

Swing

Week 52



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

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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

Mastering the Game Challenge:
Driver Challenge

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"> “PGA Pro” Says
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"> Lessons
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"> Patience
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"> Create Your Own Game Happy Gilmore Driver Challenge
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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 The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app Present the Achiever Award to a student in front of the parents and the group Award any Pins and Hats that may have been achieved 	<ul style="list-style-type: none"> myAcademy Folders GLF. Connect myGame+

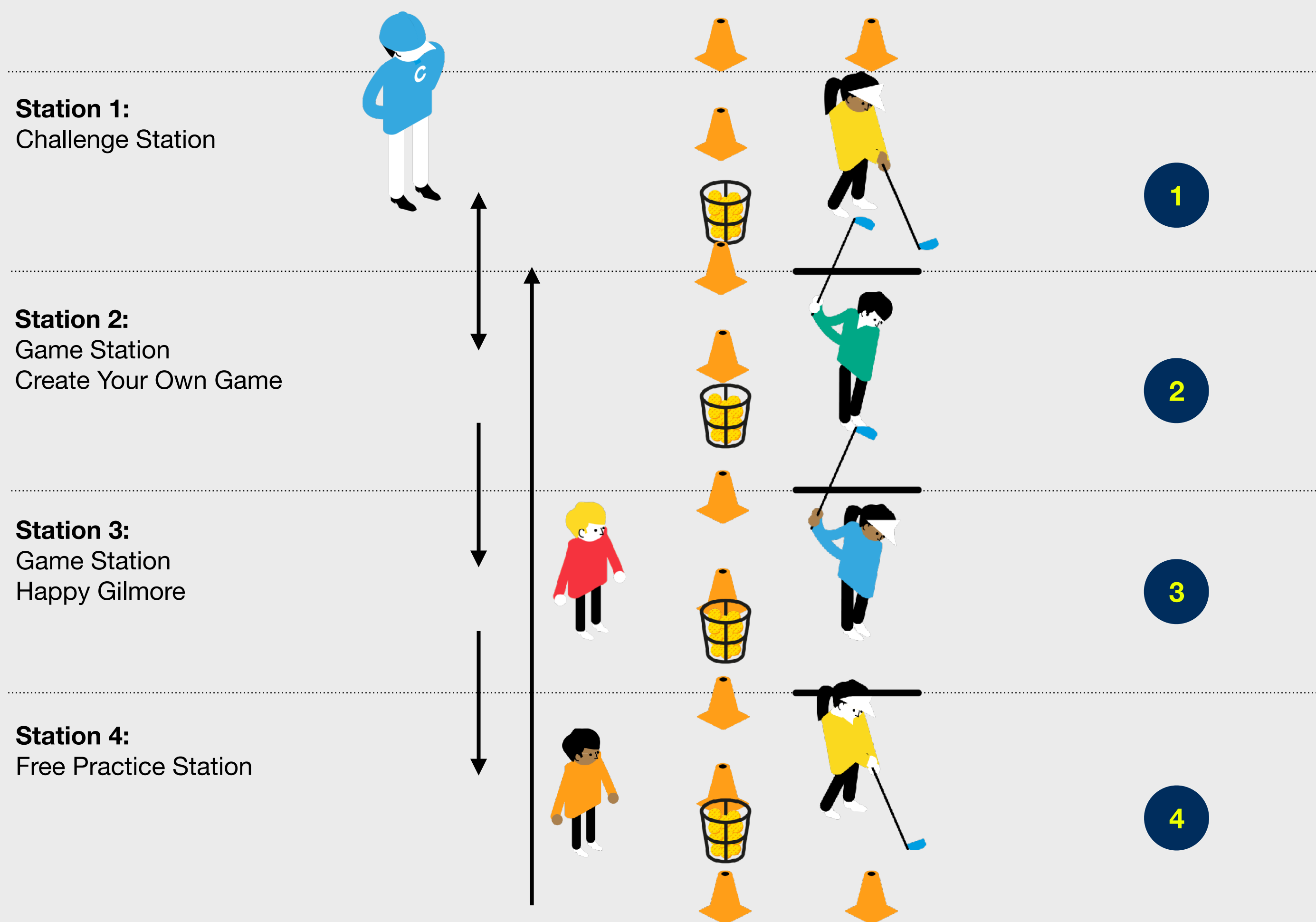
Layout and Setup



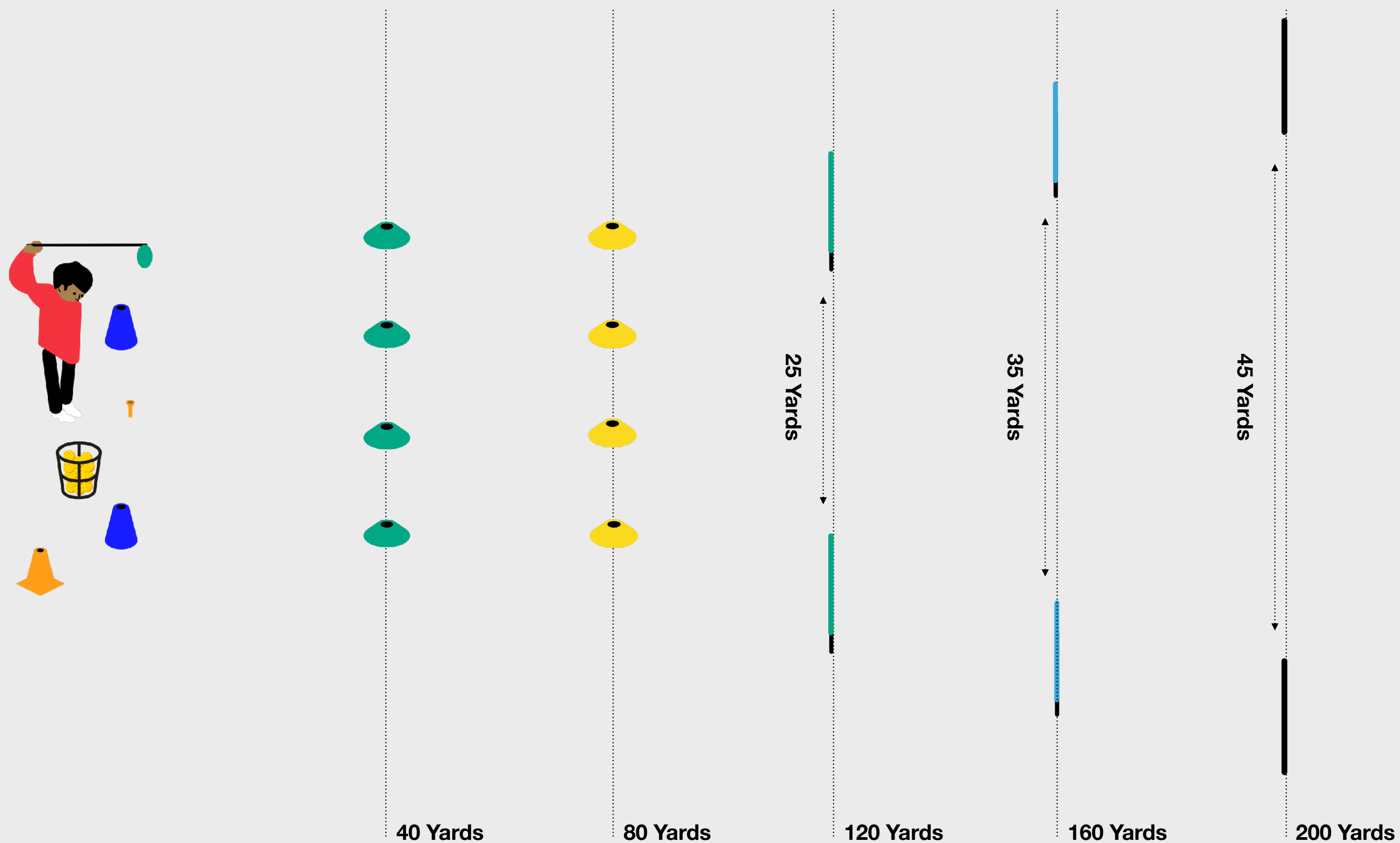
Class Layout and Setup

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



Driver Challenge Setup



