

Around the Green

Week 48



Class Timetable - Week 48

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Chipping

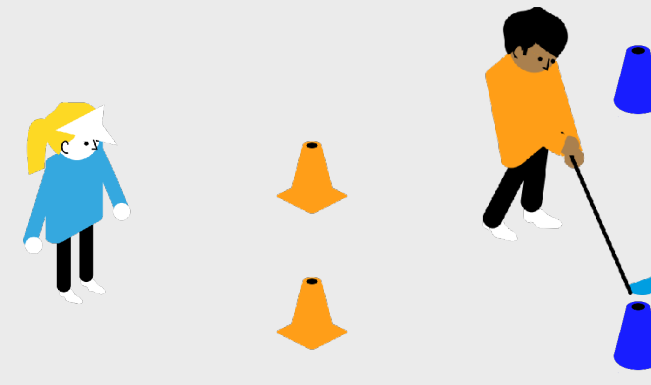
Whole Child Focus
Creative:
Imagination

Learning the Game Focus:
Rules and Etiquette:
How many clubs are you allowed in the bag?

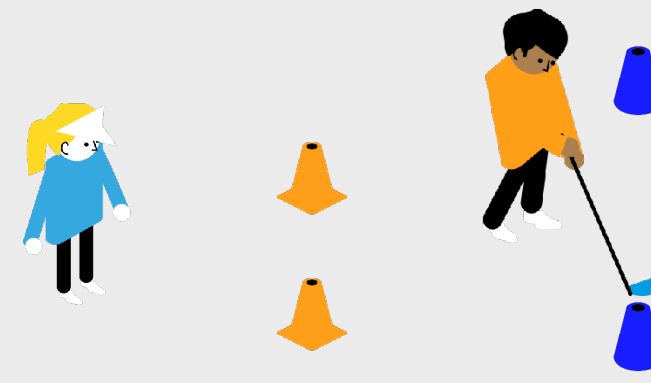
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Hop Frog Zig - Zag
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"> How many clubs are you allowed 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"> Imagination
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"> Single, Double, Triple Tic Tac Toe - Rings Tug of War
5 Mins	myAcademy Folder Track and Reward	<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 Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

Class Layout and Setup

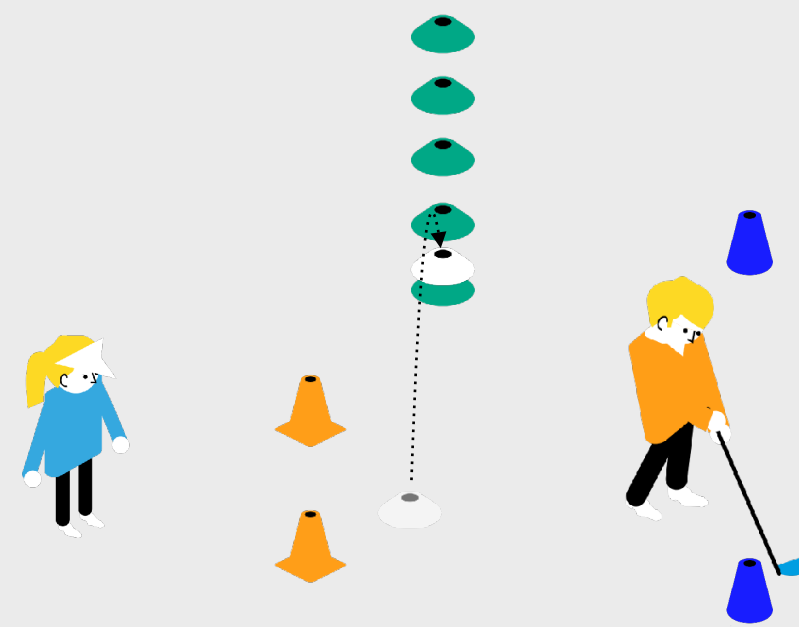
Station 3:
Game Station
Single, Double, Triple



