

# Swing Week 49



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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"> <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 &amp; demonstrate warm up game</li> <li>Play the warmup game</li> </ul>	<ul style="list-style-type: none"> <li>Relay Race</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce the components of the Golf Bag</li> <li>Introduce the Iron &amp; components of the club</li> </ul>	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions &amp; class layout</li> <li>Introduce games, tasks &amp; challenges</li> <li>Deliver one to one &amp; group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Iron Challenge</li> <li>Children rotate around the stations</li> </ul>	Coming Soon
10 Mins	myJunior Track & 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>Distribute Learning the Game Resource if appropriate</li> <li>Children can complete myProgress Wheel and add stickers where appropriate</li> <li>Add any lesson notes to the child's myProgress section</li> <li>Award the Achiever Reward to a student in front of the parents and the group</li> <li>Award any Pins &amp; Hats</li> </ul>	<ul style="list-style-type: none"> <li>The Iron Challenge</li> <li>Tug of War</li> <li>Stepping Stones</li> </ul>

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# 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

**Mastering the Game Challenge:**  
Fairway Wood Challenge

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>Capture the Cone</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>Shouting Fore!</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>Teaching your Parents</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>Stepping Stone</li> <li>Masters Challenge</li> <li>Fairway Wood Challenge</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> <li>GLF. Connect myGame+</li> </ul>

