

# Around the Green

## Week 45



# Class Timetable - Week 45

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Around the Green:  
Bunker Play

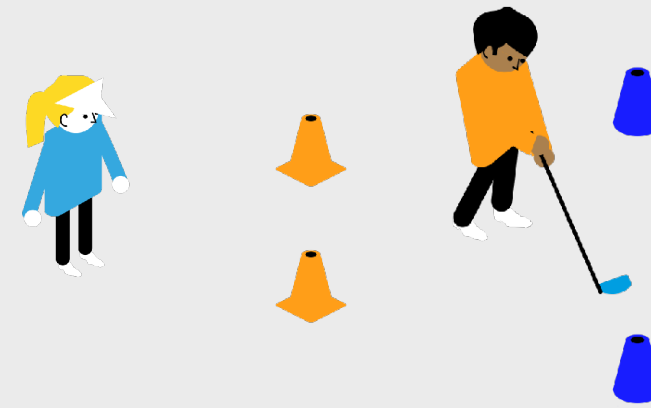
**Whole Child Focus**  
Cognitive:  
Growth Mindset

**Learning the Game Focus:**  
Playing and Scoring:  
Matchplay Format

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>Hurdles</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>Matchplay Format</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>Growth Mindset</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>Closest to the Pin</li> <li>Throw then Chip</li> <li>Beat the Bunker</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

**Station 3:**  
Game Station  
Throw then Chip



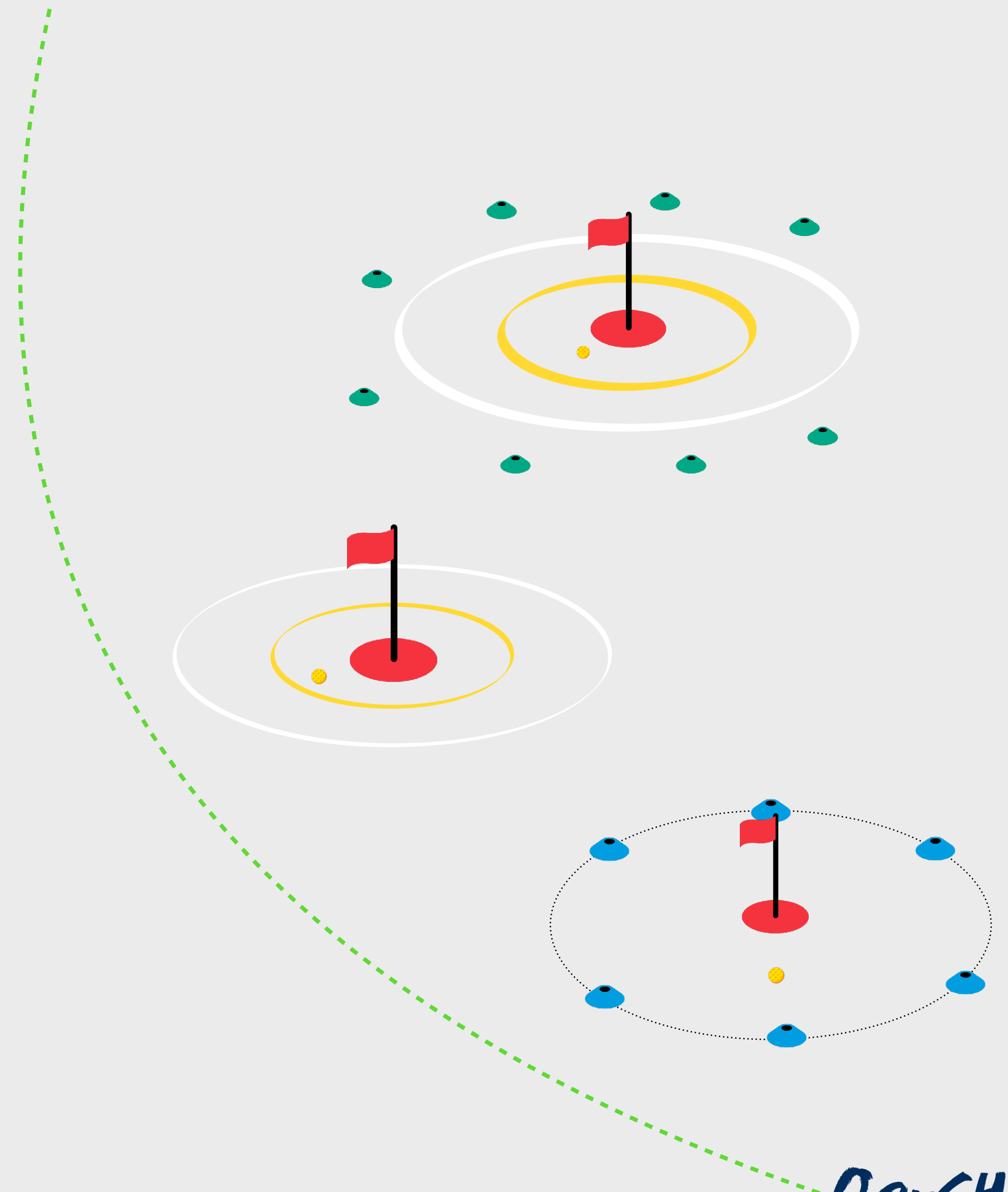
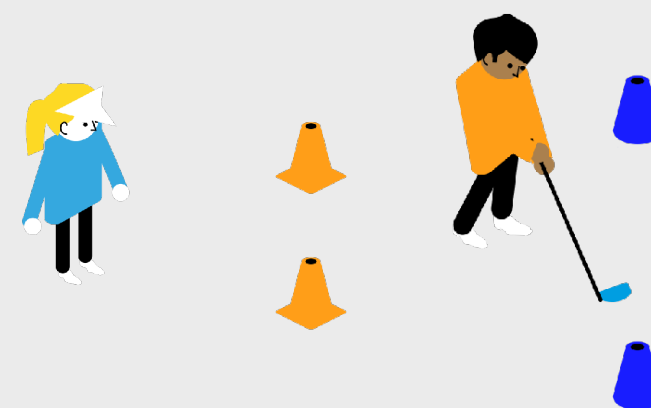
**Station 2:**  
Game Station  
Closest to the Pin