Equipment Needed

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines
- Alignment Sticks with foam noodles to mark the target gates

Setting out the Challenge

- Use the 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



“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	



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



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.

It should be highlighted that the Achiever Award is presented to the child that demonstrates patience.

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 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 award 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

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.

Be sure to explain some key lessons they may get taught in the future and how this may help their game.

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



Questions to Ask

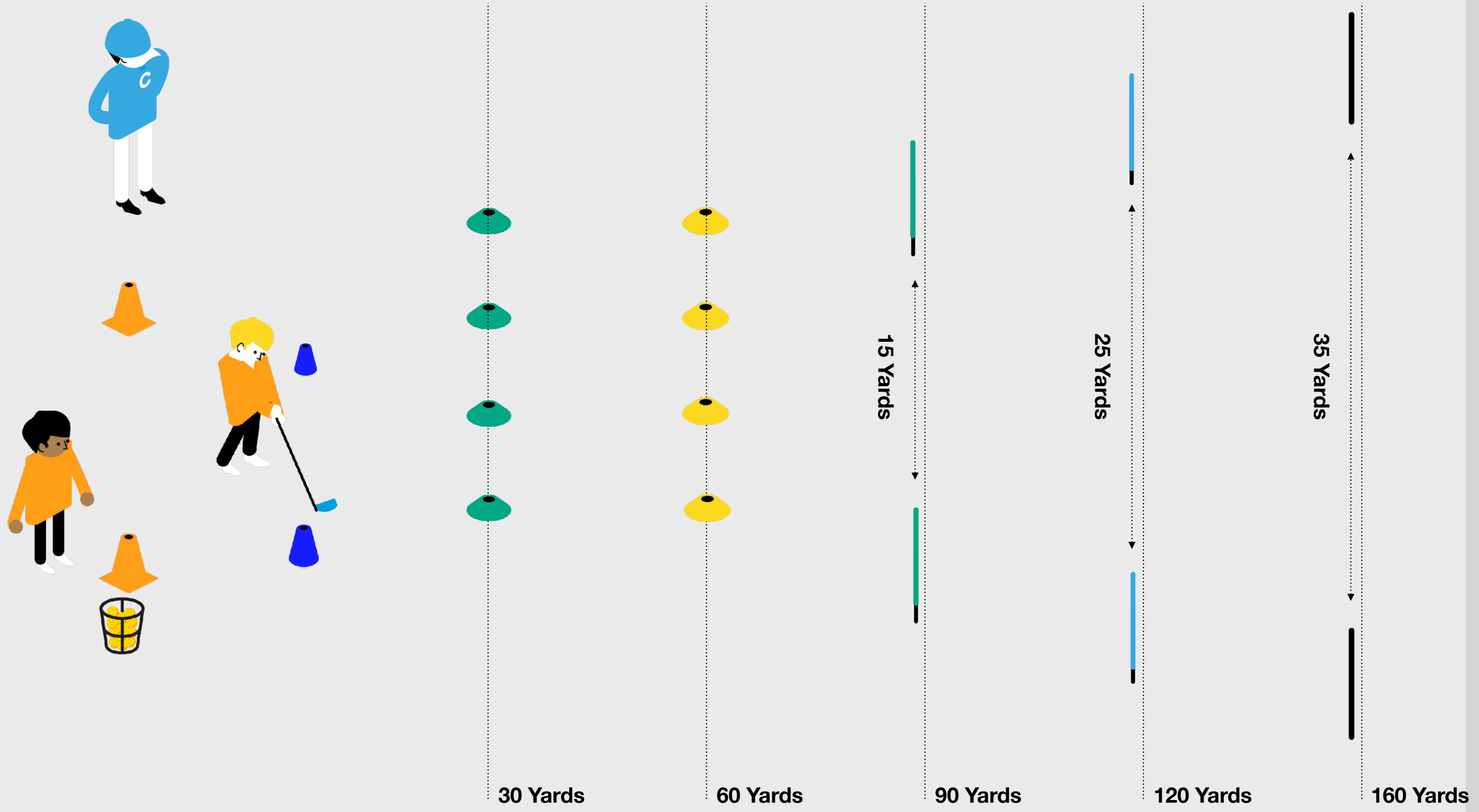
- What are the key things to do before you start a round of golf?
- What do the top players include in their pre-round routine?
- Who has a pre-round routine already?

