

Swing Week 49



Class Timetable - Week 49

Session Length:
60mins

Group Size:
1:8

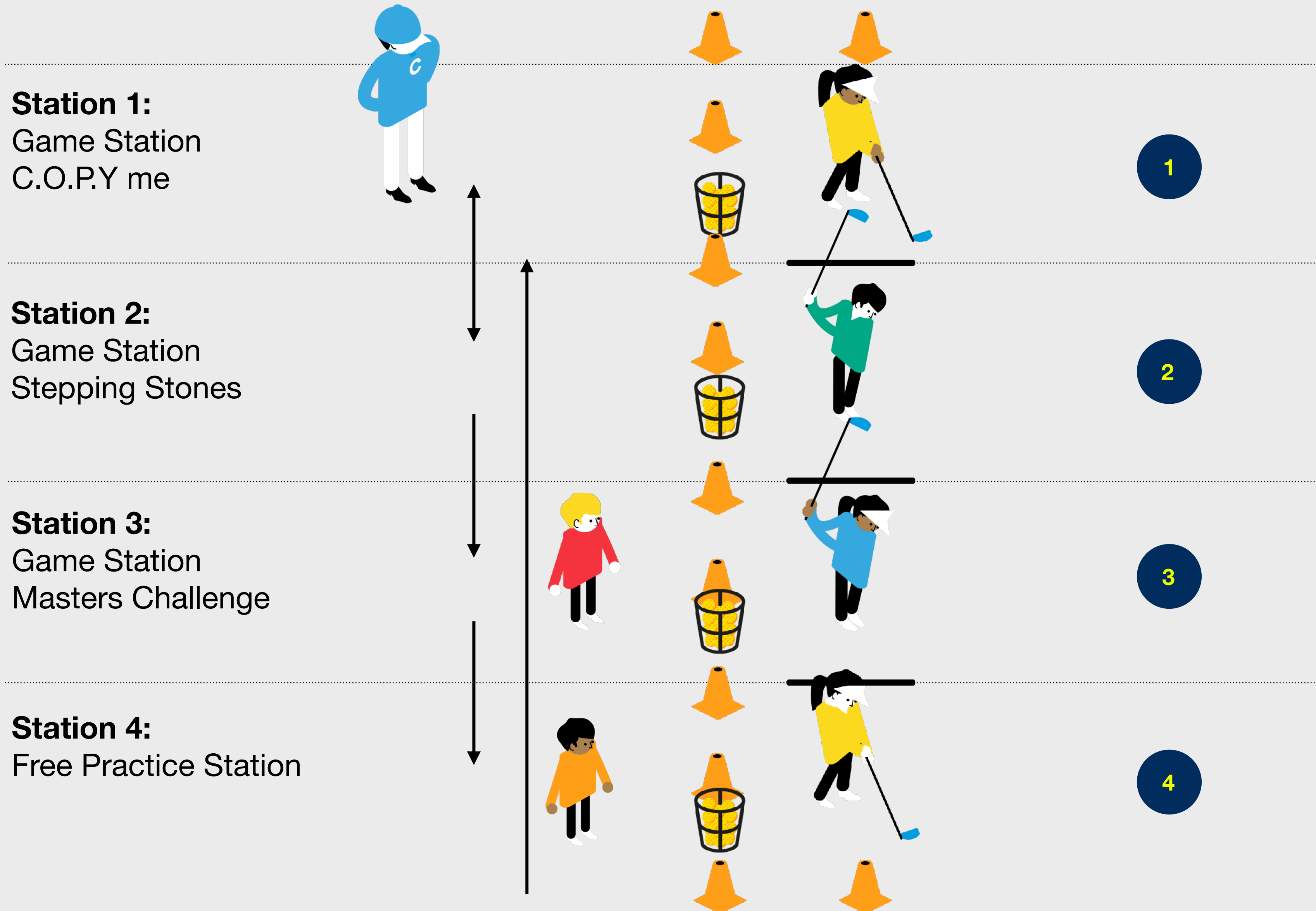
Mastering the Game Focus:
Swing:
Fairway Woods

Whole Child Focus
Creative:
My Hero

Learning the Game Focus:
Orientation:
Par 3, Par 4, Par 5

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"> Capture the Cone
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"> Shouting Fore!
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"> Teaching your Parents
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"> Stepping Stone Masters Challenge C.O.P.Y me
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