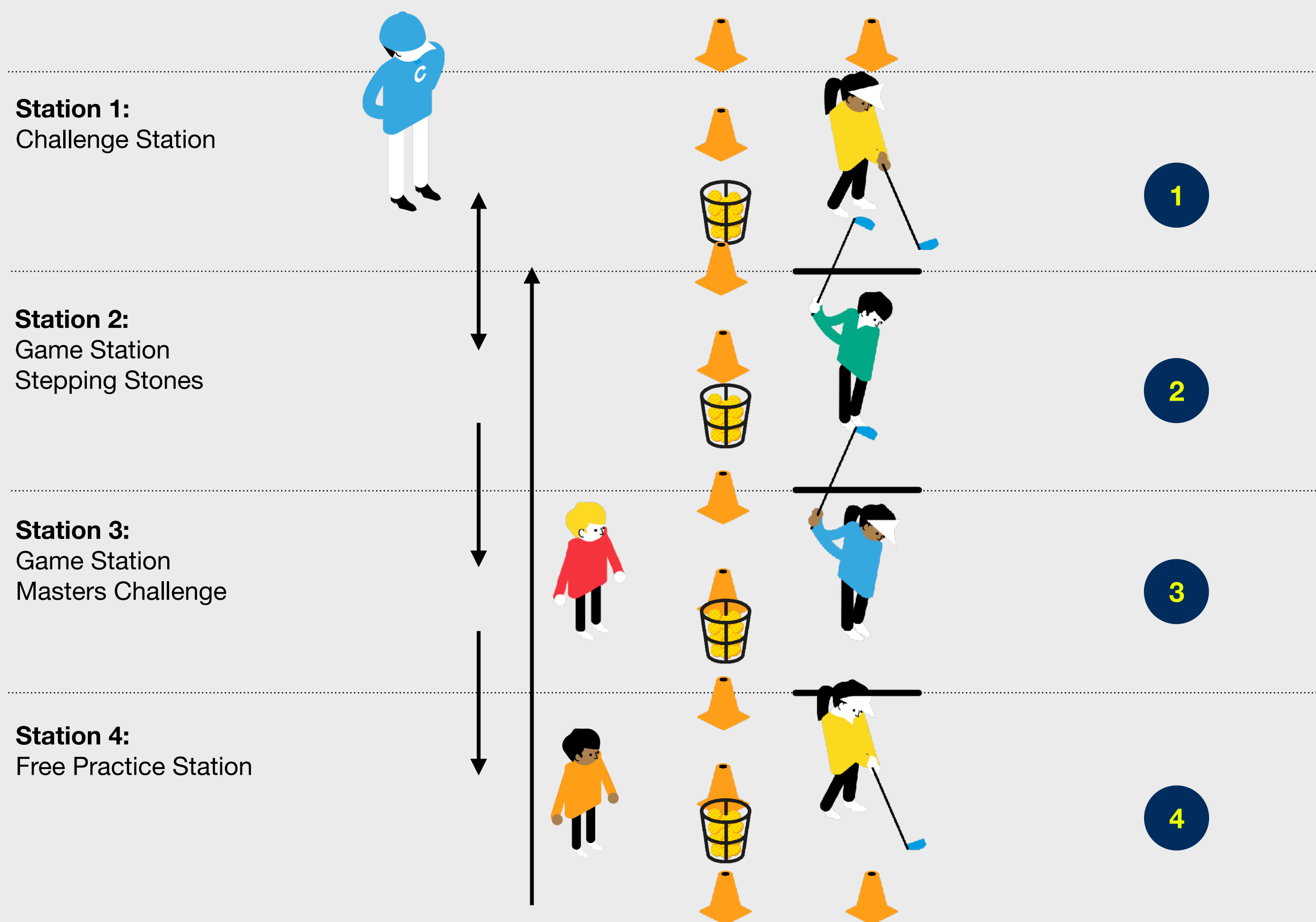
# Layout and Setup



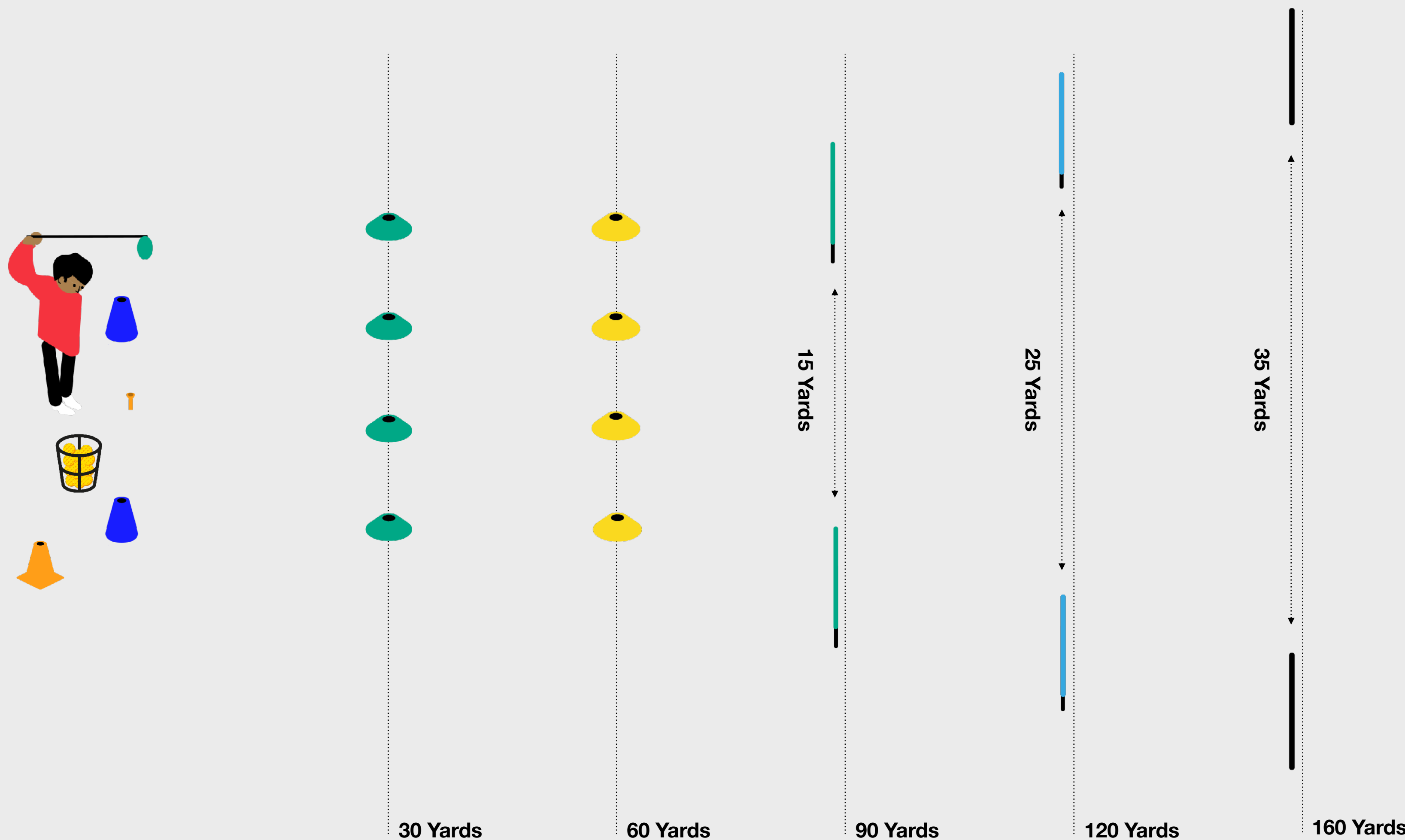
# Class Layout and Setup

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



# Fairway Woods Challenge Setup



## Equipment Needed

- Orange safety cones for a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines for the level 2 and 3 challenges
- Alignment Sticks with a foam noodle on top to mark out the target gates

## Setting out the Challenge

- Use cones to mark out the carry distance lines for the level 2 and 3 challenges
- Alignment sticks with foam noodles should be used to measure the gates for the level 4-6 challenges at the target distances and widths
- Set out all the markers to enable every child to attempt their challenges in the class

# Physical Literacy Warm Up Game





# Capture the Cone

Team 1's Safety Zone

Team 1's Base

Halfway Line

Team 2's Safety Zone

Team 2's Base



## 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



# 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



# Social

## Teaching your Parents

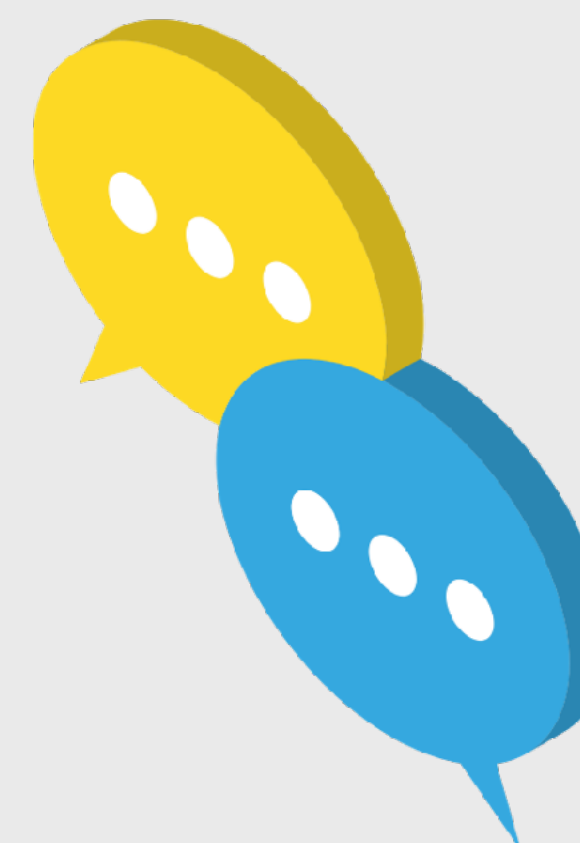
The Whole Child theme this week is to encourage the children to teach their parents some of the things they have learnt in class.

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 technique based skill they worked on.

It should be highlighted that the Achiever Award is presented to the child that has discussed the things they've learnt in the Crush It program.

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 creativity 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



# 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”

Highlight that it is important to shout “Fore” when you can’t see where your ball is finishing and you’re not sure if there are other people in that direction.

