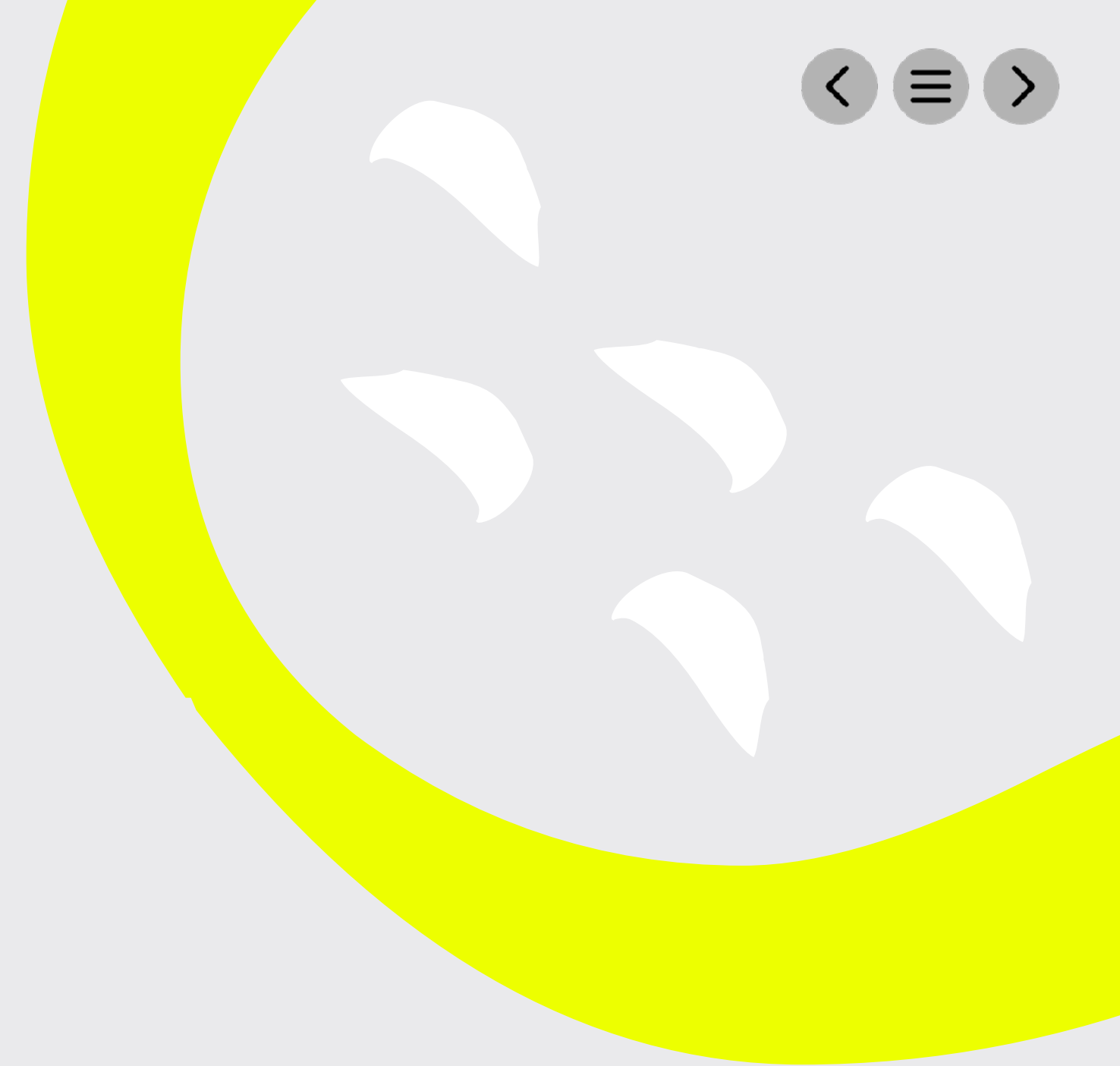


Around the Green

Week 51



Class Timetable - Week 51

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Pitching

Whole Child Focus
Personal:
Perseverance

Learning the Game Focus:
Orientation:
Areas of a Golf Hole

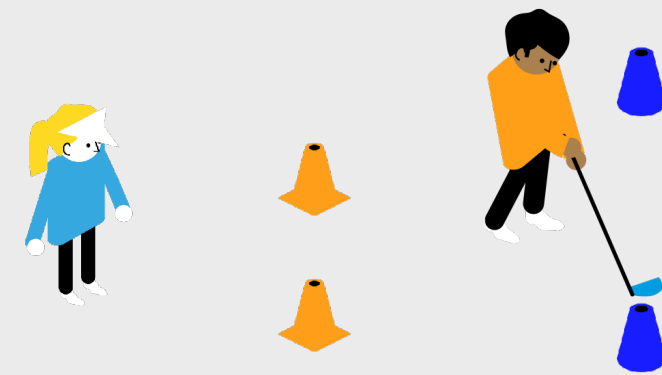
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Obstacle Course
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"> Reacting to shots on the course
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"> Focus
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"> Flop Shot Challenge Stick Shift Closest to the Pin
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

