

# Around the Green

## Week 51



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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 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"> <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>Obstacle Course</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>Reacting to shots on the course</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>Focus</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>Flop Shot Challenge</li> <li>Stick Shift</li> <li>Closest to the Pin</li> </ul> |
| 5 Mins  | myAcademy Folder Track and 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>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> </ul>                          | <ul style="list-style-type: none"> <li>myAcademy Folders</li> </ul>  |

# Layout and Setup

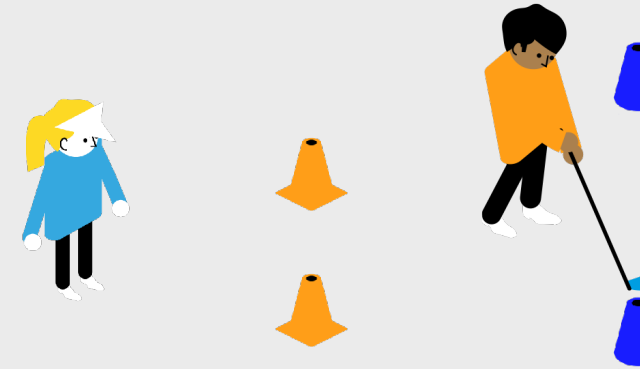


# Class Layout and Setup

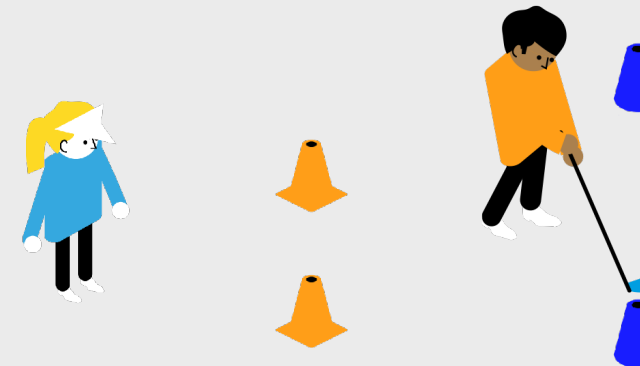
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Stations 1, 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. You may decide the lay out 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