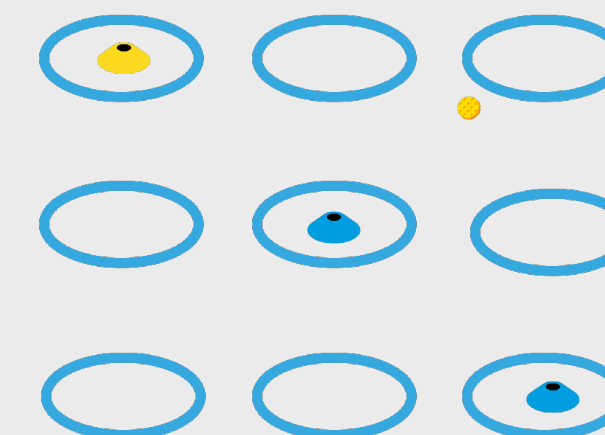
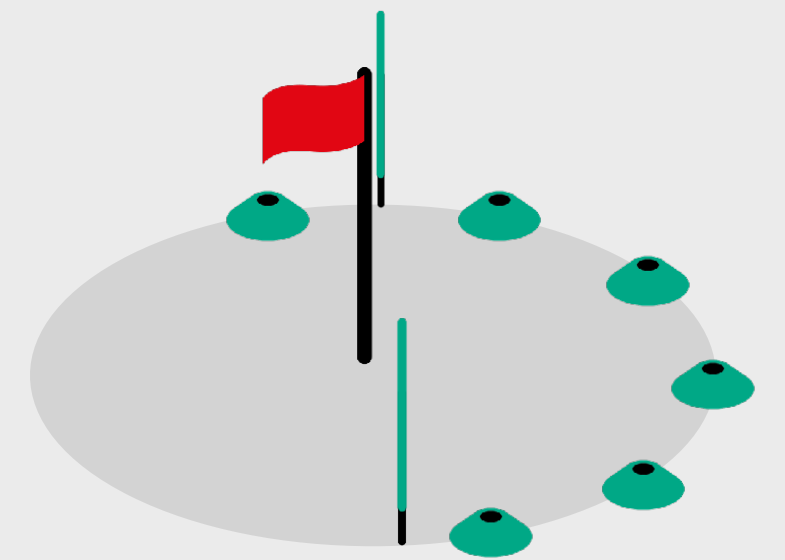