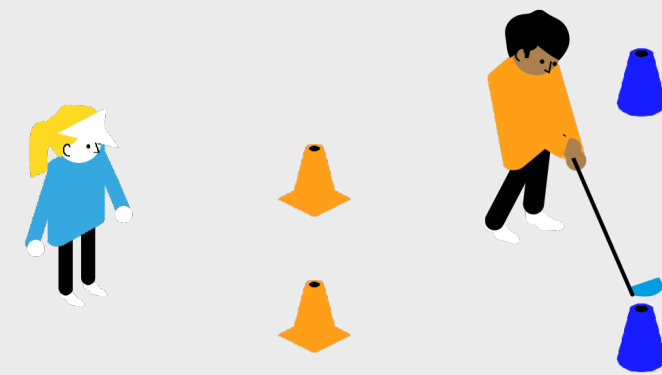
Station 3:
Game Station
Stick Shift



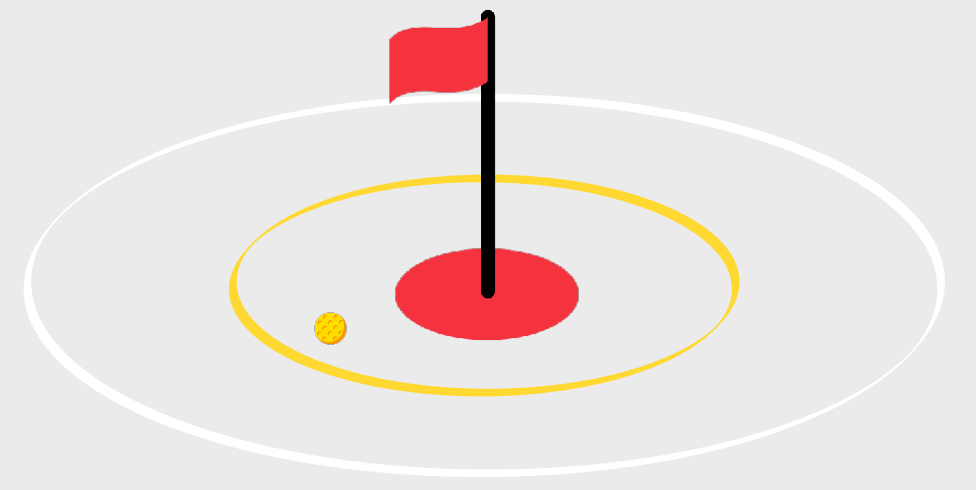
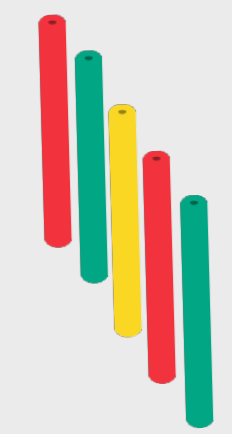
