

# On the Green

## Week 5





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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 5

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
On the Green:  
Long Putts

**Whole Child Focus**  
Cognitive:  
Your Goals

**Learning the Game Focus:**  
Preparing to Play:  
Why should we warm up?

**Mastering the Game Challenge:**  
Long Putt 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>Ball Toss</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>Why should we warm up?</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>Your Goals</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>Curling</li> <li>Stick Shift</li> <li>Long Putt 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

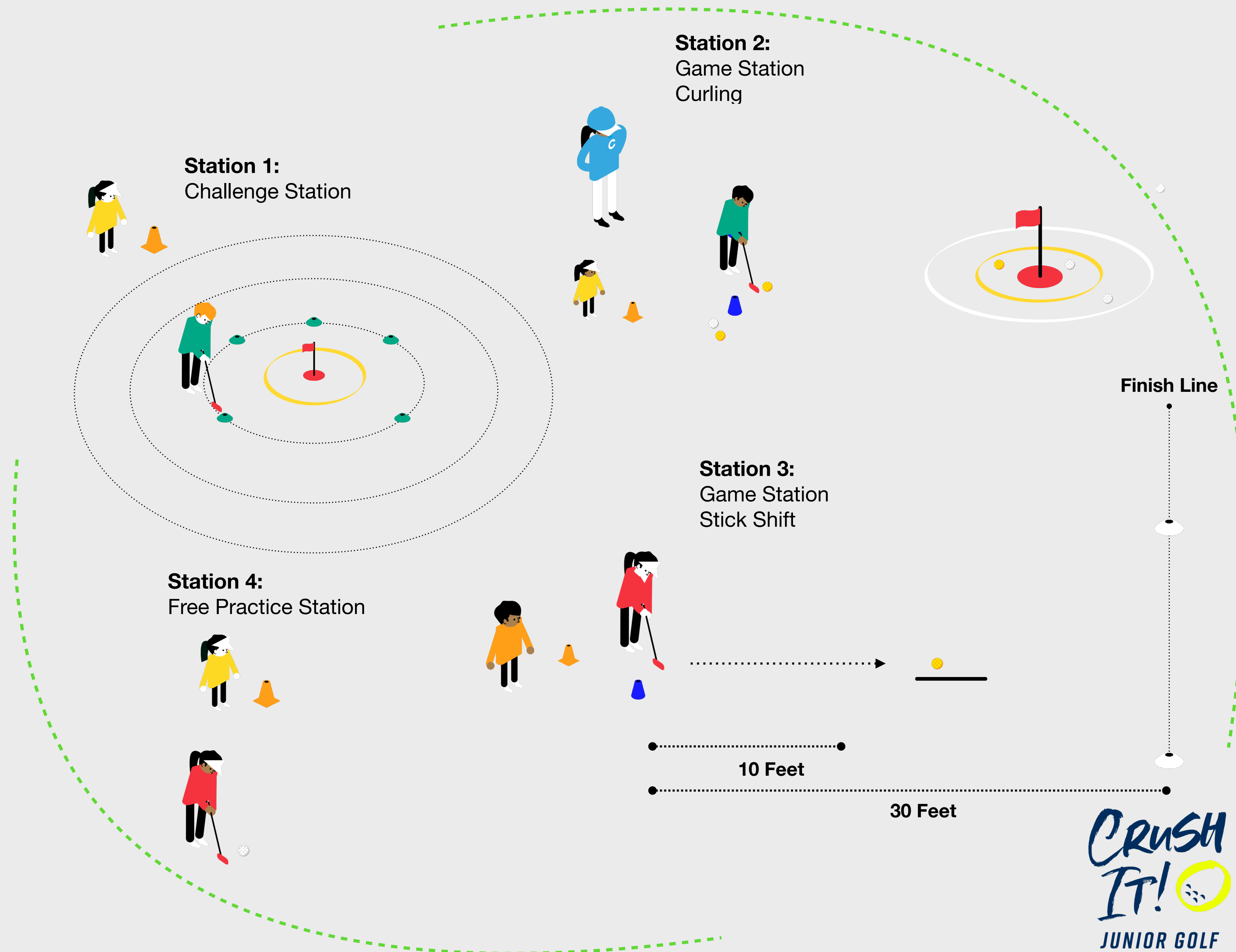




# Class Layout and Setup

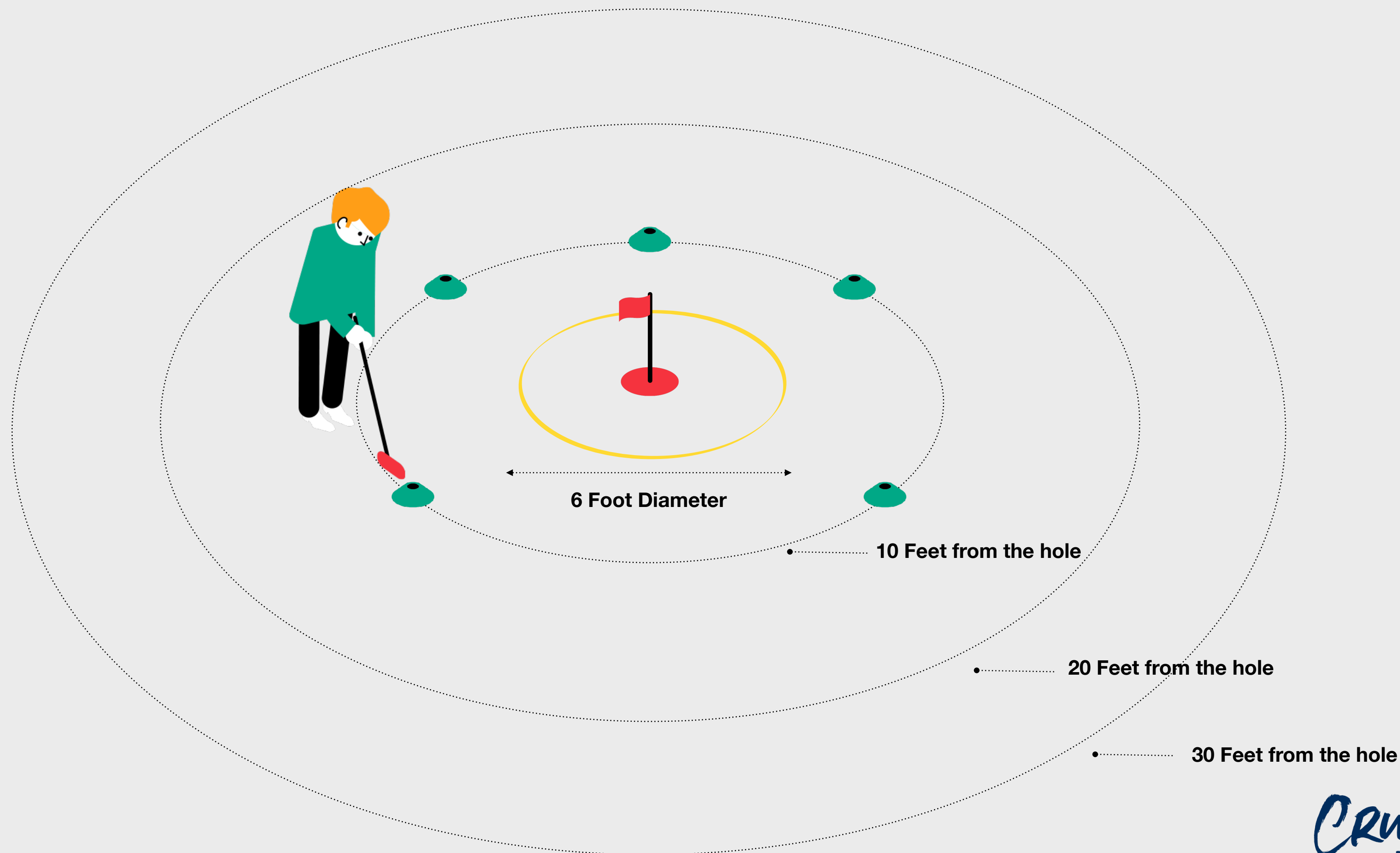
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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





