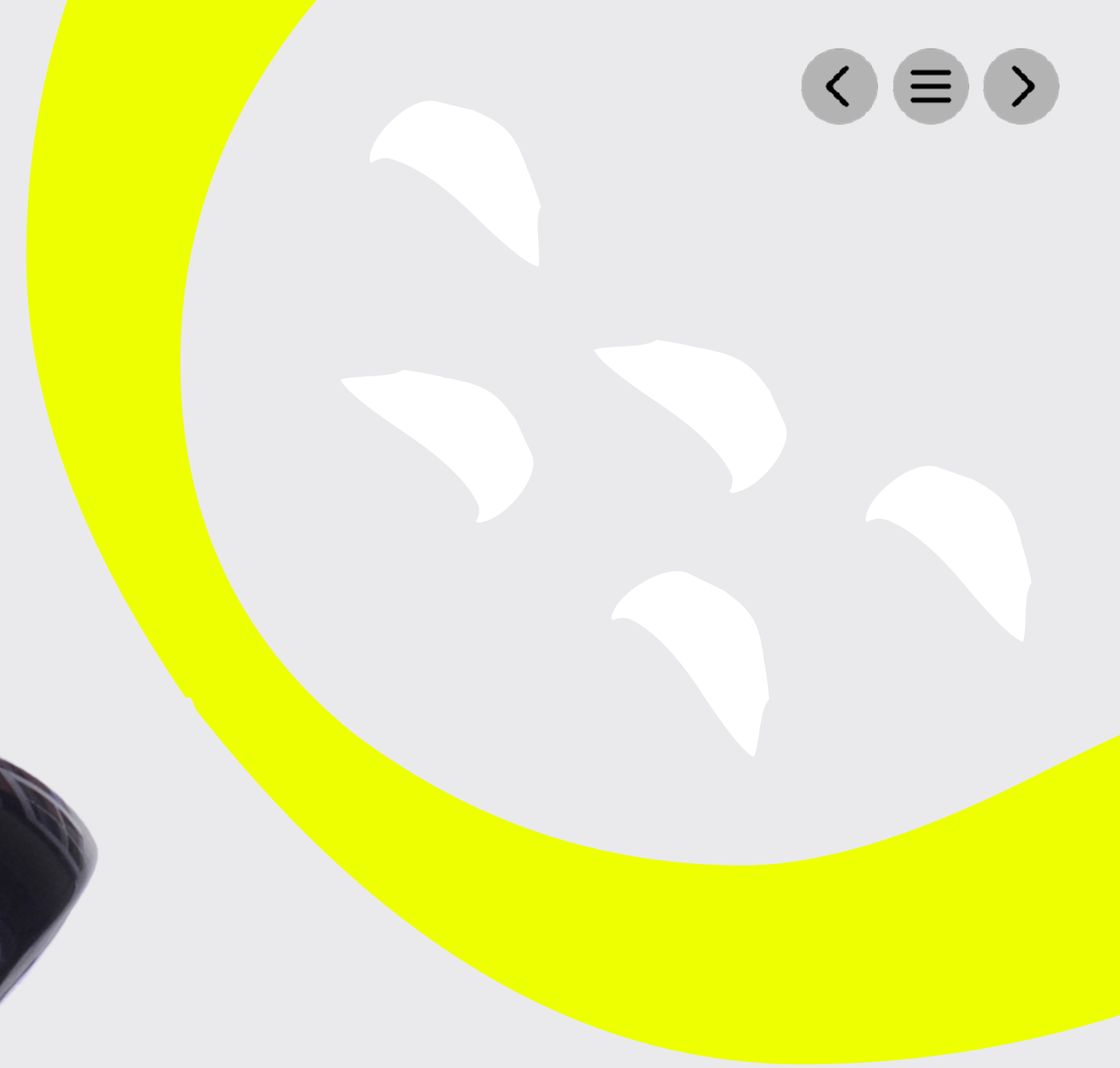


# Swing Week 52



# Class Timetable - Week 52

**Session Length:**  
60mins

**Group Size:**  
1:8

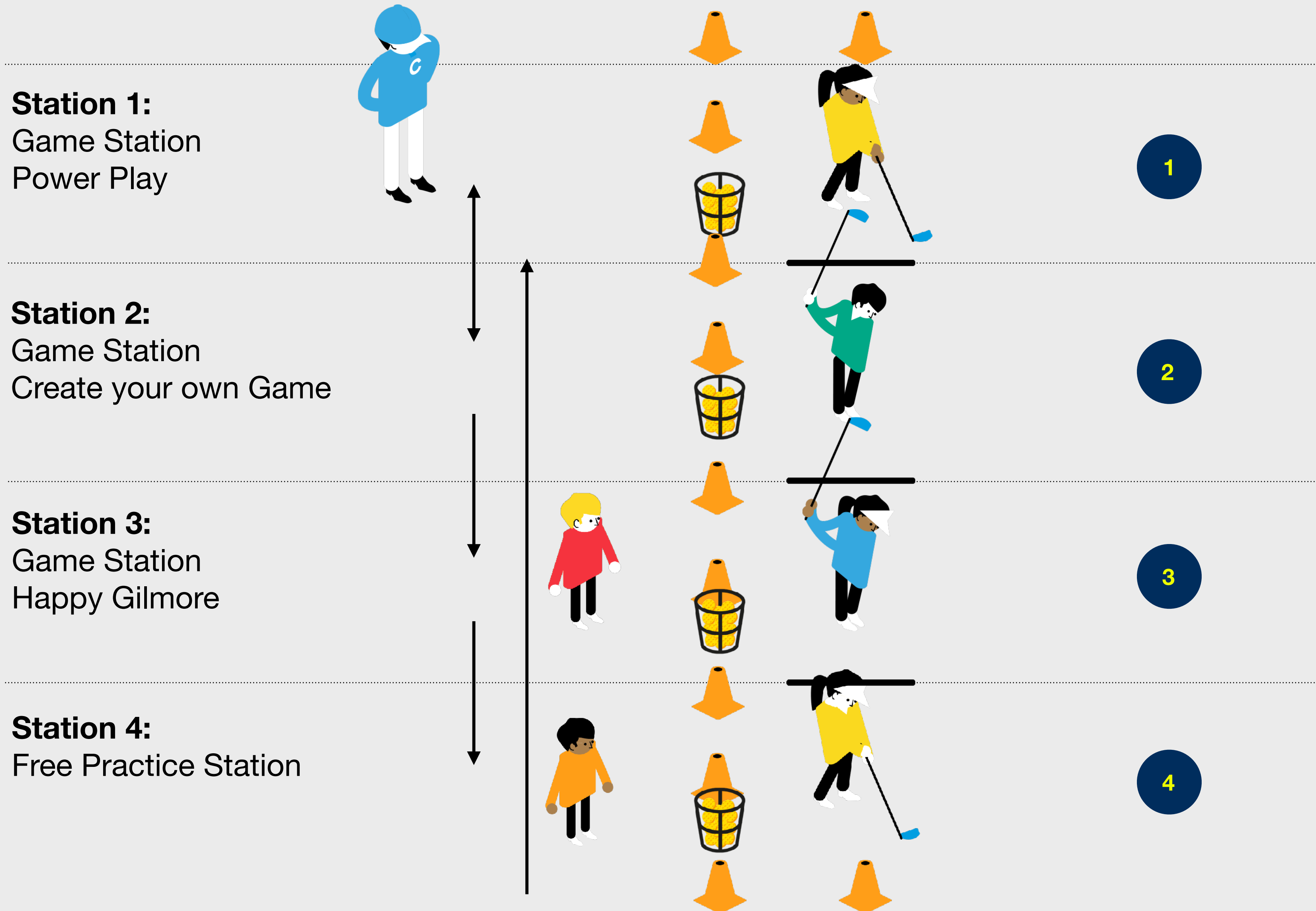
**Mastering the Game Focus:**  
Swing:  
Driver

**Whole Child Focus**  
Personal:  
Patience

**Learning the Game Focus:**  
Preparing to Play:  
Lessons

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>“PGA Pro” Says</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>Lessons</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>Patience</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>Create Your Own Game</li> <li>Happy Gilmore</li> <li>Powerplay</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>

# Class Layout and Setup



# “PGA Pro” Says



## How to Play

- This game is played individually and is similar to 'Simon Says'
- Introduce the children to the golf course areas marked out with the cones
- The coach starts every command with either "PGA Pro says....run to the green" or "run to the green"
- When a child follows the command without the "PGA Pro" saying it, they drop out of the game
- The child who wins is the one left at the end after following what the "PGA Pro" says