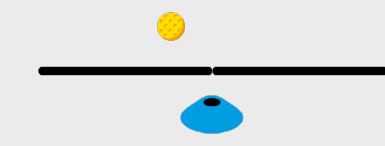
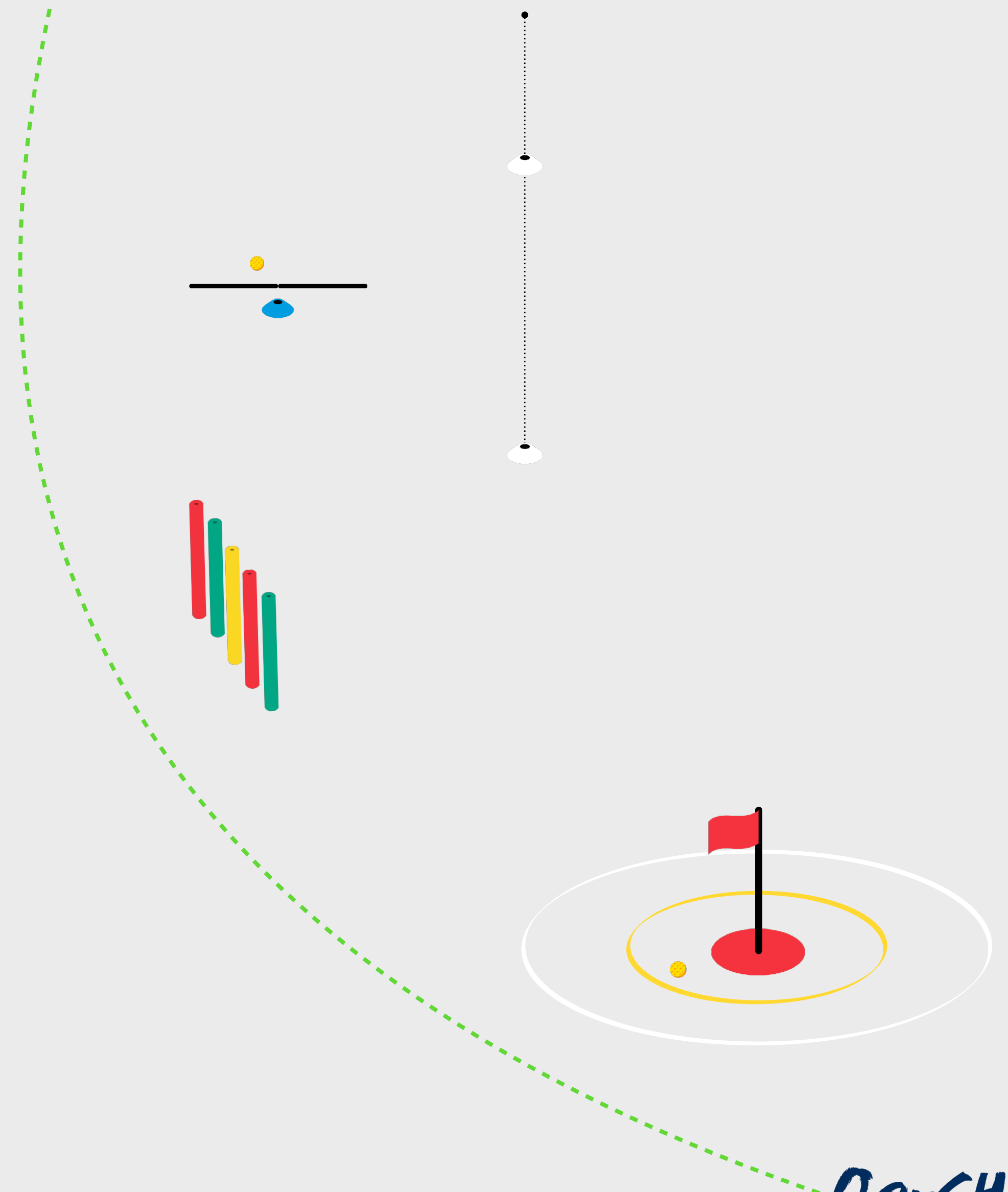
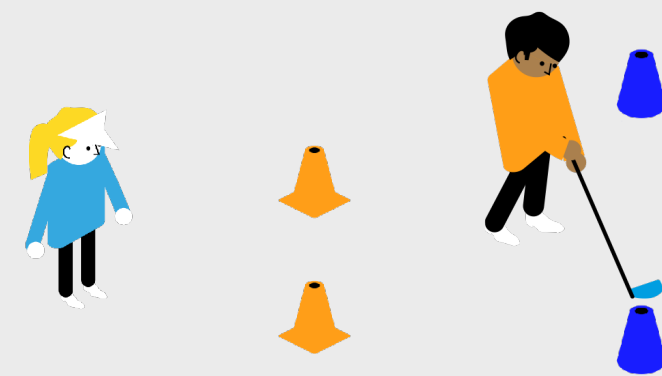
Station 2:
Game Station
Flop Shot Challenge