Capture the Cone

Team 1's Safety Zone

Team 1's Base



Halfway Line

Team 2's Safety Zone

Team 2's Base

**CRUSH
IT!**
JUNIOR GOLF



How to Play

- This game is best played in two teams. Split the children evenly and allocate each team a base on opposite sides of the playing area
- Team 1 is trying to capture Team 2's "JGA" cone and vice versa
- When a player ventures over the halfway line they are at risk of being tagged by the opposing team. If they are tagged they must go back to their safety zone and wait there until a member of their team tags them back in or for a designated period of time, e.g. 5 seconds
- The game is won when a player manages to capture the opposing team's "JGA" cone and return it to their base without being tagged

Progression Ideas

- Increase or decrease the area that the game is played depending on the number of players
- Introduce different FMS such as jumping, hopping or side steps

Equipment Needed

4 x Orange Safety Cones to mark out the safety zones

SAFETY



2 x JGA Cones



8 x Colored cones to mark the center line



4 x Colored cones to mark Team 1's base



8 x Colored cones to mark Team 2's base





Social

Teaching your Parents

- The Whole Child theme this week is to encourage the children to teach their parents some of the things they have learnt in class.
- Carry this theme into the class by encouraging to the children to relay the information they learned within the focus part of the class to their parents. In addition, they could show them a more

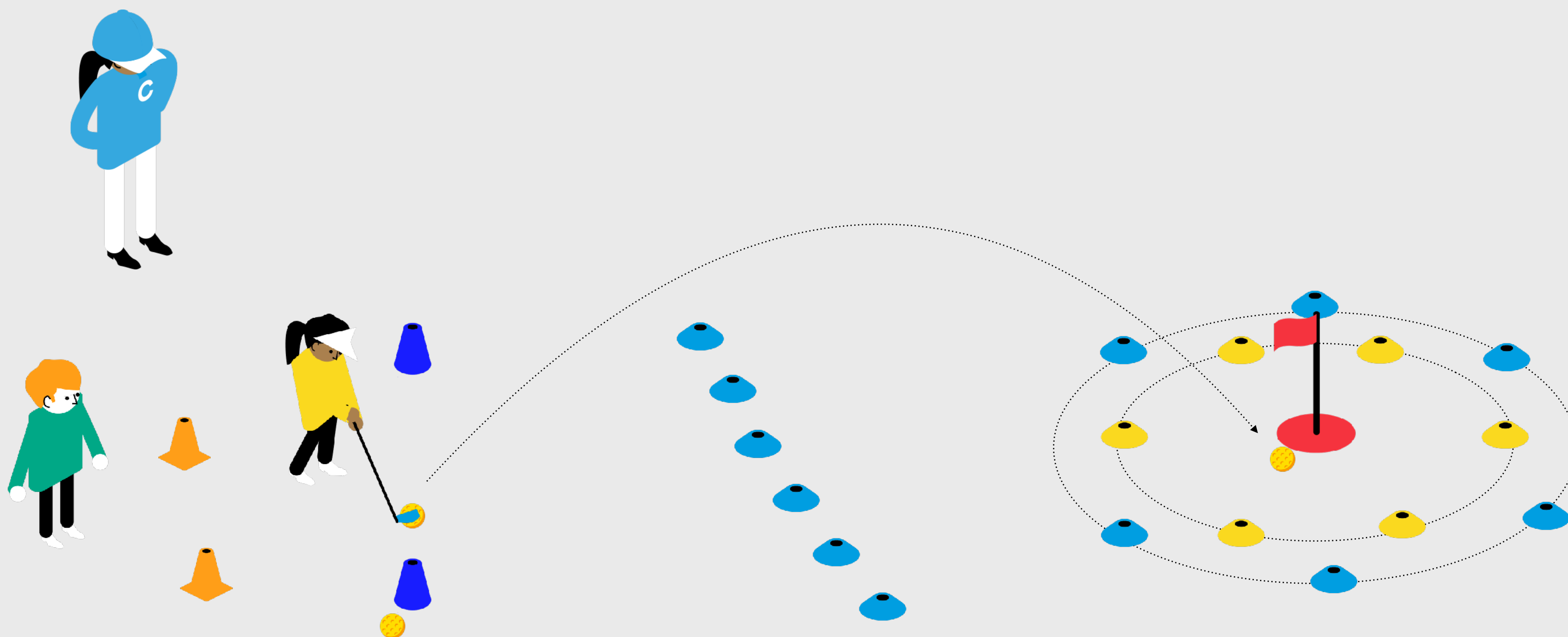


Playing and Scoring

Shouting Fore!

