

Full-Day Camp Class Plan

Day 1



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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
			Coming Soon

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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"> Welcome and allocate children to their teams for the week 	<ul style="list-style-type: none"> Team Register & Design a Flag
15 Mins	Warm Up Games	<ul style="list-style-type: none"> Introduce the Warm Up game, play in teams and record scores for the Junior Camp Games on the Team Scorecard 	<ul style="list-style-type: none"> Wedge and Ball (Junior Camp Competition Game) Ball Toss Team Scorecard
40 Mins	Mastering the Game <ul style="list-style-type: none"> Swing 	<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 Children rotate around the stations Use one of the Games in the Junior Camp Competition 	<ul style="list-style-type: none"> Rocket Launcher Over the River (Junior Camp Competition Game) Slalom Make it Splash Team Scorecard
40 Mins	Mastering the Game <ul style="list-style-type: none"> On the Green 	<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 Children rotate around the stations Use one of the Games in the Junior Camp Competition 	<ul style="list-style-type: none"> Waterfall 21 Golden Nugget Zone Ball (Junior Camp Competition Game) Team Scorecard
10 Mins	Mid-Morning Break	<ul style="list-style-type: none"> Time to rest, enjoy a drink and snack 	
45 Mins	Mastering the Game <ul style="list-style-type: none"> Around the Green 	<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 Children rotate around the stations Use one of the Games in the Junior Camp Competition 	<ul style="list-style-type: none"> Landing Zones (Junior Camp Competition Game) Tug of War G.O.L.F Battleships Team Scorecard
15 Mins	End of Morning Recap	<ul style="list-style-type: none"> Recap the games, find out the children's favourites and announce the points total for the morning 	<ul style="list-style-type: none"> Team Scorecard

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"> Enjoy lunch and provide indoor activity to complete 	<ul style="list-style-type: none"> Design a Golf Ball
20 Mins	Warm Up Games	<ul style="list-style-type: none"> Introduce the Warm Up game and play in teams 	<ul style="list-style-type: none"> Ball Toss
150 Mins	On Course Play <ul style="list-style-type: none"> Team Scramble 	<ul style="list-style-type: none"> Outline the safety instructions Introduce the format Let the children play in teams and record scores for as many holes complete Contribute this to the Junior Camp Competition 	<ul style="list-style-type: none"> Course Scorecards Team Scorecard Junior Camp Competition Game
10 Mins	End of Day Recap	<ul style="list-style-type: none"> Recap the games, find out the children's favourites Give out the Achiever Award for the day Announce the points total 	<ul style="list-style-type: none"> Team Scorecard