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



### Questions to Ask

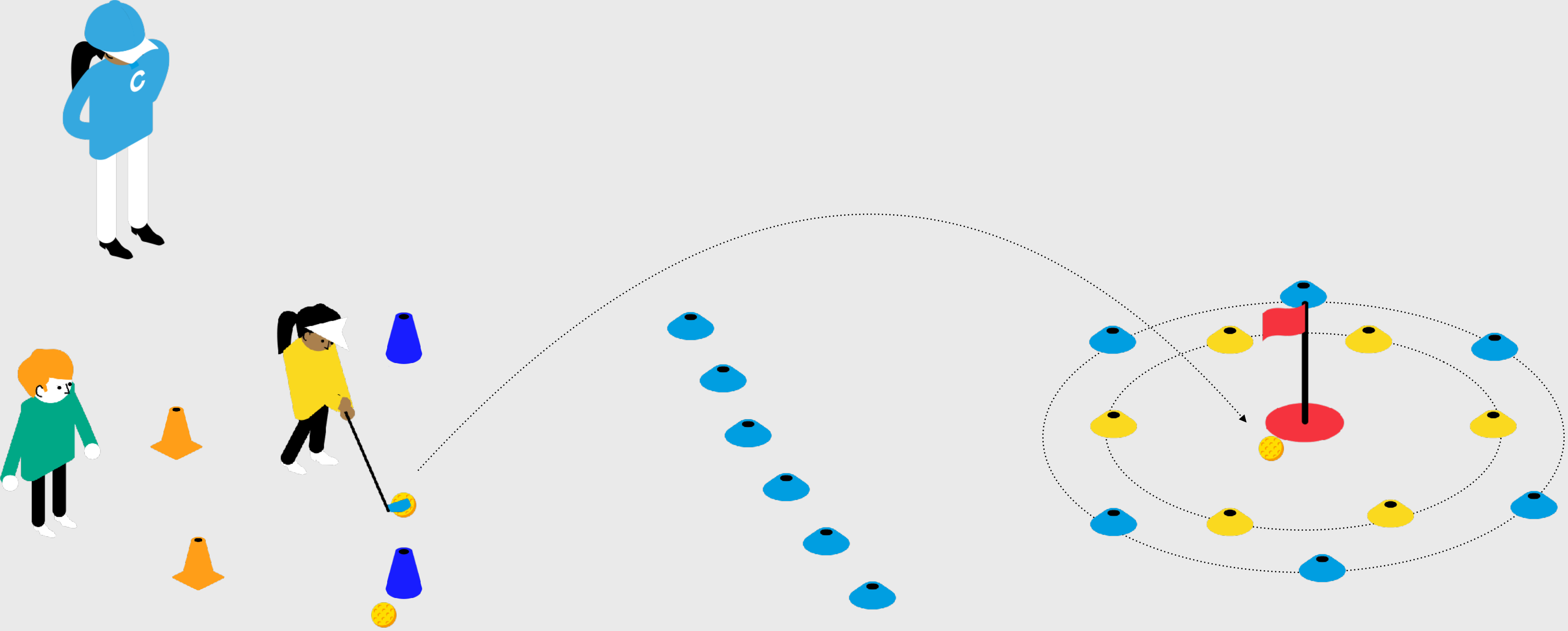
- Who knows what to do when we hear the shout of “Fore”?
- Why is it important to shout “Fore” if your ball is travelling towards another person?

