spare equipment that may be required for the group attendees.



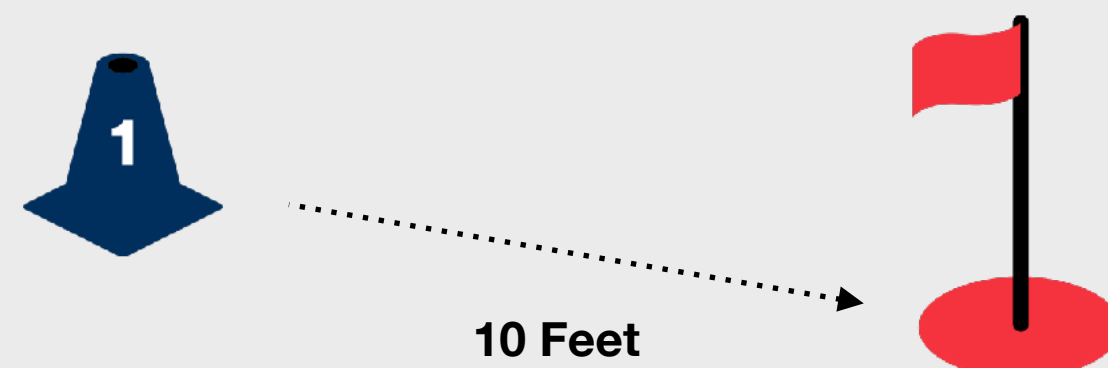
Mastering the Game Challenge Cards



Scoring Challenge



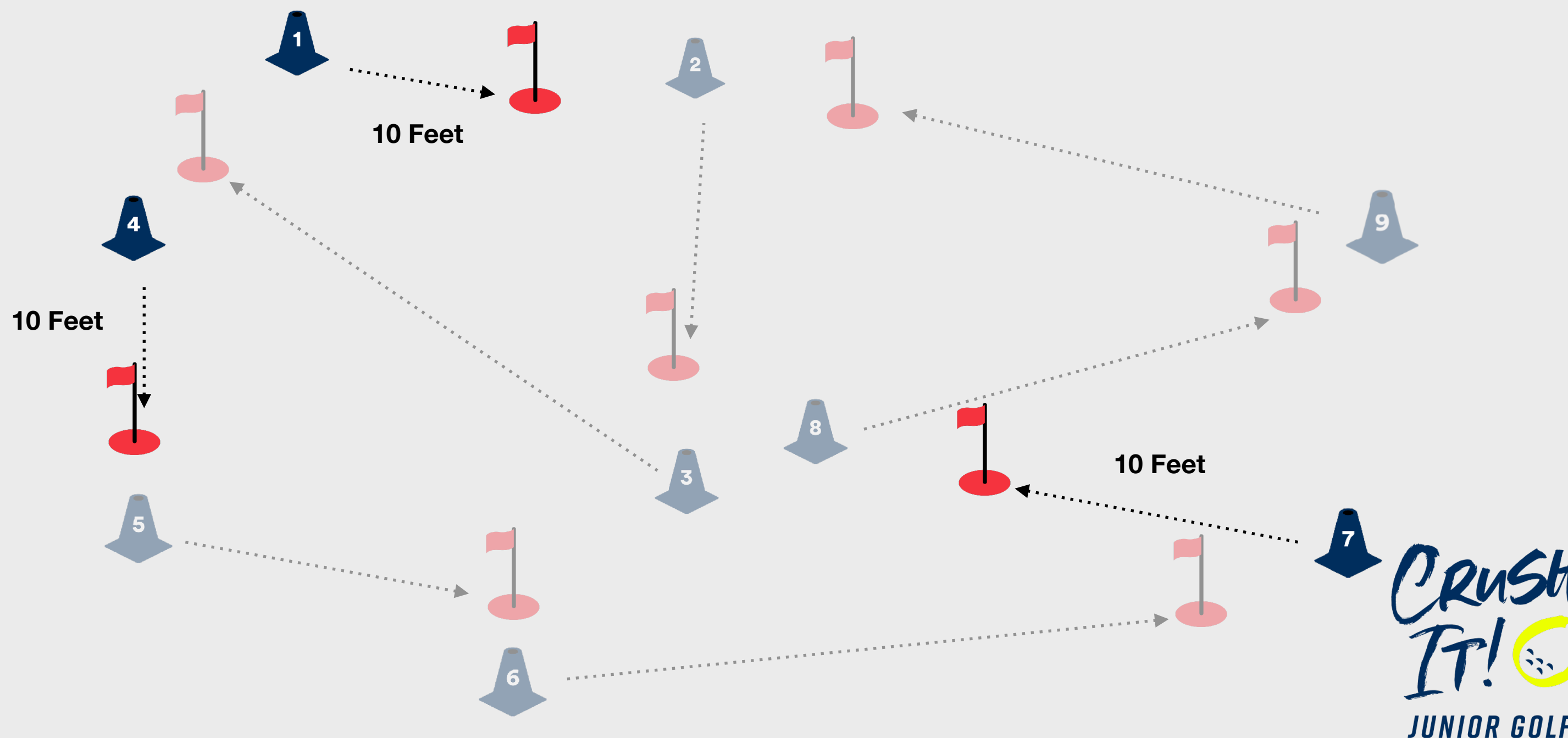
Option 1



X 3

12 putts or less

Option 2



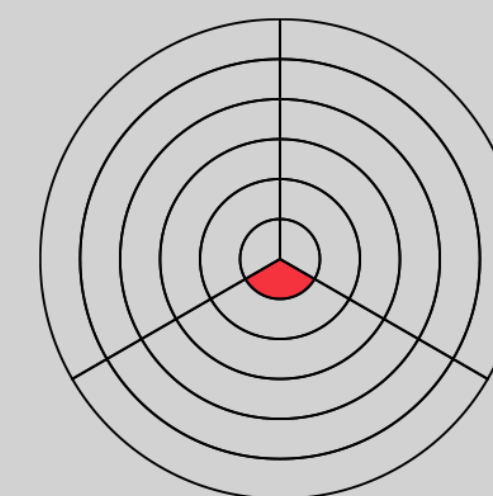
The Challenge

To complete the Level 1 Challenge within the Scoring skill element, the child needs to score 12 putts or less over 3 holes on the putting green starting 10 feet away on each hole.

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.



