

Around the Green

Week 6



Class Timetable - Week 6

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"> High Fives
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"> Areas of a Golf Hole
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"> Perseverance
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games, tasks and challenges 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 if appropriate 	<ul style="list-style-type: none"> Tug of War G.O.L.F Golf Tennis
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

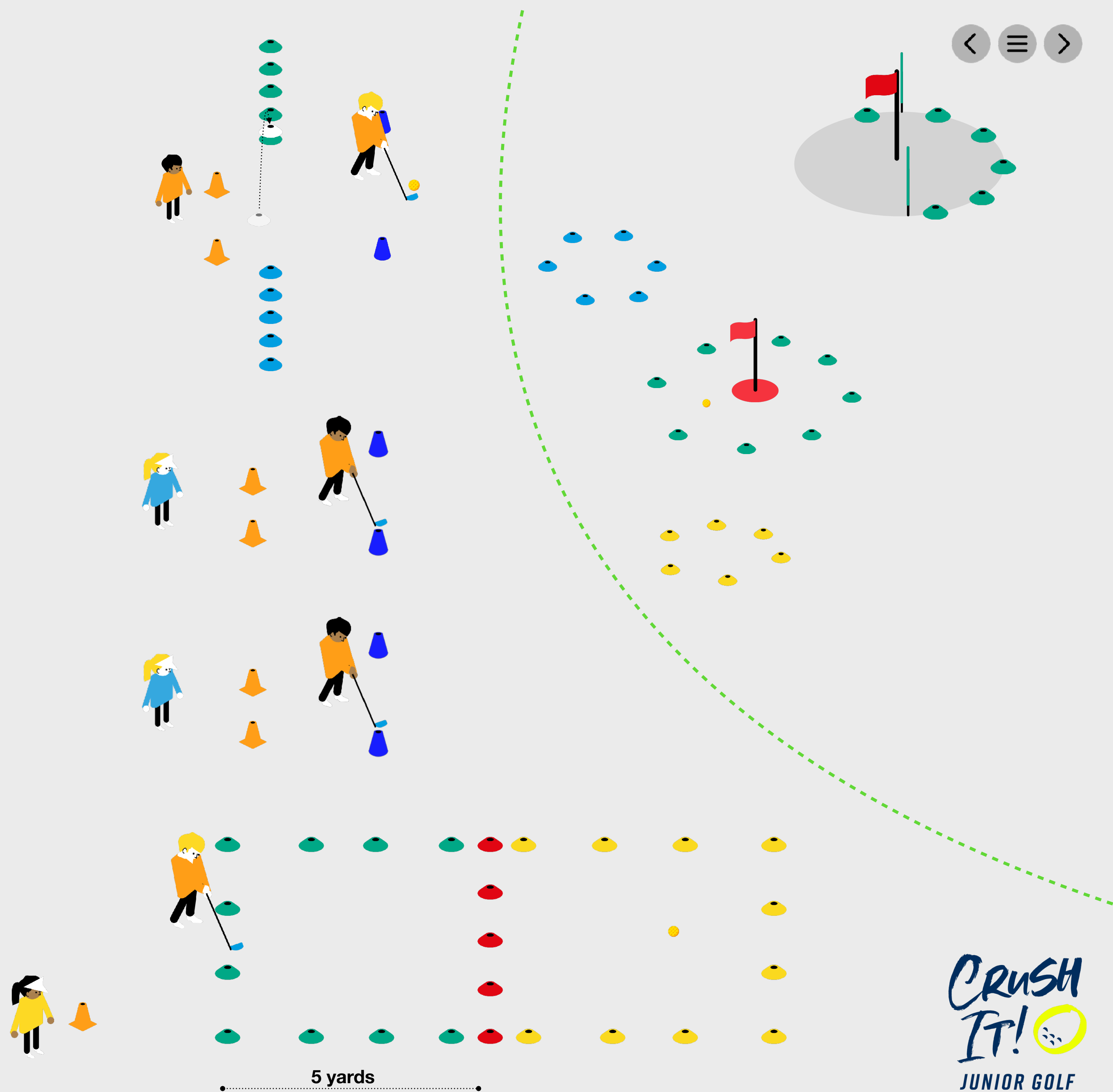
Class Layout and Setup

Station 3:
Game Station