# Mastering the Game Cards





# 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

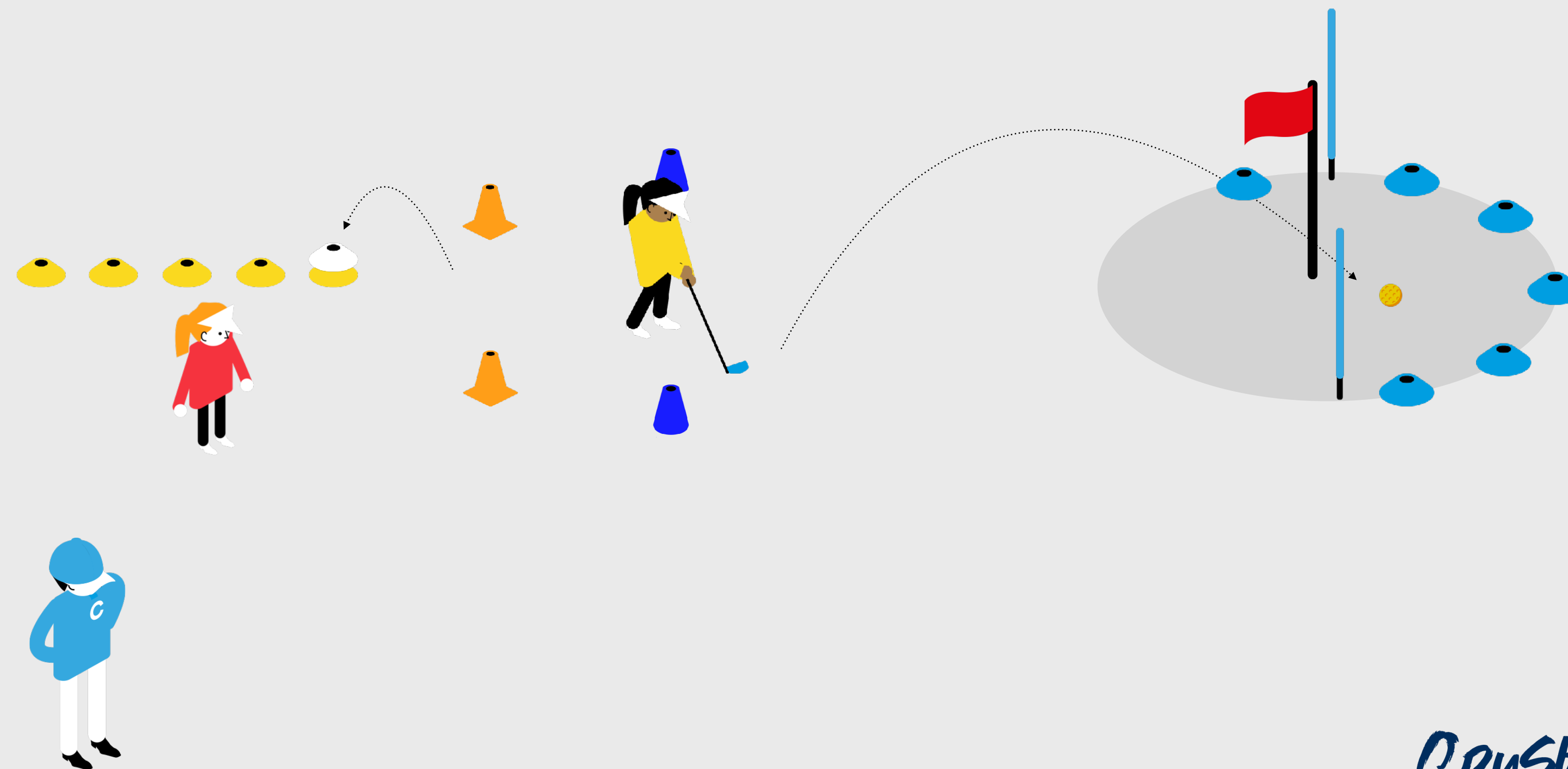
### Equipment needed

- 4 x Orange Safety Cones 
- 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



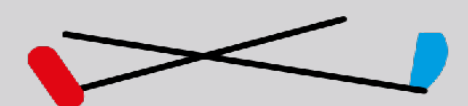
5 x Yellow Cones



Golf Balls



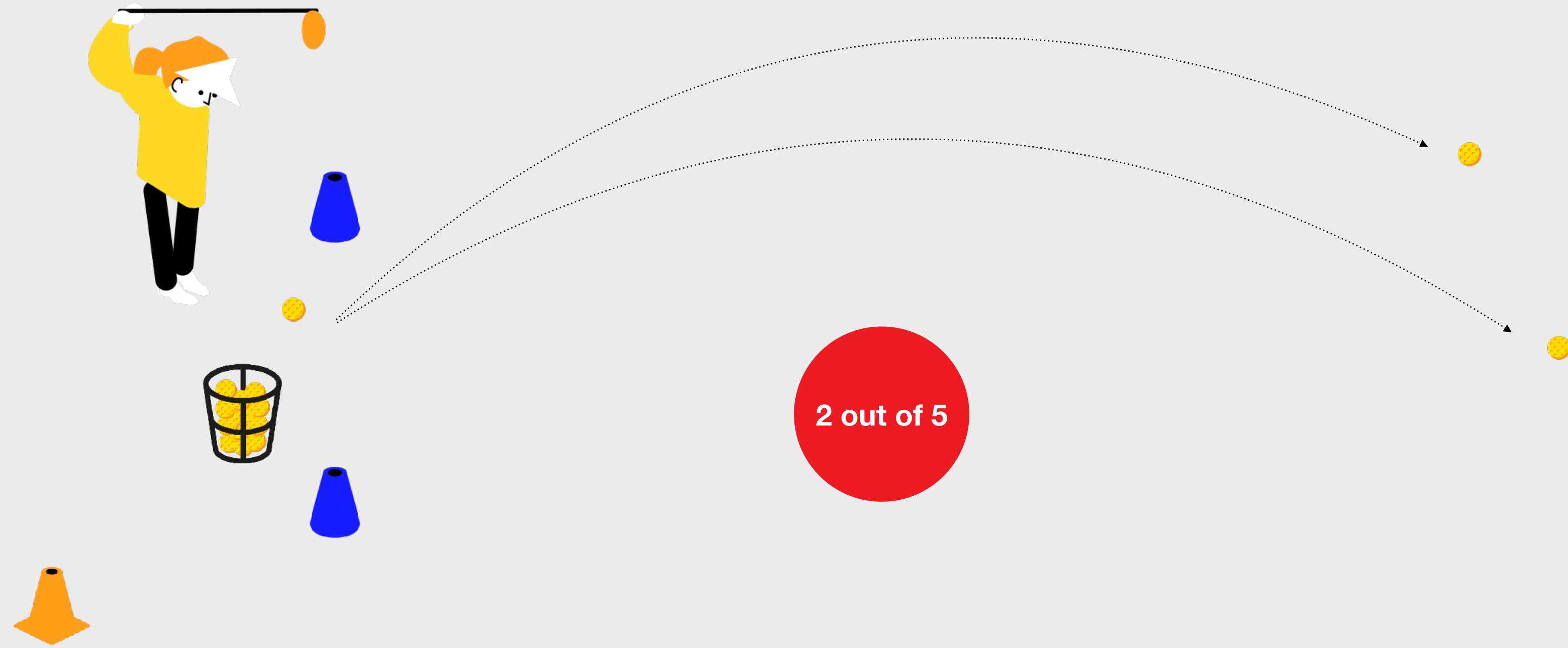
Spare equipment that may be required for the group attendees.



# Mastering the Game Challenge Cards



# Fairway Wood Challenge



## The Challenge

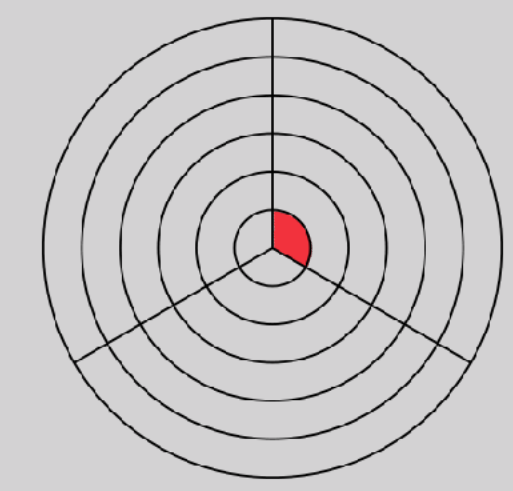
To complete the Level 1 Challenge within the Fairway Woods element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the child doesn't need to demonstrate control over direction or distance. This challenge can be attempted off a tee.