# Long Putts Challenge Setup



## Setting out the Challenge

- A hole should be selected on the putting green on an average sloped surface
- A 6 foot diameter circle should be made around the hole using the target circle from your equipment bag
- 5 Positions should be marked on the green at 10 feet from the hole
- The 5 distances at 20 feet and 30 feet should be placed by the player using the 10-foot markers as a guide when attempting the challenge

## Equipment Required

- 1 hole on the green
- 5 x tee pegs to mark the 5 starting positions at 10 feet
- 6 foot diameter target ring





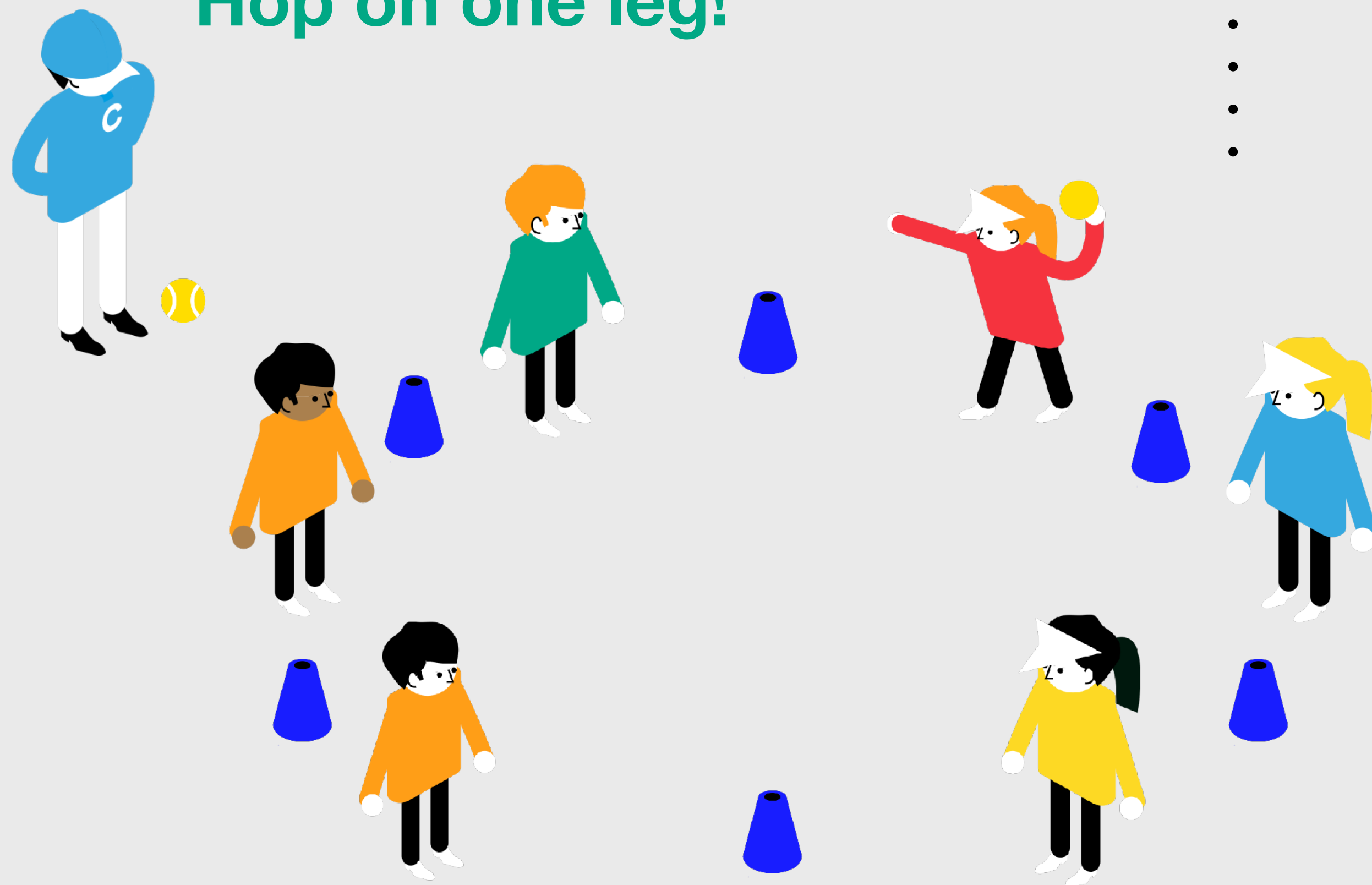
# Physical Literacy Warm Up Game





# Ball Toss

## Hop on one leg!



## Coach commands

- Hop on one leg
- Switch legs
- Throw low
- Throw high
- Step left
- Step right
- Changeover
- Jog on the spot
- Hop on one leg
- Stand on one leg
- One arm catching



## How to Play

- This game is played individually. Children form a small circle an even distance apart. Each child starts with 3 points.
- One child starts with the ball, and the aim is to throw the ball to another child directly at stomach height. When throwing the ball, the aim is attempts to throw that the other child can catch.
- If the ball is dropped, the player loses a point. If a player throw the ball out of reach of a player, they lose a point.
- When a child loses all of their points, they exit the game and the game continues until one player is left.

## Progression Ideas

- Increase the distance between each child
- Increase the size of the circle
- Add multiple balls into the game.
- Decrease the size of the ball
- Use faster and more advanced coach commands during the game

## Equipment Needed

Cones to mark the edge of the circle



Soft Balls



# 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





# Cognitive

## Your Goals

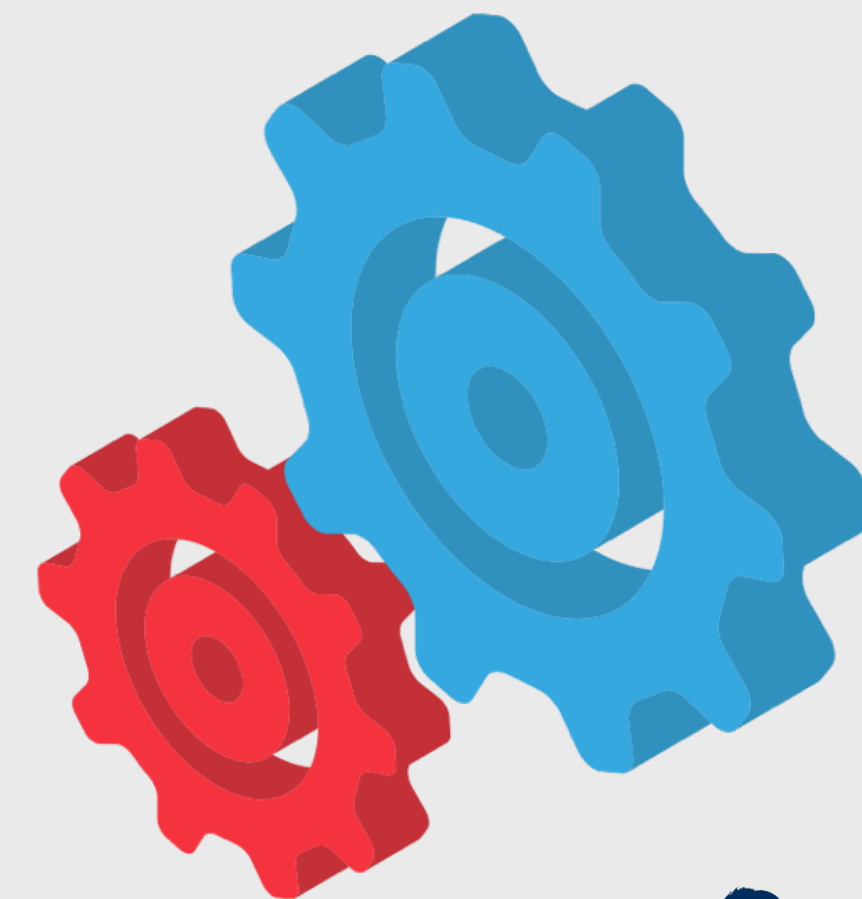
The Whole Child theme this week is to encourage the children to set some goals for their golf.

