

# Full-Day Camp Timetables

## 4 Days



**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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# Day 1 Morning | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

| Time    | Focus   | Suggested Theme Content  | Games / Drills / Resource  |
|---------|---|--|--|
| 15 Mins | Introduction  | <ul style="list-style-type: none"> <li>Welcome and allocate children to their teams for the week</li> </ul>  | <ul style="list-style-type: none"> <li>Team Register &amp; Design a Flag</li> </ul>  |
| 15 Mins | Warm Up Games   | <ul style="list-style-type: none"> <li>Introduce the Warm Up game, play in teams and record scores for the Junior Camp Games on the Team Scorecard</li> </ul>  | <ul style="list-style-type: none"> <li>Knockdown Noodles I (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>  |
| 40 Mins | Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>            | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Rocket Launcher</li> <li>Power Play</li> <li>Knockdown Tower I (<b>Junior Camp Competition Game</b>)</li> <li>Crossbar Challenge</li> <li>Team Scorecard</li> </ul>               |
| 40 Mins | Mastering the Game <ul style="list-style-type: none"> <li>On the Green</li> </ul>     | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Cat and Mouse</li> <li>Round the Clock Spiral I (<b>Junior Camp Competition Game</b>)</li> <li>Tic Tac Toe - Putting</li> <li>Putting Partners</li> <li>Team Scorecard</li> </ul> |
| 10 Mins | Mid-Morning Break   | <ul style="list-style-type: none"> <li>Time to rest, enjoy a drink and snack</li> </ul>  |  |
| 45 Mins | Mastering the Game <ul style="list-style-type: none"> <li>Around the Green</li> </ul> | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Golf Tennis I (<b>Junior Camp Competition Game</b>)</li> <li>Closest to the Pin</li> <li>Tic Tac Toe</li> <li>Mouse Trap</li> <li>Team Scorecard</li> </ul>                       |
| 15 Mins | End of Morning Recap  | <ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the morning</li> </ul>  | <ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>   |



# Day 1 Afternoon | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

| Time     | Focus   | Suggested Theme Content   | Games / Drills / Resource  |
|----------|---|---|--|
| 60 Mins  | Lunch   | <ul style="list-style-type: none"> <li>Enjoy lunch and provide indoor activity to complete</li> </ul>   | <ul style="list-style-type: none"> <li>Golf Wordsearch</li> </ul>                    |
| 20 Mins  | Warm Up Games   | <ul style="list-style-type: none"> <li>Introduce the Warm Up game and play in teams</li> </ul>  | <ul style="list-style-type: none"> <li>PGA Pro Says</li> </ul>                       |
| 150 Mins | On Course Play <ul style="list-style-type: none"> <li>Team Foursomes</li> </ul> | <ul style="list-style-type: none"> <li>Outline the safety instructions</li> <li>Introduce the format</li> <li>The children play in pairs with another player from their teams</li> <li>Allocate appropriate tee positions depending on ability</li> <li>Record scores for as many holes that can be completed in the allotted time</li> </ul> | <ul style="list-style-type: none"> <li>Scorecards</li> <li>Team Scorecard</li> </ul> |
| 10 Mins  | End of Day Recap  | <ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites</li> <li>Give out the Achiever Award for the day</li> <li>Announce the points total</li> </ul>   | <ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>                     |

# Day 2 Morning | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

| Time    | Focus   | Suggested Theme Content  | Games / Drills / Resource  |
|---------|---|--|--|
| 15 Mins | Introduction  | <ul style="list-style-type: none"> <li>Welcome and review Teams for the week and Team Scores</li> </ul>  | <ul style="list-style-type: none"> <li>Team Register</li> </ul>  |
| 15 Mins | Warm Up Games   | <ul style="list-style-type: none"> <li>Introduce the Warm Up game, play in teams and record scores for the Junior Camp Games on the Team Scorecard</li> </ul>  | <ul style="list-style-type: none"> <li>Head, Shoulders, Knees and Toes I (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>  |
| 40 Mins | Mastering the Game <ul style="list-style-type: none"> <li>Around the Green</li> </ul> | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Closest to the Line</li> <li>Battleships</li> <li>Splash Shot</li> <li>Over or Under (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>         |
| 40 Mins | Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>            | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Stepping Stones</li> <li>Tug of War</li> <li>Up the Ladder (<b>Junior Camp Competition Game</b>)</li> <li>Flamingo Shots</li> <li>Team Scorecard</li> </ul>           |
| 10 Mins | Mid-Morning Break   | <ul style="list-style-type: none"> <li>Time to rest, enjoy a drink and snack</li> </ul>  |  |
| 45 Mins | Mastering the Game <ul style="list-style-type: none"> <li>On the Green</li> </ul>     | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Closest to the Line</li> <li>Pick a Cone, Hit a Cone</li> <li>Coconut Shy (<b>Junior Camp Competition Game</b>)</li> <li>Minefield</li> <li>Team Scorecard</li> </ul> |
| 15 Mins | End of Morning Recap  | <ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the morning</li> </ul>  | <ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>   |