## 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.

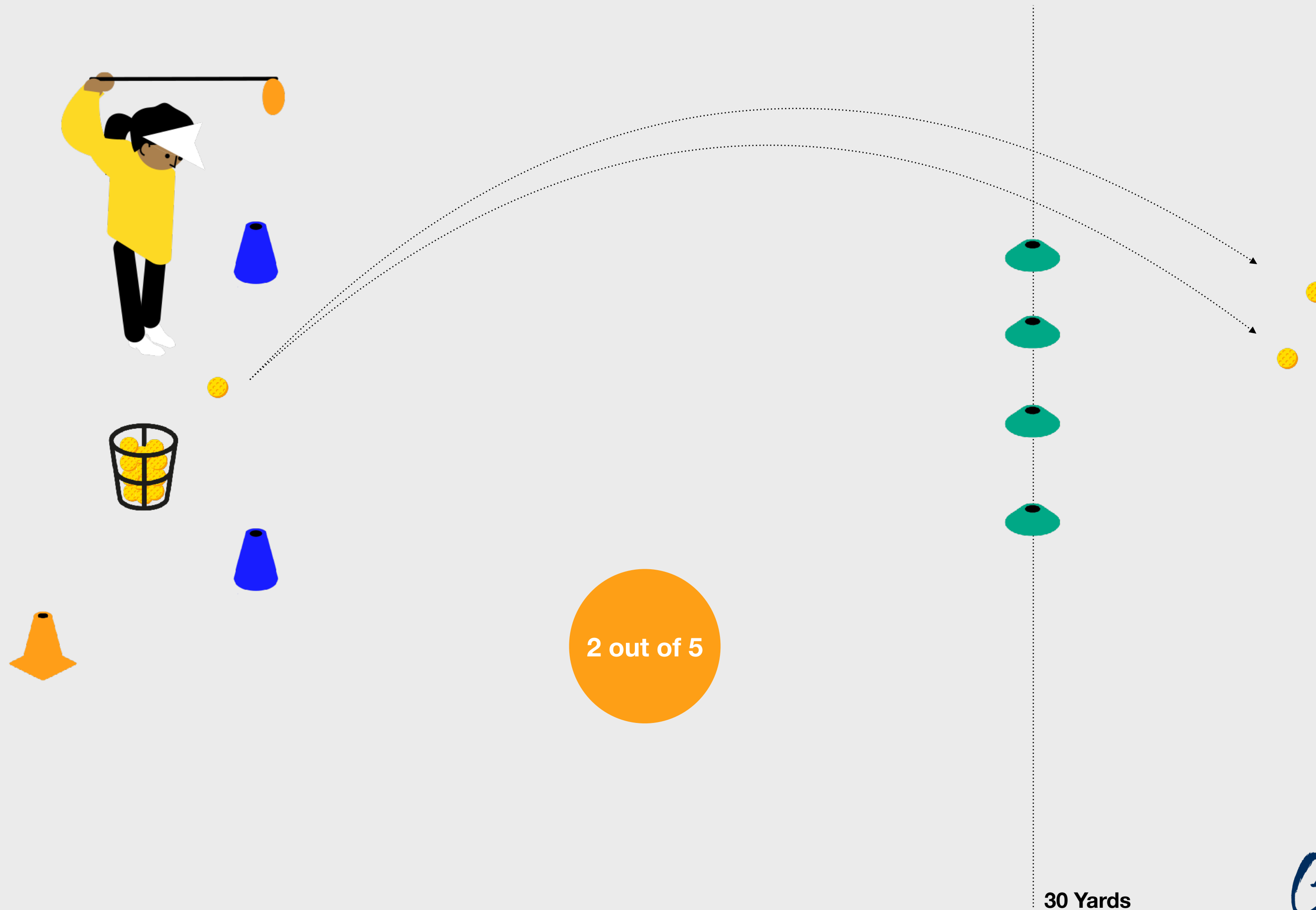
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Fairway Woods



# Fairway Wood Challenge



### The Challenge

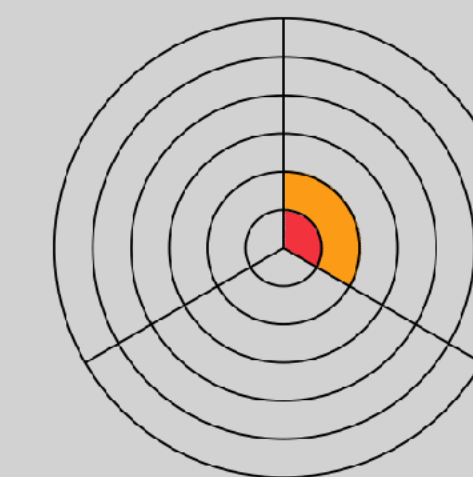
To complete the Level 2 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air, a minimum carry distance of 30 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction and the shots can be attempted off a tee.