Tug of War

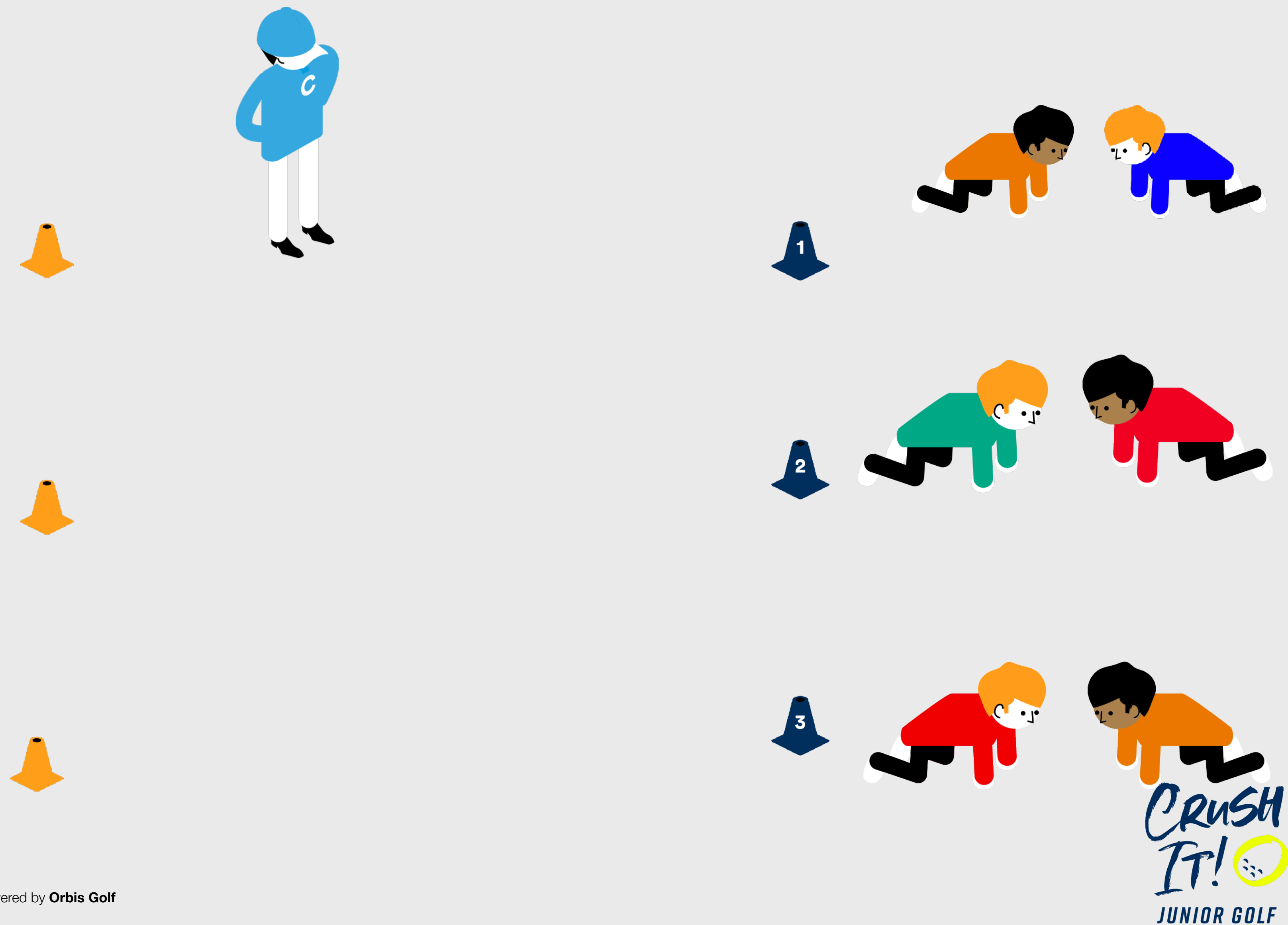
Station 4:
Free Practice Station

Station 1:
Game Station
G.O.L.F

Station 2:
Game Station
Golf Tennis



High Fives



How to Play

- This game is played in pairs
- The children start behind their team's safety cone
- On go, the children run, hop or skip across to behind their JGA cone
- The children then get into a press up position and have to high five each other, 10 times, using alternating hands
- After the team has completed their high fives they have to run, hop or skip back behind their safety cone
- The first team back behind their cone is the winner