Carry this theme into the class by asking the children to set a short term goal for the class such as 'complete level 3 of challenge' and set a long term for the future goal like 'become better at long putting'.

It should be highlighted that the Achiever Award is presented to the child that has set and/or achieved their goals.

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.



**CRUSH  
IT!**  
JUNIOR GOLF



### 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



# Preparing to Play

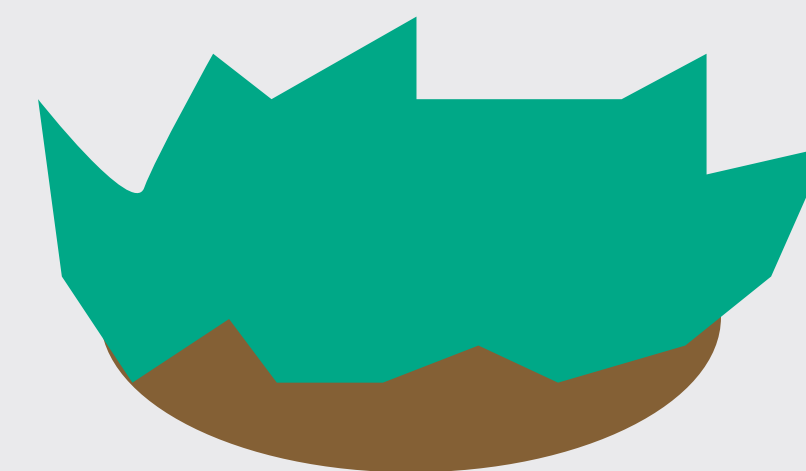
## Why should we warm-up?

The Learning the Game focus this week is about warming up before a round and why it is important.

You should highlight to your juniors that by going through a warm-up they will be more prepared to play which will help improve their performance.

For more advanced groups take the time to discuss a warm-up routine and include both mental and physical preparations.

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



**CRUSH  
IT!**   
JUNIOR GOLF



### Questions to Ask

- Why do we need to warm up?
- What muscles are important for golf?
- Do you know any stretches or movements we can do to warm up?
- What do we need to think about before playing golf?
- If you could step onto the first tee and be totally prepared, what would you have done, and what would that feel like?



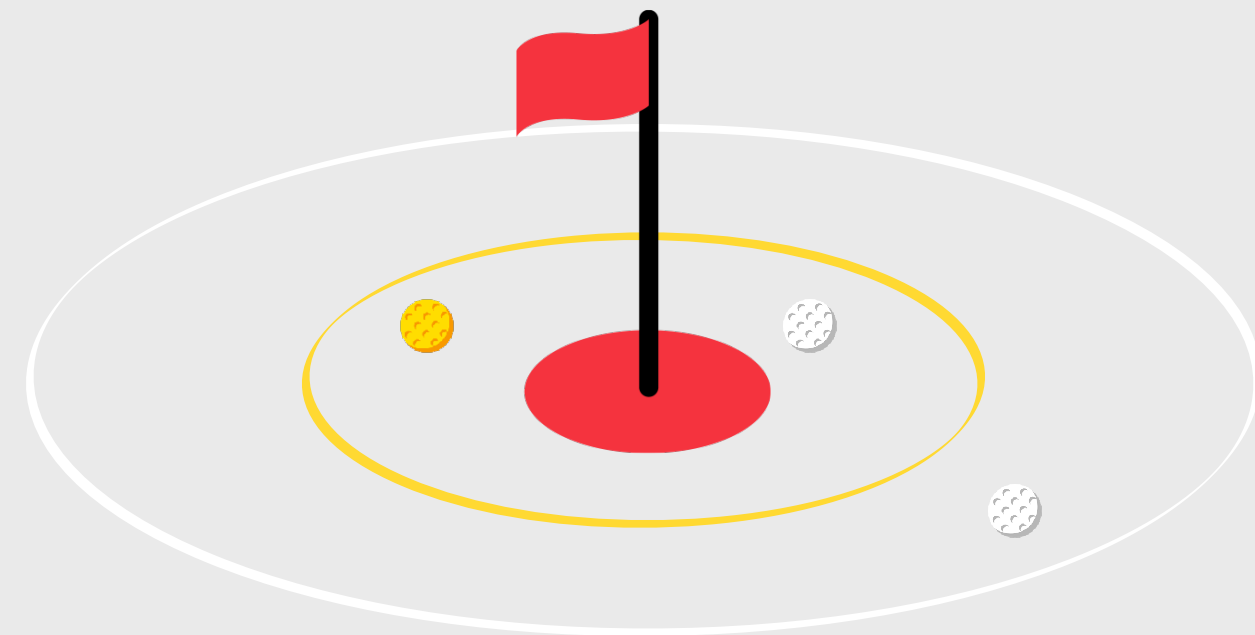
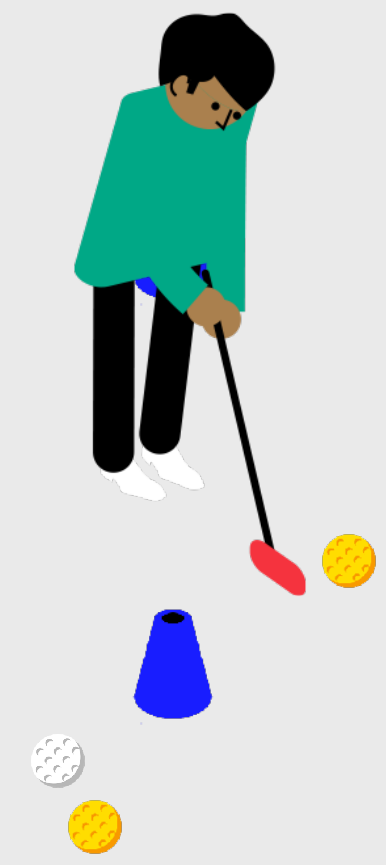
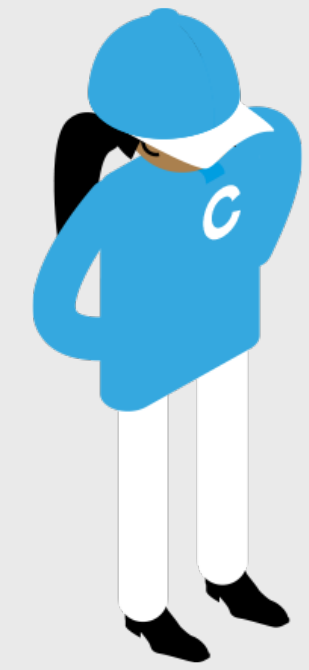
# Mastering the Game Cards