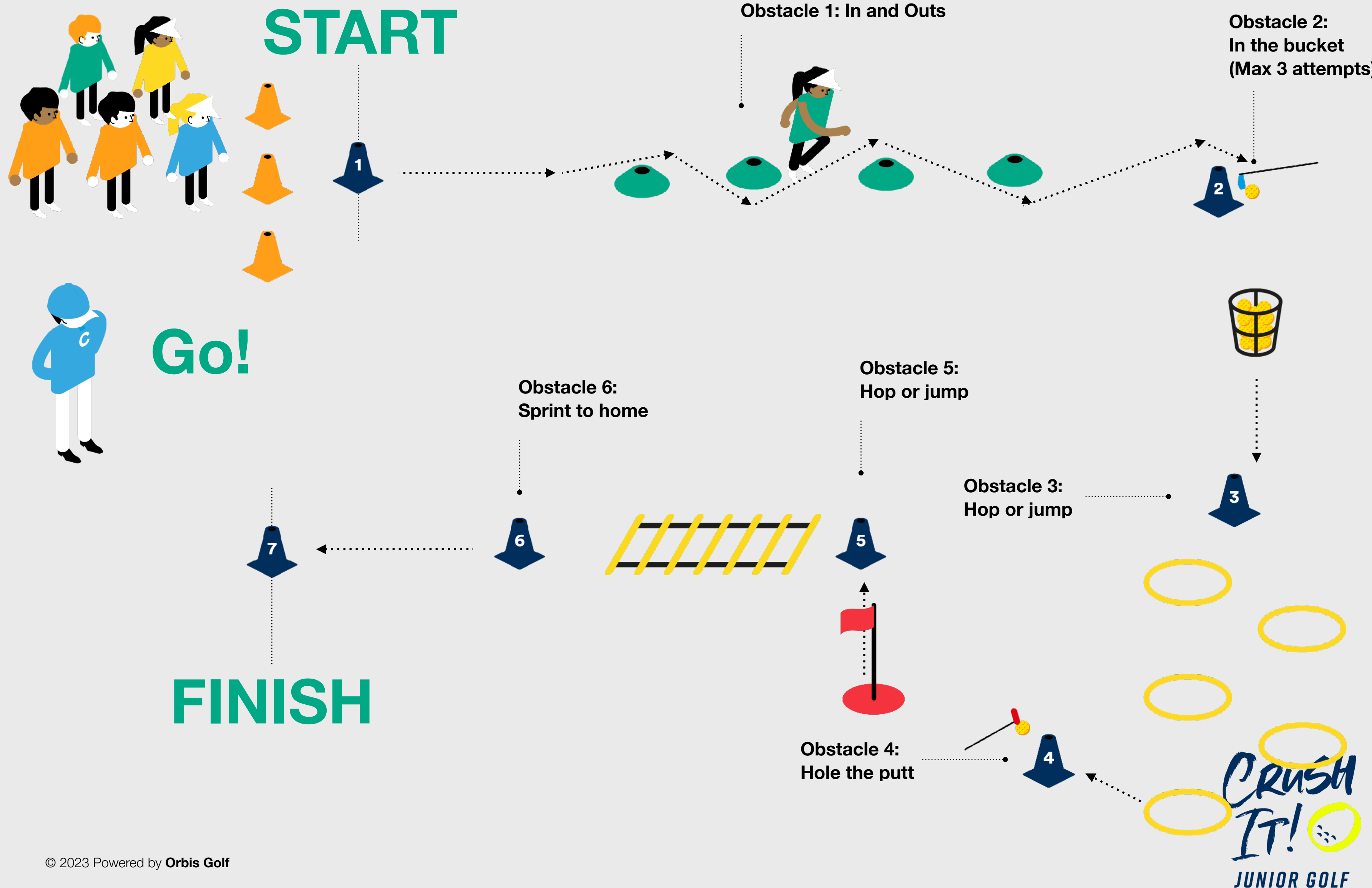
Station 1:
Game Station
Closest to the Pin