Mastering the Game Cards





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

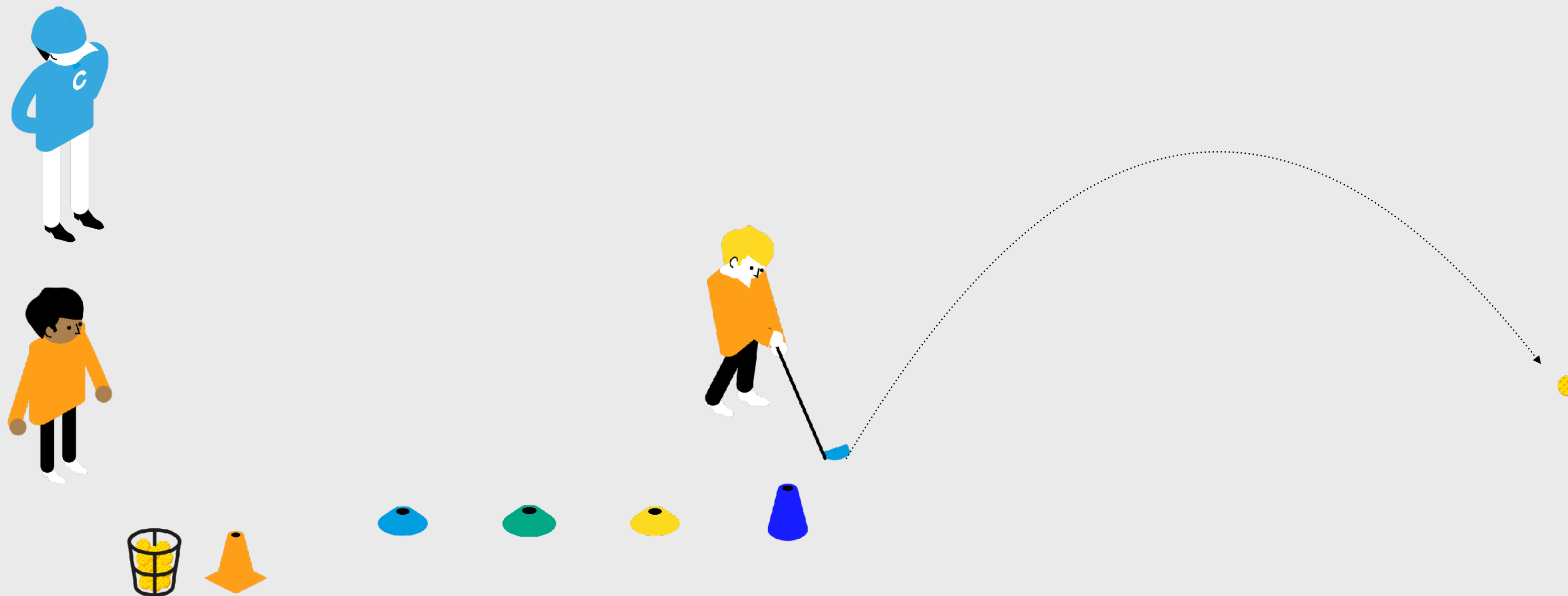
- To encourage creativity in practice and play
- To empower the children to come up with their own rules and play safely, fairly and sensibly