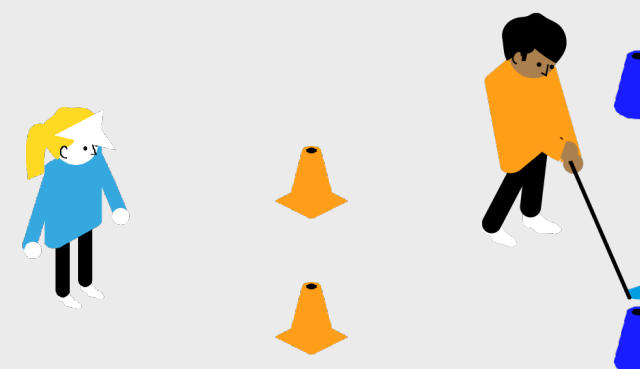
## Station 3: Game Station Stick Shift



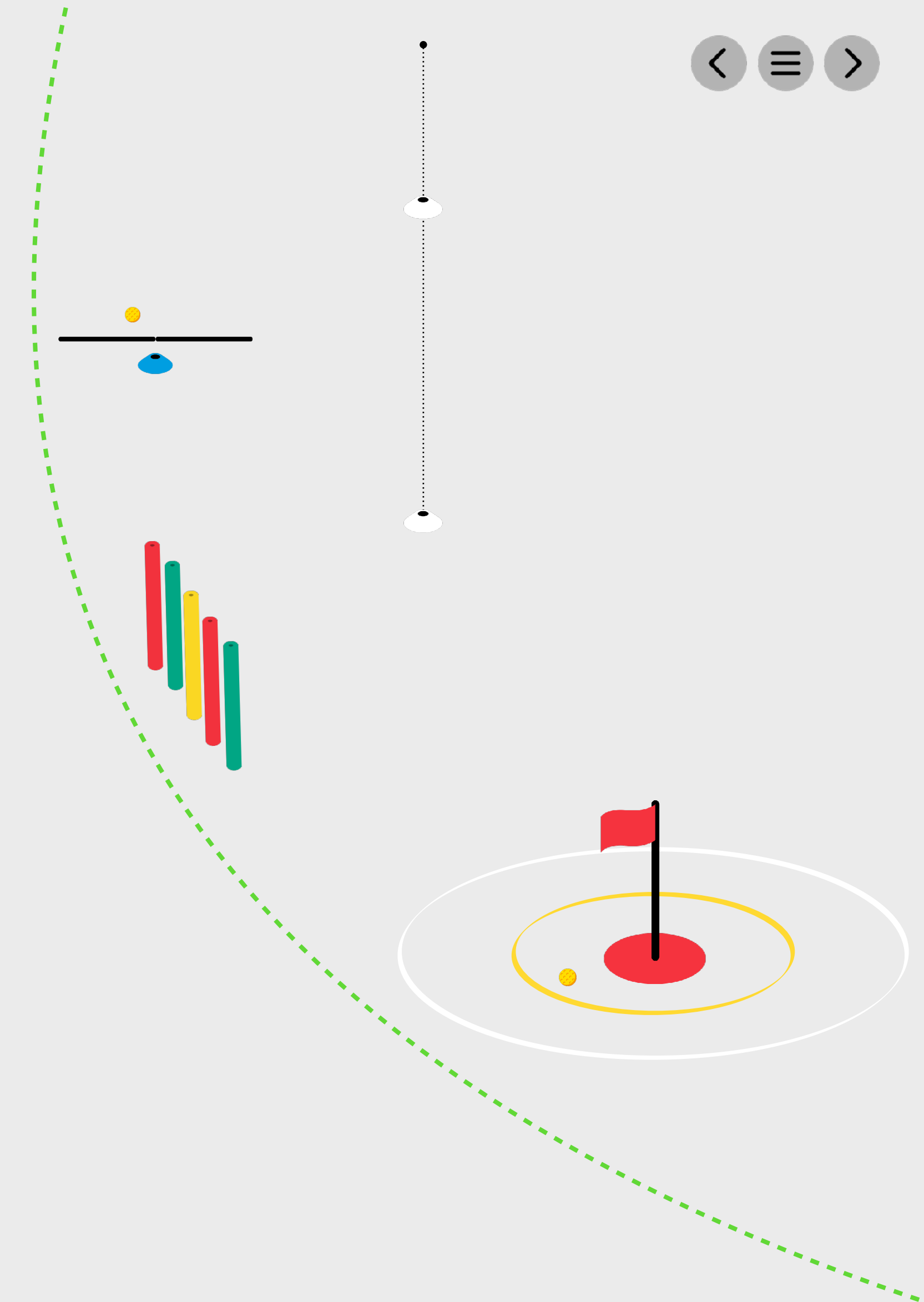
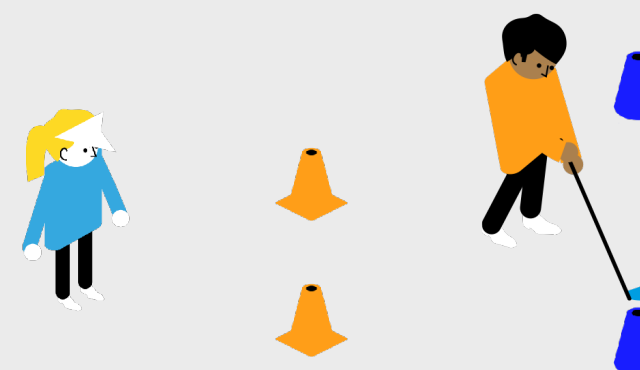
## Station 2: Game Station Flop Shot Challenge