Station 4:
Free Practice Station



Obstacle Course







How to Play

- This game can be played individually or in teams
- Split into even teams or nominate players 1-6 if playing individually
- Player number 1 starts with their hand touching the start cone
- On go, the stop watch is started and the child attempts the obstacle course
- The stopwatch is stopped when the child reaches the finish line
- The winner is the child who gets round the obstacle course fastest

Progression Ideas

- The child gets an extra go to beat their time
- Increase the difficulty of the movement stations
- Increase the entire length of the course
- Add penalty seconds if the child incorrectly completes an obstacle
- Increase the difficulty of the golf stations

Equipment Needed

2 x Orange Safety Cones		SAFETY	Alignment Sticks	
7 x Numbered Cones		1	Colored Cones	
1 x Wedge & 1 x Putter			Hoops	
Golf Balls			Ladder	





Cognitive Focus

- The Whole Child theme this week is to highlight to the children how important focus is on the course and when practicing.
- Carry this theme into the class by encouraging children on the free practice station to only focus on alternate shots, which will help them to see the positive effect of when they do focus.



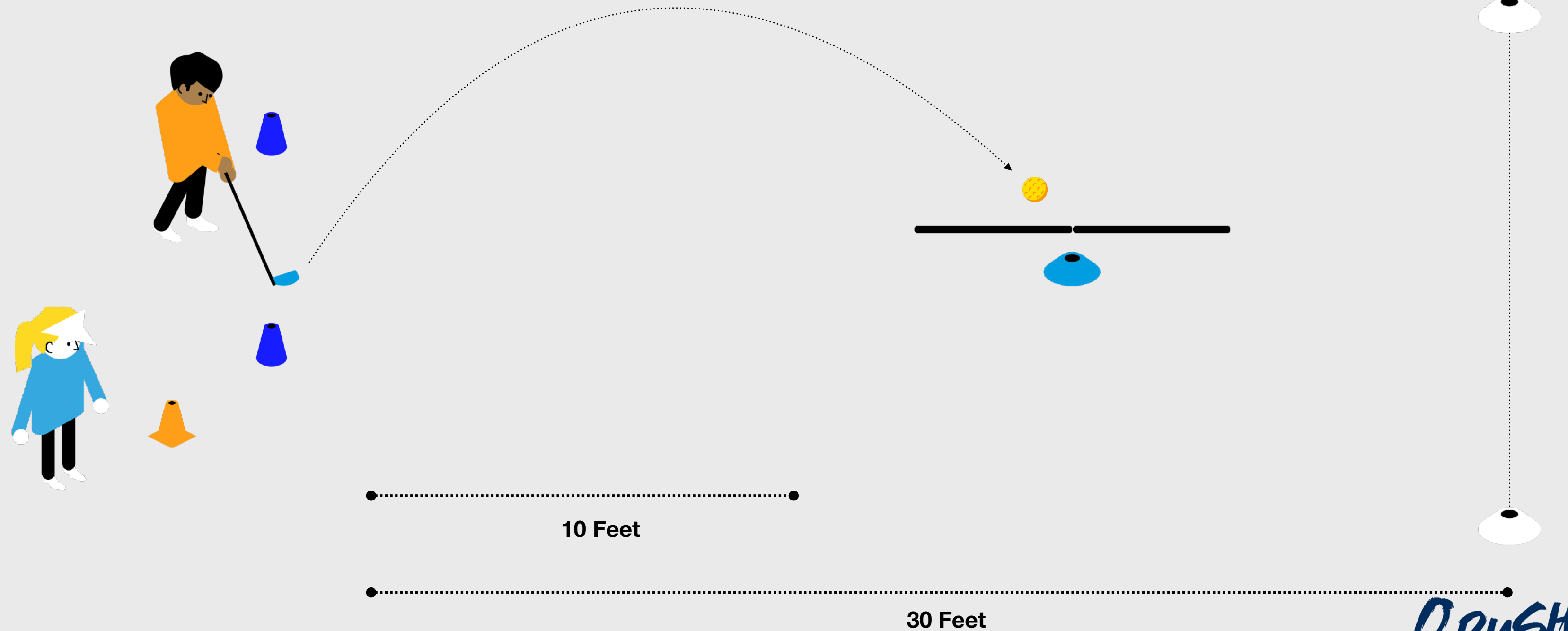
Playing and Scoring Reacting to Shots on the Course

- The Learning the Game focus this week is to learn how to react to poor shots and good shots on the course.
- You should highlight to the children how important it is for their own game and for that of their playing partners that they react in a way that doesn't effect their next shot.