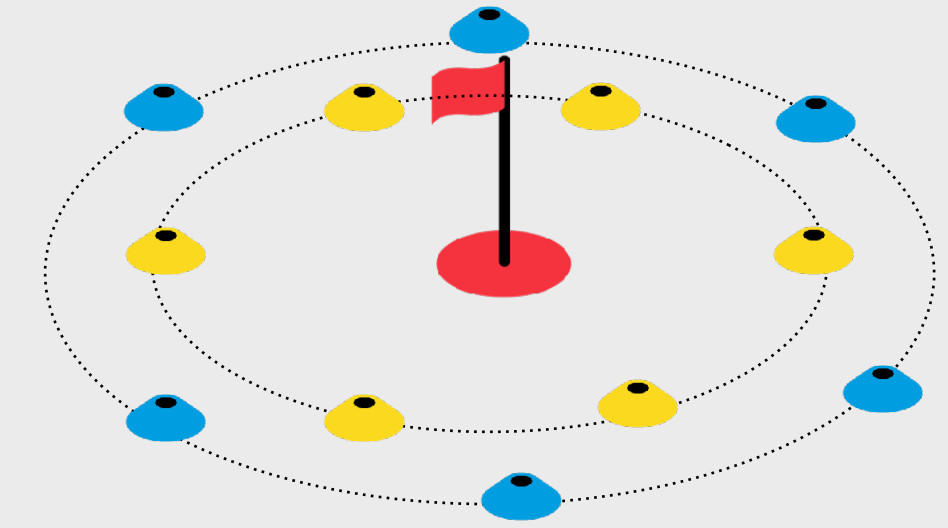
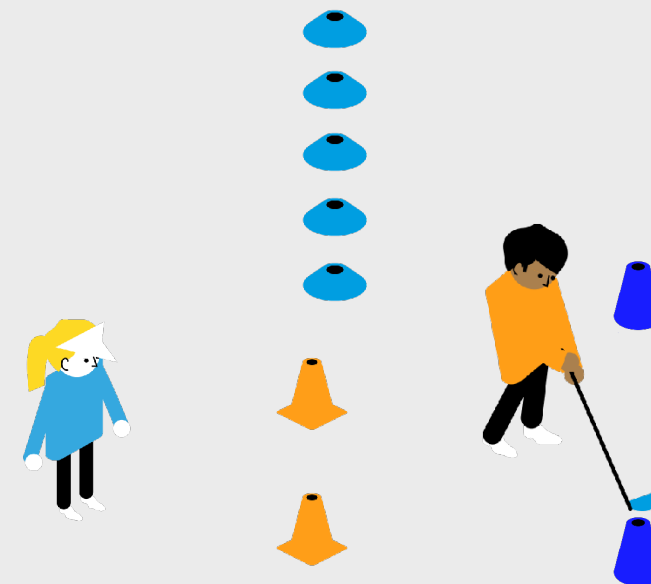
Station 4:
Free Practice Station