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



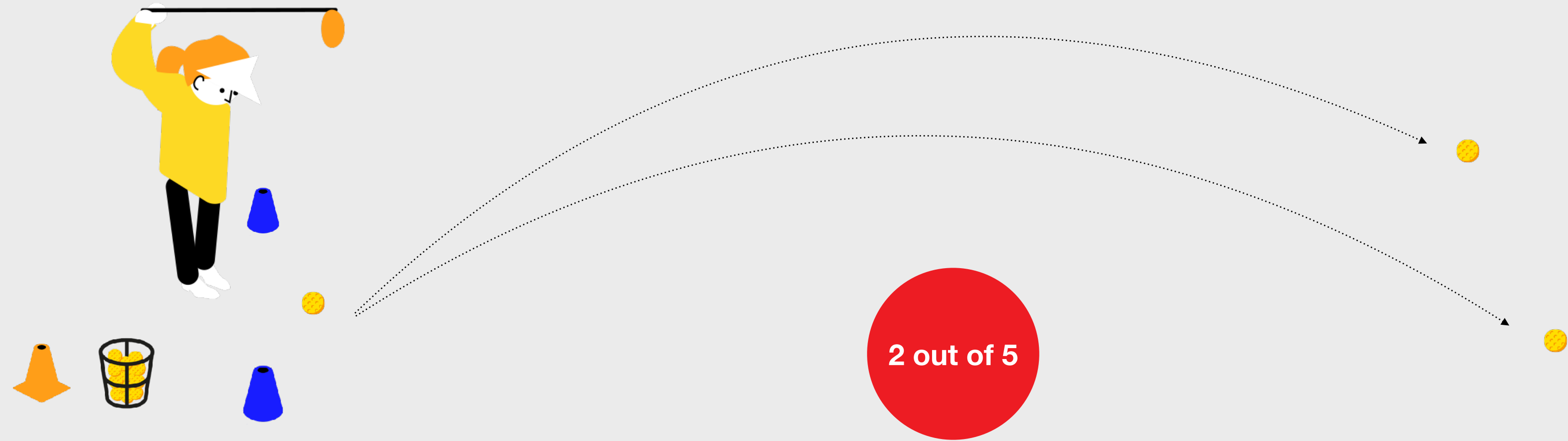
Spare equipment that may be required for the group attendees.



Mastering the Game Challenge Cards



Driver Challenge



The Challenge

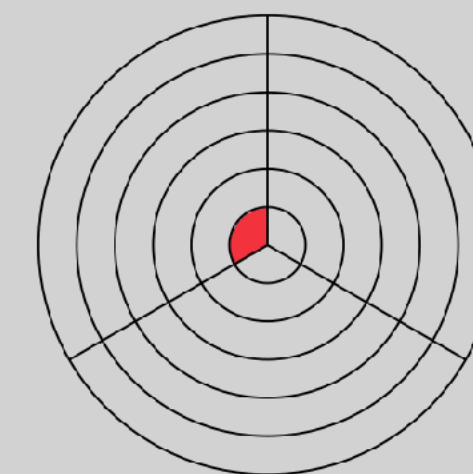
To complete the Level 1 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the child doesn't need to demonstrate control over direction or distance.

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.



Driver



Driver Challenge



The Challenge

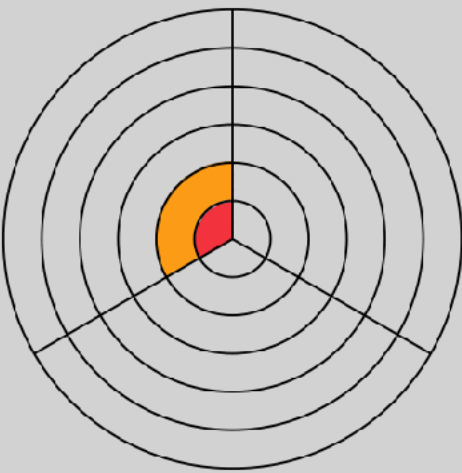
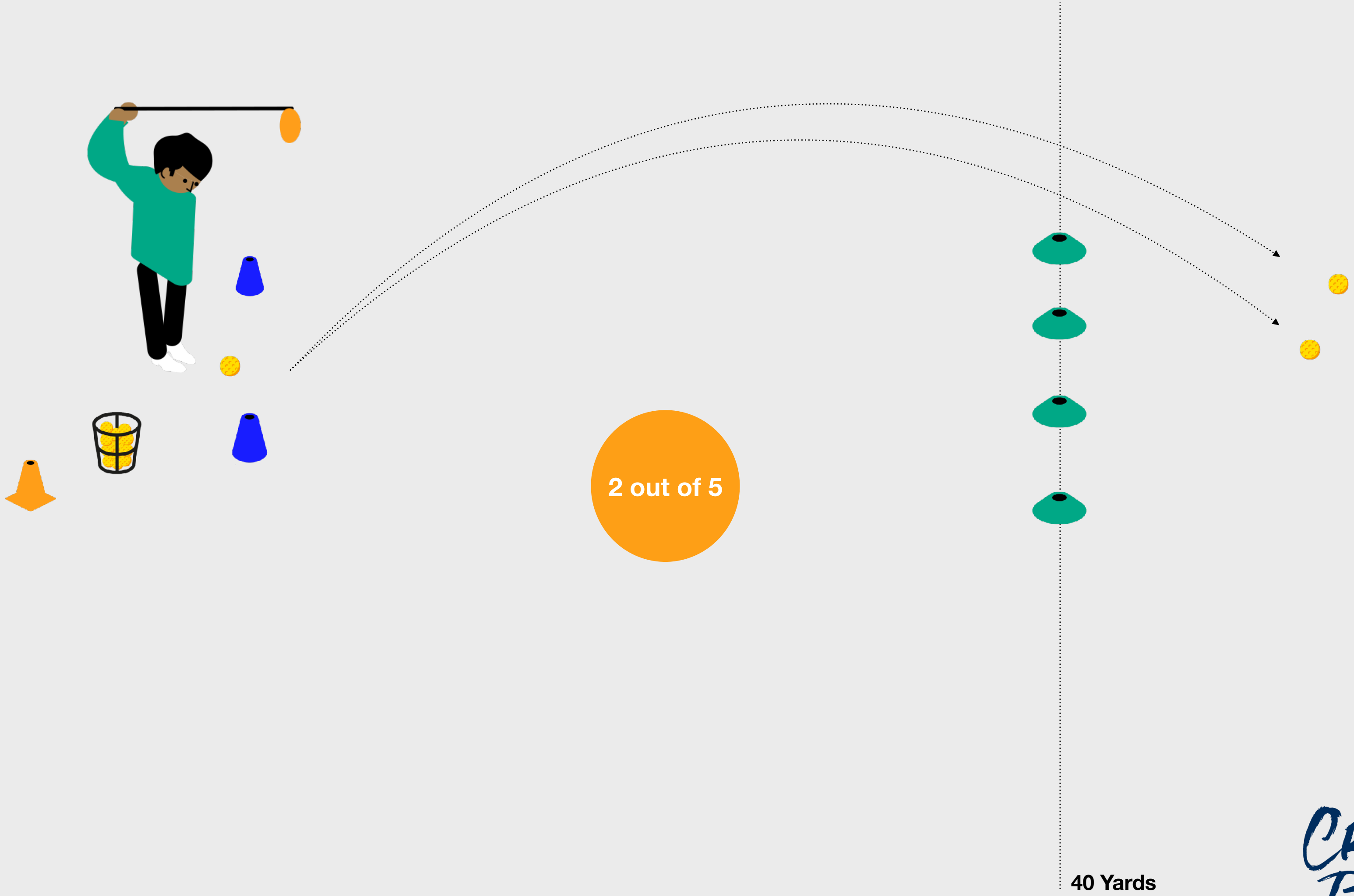
To complete the Level 2 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air, a minimum carry distance of 40 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction.