Stick Shift



Finish Line



**CRUSH
IT!**
JUNIOR GOLF

How to Play

- The children take it in turns to hit a chip towards the alignment sticks
- The aim is to get the ball to stop within the length of the two alignment sticks. If the child is successful they get to move the alignment sticks one length further on
- If the child is not successful in chipping the ball inside the length of the alignment sticks they have to try again when it is their turn
- The team completes the challenges when they get their alignment sticks past the finish line

Progression Ideas

- Increase or decrease the starting distance and the finish line distance
- Add in a rule whereby the children have 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

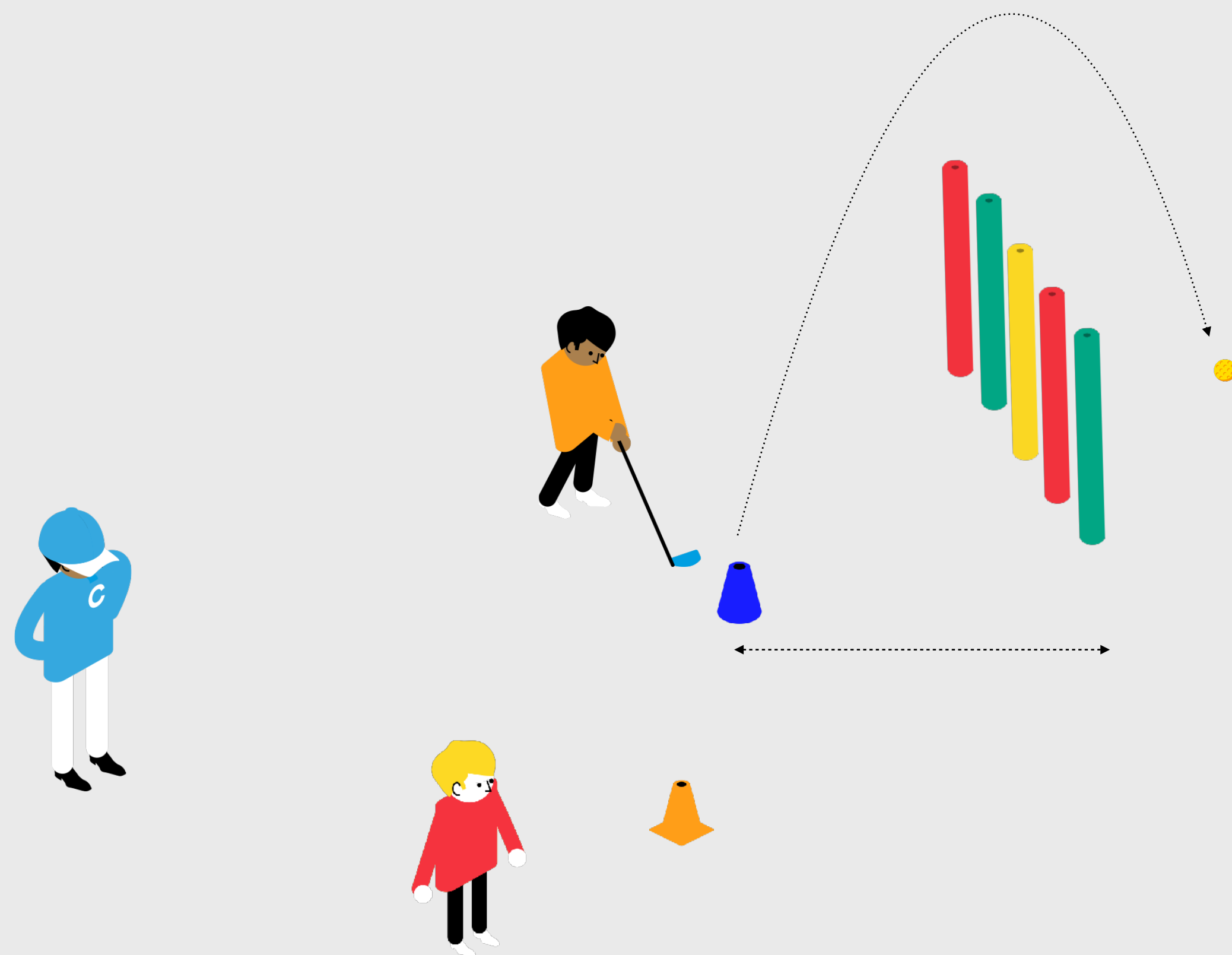
2 x Golf balls

2 x Colored cones

4 x Alignment Sticks

2 x White cones for the finish line

Flop Shot Challenge



How to Play

- Line up four or five noodles, just two yards from the starting position