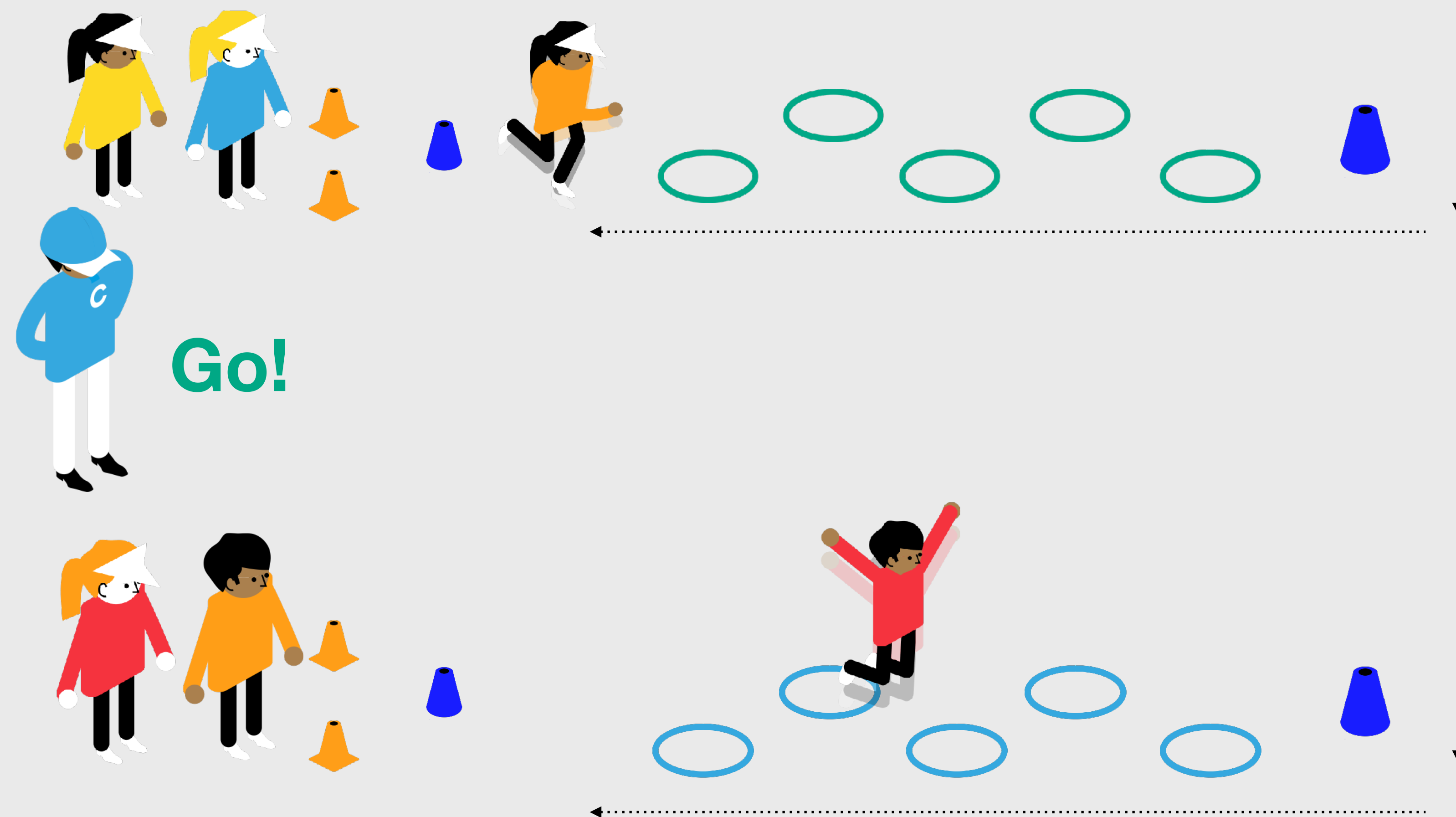
Station 1:
Game Station
Tug of War



Station 2:
Game Station
Tic Tac Toe - Rings



Hop Frog Zig-Zag



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 jumps with both feet together into each hoop in alternative directions
- The team that wins is the one who gets all players home first

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with different fundamental movements such as single leg jumping and alternative leg jumping
- Increase the number of steps of the ladder
- Increase the width of the ladder steps.

Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



10 x Hoops



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Creative Imagination

- The Whole Child theme this week is to encourage the children to use their imagination in practice and on the golf course.
- Carry this theme into the class by urging children to imagine the shot they're going to hit before each shot and explain how this can help them to hit successful shots more regularly.