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.

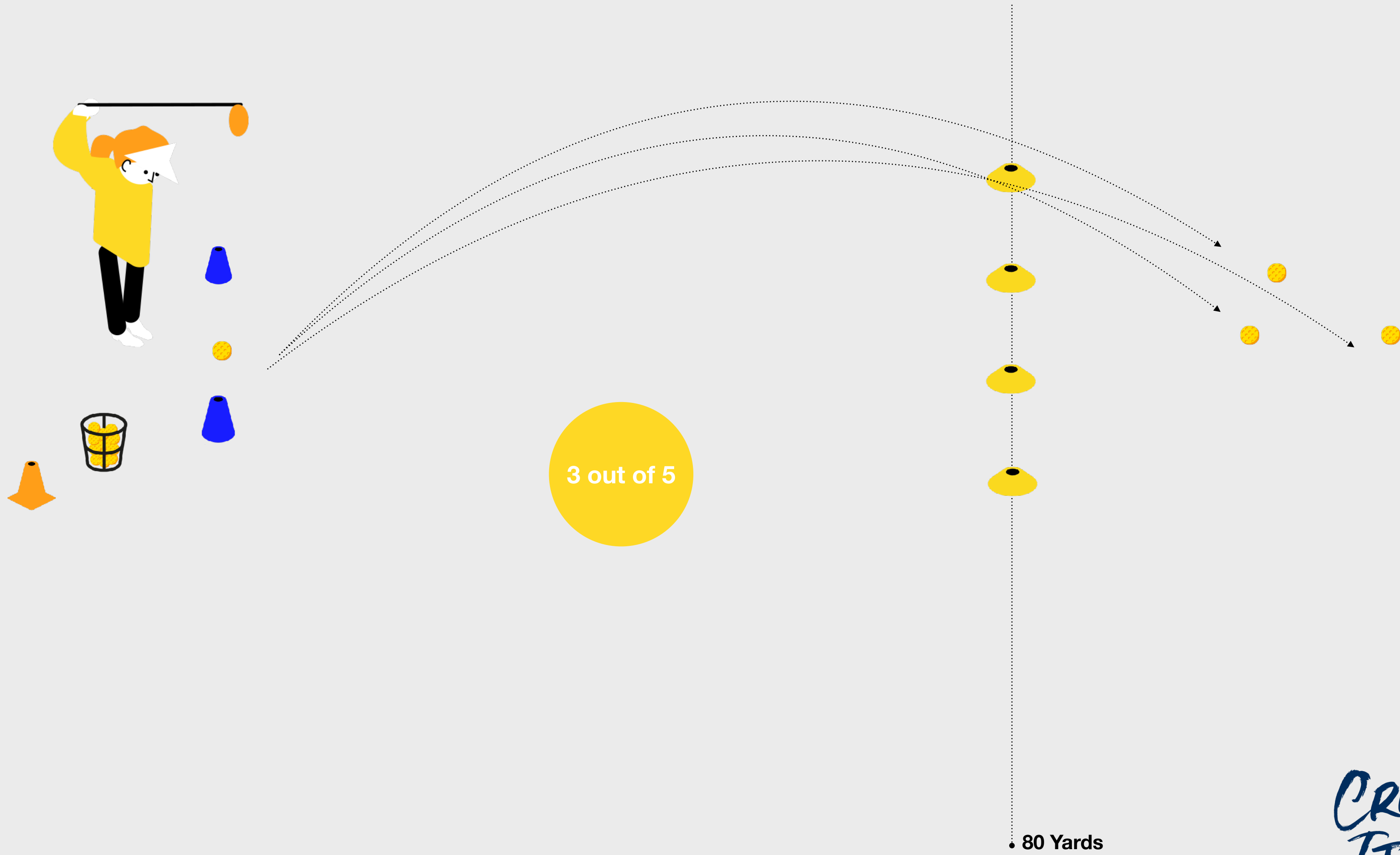
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Driver