- The aim of the game is to hit a flop shot over the noodles and get the ball to land and stay on the green
- Children take it in turns to attempt the shot, if successful, they move one foot closer to the noodles and attempt the challenge again

Progression Ideas

- Add in a target on the green
- Add a rule whereby you have to move one foot further away if you're unsuccessful

Learning Outcomes

- Ability to hit a flop shot
- Controlling launch, height and distance of a flop shot

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



Spare equipment that may be required for the group attendees.



Golf Balls





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
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe

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

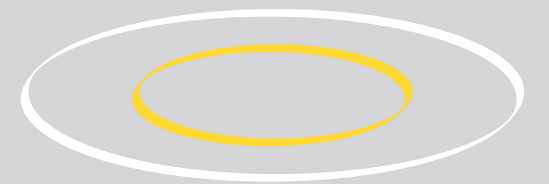
SAFETY



Cones to mark starting position



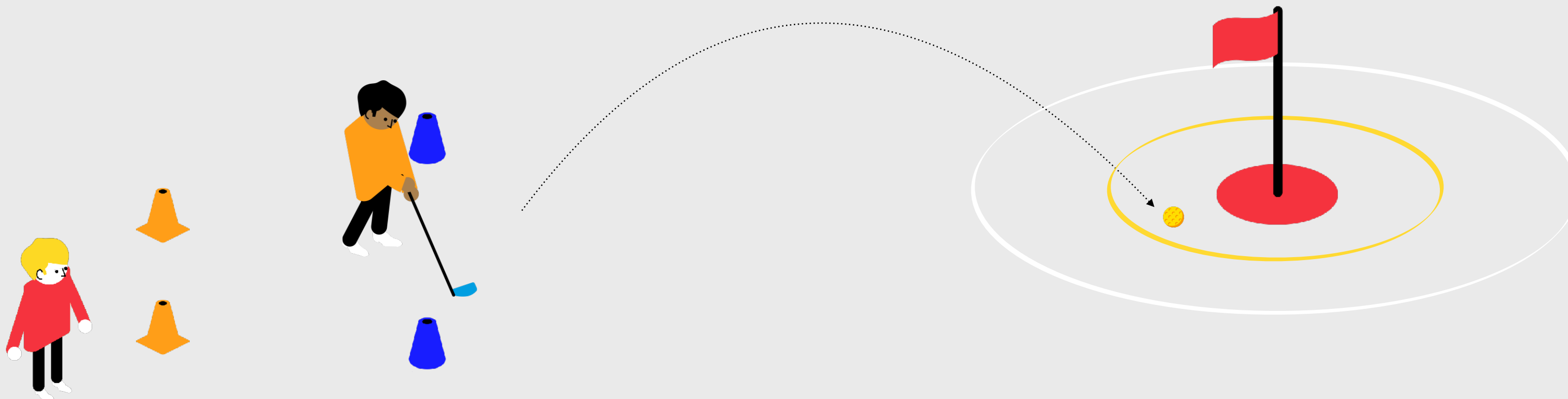
Target Rings



Spare equipment that may be required for the group attendees.



Golf Balls



CRUSH
IT!
JUNIOR GOLF