# Curling



20 Feet

### How to Play

- Nominate a player to play first. Each child is given 3 golf balls of different colors
- The first player attempts their first shot and aims to get their ball as close to the flag as possible
- Players alternate turns until all of the golf balls have been used
- The closest ball to the flag wins the round

### Progression Ideas

- Introduce the game on a slope
- Change the size of the target circles
- Change the distance between the starting position and the target circles
- Play with more or fewer balls

### Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills

### Equipment needed

Orange Safety Cones	
Cones to mark out the necessary hitting station	
Spare equipment that may be required for the group attendees	
3 x Yellow Golf Balls	
3 x White Golf Balls	
10 x Yellow Colored Cones for Middle 6 Yard Target Circle	
10 x Blue Colored Cones for Outer 10 Yard Target Circle	
8 x Green Colored Cones for Inner 3 Yard Target Circle	

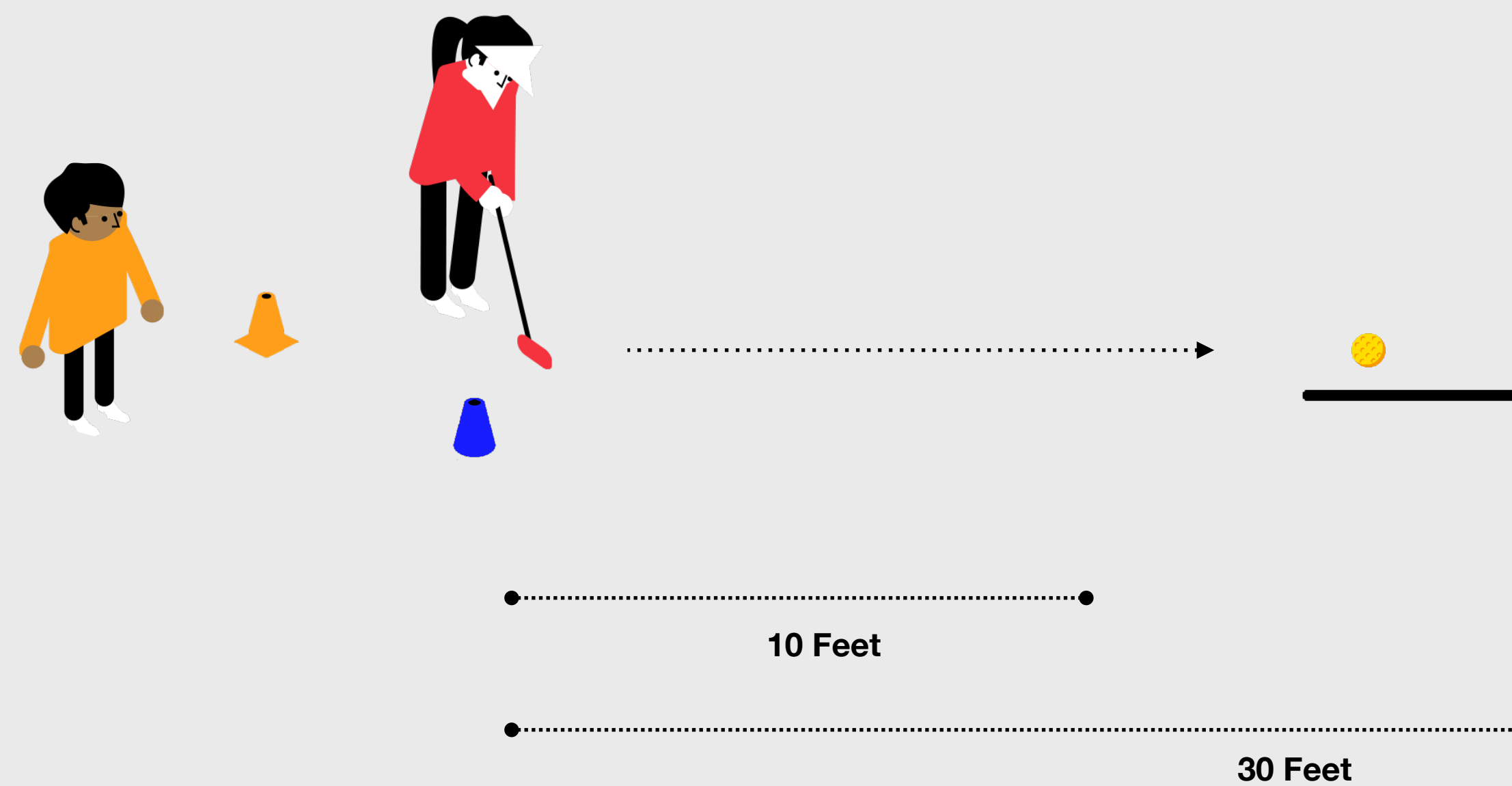




# Stick Shift



Finish Line



**CRUSH  
IT!**  
JUNIOR GOLF



## How to Play

- The children are working together to move the alignment stick from its starting point 10 feet away, to the finish line
- The children take it in turns to hit a putt towards the alignment stick
- The aim is to get the ball to stop within the length of the alignment stick. If they are successful they get to move the alignment stick one length further on
- If the player is not successful in putting the ball inside the length of the alignment stick they have to try again when it is their turn
- The team complete the game when they get the alignment stick past the finish line

## Progression Ideas

- Increase or decrease the starting distance and the finish line distance
- Add in a rule whereby the player has to move the alignment stick back one distance if they are not successful

## Learning Outcomes

- The primary learning outcome is control of distance
- Consistency of distance control

## Equipment needed

### Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



Spare equipment that may be required for the group attendees.