## Progression Ideas

- Explore FMS skills during the game
- Ask the children if they know any Professional golfers and use their name instead of "PGA Pro"

## Equipment Needed

Orange Safety Cones

SAFETY



10 x Green colored cones



10 x Blue colored cones



2 x Red colored cones



6 x Yellow colored cones



6 x White colored cones





## Personal Patience

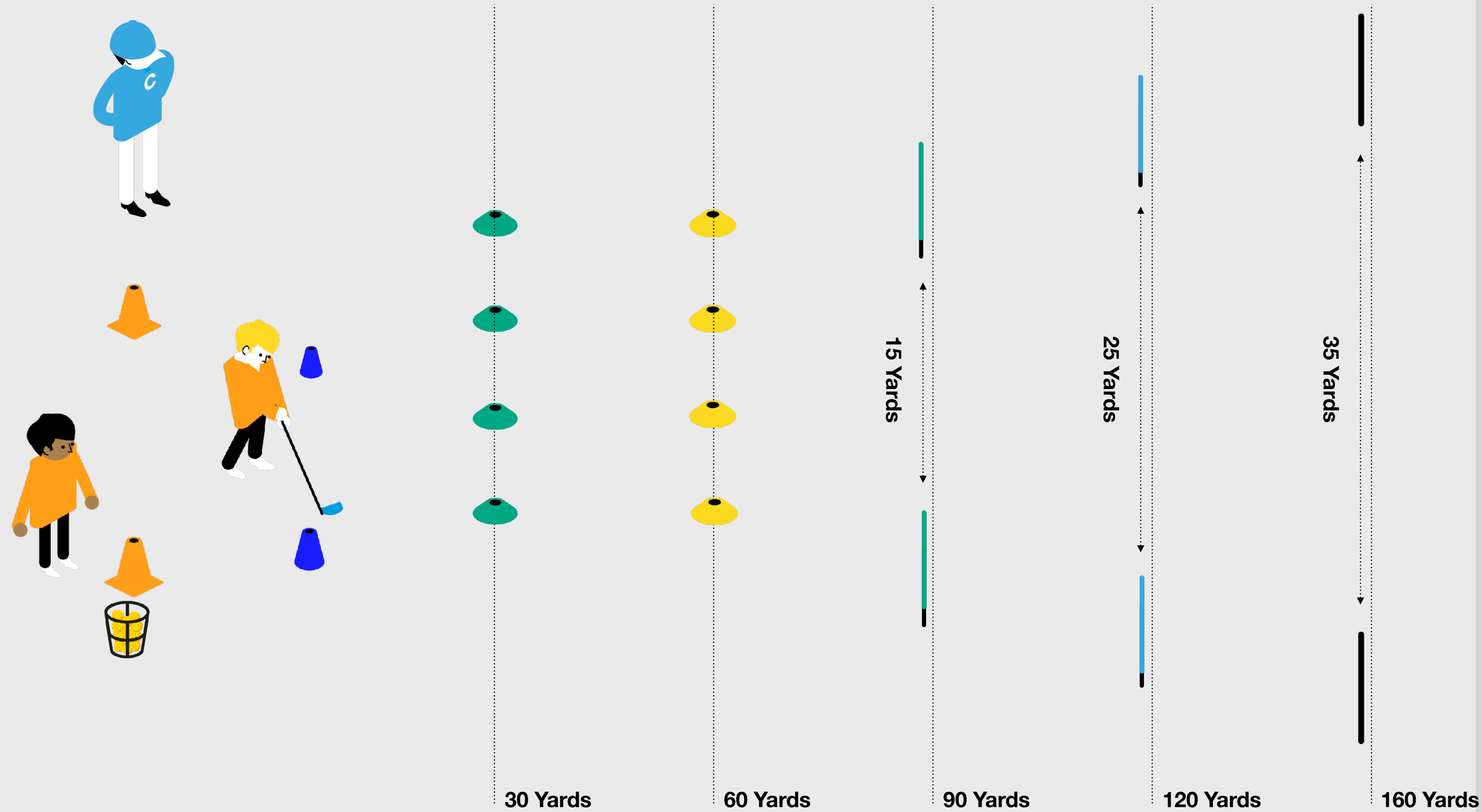
- The Whole Child theme this week is to encourage the children to be patient. Golf is a difficult sport and it may take time to improve skills.
- Carry this theme into the class by telling the children to perform all of their individual shots at once rather than alternating after each shot during the games and challenges.