## Station 1: Game Station Closest to the Pin



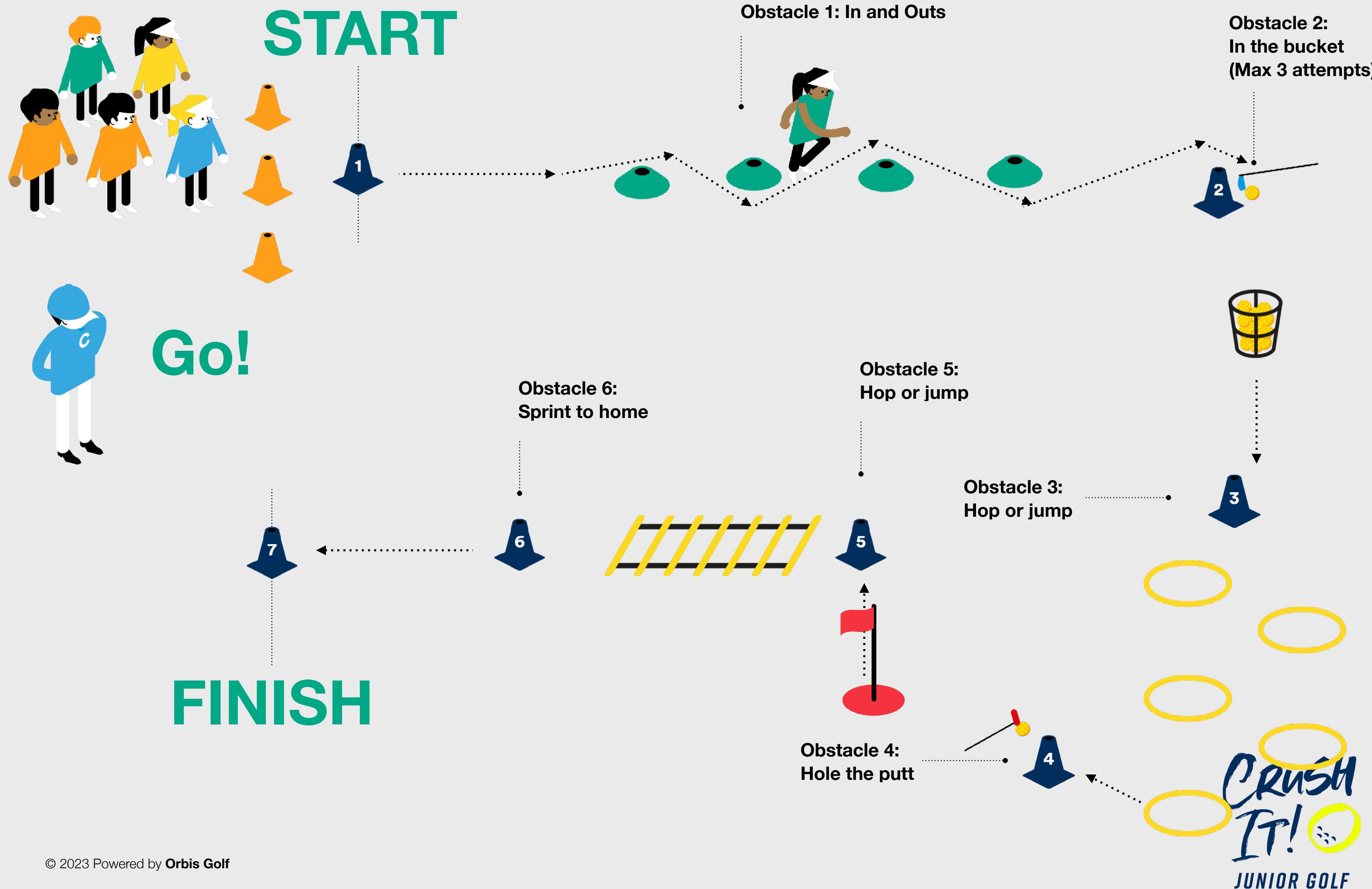
## Station 4: Free Practice Station



# Physical Literacy Warm Up Game



# 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      |  |        | Colored Cones    |  |
| 1 x Wedge & 1 x Putter  |  |        | Hoops            |  |
| Golf Balls              |  |        | Ladder           |  |