1 x Golf ball



1 x Alignment Sticks



2 x White cones for the finish line



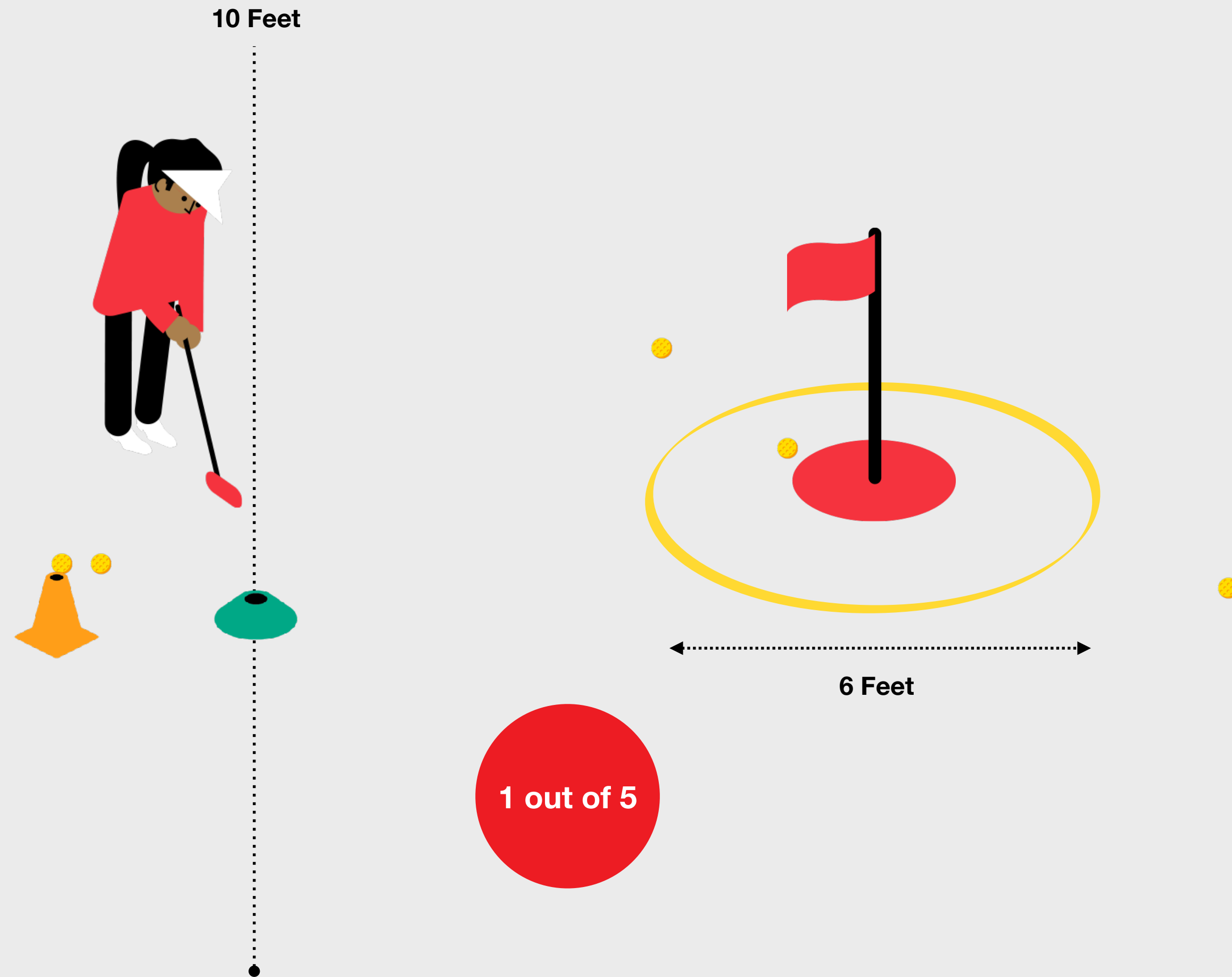


# Mastering the Game Challenge Cards





# Long Putts Challenge



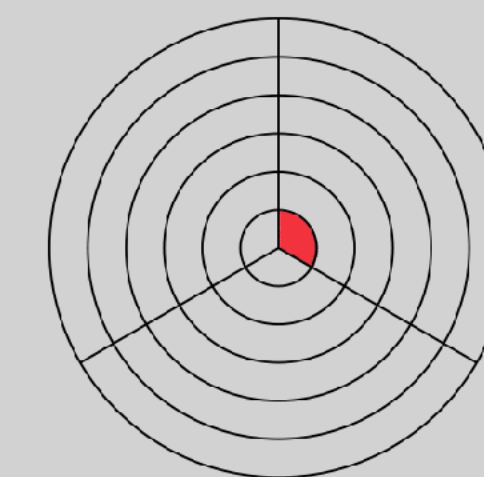
## The Challenge

To complete the Level 1 Challenge within the Long Putts skill element, the child has 5 attempts to putt 1 ball to within a 6 foot diameter circle around the hole from a single position 10 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.

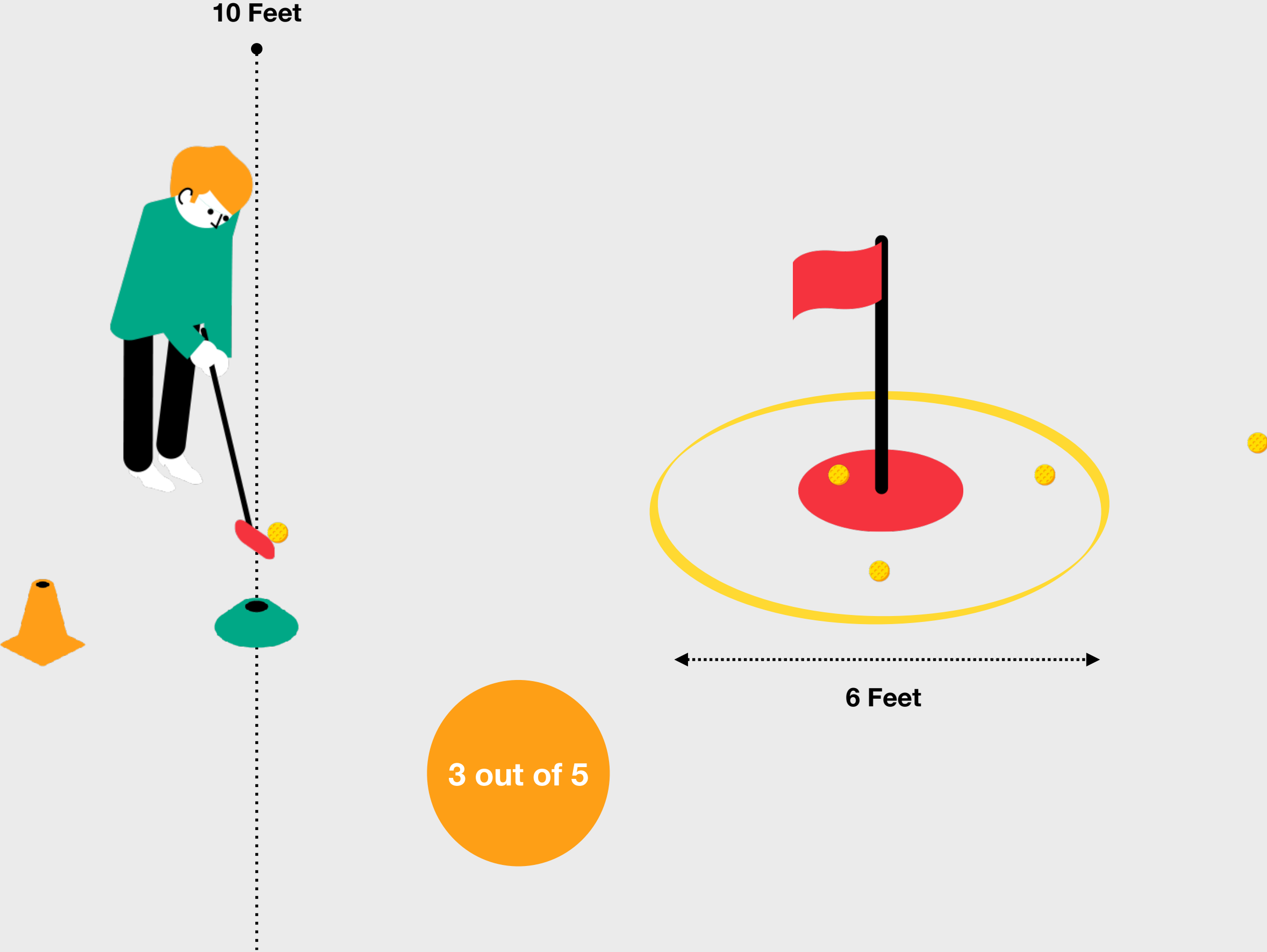
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Long Putts



# Long Putts Challenge



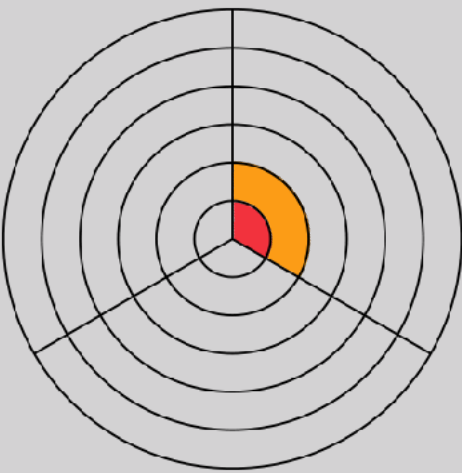
### The Challenge

To complete the Level 2 Challenge within the Long Putts skill element, the child has 5 attempts to putt 3 ball to within a 6 foot diameter circle around the hole from a single position 10 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 there 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.