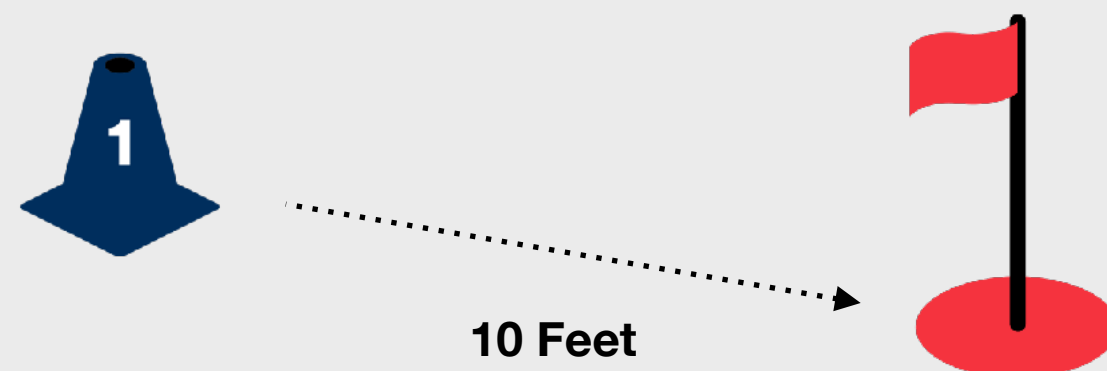
Scoring



Scoring Challenge



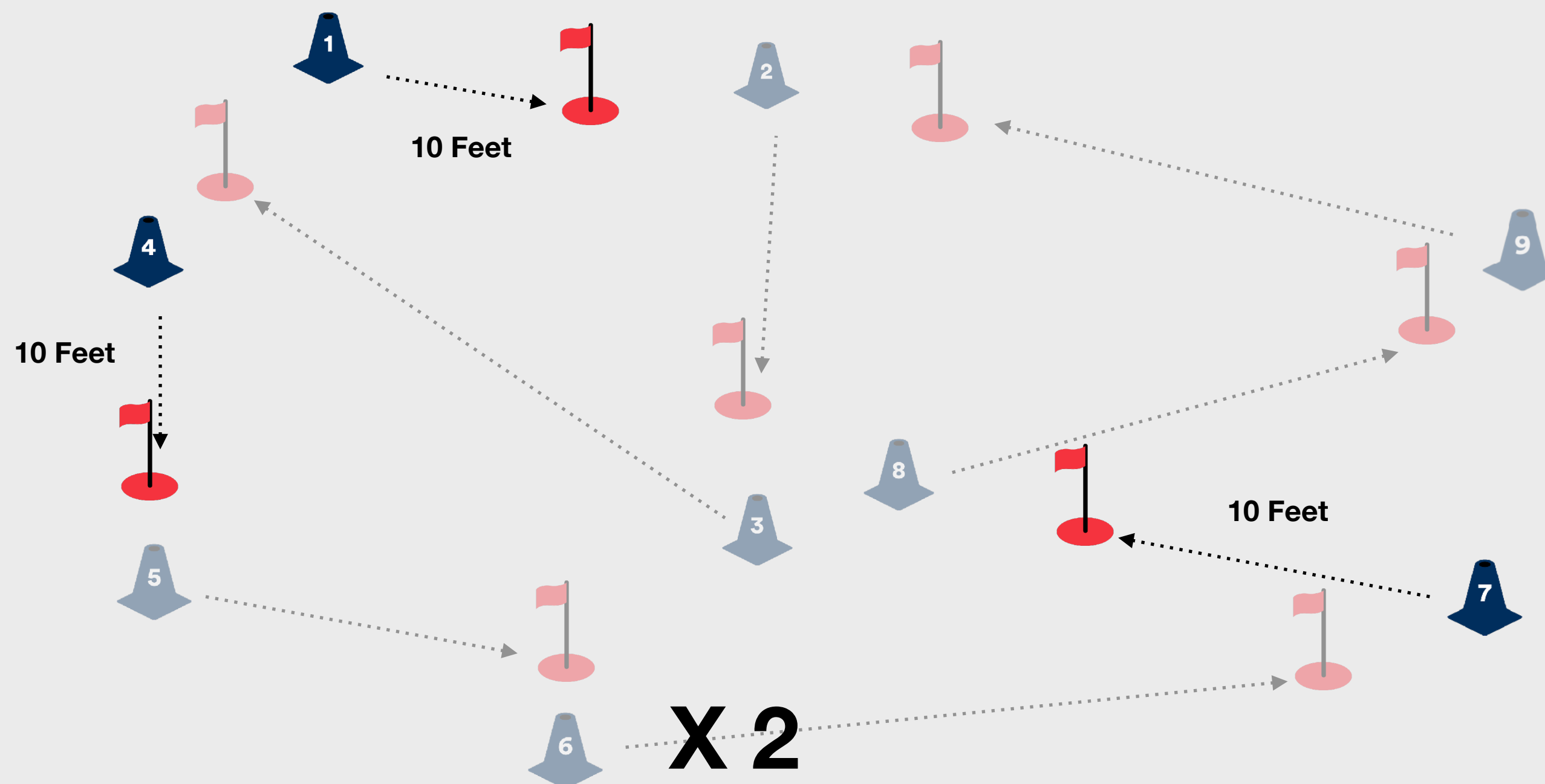
Option 1



X 6

21 putts or less

Option 2



X 2



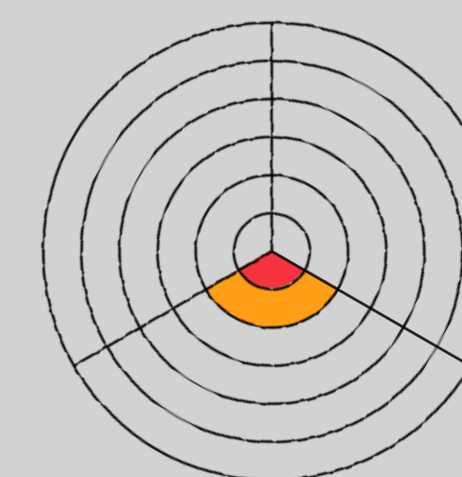
The Challenge

To complete the Level 2 Challenge within the Scoring skill element, the child needs to score 21 putts or less over 6 holes on the putting green starting 10 feet away on each hole.

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.