Driver Challenge



The Challenge

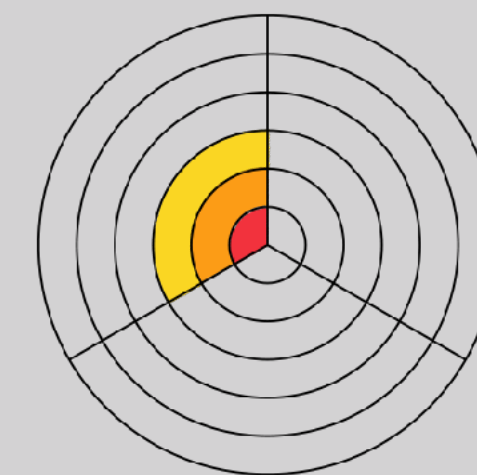
To complete the Level 3 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum carry distance of 80 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction.

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.

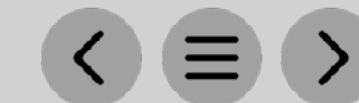
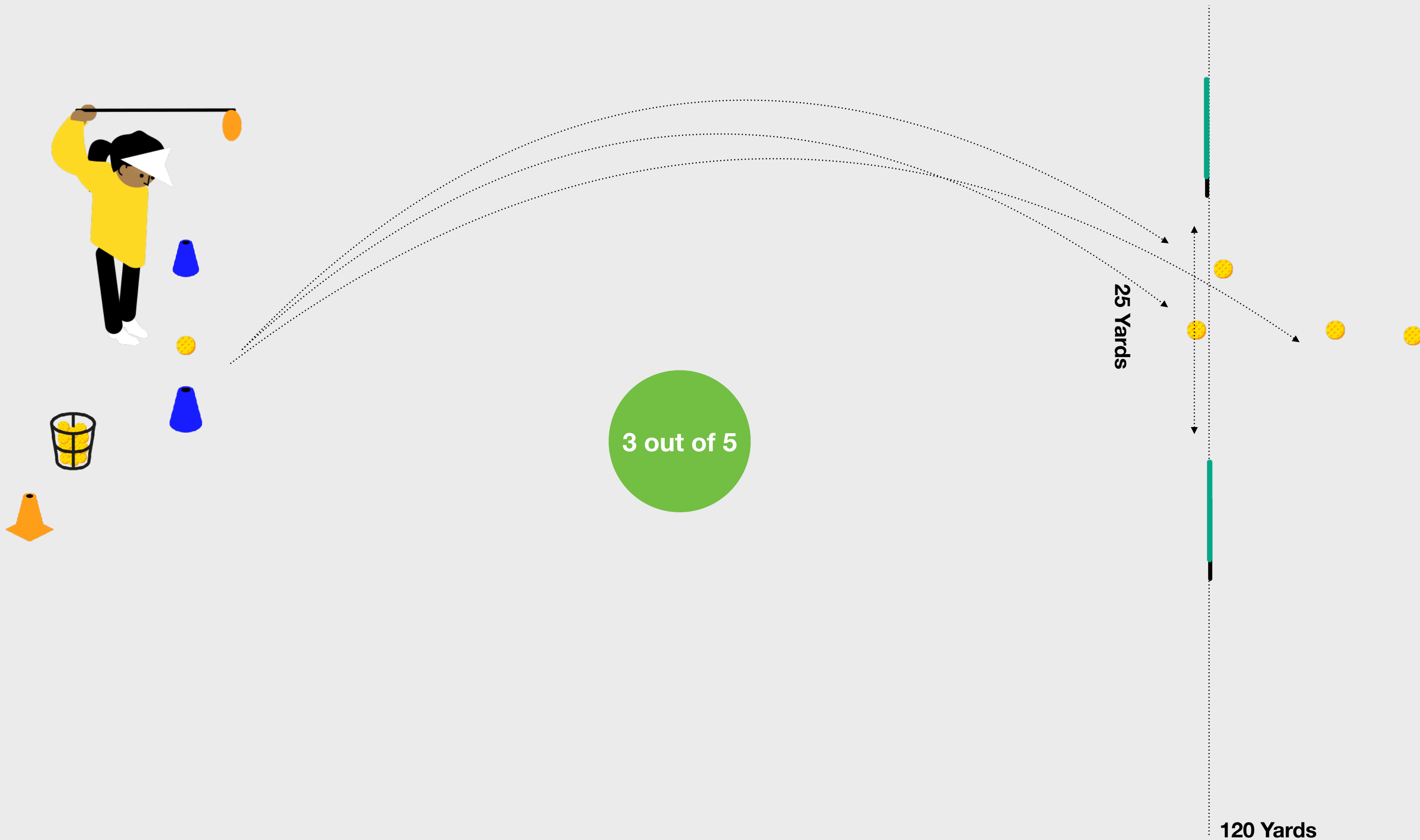
If they are also assigned to the *Crush It myGame+* program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