### Long Putts





# Long Putts Challenge



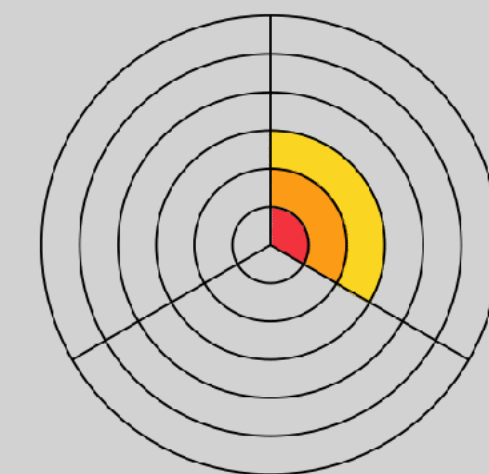
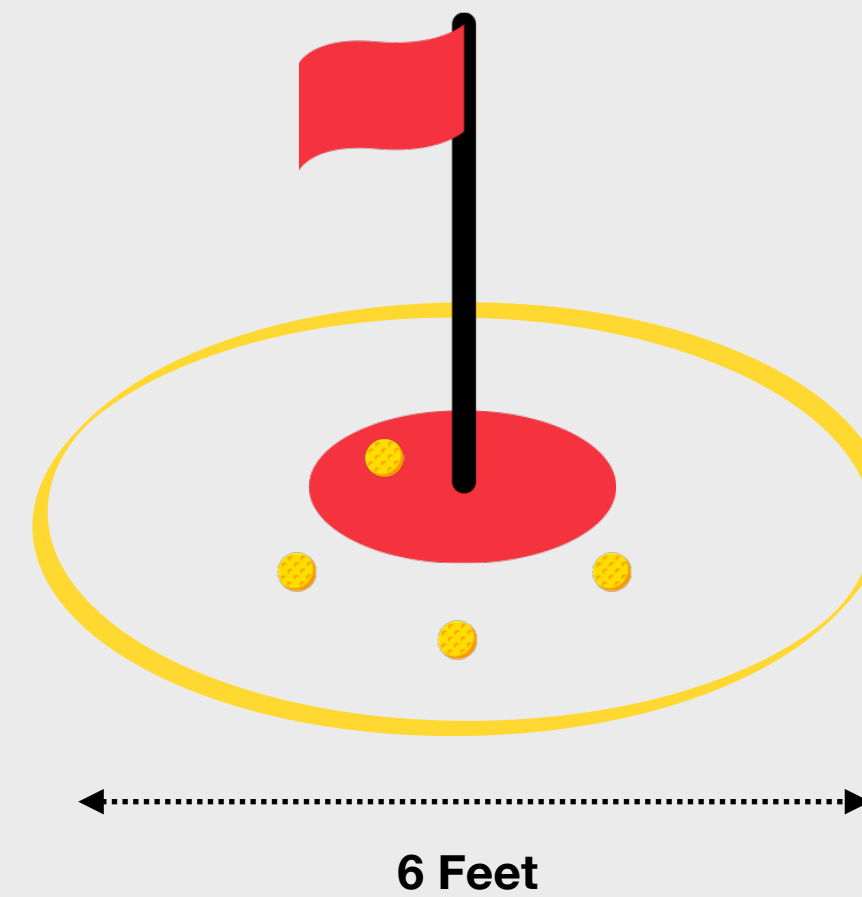
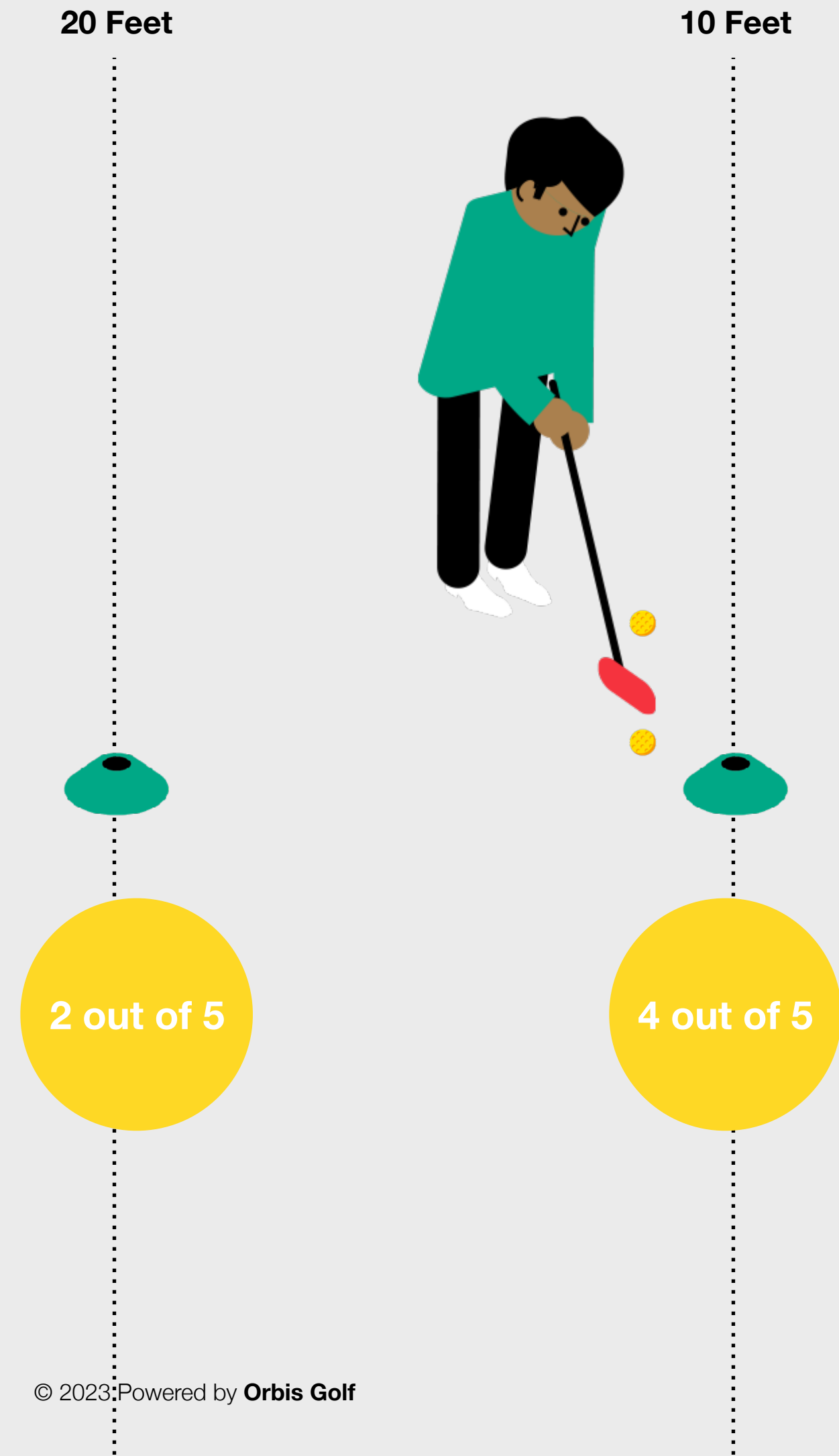
## The Challenge

To complete the Level 3 Challenge within the Long Putts skill element, the child needs to putt 4 balls from a distance of 10 feet & 2 balls from a distance of 20 feet to within a 6 foot diameter circle around the hole. Both distances should be attempted from a single position on the same side of the hole. The child should have 5 attempts from each distance.