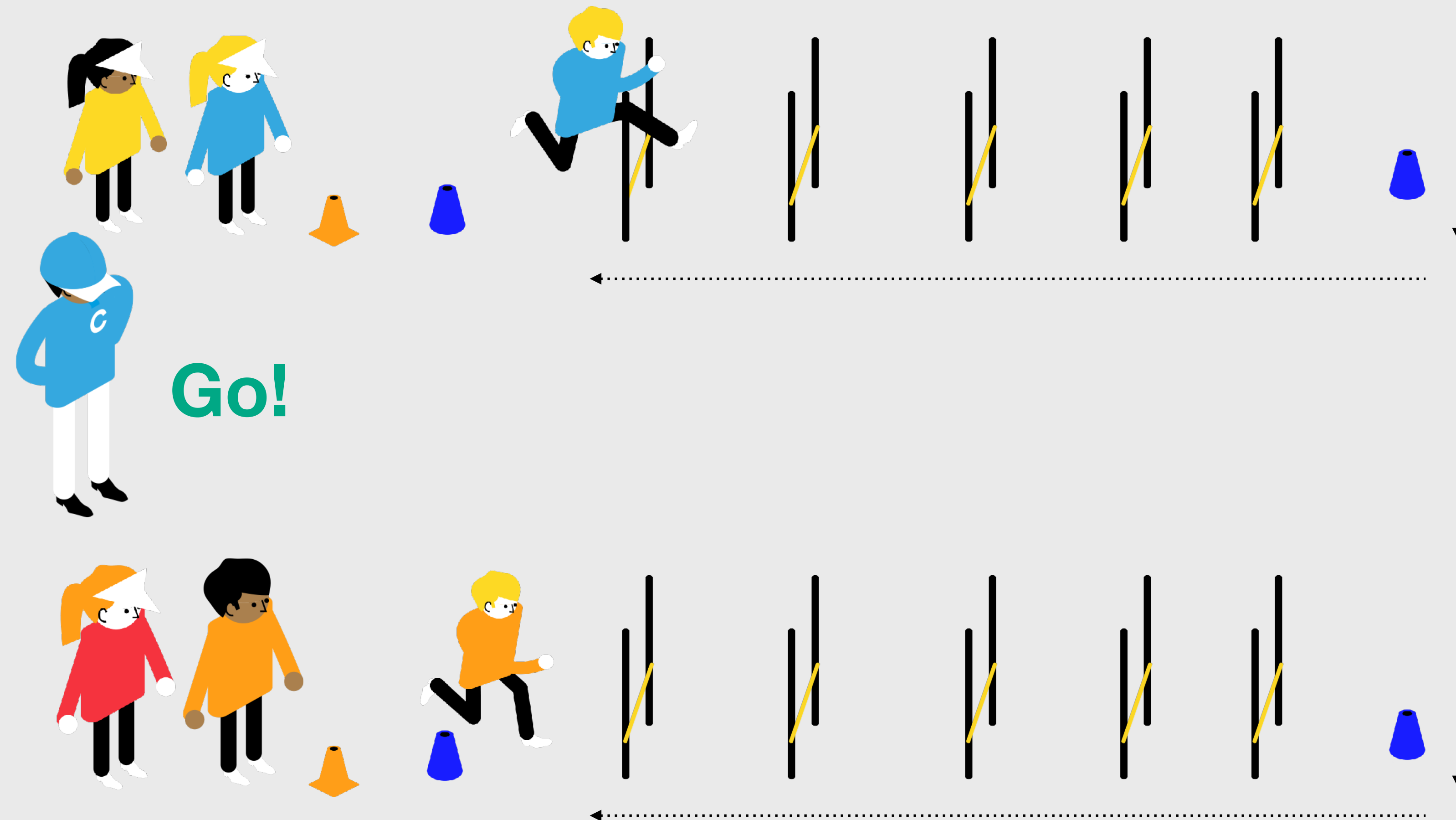
**Station 1:**  
Game Station  
Beat the Bunker