## Preparing to Play Lessons

- The Learning the Game focus this week is to understand the value of lessons.
- You should highlight the importance of continuing lessons, in order to sustain improvement and learn more about the game.

# Create Your Own Game



## How to Play

- Using the targets that are set out on the outfield, challenge the children to be creative and come up with their own game
- Try not to give too many instructions
- So long as the game is safe, and the children play sensibly they should be allowed the freedom to come up with whatever game they like

## Progression Ideas

- Provide more cones, alignment sticks and foam noodles for additional targets

## Learning Outcomes

- To encourage creativity in practice and play
- To empower the children to come up with their own rules and play safely, fairly and sensibly

## Equipment needed

2 x Orange Safety Cones



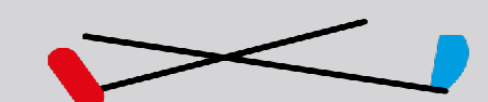
2 x Cones



Golf Balls



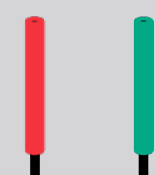
Spare equipment that may be required for the group attendees.



6 x Alignment Sticks to mark the target fairway



6 x Foam Noodles to mark the target fairway



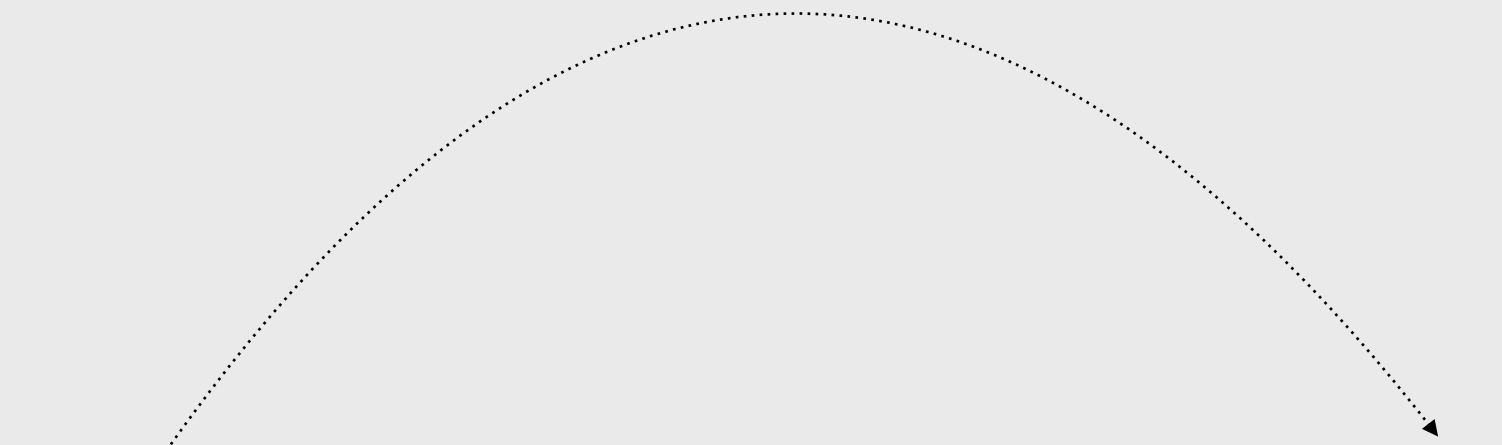
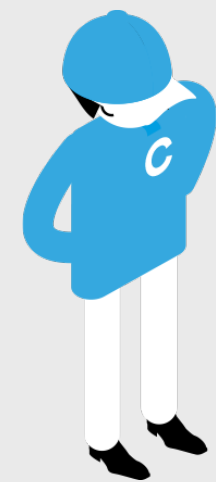
6 x Colored Cones to mark the 30 yard distance line



6 x Colored Cones to mark the 60 yard distance line



# Happy Gilmore



## How to Play

- Children take it in turns to try to hit the ball, starting from the first cone. They have to step in to hit the ball
- If the child strikes the ball well they move back to the second cone on their next turn
- The aim is to get to the last cone and strike the ball well