Scoring



Scoring Challenge

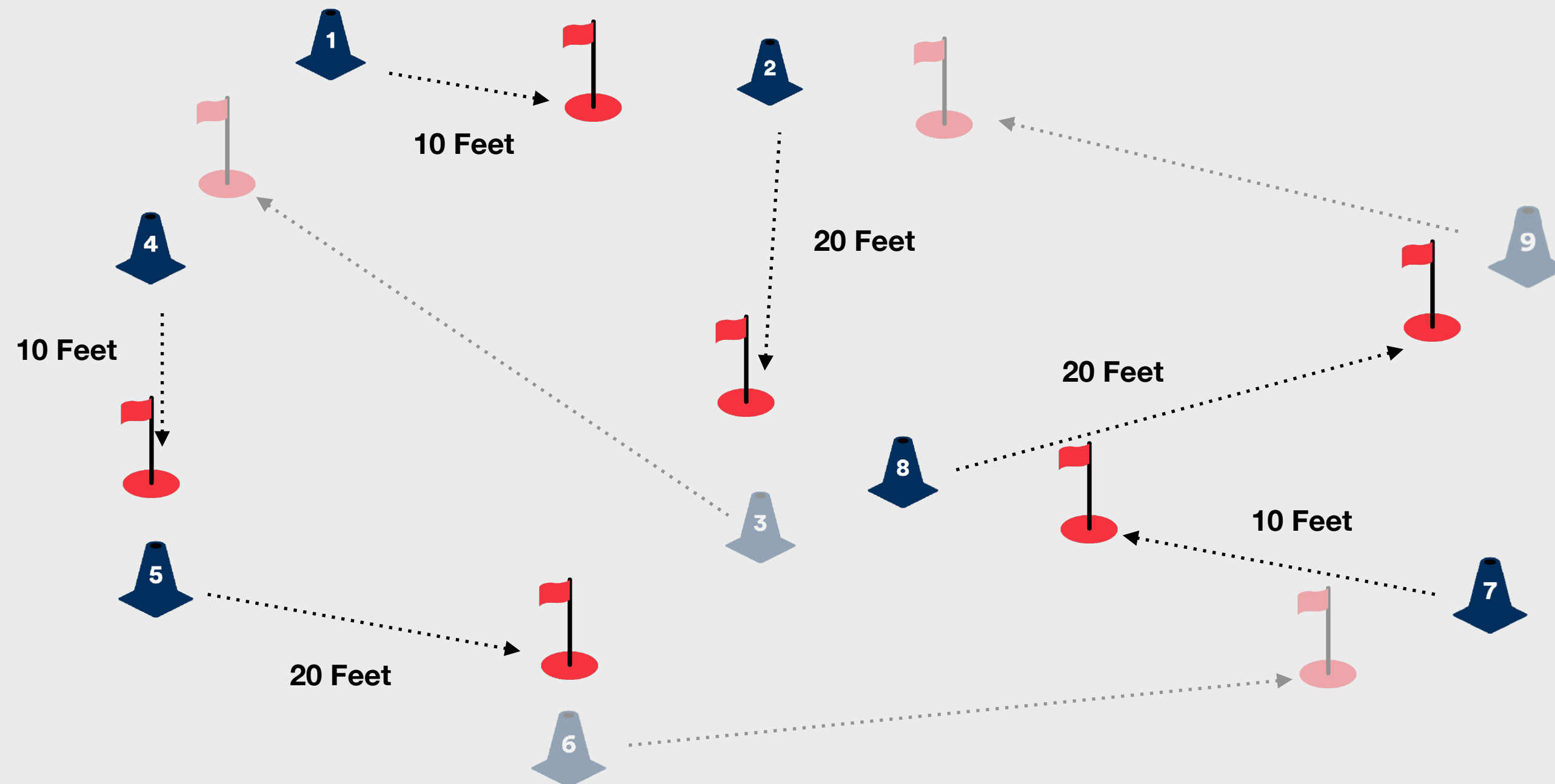


Option 1



18 putts or less

Option 2



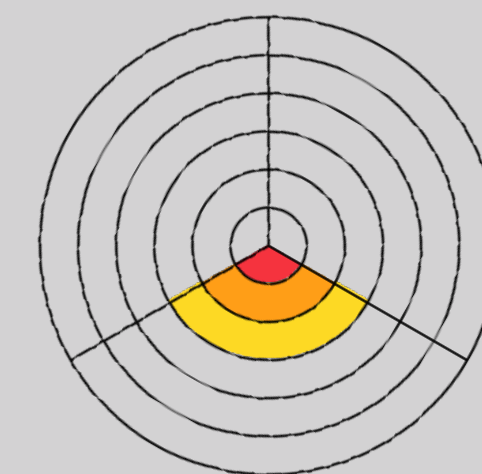
The Challenge

To complete the Level 3 Challenge within the Scoring skill element, the child needs to score 18 putts or less for 6 holes on the putting green, playing 3 holes at a starting distance of 10 feet and 3 holes at a starting distance of 20 feet from the hole.

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.



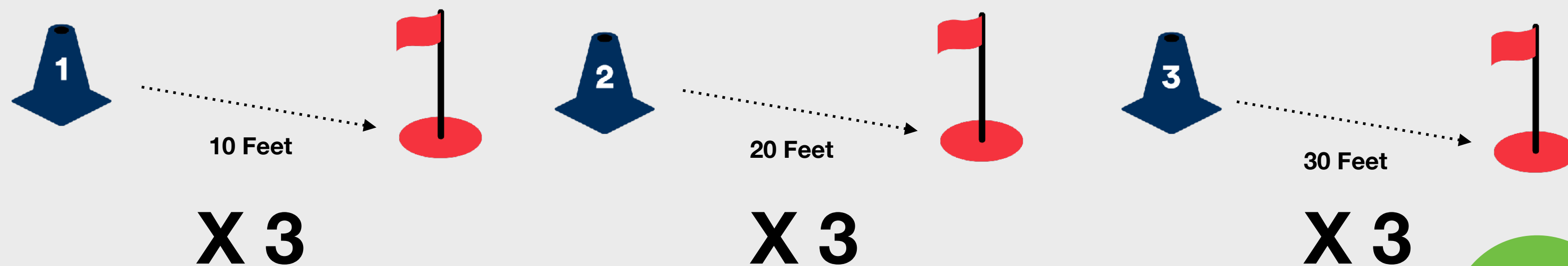
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Scoring Challenge