Progression Ideas

- If holding a press up position is too difficult then children can play on their hands and knees, however one of their hands has to stay on the floor whilst they complete the high fives
- Introduce different FMS to move between the safety cone and JGA cone

Equipment Needed

Orange Safety Cones

SAFETY



3 x JGA cones





Personal Perseverance

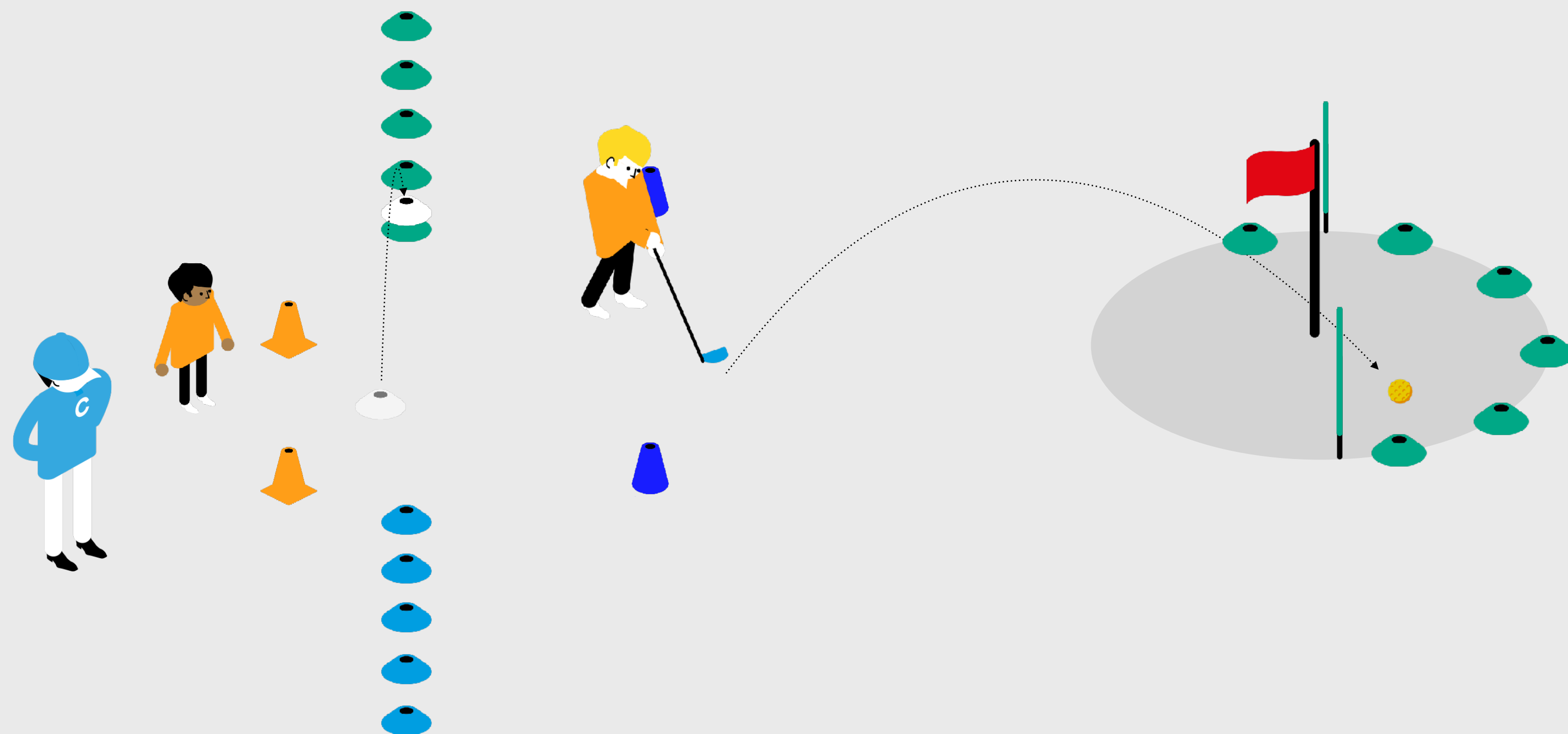
- The Whole Child theme this week is to learn to persevere despite the challenges that children might face.
- Carry this theme into the class by supporting all children with their pitching technique to ensure they don't find it too difficult and give up.