### 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.

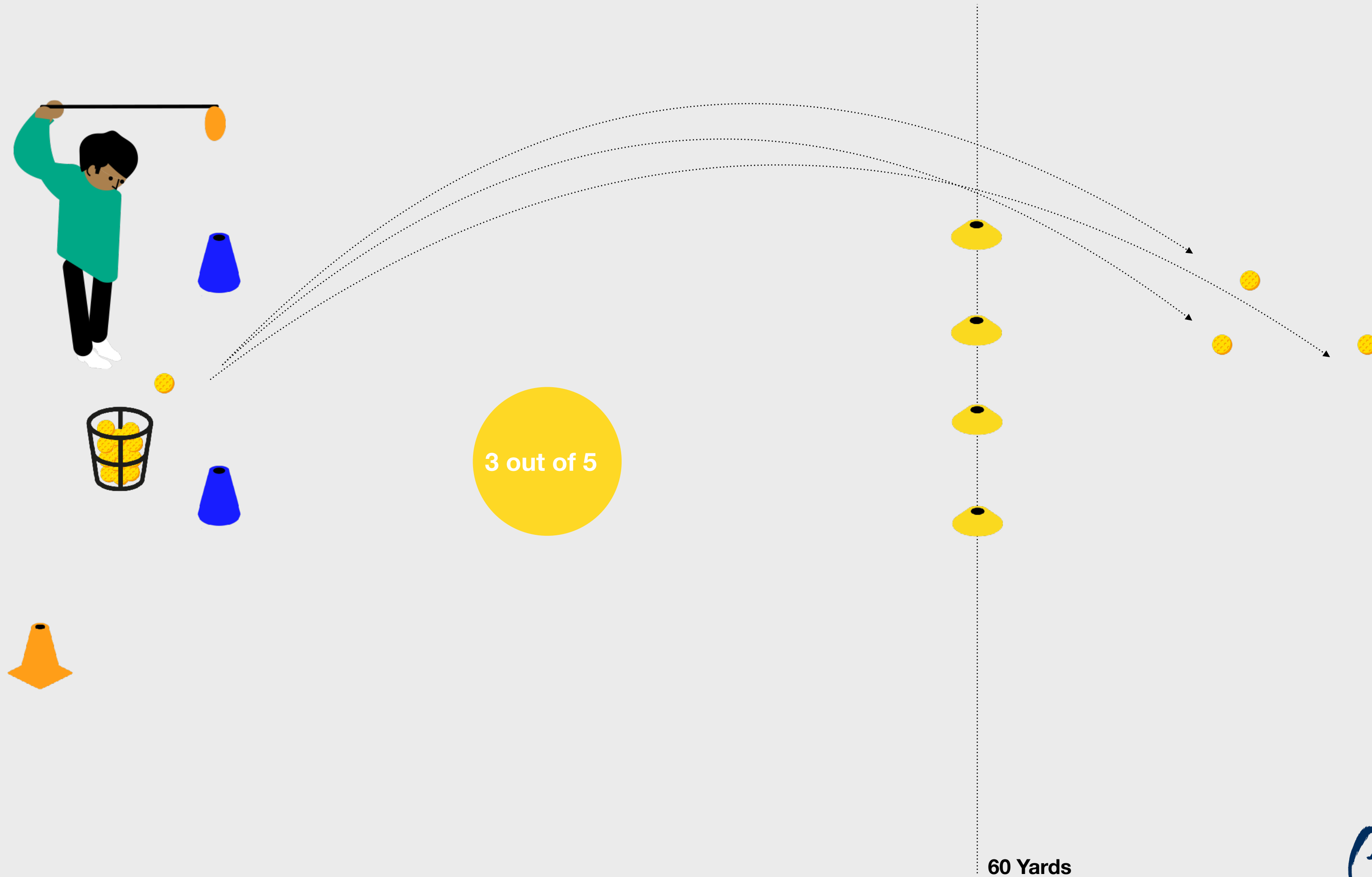
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Fairway Woods



# Fairway Wood Challenge



### The Challenge

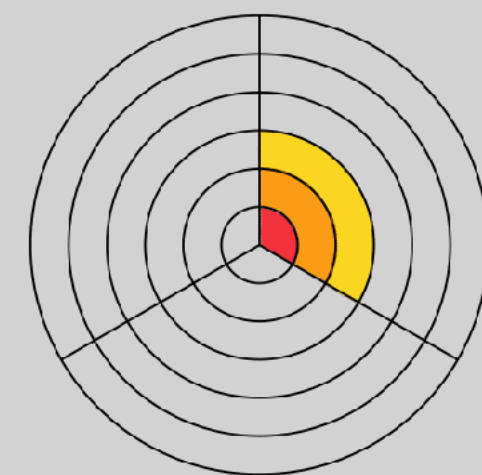
To complete the Level 3 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum distance of 60 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction and can hit their shots off a tee.

### 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.

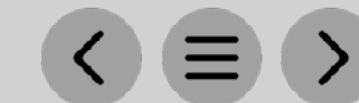
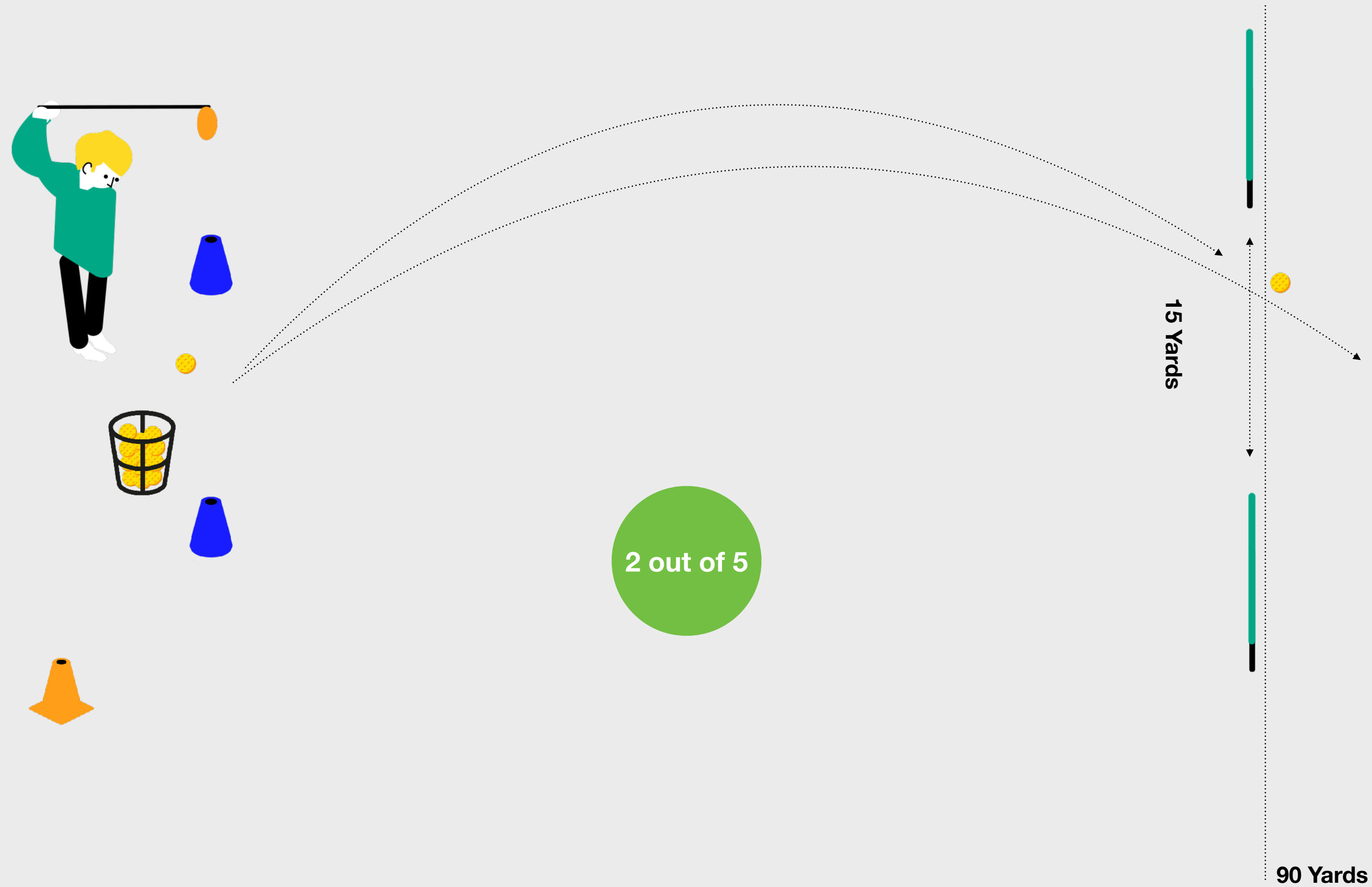
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Fairway Woods