**Station 4:**  
Free Practice Station



# Hurdles



## How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child attempts to step or hurdle over the 5 hurdles, around the end cone and back to the start
- Once the first player returns the next player on the team goes
- The team that wins is the one who gets all players home first

## Progression Ideas

- Add extra goes for each child
- Raise the height of the hurdles
- Introduce different FMS skills such as jumping, or hopping
- Raise the foam noodles all the way up and play Limbo as an alternative

## Equipment Needed

4 x Orange Safety Cones

SAFETY



4 x Cones to mark starting positions and end cones



10 x Foam Noodles



20 x Alignment Sticks



CRUSH  
IT!  
JUNIOR GOLF



## Cognitive Growth Mindset

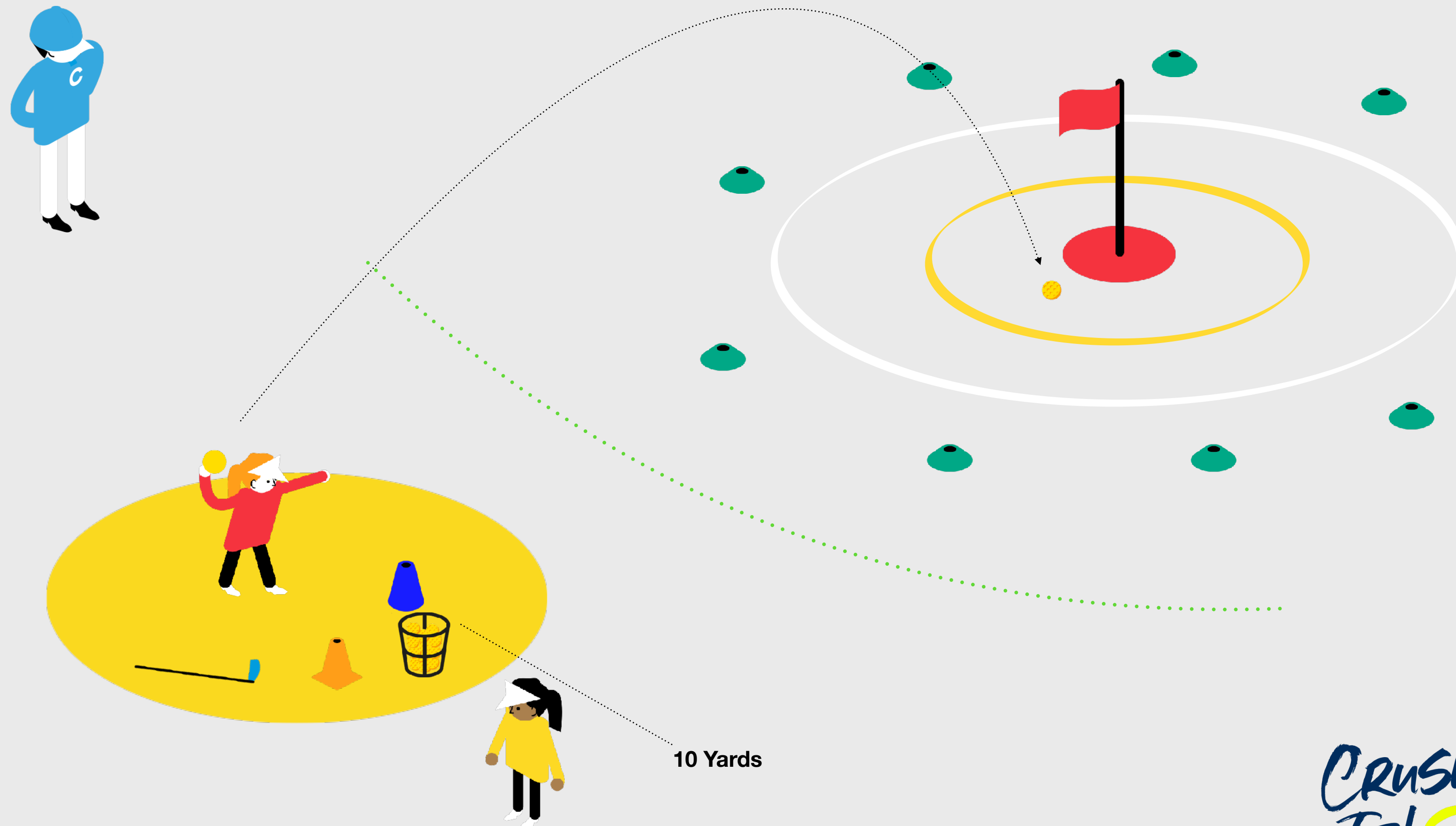
- The Whole Child theme this week is to encourage a growth mindset. This is where a child believes that if they work hard and keep practicing that they will improve. A fixed mindset is one where the child believes they are just born good or bad at something.
- Carry this theme into the class by reinforcing that the skills the children demonstrate in class have been learnt by applying effort and practice in the past.



## Playing and Scoring Matchplay Format

- The Learning the Game focus this week is learning about the Matchplay format.
- You should introduce your juniors to how to score using this format and highlight the Ryder Cup as the most famous competition using this format.

# Throw then Chip



## How to Play

- Give the target circles different points
- Each child has 5 throws and 5 bunker shots
- The aim is to accumulate as many points as possible as a team, based on where the ball finishes
- The pair should try to beat their personal best score each time

## Progression Ideas

- Change the size of the target circles
- Introduce a rule that the ball must land over the fringe to count