Orientation Areas of a Golf Hole

- The Learning the Game focus this week is to understand the different areas of a golf hole.
- You should check for understanding about what happens when the ball goes into different areas on a hole.

Tug of War



How to Play

- Child number 1 starts and attempts to hit their shot to the target
- Then the next child attempts their shot. The player who hits it nearest to the target moves the cone one place to their side
- The winner is the one who gets the centre white cone to their end cone

Progression Ideas

- Vary the target on each shot
- Vary the distance between the tee box and the green
- Add hazards for penalty cones
- Add different targets to increase the number of moves across the cones

Learning Outcomes

- Improve overall ability to strike the ball well, control direction and consistency of distance

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



5 x Green Cones



5 x Blue Cones



Spare equipment that may be required for the group attendees.

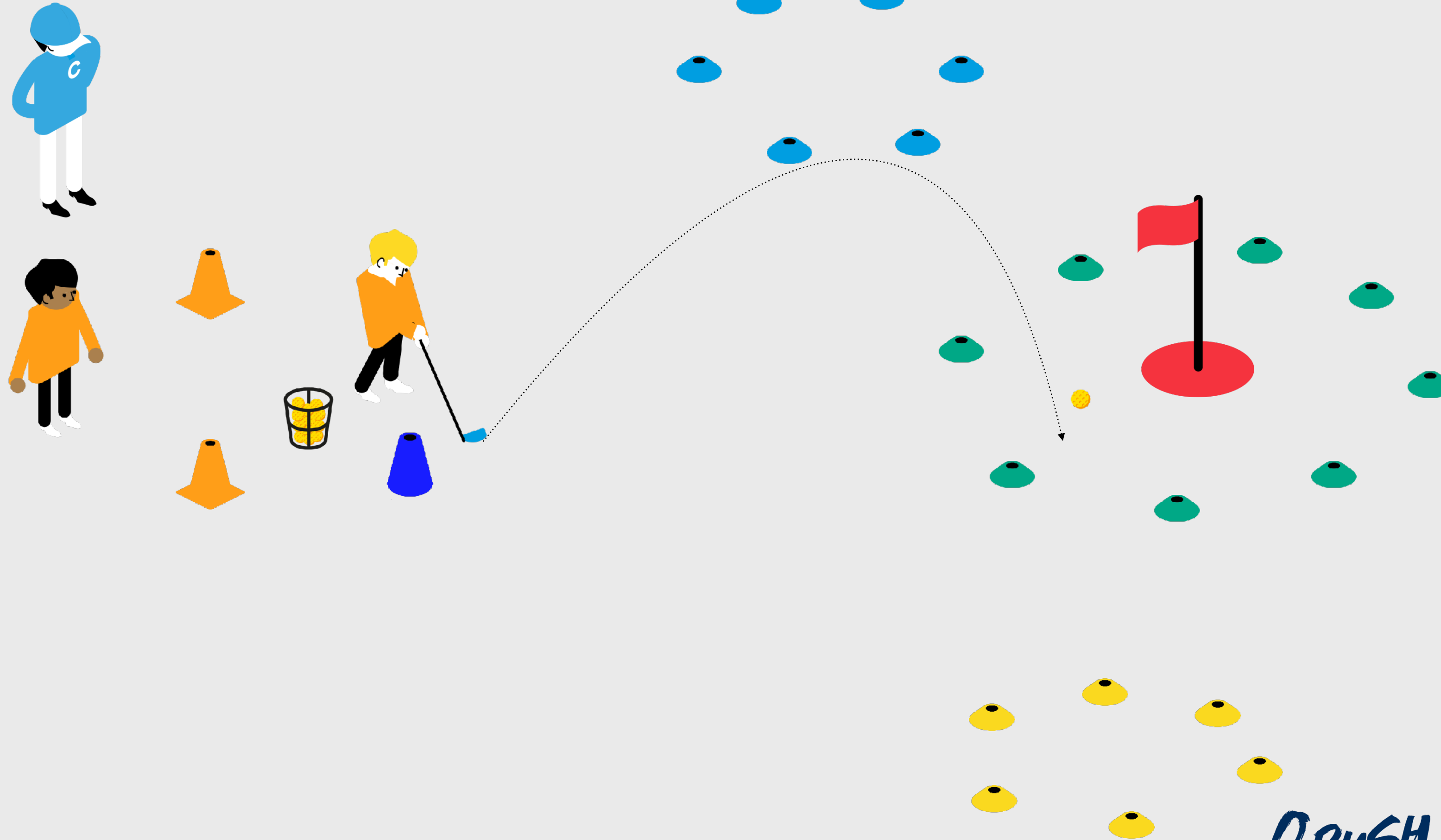


Golf Balls



CRUSH
IT!
JUNIOR GOLF

G.O.L.F



How to Play

- Nominate one of the children to play first
- The first player nominates the area of the golf course they are trying to hit, the green, the lake or the bunker. If the child hits the target, the opposing player needs to match them.
- If the opposing player doesn't hit the target, they get the first letter "G"
- The second player then nominates the target and the game continues until one player spells 'G.O.L.F.

Progression Ideas

- Vary the size of the targets
- Vary the distance to the targets
- Increase the number of letters in the game i.e 'G.O.L.F.E.R
- Adapt the shot types when playing to the targets i.e depending on skill level change the trajectory or shot shape.