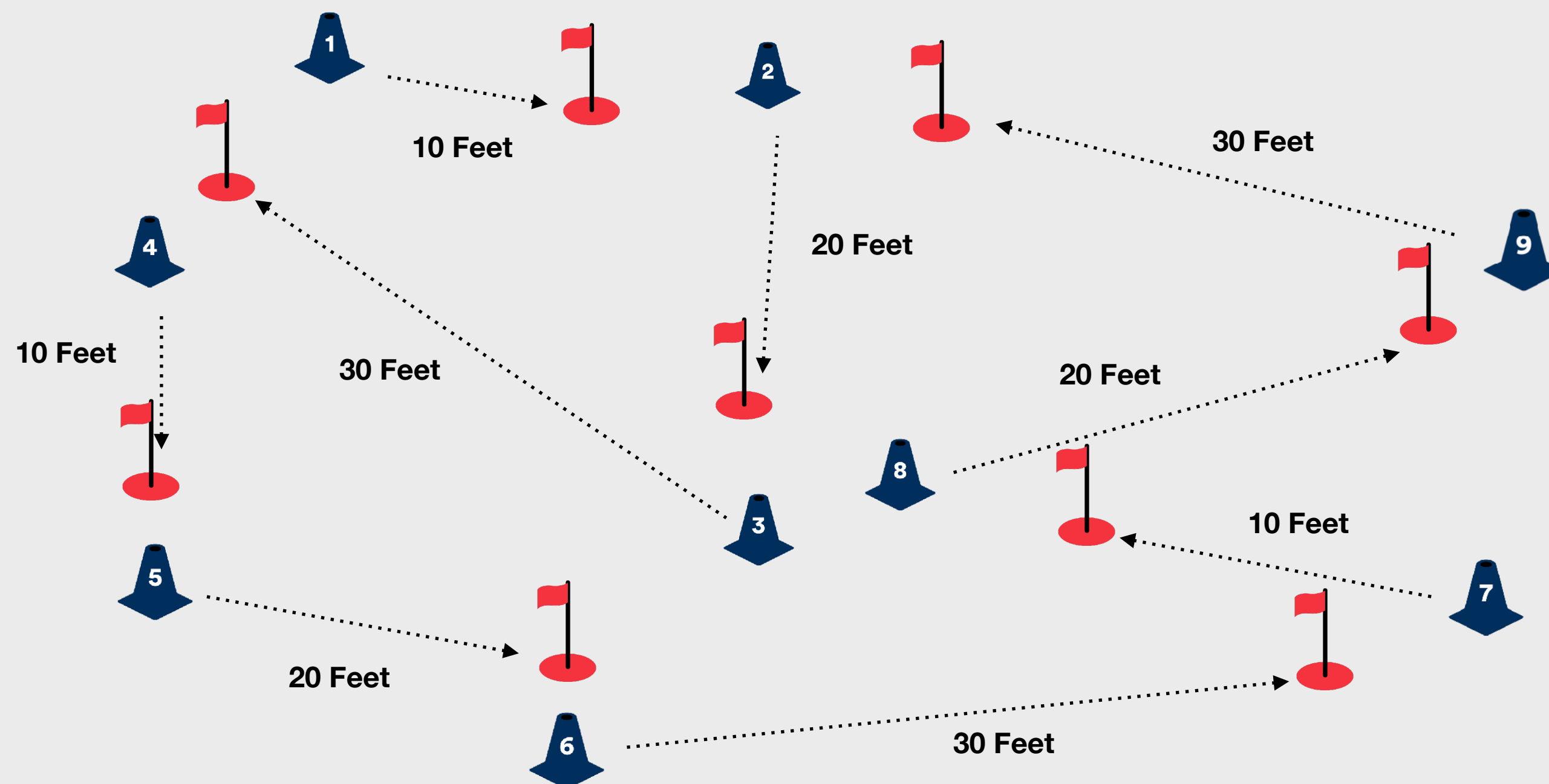


Option 1



24 putts or less

Option 2



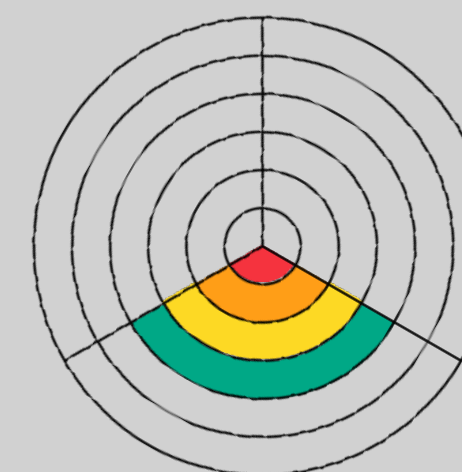
The Challenge

To complete the Level 4 Challenge within the Scoring skill element, the child needs to score 24 putts or less for 9 holes on the putting green, with 3 holes at a starting distance of 10 feet, 3 holes at a starting distance of 20 feet and 3 holes at a starting distance of 30 feet from the hole.

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.