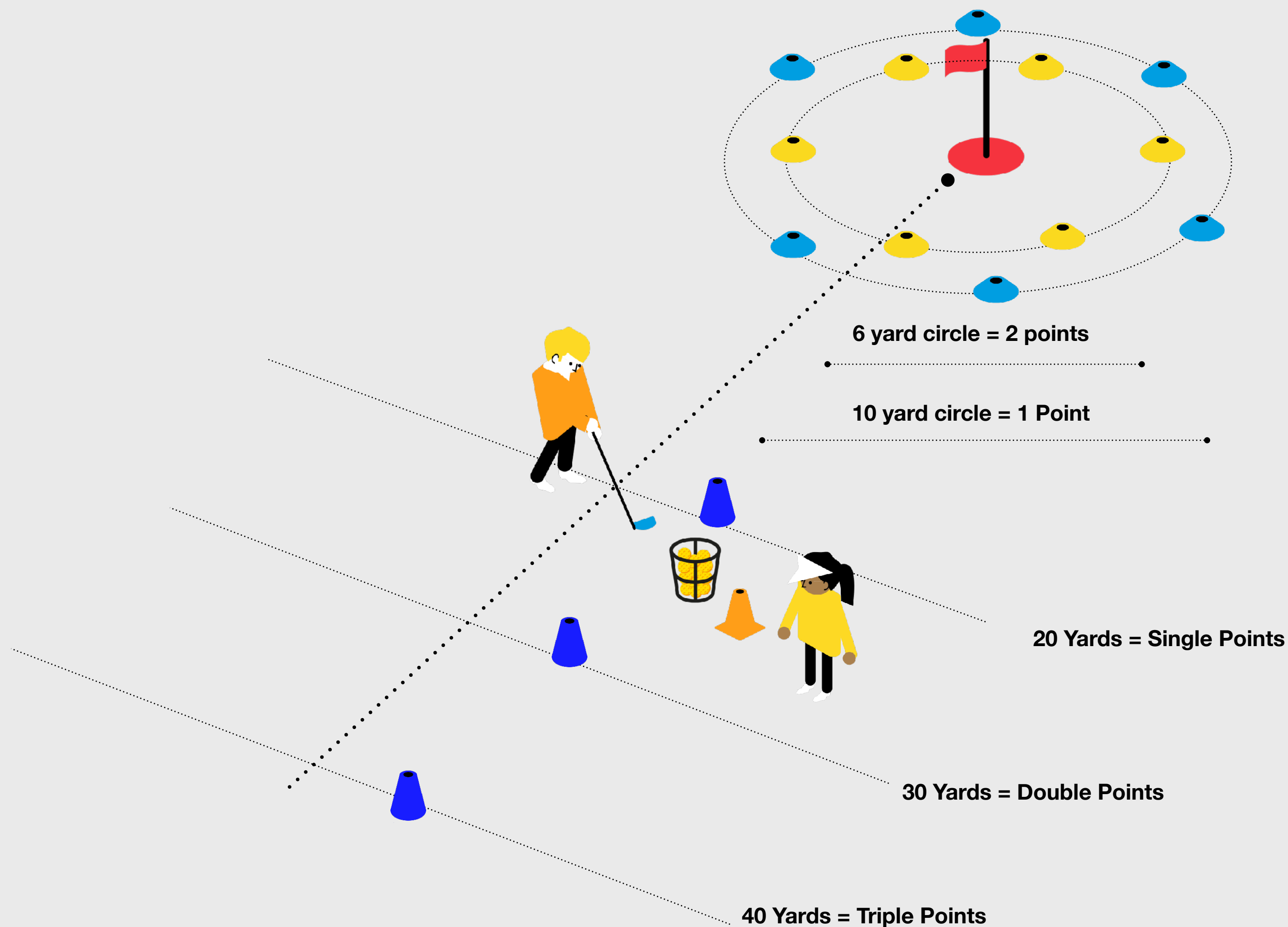
Rules and Etiquette

How many clubs are you allowed in your bag?

- The Learning the Game focus this week is about the different clubs in your bag and how many you are allowed to use.
- You should make sure your juniors understand they don't need to have 14 clubs to play golf well, but that is the maximum number any player is allowed.



Single, Double, Triple - Chipping



How to Play

- Players take it in turns to choose which distance they want to start from
- If the player starts from the 20 yard line and they chip the ball inside the 10 yard circle they score 1 point, or 2 points for the 6 yard circle
- If the player starts from the 30 yard line they score double points; 4 points inside the the 6 yard circle, or 2 points for the 10 yard circle
- If the player chooses to start from the 40 yard they score triple points; 6 points for pitching the ball into the 6 yard circle and 3 points if they chip the ball into the 10 yard circle
- The game continues until both players have hit 5 shots, the winner is the player who has the most points after 5 shots

Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Change the distance from the green
- Change the size of the target circles
- Change the points given for each circle
- Change the number of shots each player is allowed