## Progression Ideas

- Set a distance target that the children have to hit the ball past
- Set a direction target that the children have to hit the ball between
- Increase the number of cones the children have to start from in their run up to the ball

## Equipment needed

### Orange Safety Cones

SAFETY



### 2 x Cones



### 1 x Yellow Cone



### 1 x Green Cones



### 1 x Blue Cones



### Golf Balls

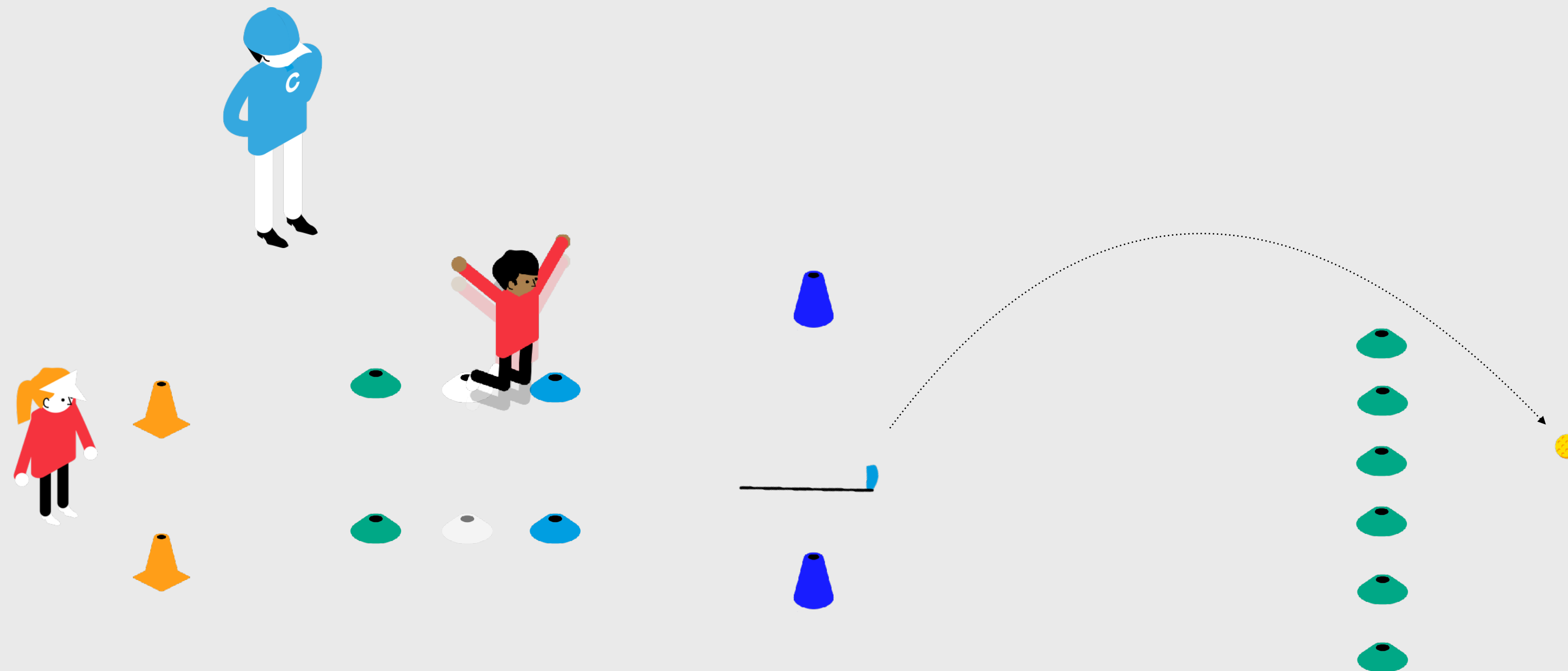


Spare equipment that may be required for the group attendees.



CRUSH  
IT!  
JUNIOR GOLF

# Power Play



## How to Play

- Children take it in turns to do a standing long jump from the first set of cones, seeing if they can jump past the next two sets of cones
- After jumping as far as possible they then try to hit the ball as far as possible
- The children take it in turns to do this, each time trying to beat their personal best long jump, and furthest shot

## Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest

## Learning Outcomes

- Improve strength and power
- Learn how improving different movement skills can improve their golf shots

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark out hitting stations



### 2 x Foam Noodles



### 2 x Alignment Sticks



### Golf Balls



Spare equipment that may be required for the group attendees.