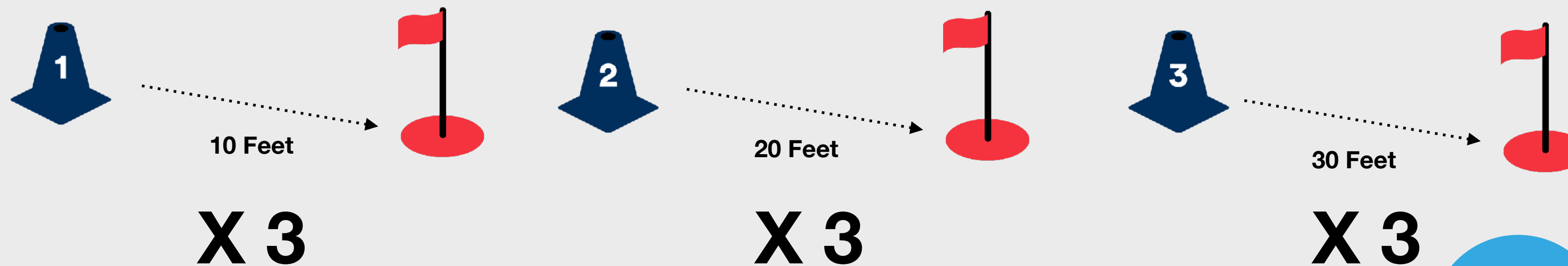
Scoring



Scoring Challenge

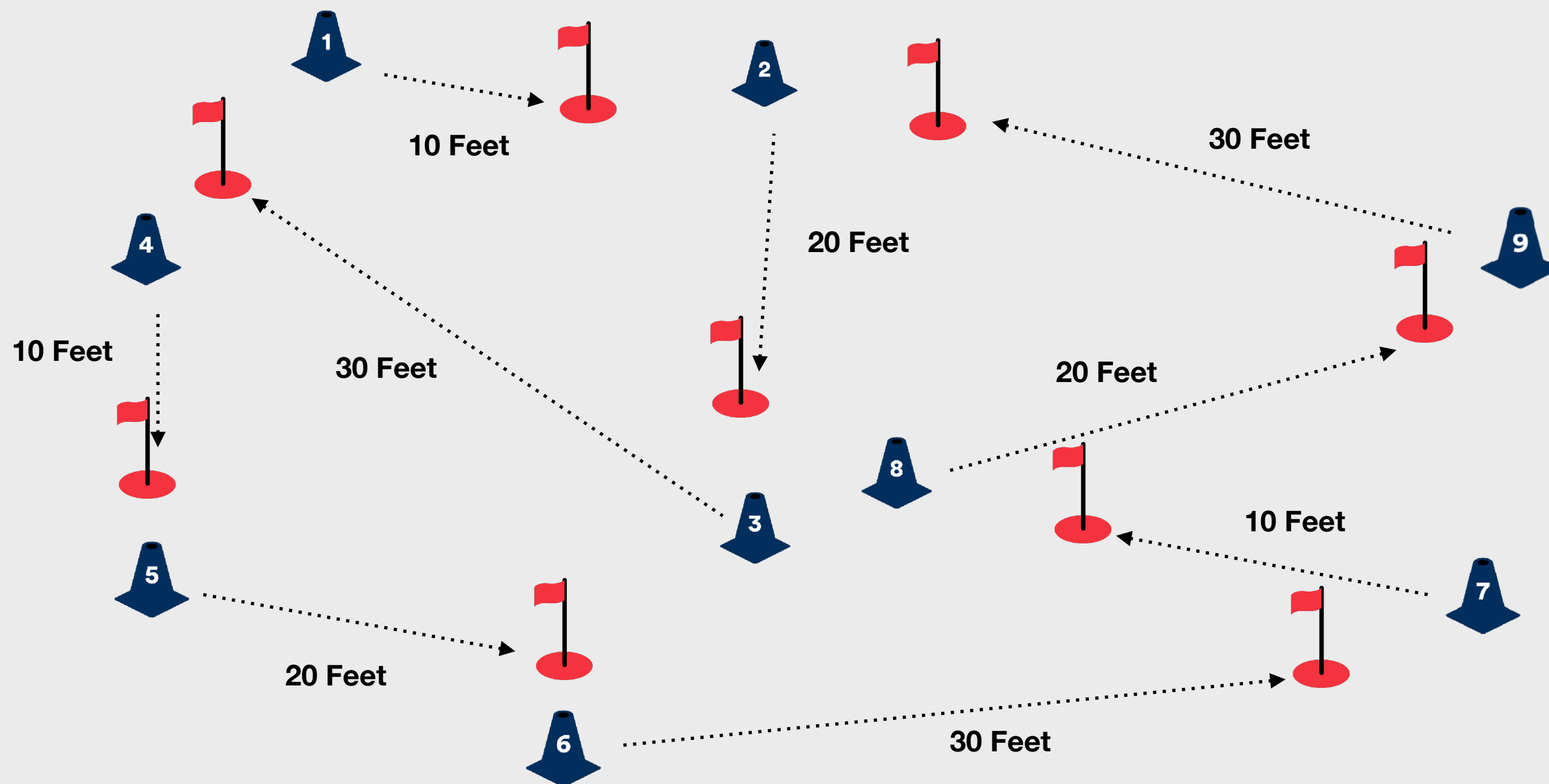


Option 1



21 putts or less

Option 2



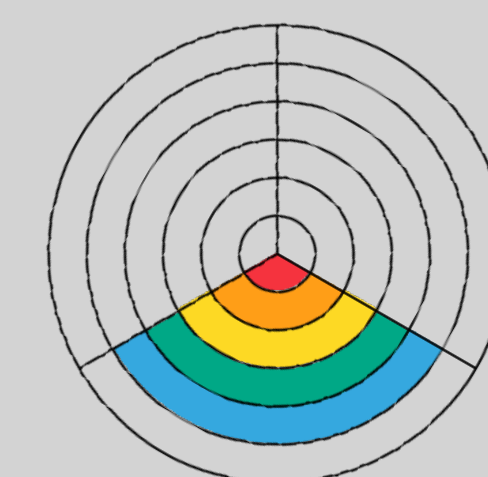
The Challenge

To complete the Blue Sticker Challenge within the Scoring skill element, the child needs to score 21 putts or less for 9 holes on the putting green, with 3 holes at a starting distance of 10 feet, 3 holes at a starting distance of 20 feet and 3 holes at a starting distance of 30 feet from the hole.

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.