Equipment needed

Orange safety cones

SAFETY



3 x cones



Golf balls



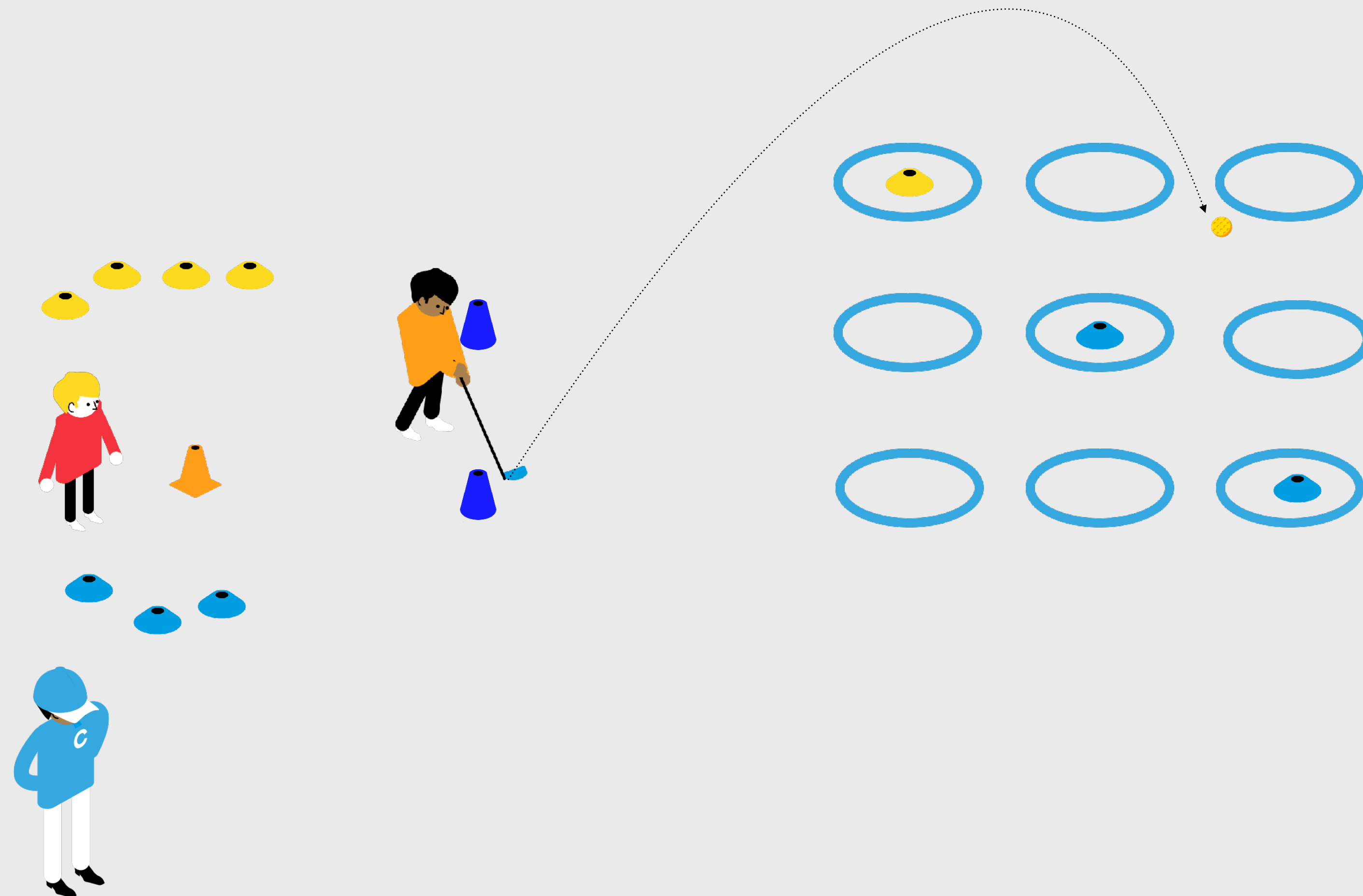
10 x Colored cones to mark the 10 yard circle



10 x Colored cones to mark the 6 yard circle



Tic Tac Toe - Rings



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 hoop by either landing or rolling the ball into the hoop. This should be defined at the start of the game by the coach
- When the child successfully gets the ball into the hoop that has been nominated, they place their colored cone into the centre of the hoop
- The child who wins is the one who makes 3 in a row in one direction

Progression Ideas

- Vary the distance between the hoops
- Vary the distance between the starting point around the green and the hoops
- Increase the number of shots that must go into the hoops before the hoop is owned
- Define whether the ball lands or rolls into the hoop
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