# 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 Focus

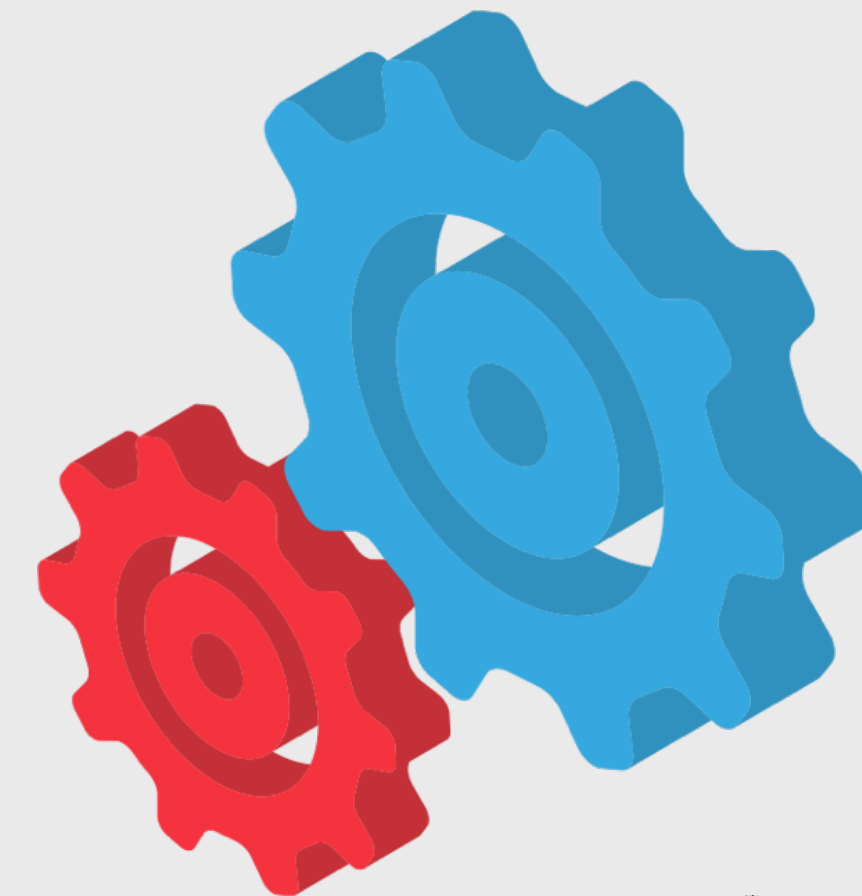
The Whole Child theme this week is to highlight to the children how important focus is on the course and when practicing.

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.

It should be highlighted that the Achiever Award is presented to the child that has shown the most consistent focus.

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



# 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.

Make sure children understand it's ok to be disappointed with a shot or a result but that learning how to cope and deal with that disappointment is an important part of learning to be a great golfer.

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



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IT!**   
JUNIOR GOLF



### Questions to Ask

- How do you feel when you hit a bad shot?
- What is your reaction?
- Have you seen any examples of a player's reaction to a bad shot where it has then gone on to effect their next shot?
- How would you feel if your playing partner reacted really badly to a poor golf shot?