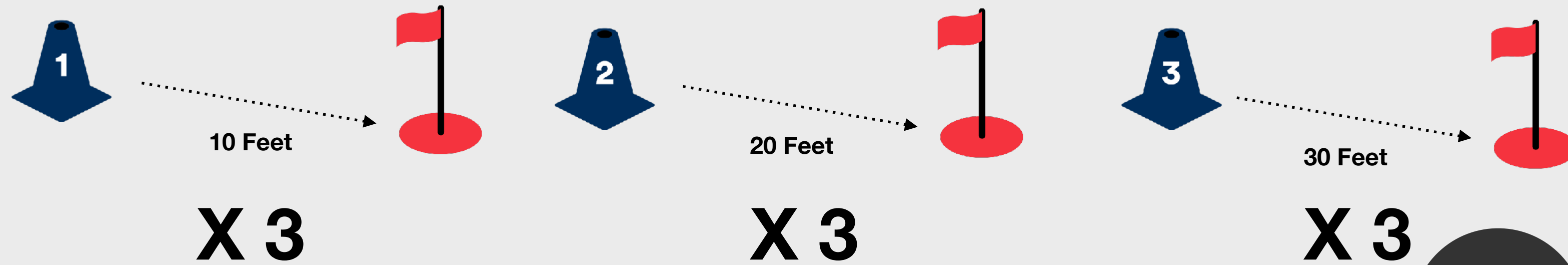
Scoring



Scoring Challenge

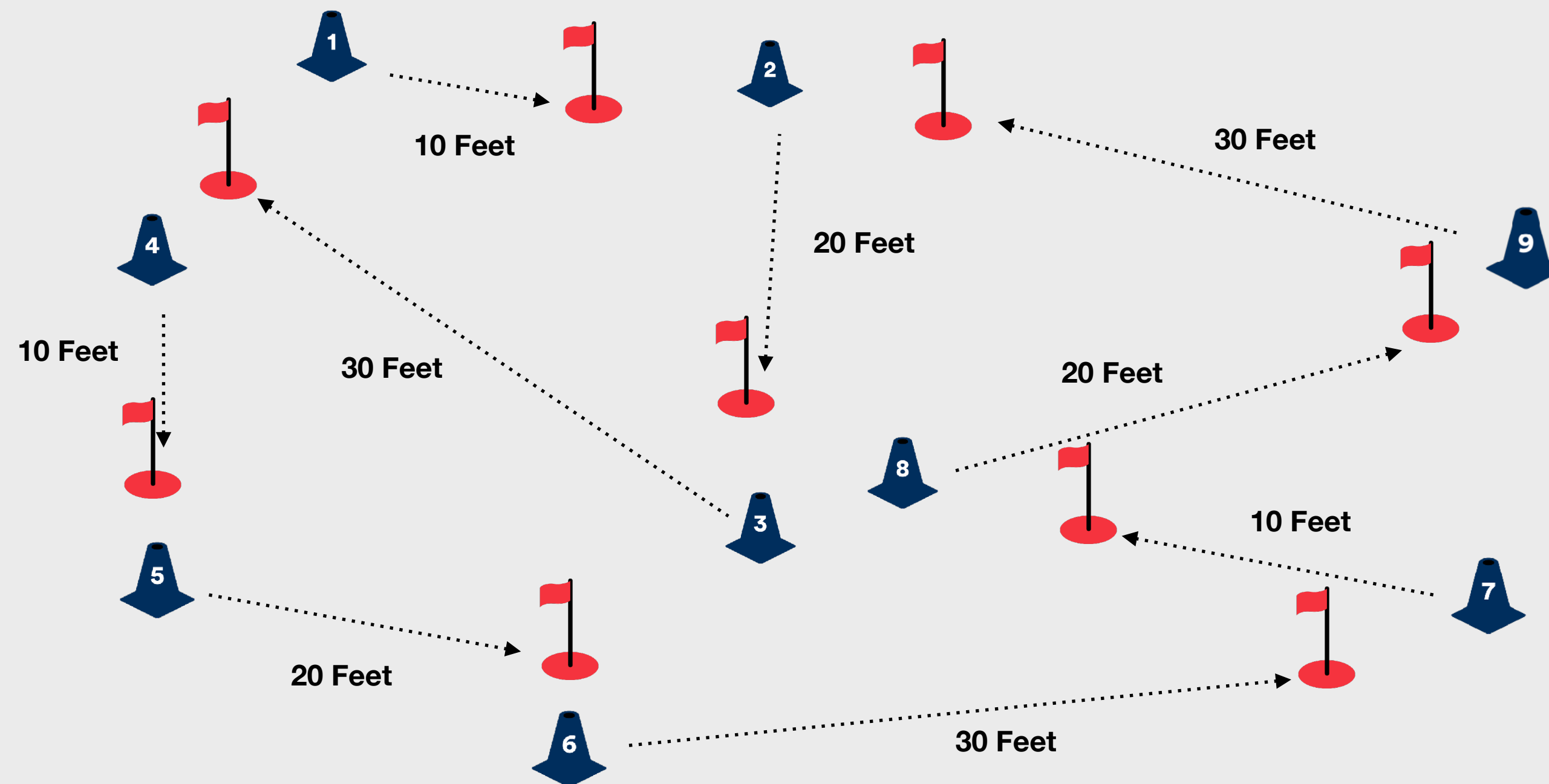


Option 1



18 putts or less

Option 2



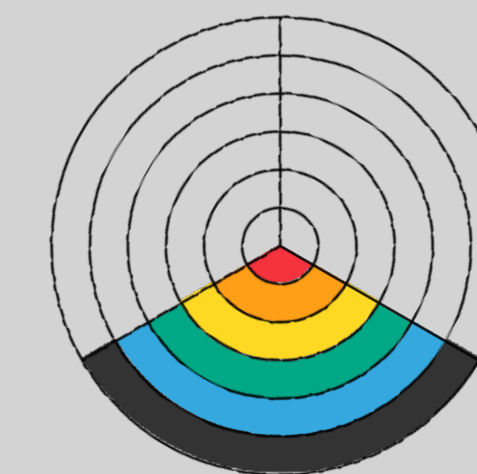
The Challenge

To complete the Level 6 Challenge within the Scoring skill element, the child needs to score 18 putts or less for 9 holes on the putting green, with 3 holes at a starting distance of 10 feet, 3 holes at a starting distance of 20 feet and 3 holes at a starting distance of 30 feet from the hole.

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.



Scoring