# Fairway Wood Challenge



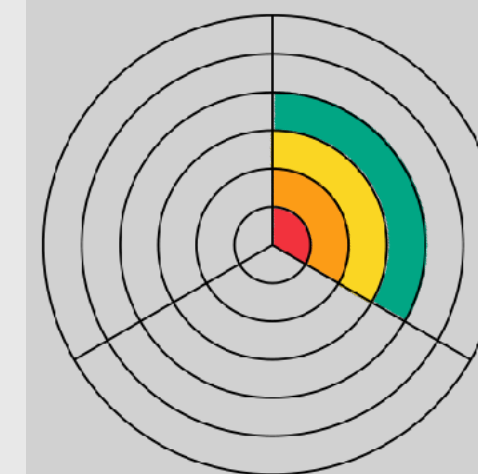
## The Challenge

To complete the Level 4 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air, a minimum total distance of 90 yards. The ball must come to rest within a 15-yard-wide gate. This challenge should be attempted with the ball on the ground.

## 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.

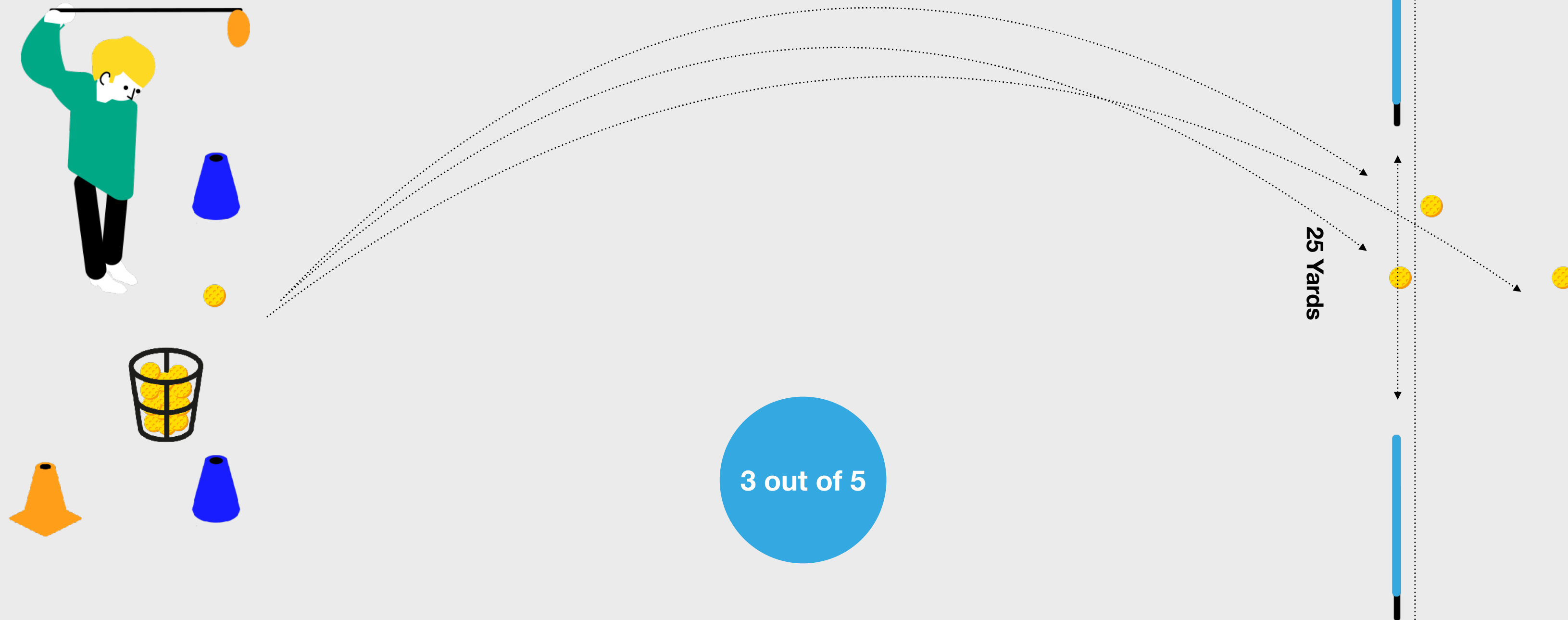
If they are also assigned to the Crush It myGame+ program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