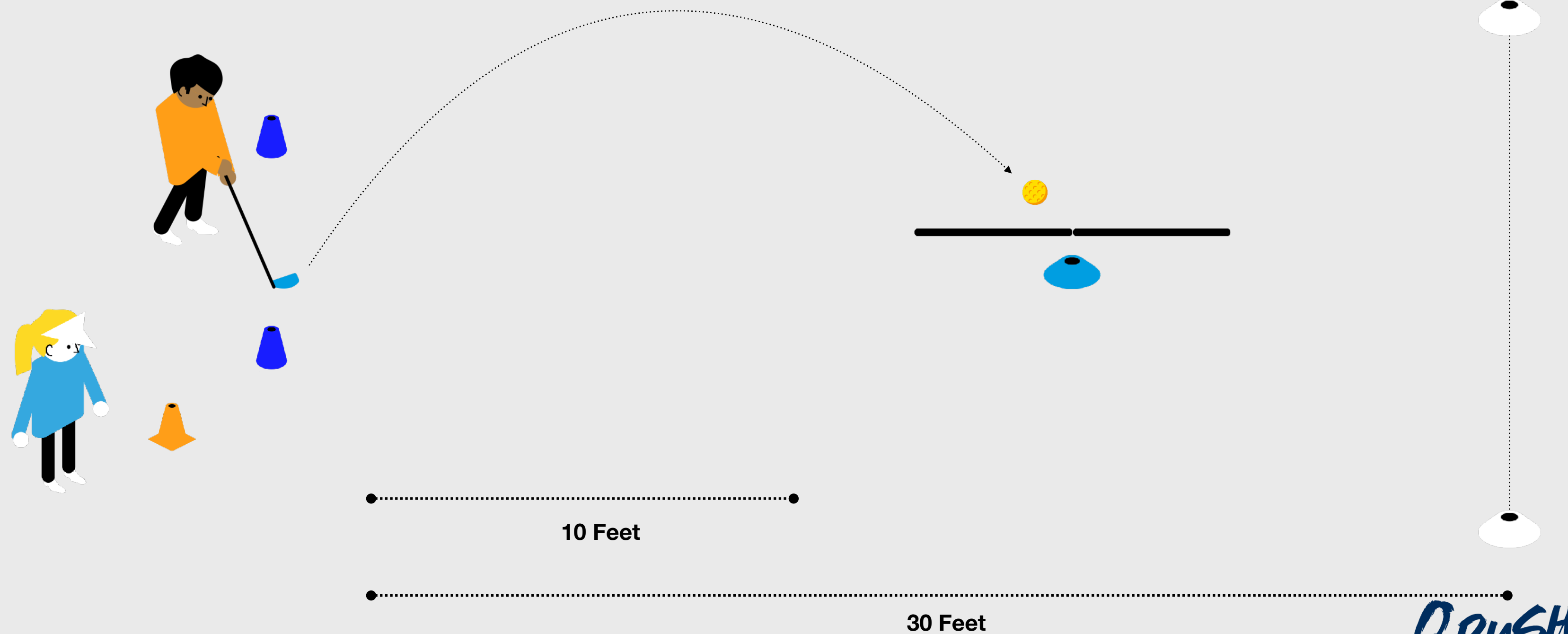
# Mastering the Game Cards



# Stick Shift



Finish Line



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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