String and 16 tees to create the grid or rings



Colored cones for one team



Colored cones for the other team



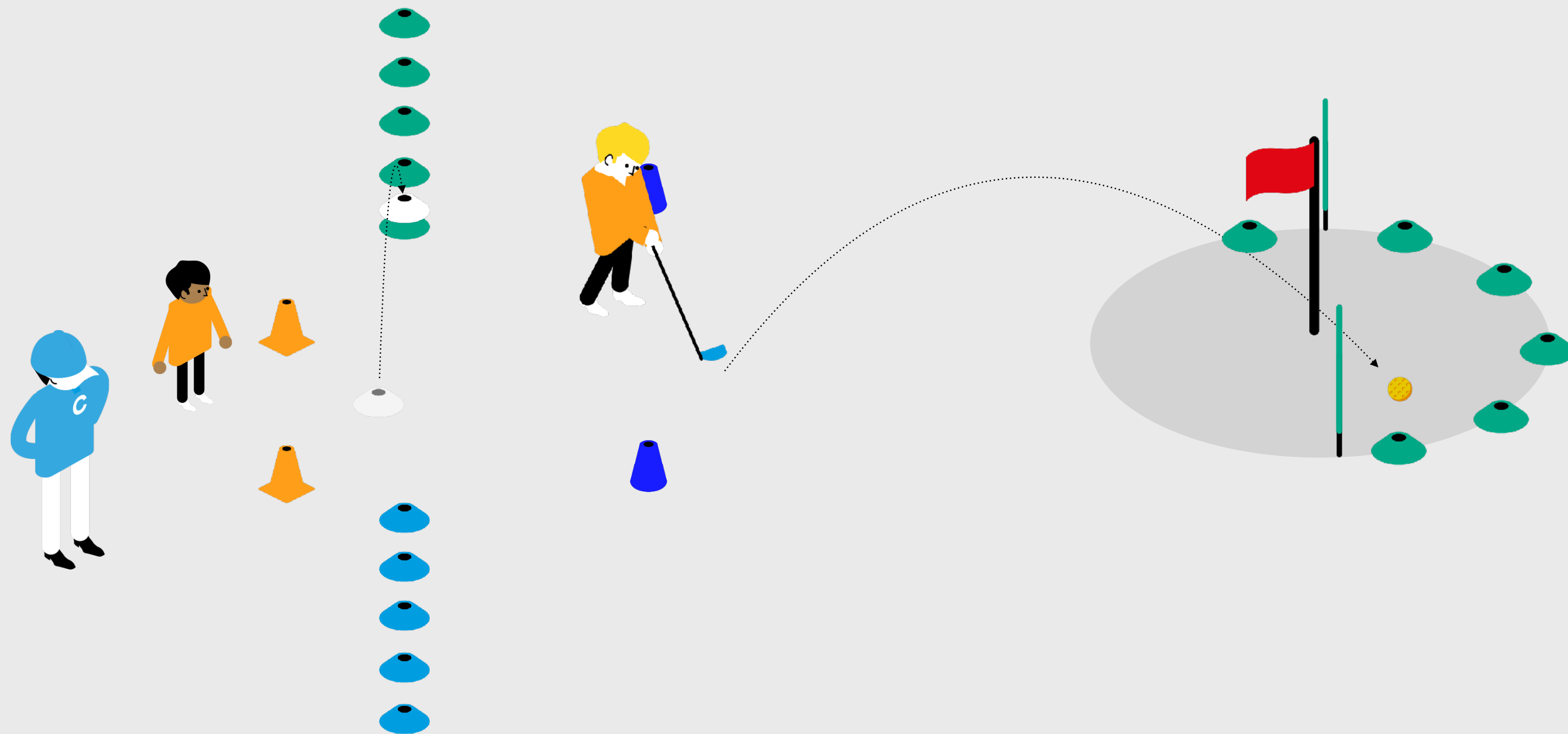
Golf Balls



Spare equipment that may be required for the group attendees.



Tug of War



How to Play

- Child number 1 starts and attempts to hit their shot to the target
- Then the next child attempts their shot. The player who hits it nearest to the target moves the cone one place to their side
- The winner is the one who gets the centre white cone to their end cone

Progression Ideas

- Vary the target on each shot
- Vary the distance between the tee box and the green
- Add hazards for penalty cones
- Add different targets to increase the number of moves across the cones

Learning Outcomes

- Improve overall ability to strike the ball well, control direction and consistency of distance

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



5 x Green Cones



5 x Blue Cones



Spare equipment that may be required for the group attendees.



Golf Balls



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