# Day 2 Afternoon | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

| Time     | Focus   | Suggested Theme Content   | Games / Drills / Resource  |
|----------|---|---|--|
| 60 Mins  | Lunch   | <ul style="list-style-type: none"> <li>Enjoy lunch and provide indoor activity to complete</li> </ul>   | <ul style="list-style-type: none"> <li>Golf Crossword</li> </ul>                     |
| 20 Mins  | Warm Up Games   | <ul style="list-style-type: none"> <li>Introduce the Warm Up game and play in teams</li> </ul>  | <ul style="list-style-type: none"> <li>Relay Race</li> </ul>                         |
| 150 Mins | On Course Play<br><ul style="list-style-type: none"> <li>Team Scramble</li> </ul> | <ul style="list-style-type: none"> <li>Outline the safety instructions</li> <li>Introduce the format</li> <li>Let the children play in teams and record scores for as many holes completed</li> </ul> | <ul style="list-style-type: none"> <li>Scorecards</li> <li>Team Scorecard</li> </ul> |
| 10 Mins  | End of Day Recap  | <ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the day</li> </ul>   | <ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>                     |

# Day 3 Morning | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

| Time    | Focus   | Suggested Theme Content  | Games / Drills / Resource  |
|---------|---|--|--|
| 15 Mins | Introduction  | <ul style="list-style-type: none"> <li>Welcome and review Teams for the week and Team Scores</li> </ul>  | <ul style="list-style-type: none"> <li>Team Register</li> </ul>  |
| 15 Mins | Warm Up Games   | <ul style="list-style-type: none"> <li>Introduce the Warm Up game, play in teams and record scores for the Junior Camp Games on the Team Scorecard</li> </ul>  | <ul style="list-style-type: none"> <li>Floor is Lava (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>  |
| 40 Mins | Mastering the Game <ul style="list-style-type: none"> <li>On the Green</li> </ul>     | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Through the Gates</li> <li>Compass</li> <li>Putting Runway (<b>Junior Camp Competition Game</b>)</li> <li>Finders Keepers</li> <li>Team Scorecard</li> </ul>          |
| 40 Mins | Mastering the Game <ul style="list-style-type: none"> <li>Around the Green</li> </ul> | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Cone Crusher</li> <li>Choose Your Trajectory</li> <li>Curling (<b>Junior Camp Competition Game</b>)</li> <li>Single, Double Triple</li> <li>Team Scorecard</li> </ul> |
| 10 Mins | Mid-Morning Break   | <ul style="list-style-type: none"> <li>Time to rest, enjoy a drink and snack</li> </ul>  |  |
| 45 Mins | Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>            | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Slalom</li> <li>Happy Shots</li> <li>Pinseeker (<b>Junior Camp Competition Game</b>)</li> <li>Pot Luck</li> <li>Team Scorecard</li> </ul>                             |
| 15 Mins | End of Morning Recap  | <ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the morning</li> </ul>  | <ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>   |