Fairway Woods



# Fairway Wood Challenge



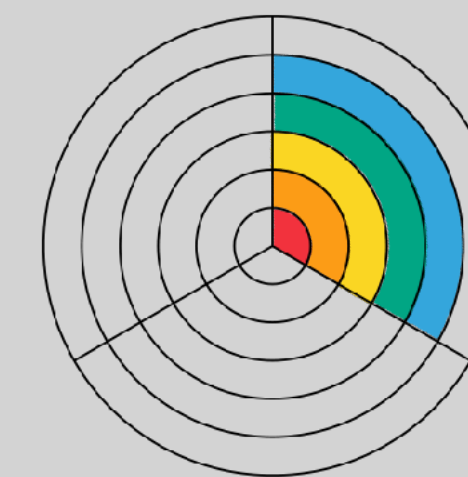
## The Challenge

To complete the Level 5 Challenge within the Fairway Wood Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum total distance of 120 yards. The ball must come to rest through a 25-yard wide gate. This challenge should be attempted with the ball on the ground.

## 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.



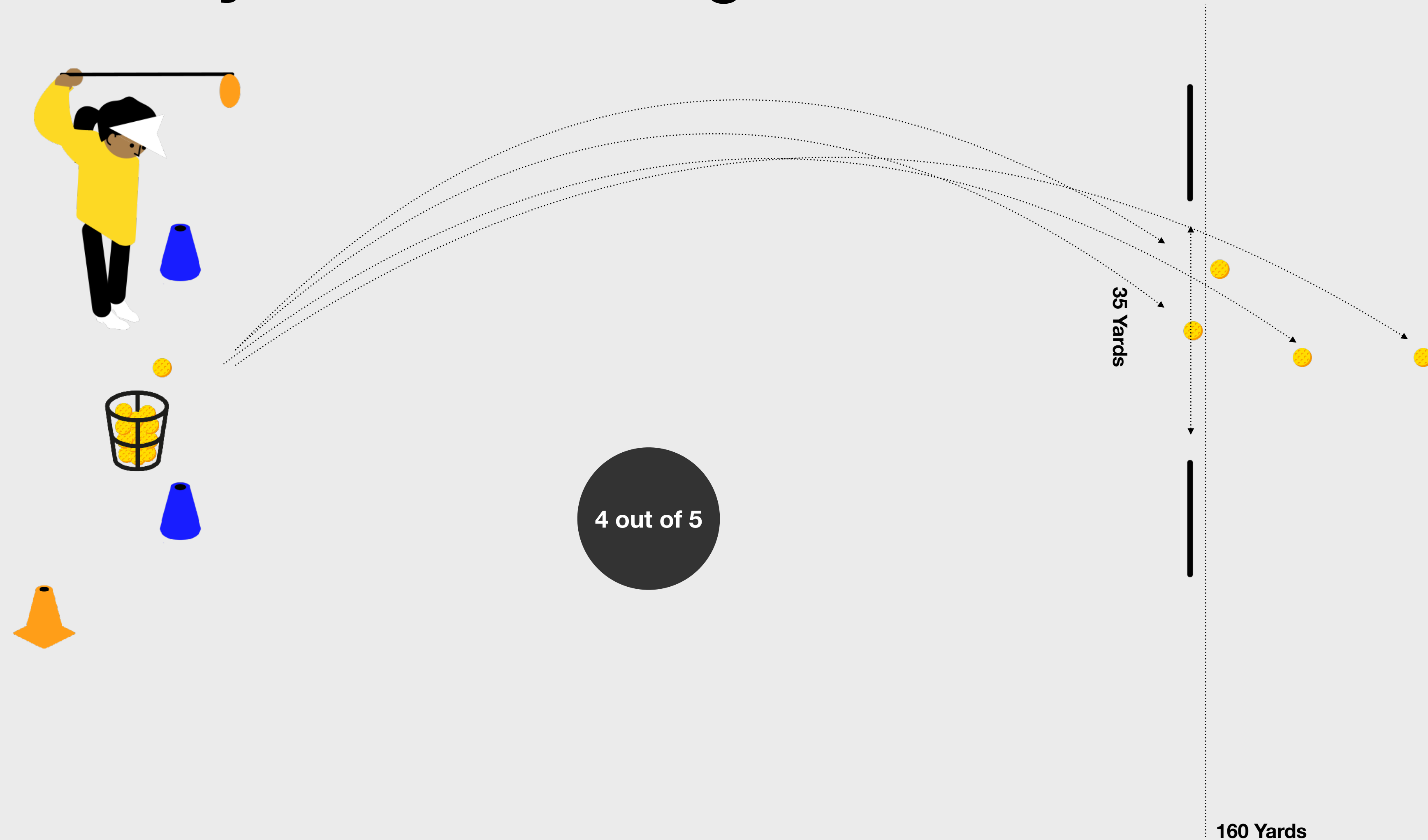
Fairway Woods



120 Yards



# Fairway Wood Challenge



4 out of 5

35 Yards

160 Yards



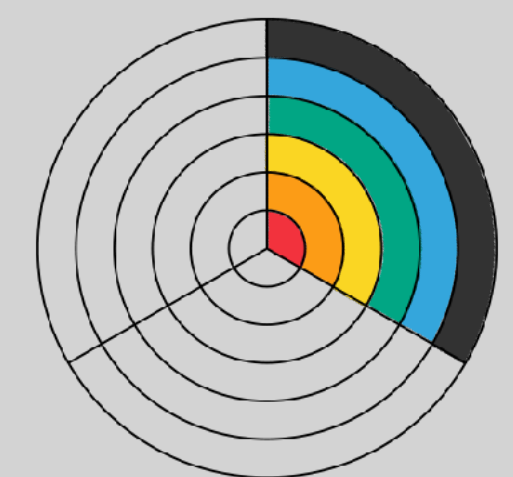
## The Challenge

To complete the Level 6 Challenge within the Fairway Woods Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots a minimum total distance of 160 yards. The ball should come to rest through a 35-yard wide gate. This challenge should be attempted with the ball on the ground.

## 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.



Fairway Woods