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



Yellow cones to mark out a bunker



Green cones to mark out the green



Blue cones to mark out a bunker



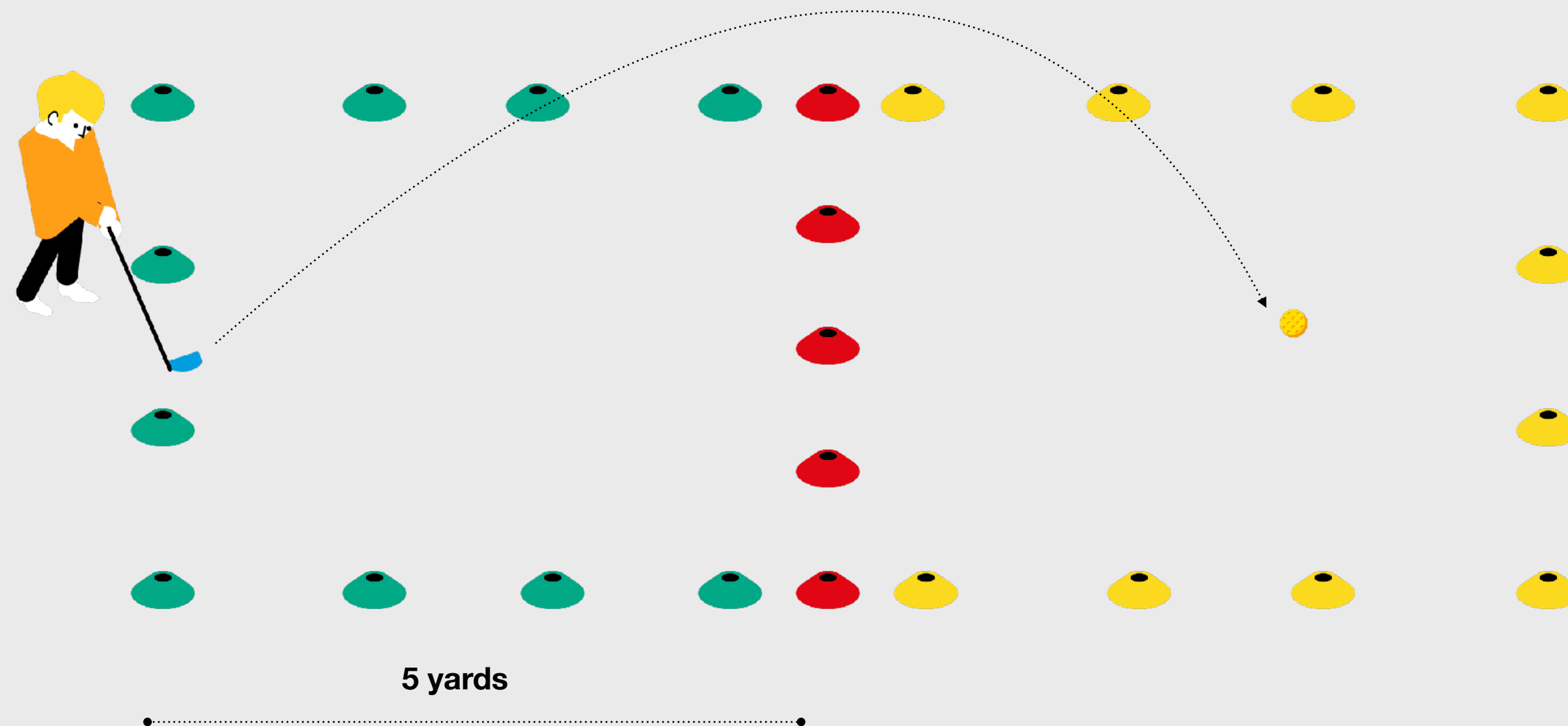
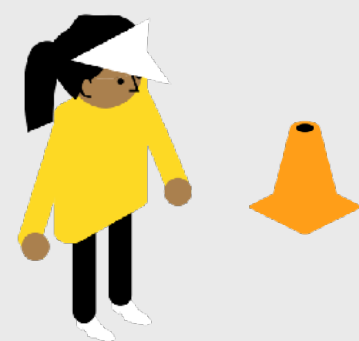
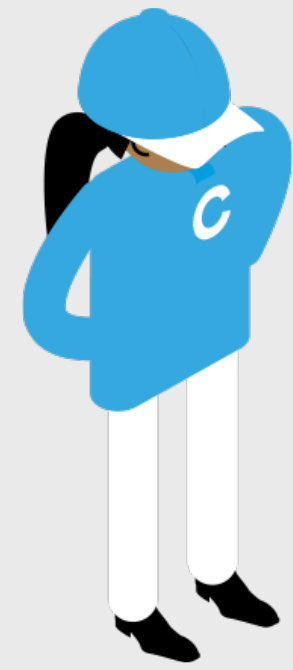
Spare equipment that may be required for the group attendees.



Golf Balls



Golf Tennis



How to Play

- Be sure to set up the game in a safe area, and highlight that players should not stand opposite each other when playing their shots
- Nominate a player to play first. One child is the
- The first player attempts their shot and aims to get their ball to bounce in the opposing player's box
- If successful and the ball stays in the box then the opposing player plays the ball from wherever it finishes. If the ball rolls out of the area then the opposing player places the ball on the base line and plays their shot from there
- The game can be scores like tennis, where if a player misses the box then the opposing player scores 15 points, alternatively they can score 1 point
- The game continues until a player wins the game like in a tennis match, or until a player scores 5 points

Progression Ideas

- Vary the size of the area
- Vary the club that is being used
- Change the ball being use to a tennis ball or soft ball
- Introduce a rule that the ball has to land and finish in the opponent's area

Equipment needed

Orange safety cones

SAFETY



10 x Green cones to mark out half of the court



10 x Yellow cones to mark out half of the court



5 x Red cones to mark the center line



1 x Golf ball



CRUSH
IT!
JUNIOR GOLF