- The Learning the Game focus this week is to make sure that children understand the importance of shouting “Fore”!
- You should make sure that children know what to do when they hear the shout of “Fore”

The Masters Challenge



How to Play

- Explain how the line of blue cones represents a river, just like the famous 12th hole at The Masters
- Players take it in turns to hit shots over the “river” and into the target circles
- If their ball doesn’t go in the air over the line of blue cones then any points scored do not count
- Players score 2 points for the inner circle and 1 point for the outer circle
- The aim is to score the most points after each player has hit 10 shots

Progression Ideas

- Vary the distance to carry the ball over the river
- 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

4 x Orange Safety Cones

SAFETY



9 x Numbered Cones



2 x Foam Noodles



Stepping Stones



How to Play

- Child number 1 starts and attempts to hit their shot onto the green
- If the child hits it onto the green, then the child moves the white cone to the first colored cone (stepping stone). If the child misses, the cone stays where it is
- The next child attempts their shot and moves the cone if successful
- The children complete the challenge if they manage to get the white cone to the end before it is time to switch games

Progression Ideas

- Vary the size of the green
- Vary the distance between the tee box and the green
- Add Hazards to act as a penalty
- Add additional targets to increase the number of moves up the stepping stones

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



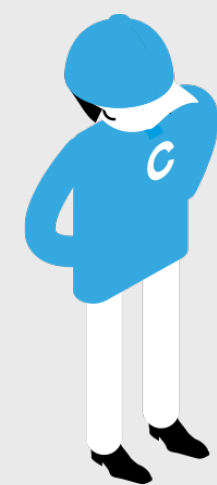
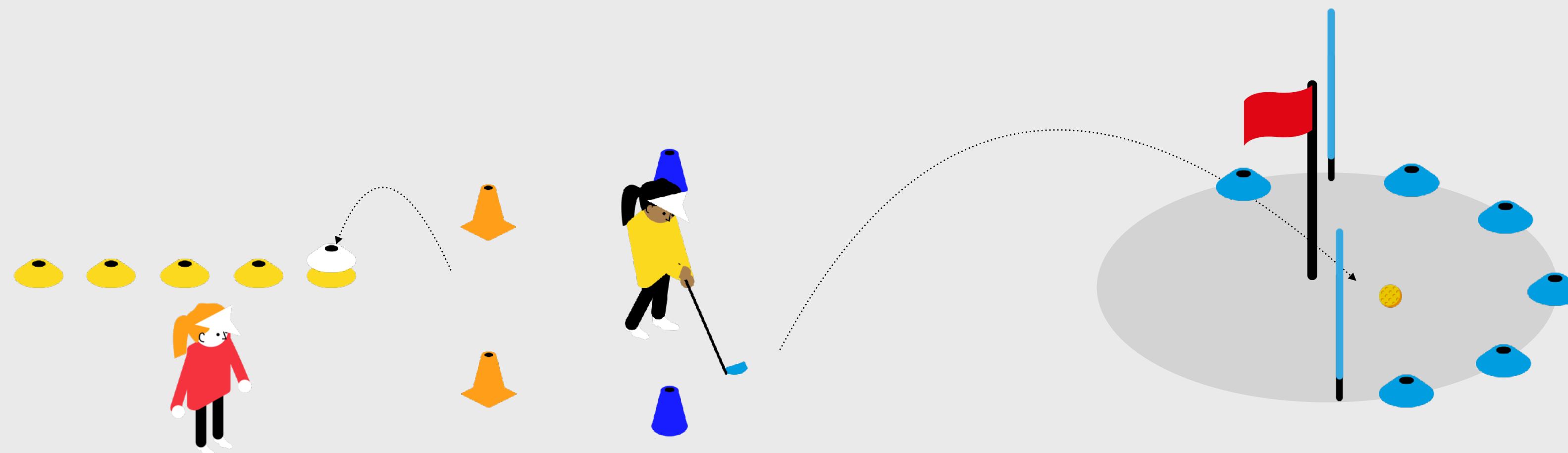
5 x Yellow Cones