Driver



Driver Challenge



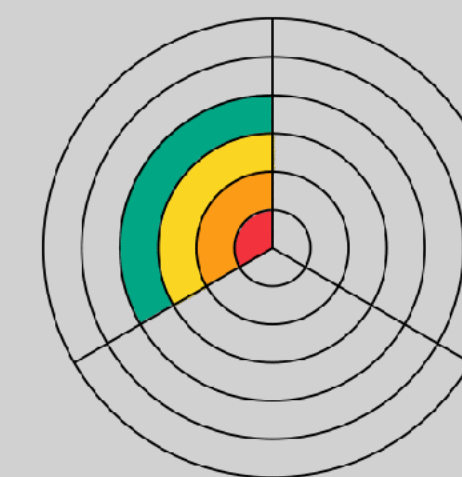
The Challenge

To complete the Level 4 Challenge within the Driver 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 and the ball needs to come to rest within a 25-yard-wide gate.

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.

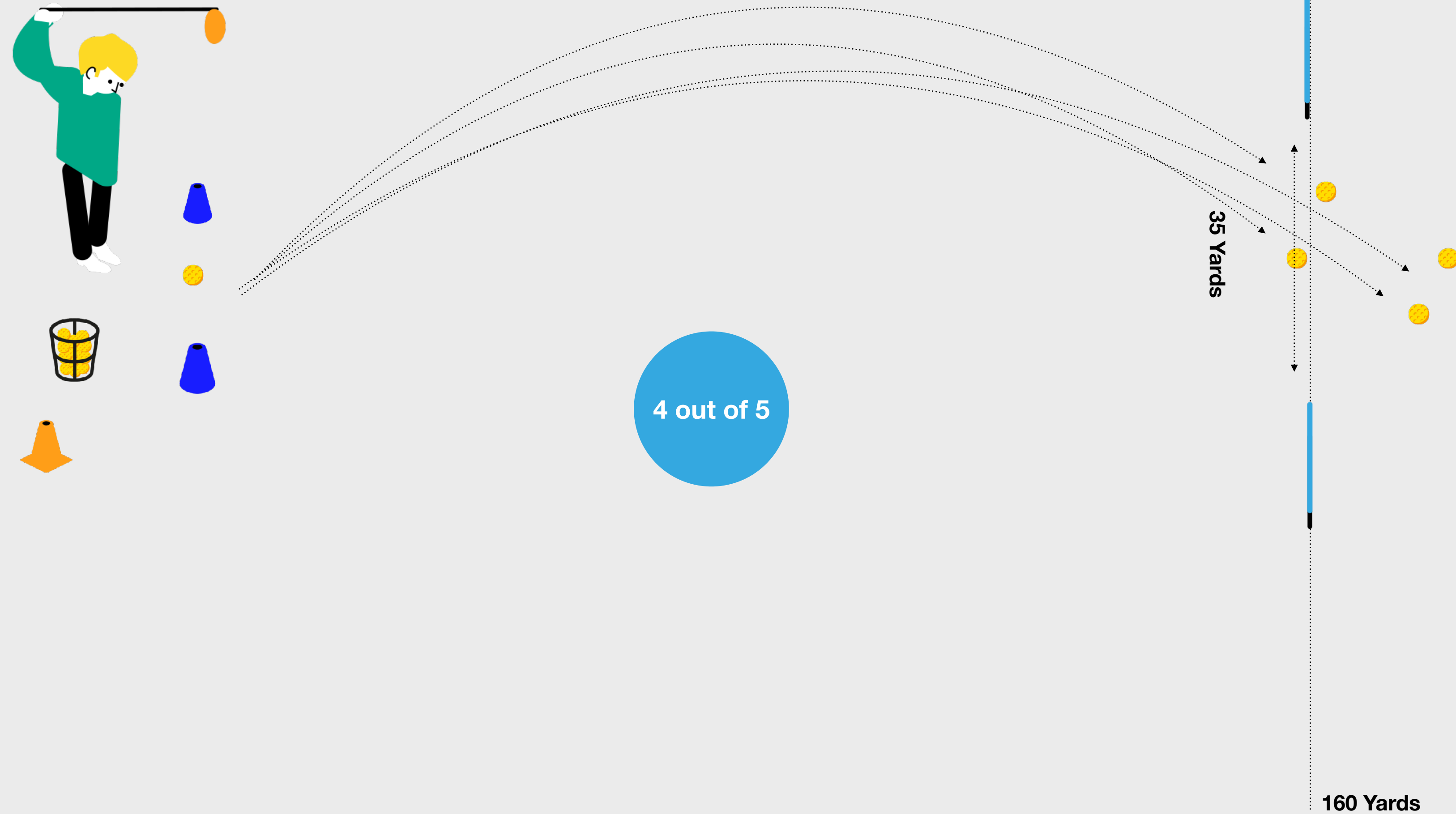
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Driver



Driver Challenge



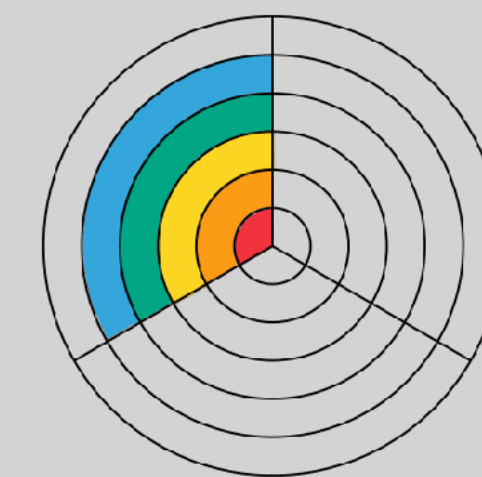
The Challenge

To complete the Level 5 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots in the air, a minimum total distance of 160 yards. The ball needs to come to rest through a 35-yard-wide gate.