## 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.

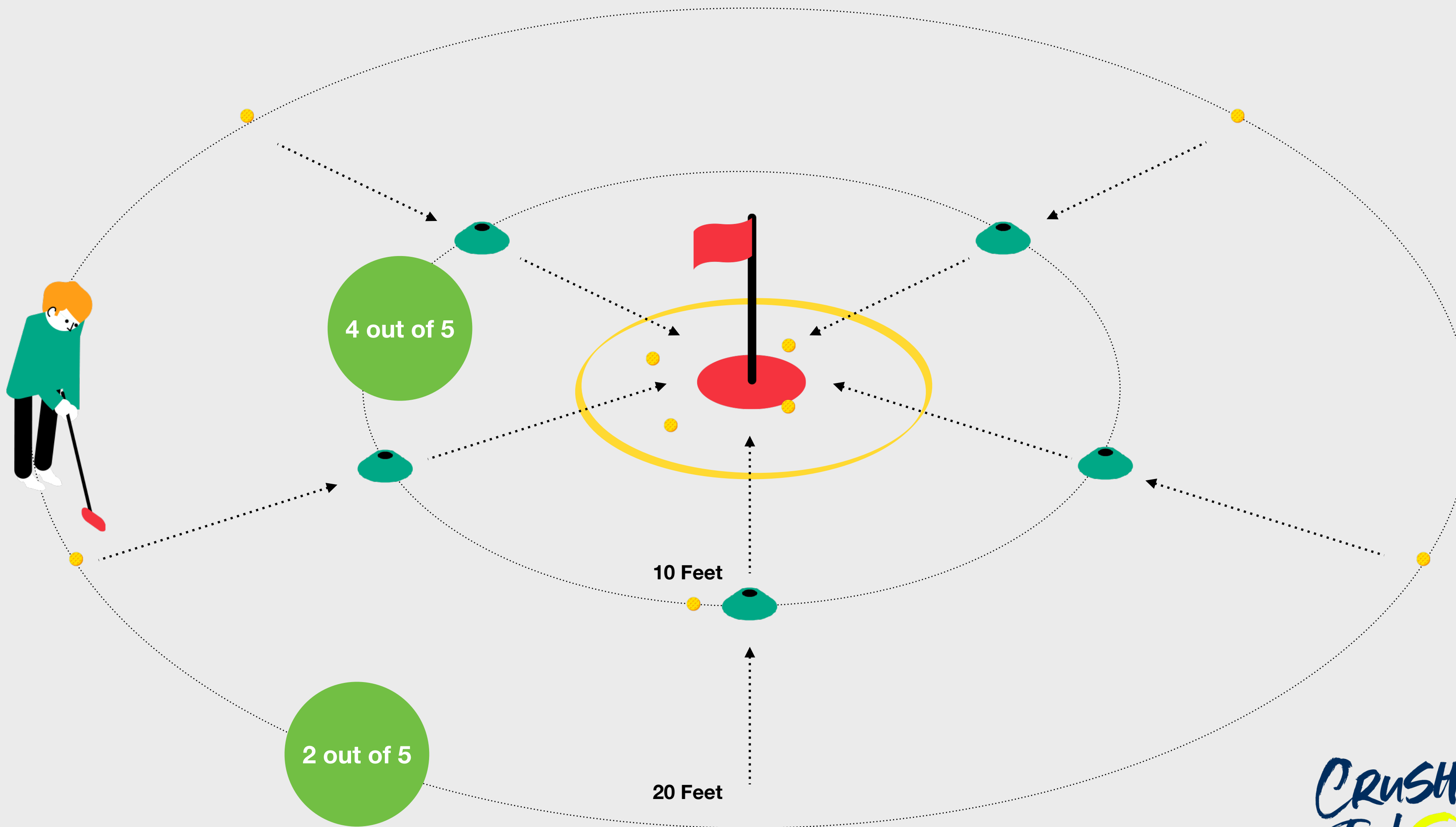
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Long Putts



# Long Putts Challenge



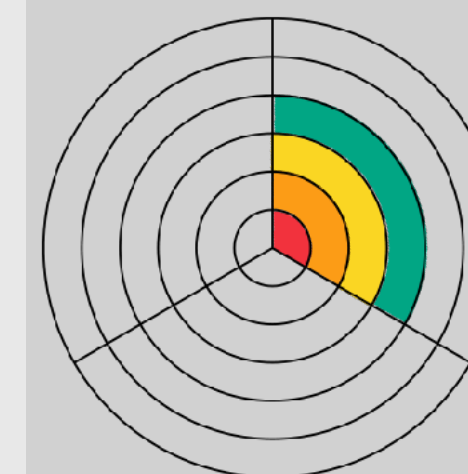
### The Challenge

To complete the Level 4 Challenge within the Long Putts skill element, the child needs to putt 4 balls from a distance of 10 feet & 2 balls from a distance of 20 feet to within a 6 foot diameter circle around the hole. Both distances should be attempted from five positions around the hole and have 5 attempts from each distance. The child should attempt one putt from each position.