## Equipment needed

### Orange Safety Cones

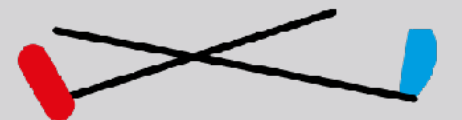
SAFETY



### Cones to mark out the necessary hitting station



### Spare equipment that may be required for the group attendees.



### Golf Balls



### 1 x 6 feet Target Circle



### 1 x 10 feet Target Circles



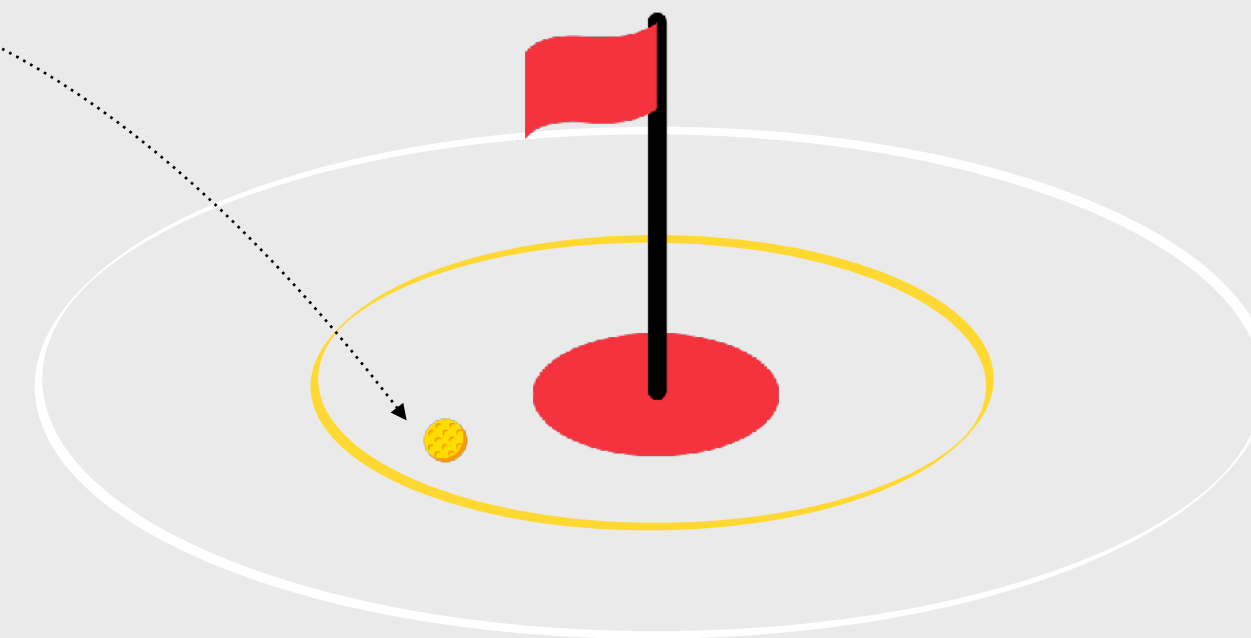
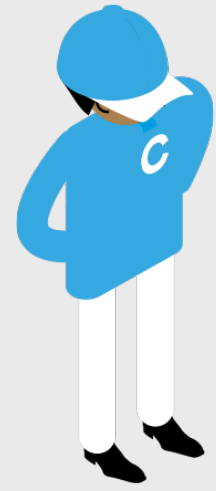
### 10 x Green Colored Cones for Outer 12 feet Target Circle



CRUSH  
IT!  
JUNIOR GOLF



# Closest to the Pin - Play it as it Lies



## How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- Children take it in turns to drop the ball in different positions around the green
- The ball must be played from where it lands

## Progression Ideas

- Vary the distance of each shot
- Allow 1 re-drop out of the 10 shots
- Define whether the ball lands or rolls into the box

## Learning Outcomes

- Ability to adapt to the conditions
- Understand there is an element of luck in golf that you cannot control
- React well to bad luck and you will perform better more often
- Variability in your practice helps to improve your skills and is realistic to how the game is played on the course