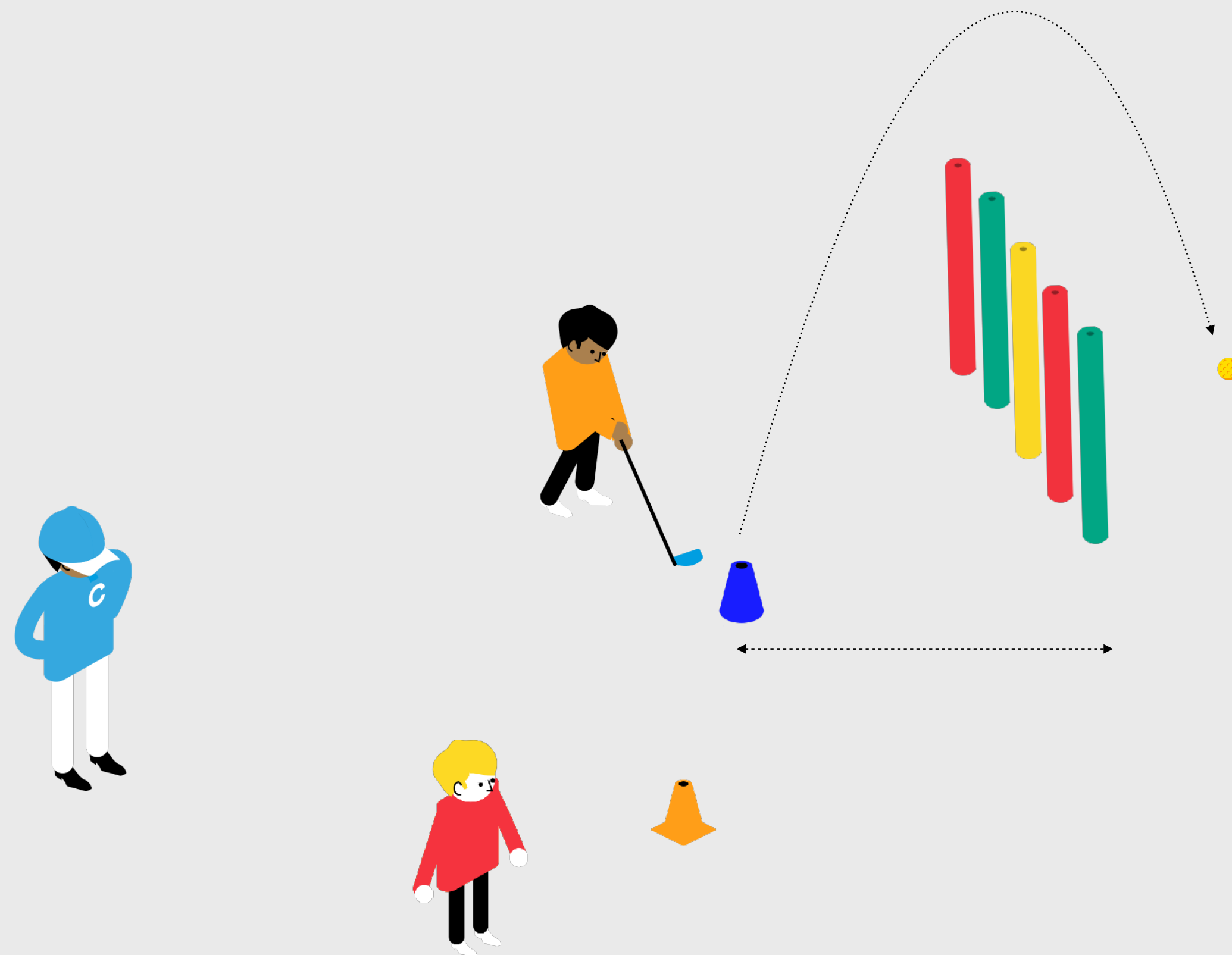
2 x Golf balls

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.



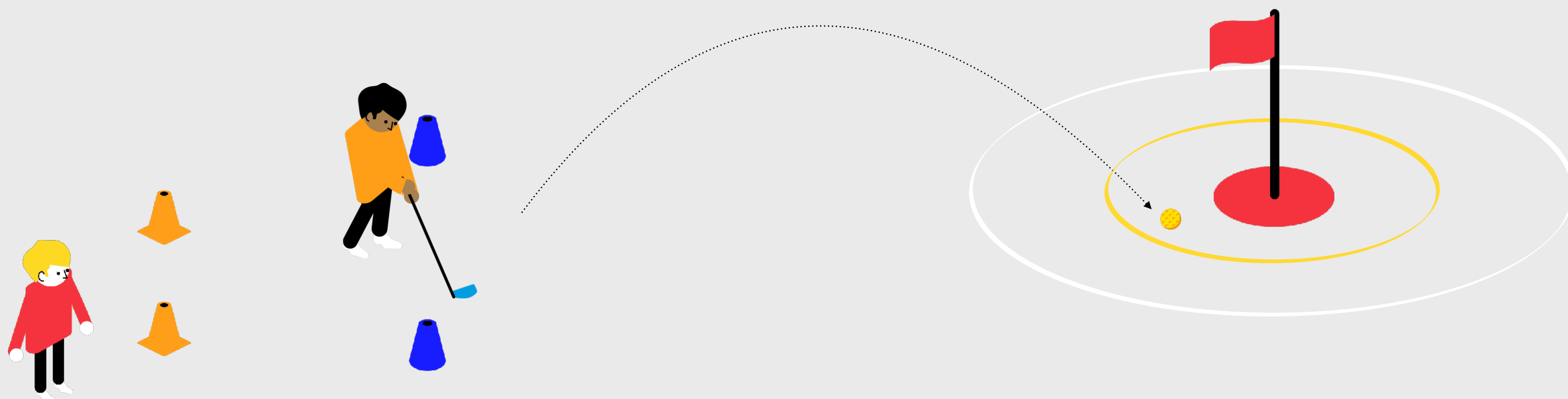
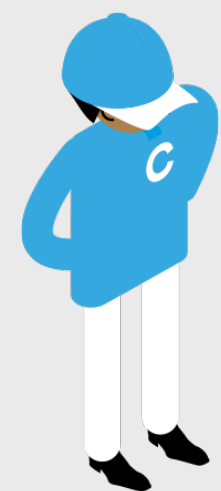
### Golf Balls







# 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

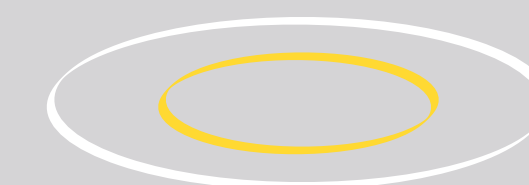
SAFETY



### Cones to mark starting position



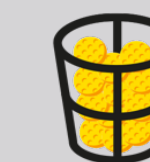
### Target Rings



### Spare equipment that may be required for the group attendees.



### Golf Balls



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