### 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.

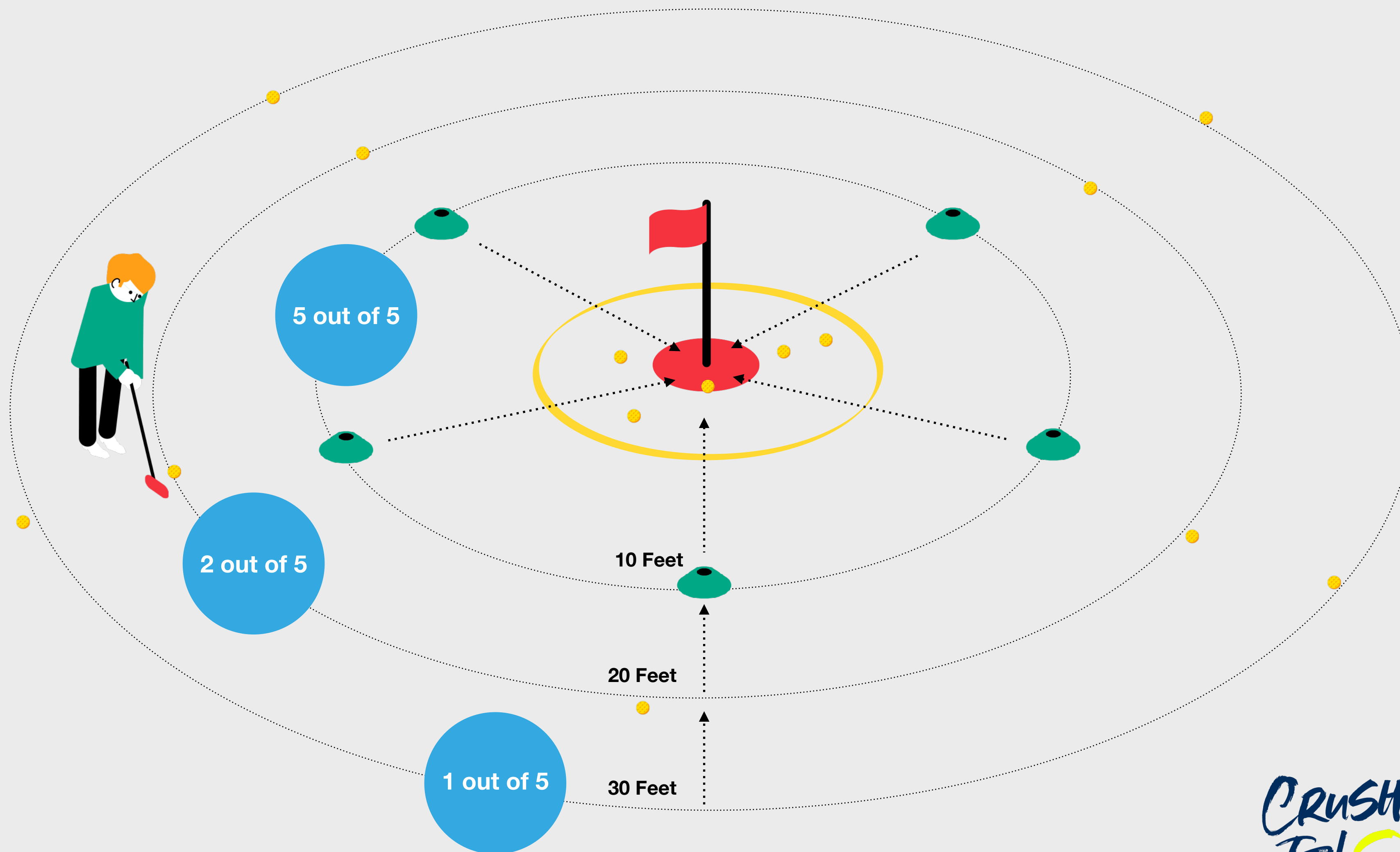


Long Putts





# Long Putts Challenge



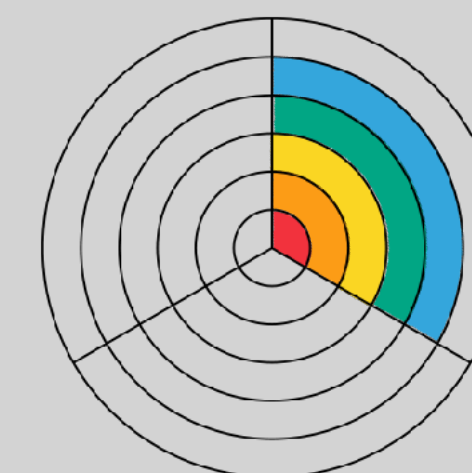
## The Challenge

To complete the Level 5 Challenge within the Long Putts skill element, the child needs to putt 5 balls from a distance of 10 feet, 2 balls from a distance of 20 feet & 1 ball from a distance of 30 feet to within a 6 foot diameter circle around the hole. All three distances should be attempted from five positions around the hole and the child has 5 attempts from each distance. They should attempt one putt from each position.

## 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.



Long Putts



# Long Putts Challenge



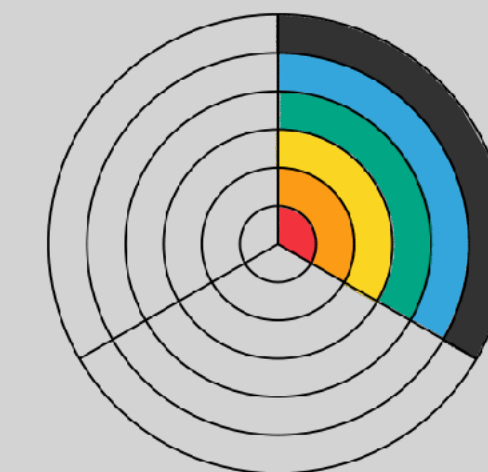
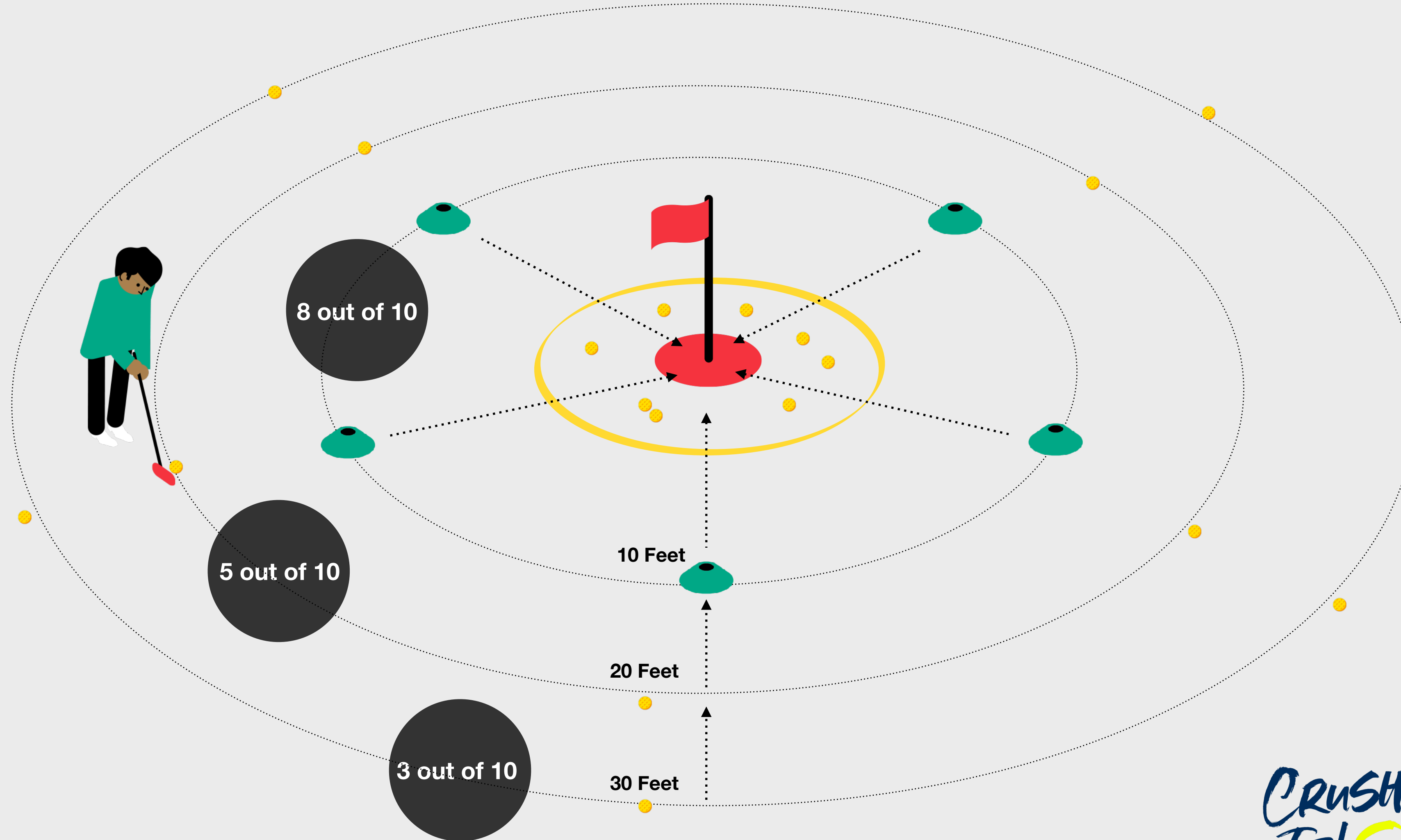
## The Challenge

To complete the Level 6 Challenge within the Long Putts skill element, the child needs to putt 8 balls from a distance of 10 feet, 5 balls from a distance of 20 feet & 3 balls from a distance of 30 feet to within a 6 foot diameter circle around the hole. All three distances should be attempted from five positions around the hole and the child has 5 attempts from each distance. They should attempt one putt from each position.

## 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.



Long Putts