## Equipment needed

### Orange Safety Cones

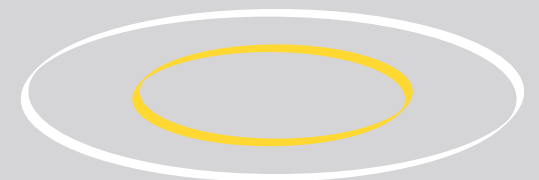
SAFETY



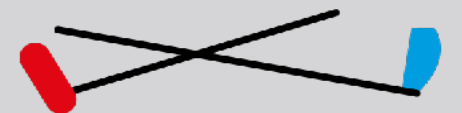
### Cones to mark starting position



### Target Rings



### Spare equipment that may be required for the group attendees.

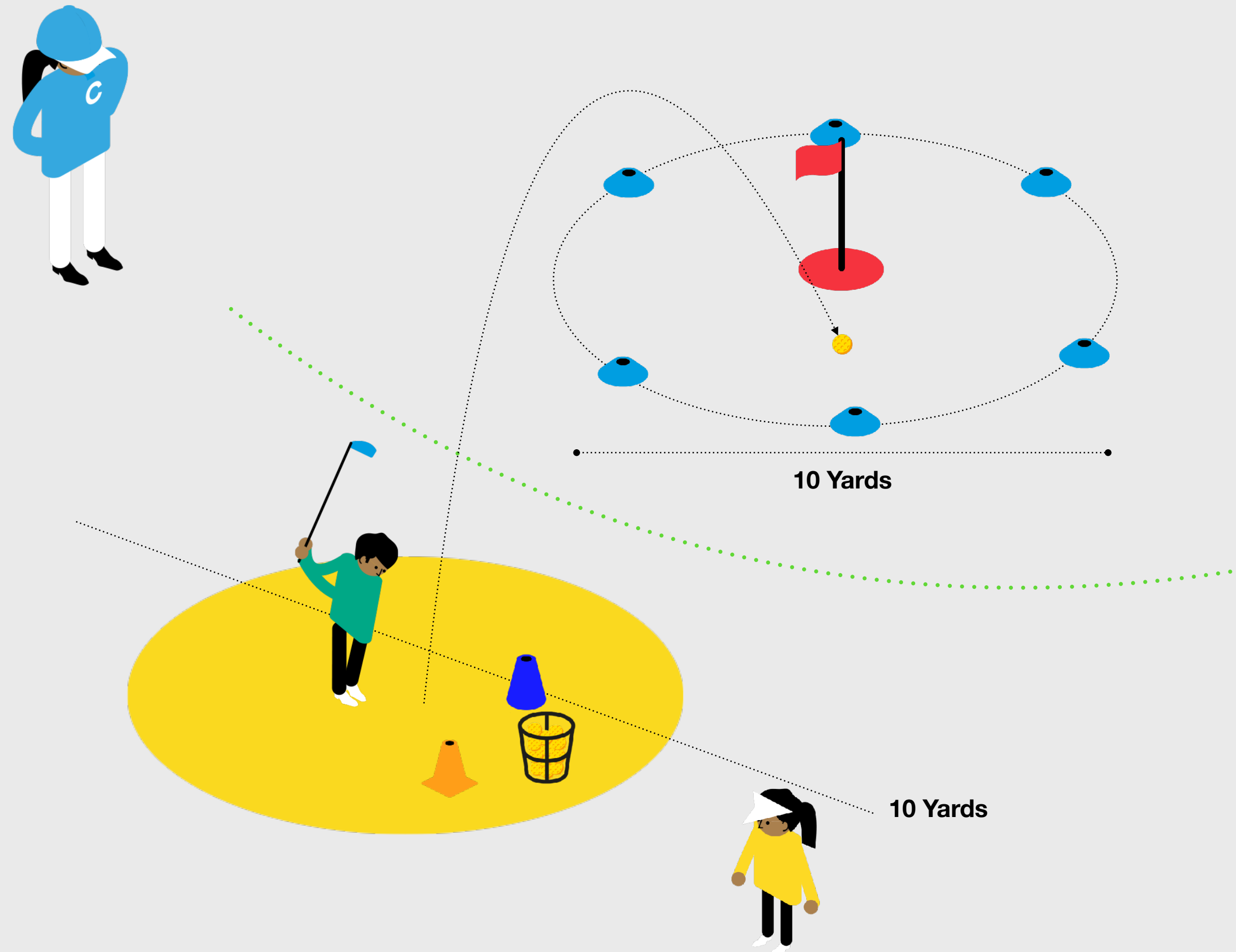


### Golf Balls



CRUSH  
IT!  
JUNIOR GOLF

# Beat the Bunker



## How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their first shot and aims to get their ball out of the bunker
- Players score a point for getting the ball out of the bunker first time
- Players hit 5 shots each to get a total score for the round
- The aim is to beat your team's best score each time

## Progression Ideas

- Vary the starting point in the bunker
- Vary the club that is being used
- Add additional points for getting the ball inside target circle

## 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