Golf Balls

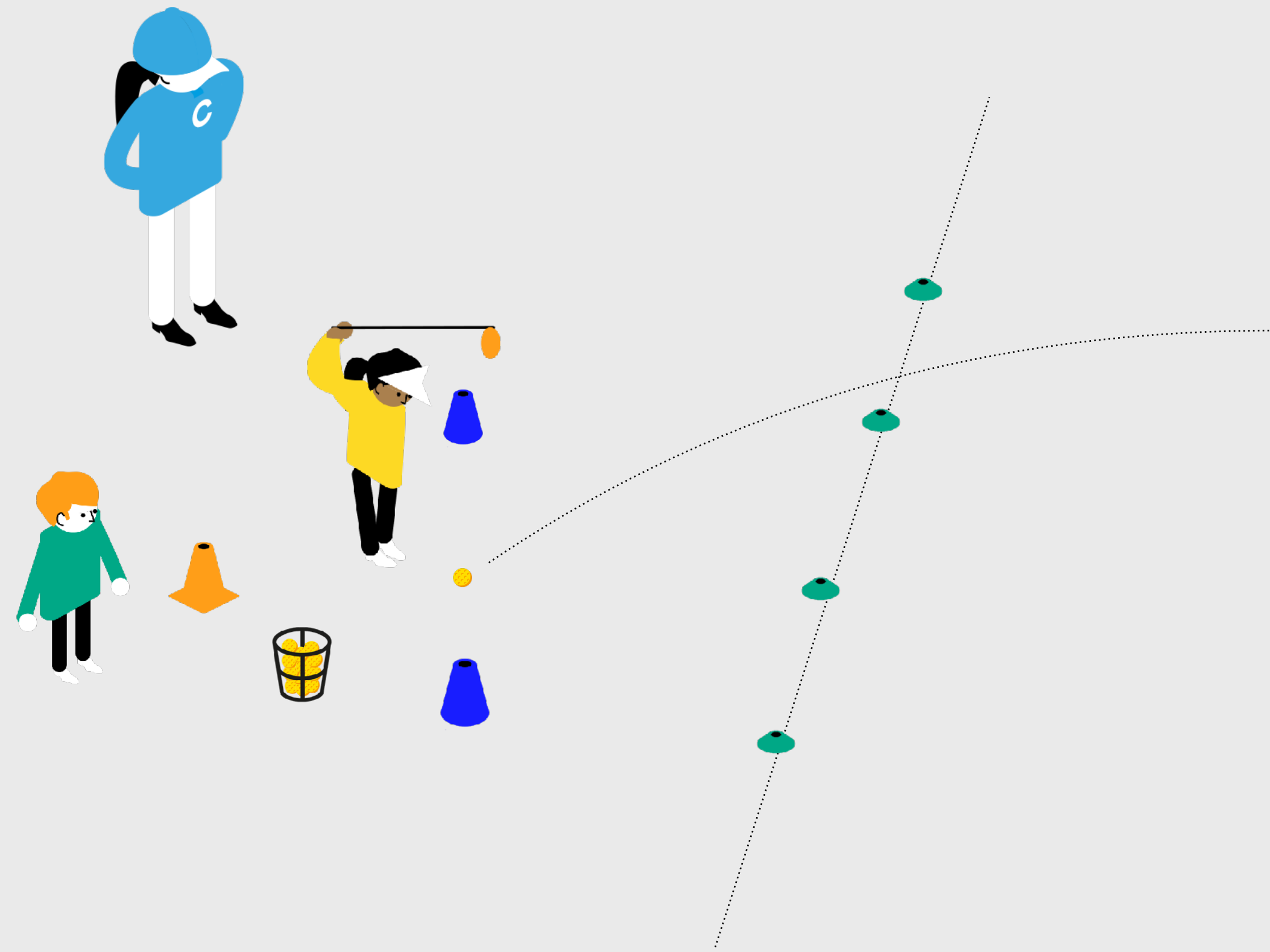


Spare equipment that may be required for the group attendees.



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C.O.P.Y me



How to Play

- The children should take it in turns to choose a shot for their partner to replicate
- If the child cannot produce the shot themselves they receive a letter "C"
- If their partner does not manage to replicate the intended shot they receive a letter "C"
- The game continues until one learner has completed the word "COPY" then they lose

Progression Ideas

- Make it target based as well

Equipment Needed

Orange Safety Cones



Cones to mark out the necessary hitting stations.



Golf balls



6 x Cones to build a target pyramid



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