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.

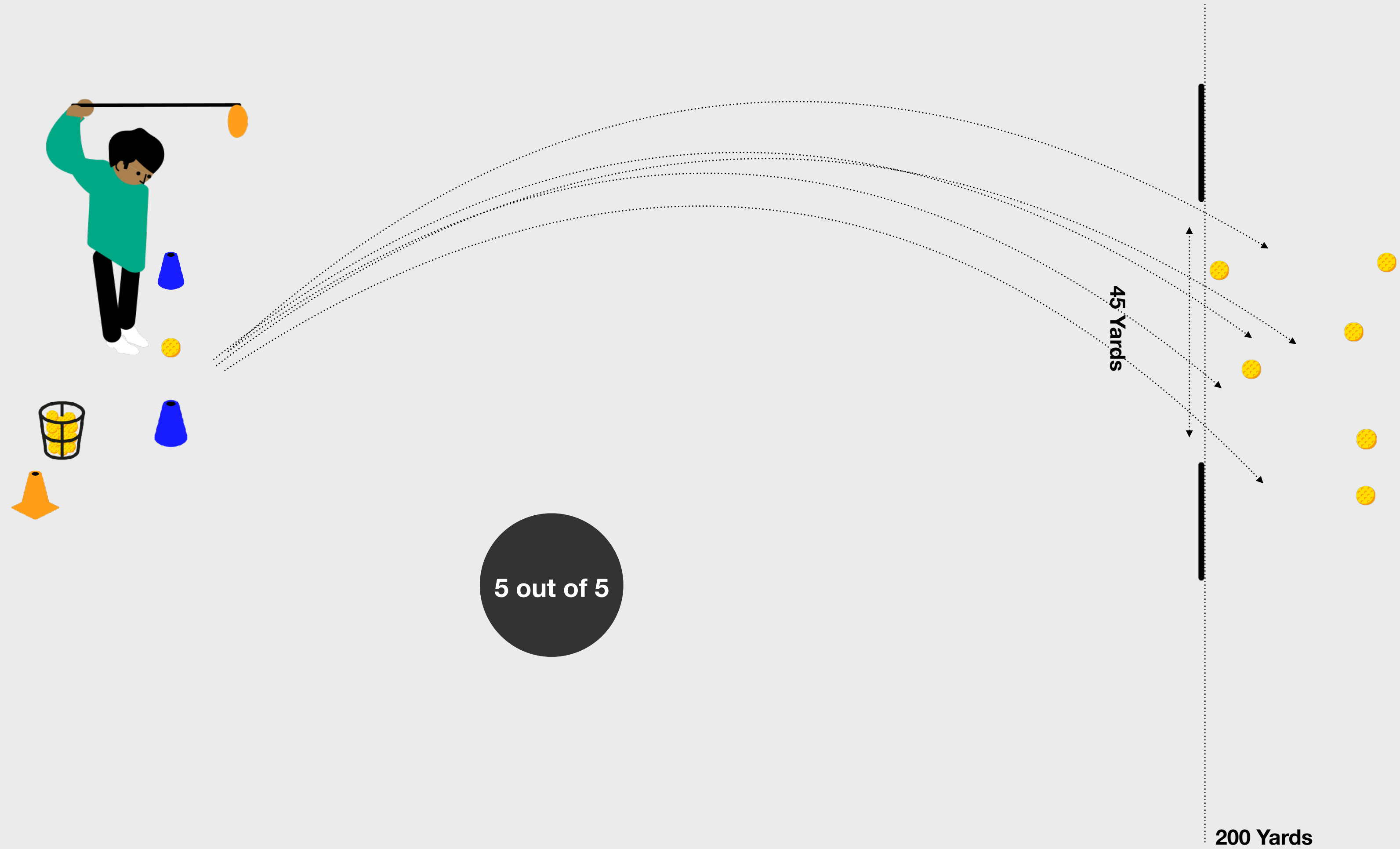
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Driver



Driver Challenge



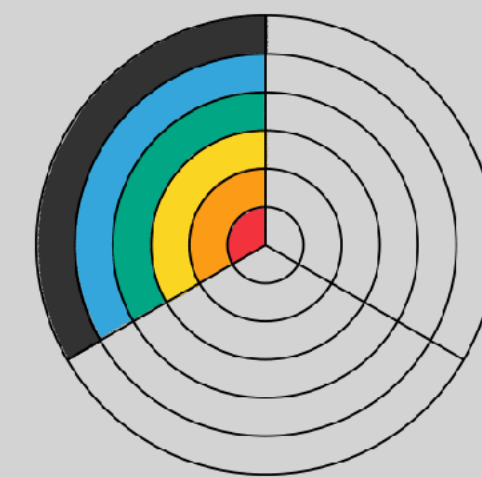
The Challenge

To complete the Level 6 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 5 out of 5 shots in the air, a minimum total distance of 200 yards. The ball needs to come to rest through a 45-yard-wide gate.

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.



Driver