# Day 3 Afternoon | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

| Time     | Focus  | Suggested Theme Content  | Games / Drills / Resource  |
|----------|--|--|--|
| 60 Mins  | Lunch  | <ul style="list-style-type: none"> <li>Enjoy lunch and provide indoor activity to complete</li> </ul>  | <ul style="list-style-type: none"> <li>Design a Golfer</li> </ul>                    |
| 20 Mins  | Warm Up Games  | <ul style="list-style-type: none"> <li>Introduce the Warm Up game, play in teams and record scores</li> </ul>  | <ul style="list-style-type: none"> <li>Pitch vs Chip</li> </ul>                      |
| 150 Mins | On Course Play<br><ul style="list-style-type: none"> <li>Team Foursomes</li> </ul> | <ul style="list-style-type: none"> <li>Outline the safety instructions</li> <li>Introduce the format</li> <li>Let the children play in teams and record scores for as many holes completed</li> </ul>  | <ul style="list-style-type: none"> <li>Scorecards</li> <li>Team Scorecard</li> </ul> |
| 10 Mins  | End of Day Recap / End of Week Presentation  | <ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites</li> <li>Give out the Achiever Award for the day</li> <li>Announce the points total</li> <li>Announce the winners for the week, present prizes</li> <li>Provide information on the Junior Monthly Program</li> <li>Thank everyone for coming</li> </ul> | <ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>                     |



# Day 4 Morning | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

| Time    | Focus   | Suggested Theme Content  | Games / Drills / Resource  |
|---------|---|--|--|
| 15 Mins | Introduction  | <ul style="list-style-type: none"> <li>Welcome and review Teams for the week and Team Scores</li> </ul>  | <ul style="list-style-type: none"> <li>Team Register</li> </ul>  |
| 15 Mins | Warm Up Games   | <ul style="list-style-type: none"> <li>Introduce the Warm Up game, play in teams and record scores for the Junior Camp Games on the Team Scorecard</li> </ul>  | <ul style="list-style-type: none"> <li>Rock, Paper, Scissors (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>  |
| 40 Mins | Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>            | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Crossbar Challenge (<b>Junior Camp Competition Game</b>)</li> <li>Up the Ladder</li> <li>Clubface Contact</li> <li>Tug of War - Nearest to the Pin</li> </ul>   |
| 40 Mins | Mastering the Game <ul style="list-style-type: none"> <li>On the Green</li> </ul>     | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Ten Pin Bowling</li> <li>Putting Pool (<b>Junior Camp Competition Game</b>)</li> <li>Finders Keepers</li> <li>Kentucky Derby</li> <li>Team Scorecard</li> </ul> |
| 10 Mins | Mid-Morning Break   | <ul style="list-style-type: none"> <li>Time to rest, enjoy a drink and snack</li> </ul>  |  |
| 45 Mins | Mastering the Game <ul style="list-style-type: none"> <li>Around the Green</li> </ul> | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul> | <ul style="list-style-type: none"> <li>Matchplay Pitch</li> <li>Finders Keepers</li> <li>Over or Under</li> <li>Bullseye (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>      |
| 15 Mins | End of Morning Recap  | <ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the morning</li> </ul>  | <ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>   |



# Day 4 Afternoon | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

| Time     | Focus   | Suggested Theme Content  | Games / Drills / Resource  |
|----------|---|--|--|
| 60 Mins  | Lunch   | <ul style="list-style-type: none"> <li>• Enjoy lunch and provide indoor activity to complete</li> </ul>  | <ul style="list-style-type: none"> <li>• Naughts and Crosses</li> </ul>                  |
| 20 Mins  | Warm Up Games   | <ul style="list-style-type: none"> <li>• Introduce the Warm Up game, play in teams and record scores</li> </ul>  | <ul style="list-style-type: none"> <li>• Launch Pads</li> </ul>                          |
| 150 Mins | On Course Play<br><ul style="list-style-type: none"> <li>• Team Scramble</li> </ul> | <ul style="list-style-type: none"> <li>• Outline the safety instructions</li> <li>• Introduce the format</li> <li>• Let the children play in teams and record scores for as many holes completed</li> </ul>  | <ul style="list-style-type: none"> <li>• Scorecards</li> <li>• Team Scorecard</li> </ul> |
| 10 Mins  | End of Day Recap / End of Week Presentation   | <ul style="list-style-type: none"> <li>• Recap the games, find out the children's favourites</li> <li>• Give out the Achiever Award for the day</li> <li>• Announce the points total</li> <li>• Announce the winners for the week, present prizes</li> <li>• Provide information on the Junior Monthly Program</li> <li>• Thank everyone for coming</li> </ul> | <ul style="list-style-type: none"> <li>• Team Scorecard</li> </ul>                       |