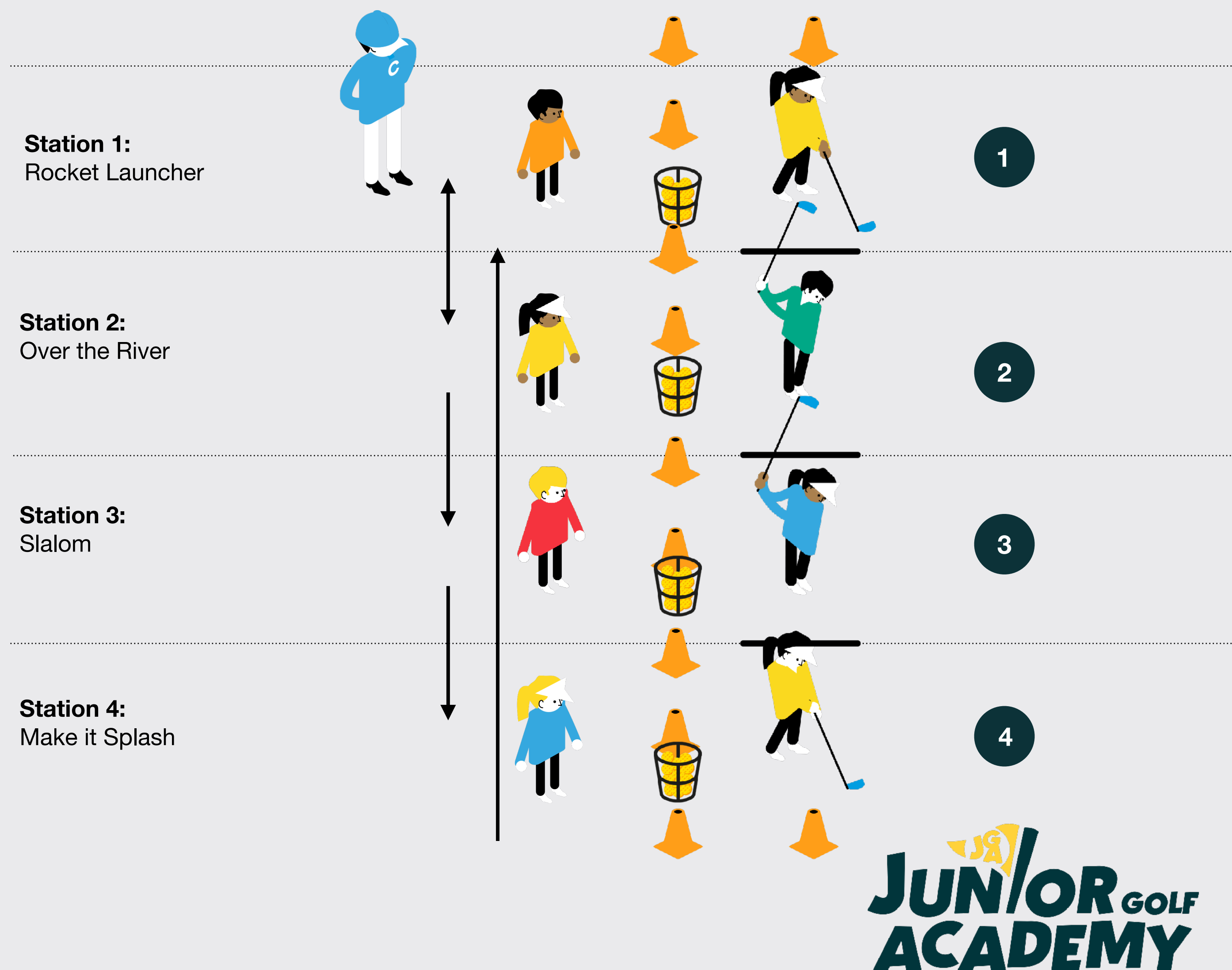
Layout and Setup



Swing Games - 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:

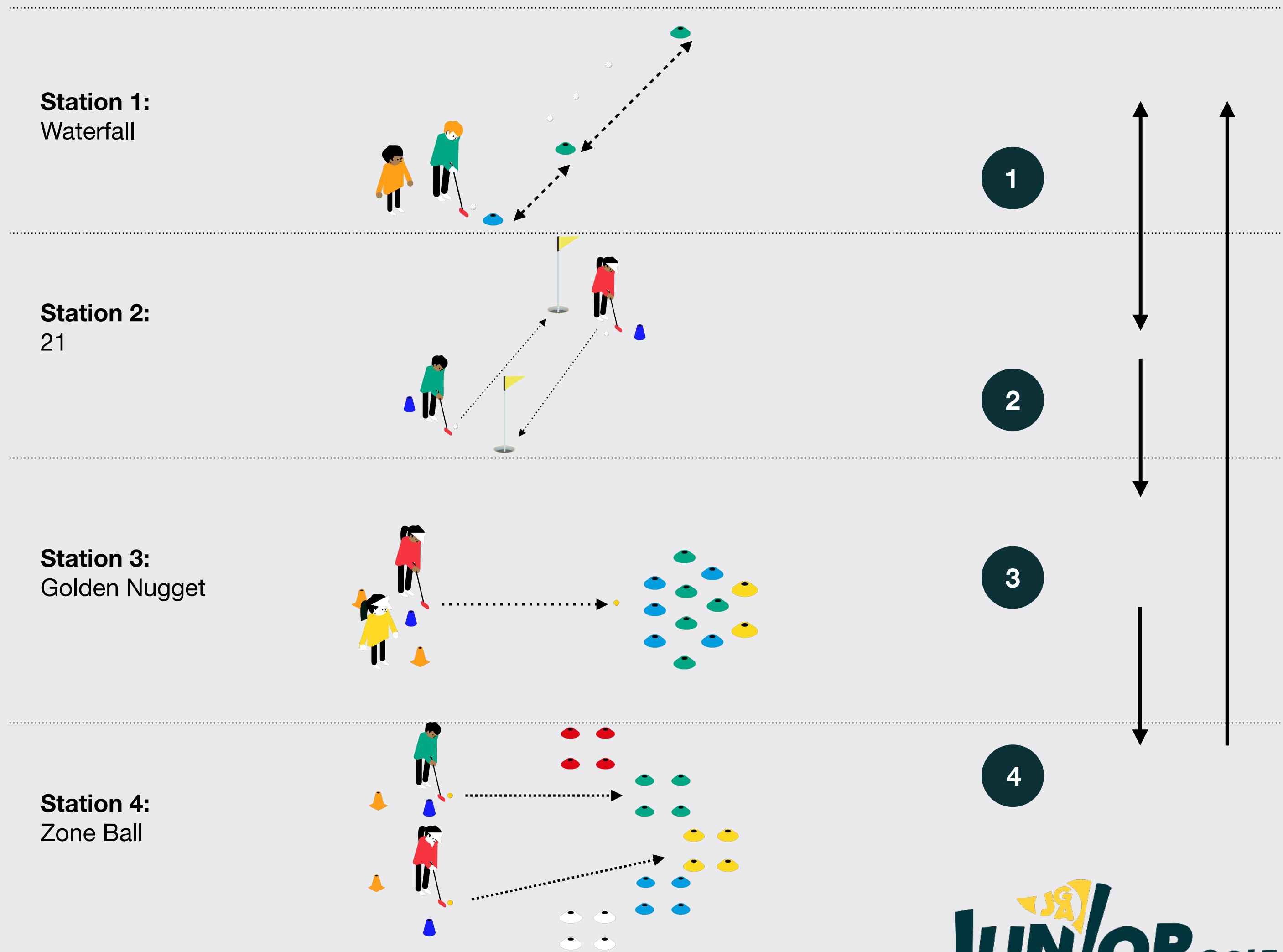
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to 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 children where they are required to stand when not hitting from within the hitting station
 - Dividers should be used to identify to hitting stations
 - Baskets should be placed to right to the side of the children and behind the hitting area
 - Children should never go in front of the hitting stations to collect a golf ball or golf club
 - Children should always exit the hitting stations from the rear by crossing the orange safety cones
 - Children should collect the golf balls in a group with all equipment left at the stations



On the Green Games - 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:

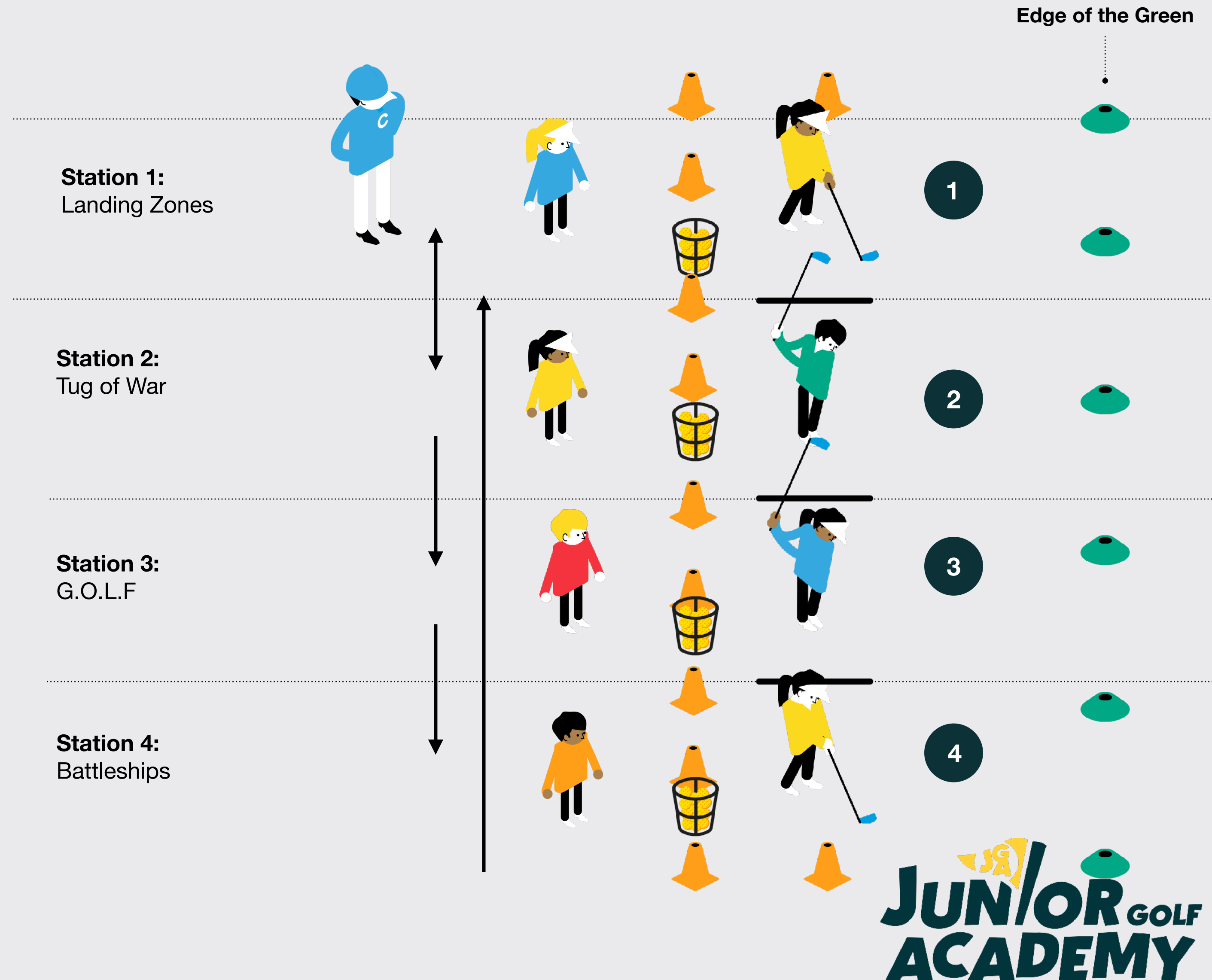
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to 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 children where they are required to stand when not putting within a station
 - Children not putting from within their station should place the putter on the ground
 - Only one golf ball is required for each junior



Around the Green Games - 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:

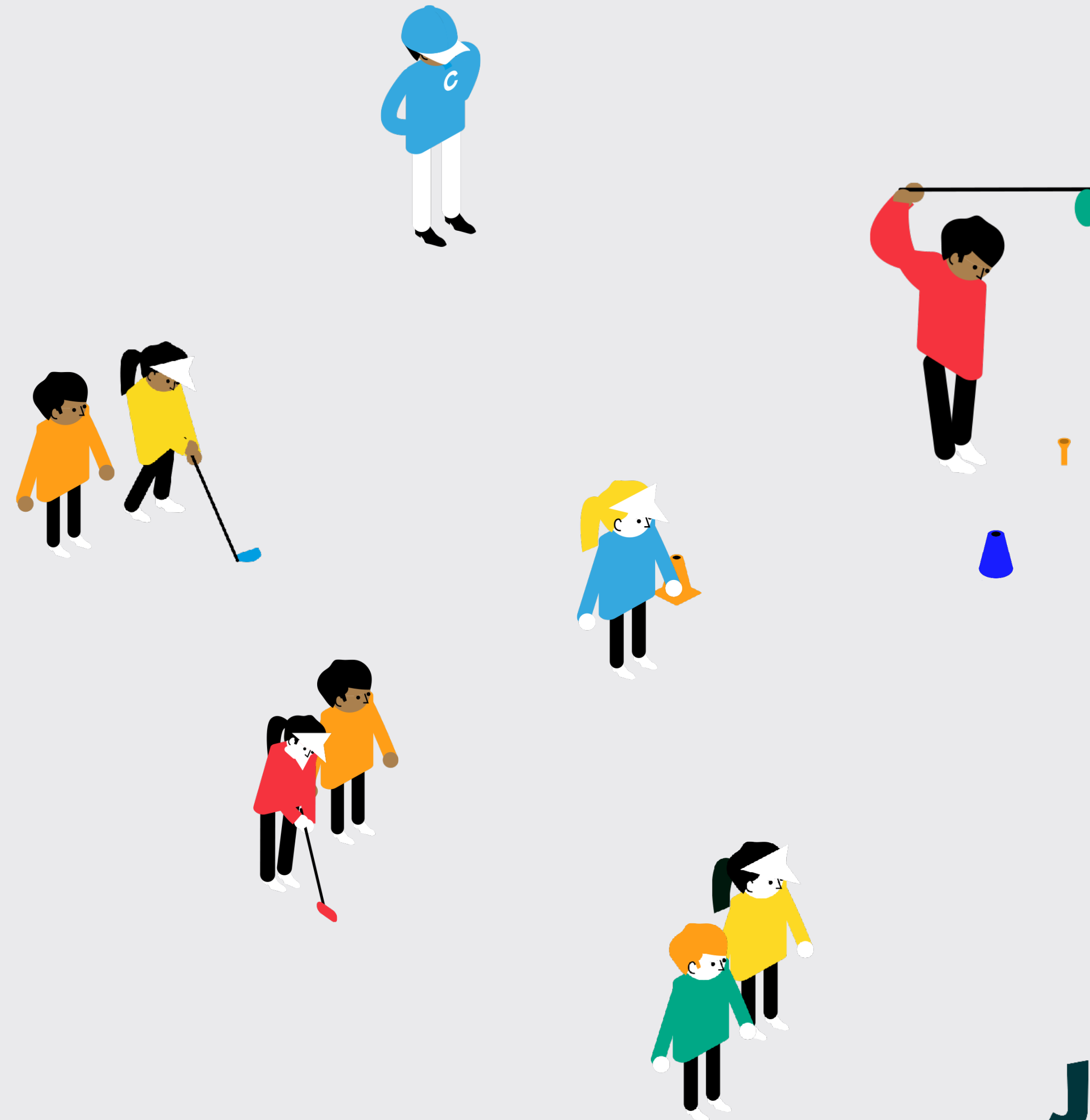
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **5-7 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to 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 children where they are required to stand when not hitting from within the hitting station
 - Dividers should be used to identify to hitting stations
 - Baskets should be placed to right to the side of the children and behind the hitting area
 - Children should never go in front of the hitting stations to collect a golf ball or golf club
 - Children should always exit the hitting stations from the rear by crossing the orange safety cones
 - Children should collect the golf balls in a group with all equipment left at the stations



Course Play - Layout and Setup

The graphic opposite provides an example image of how we suggest you manage your group on the course so that the course play activities can be delivered in a safe, fun and engaging manner:

- Take a cone onto the course to indicate where the children have to play from. Make sure you take a safety cone so that children are aware of where they should be stood when not playing their shots
- Children should take it in turns to hit their shots and be praised for standing safely and encouraging each other when it's not their turn
- Safety is your top priority when running your class, please remember to remind the group;
 - Children should never go in front of the child hitting the shot
 - Children should always be aware of other golfers on the course
 - Children should make sure they leave equipment on the floor if they are not using them



Physical Literacy





Wedge and Ball - JUNIOR CAMP GAMES

How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 with the wedge in one hand and the golf ball in the other
- On go, the child tries to walk and balance the golf ball on the club face
- The team that wins is the one who gets all players home first.

Progression Ideas

- Add extra goes for each child
- Increase the distance between the markers
- Play the game with different fundamental movements such running or hopping
- Attempt to play the game bouncing the ball on the clubface as the child moves
- When the ball is dropped, the child returns to the start

Equipment Needed

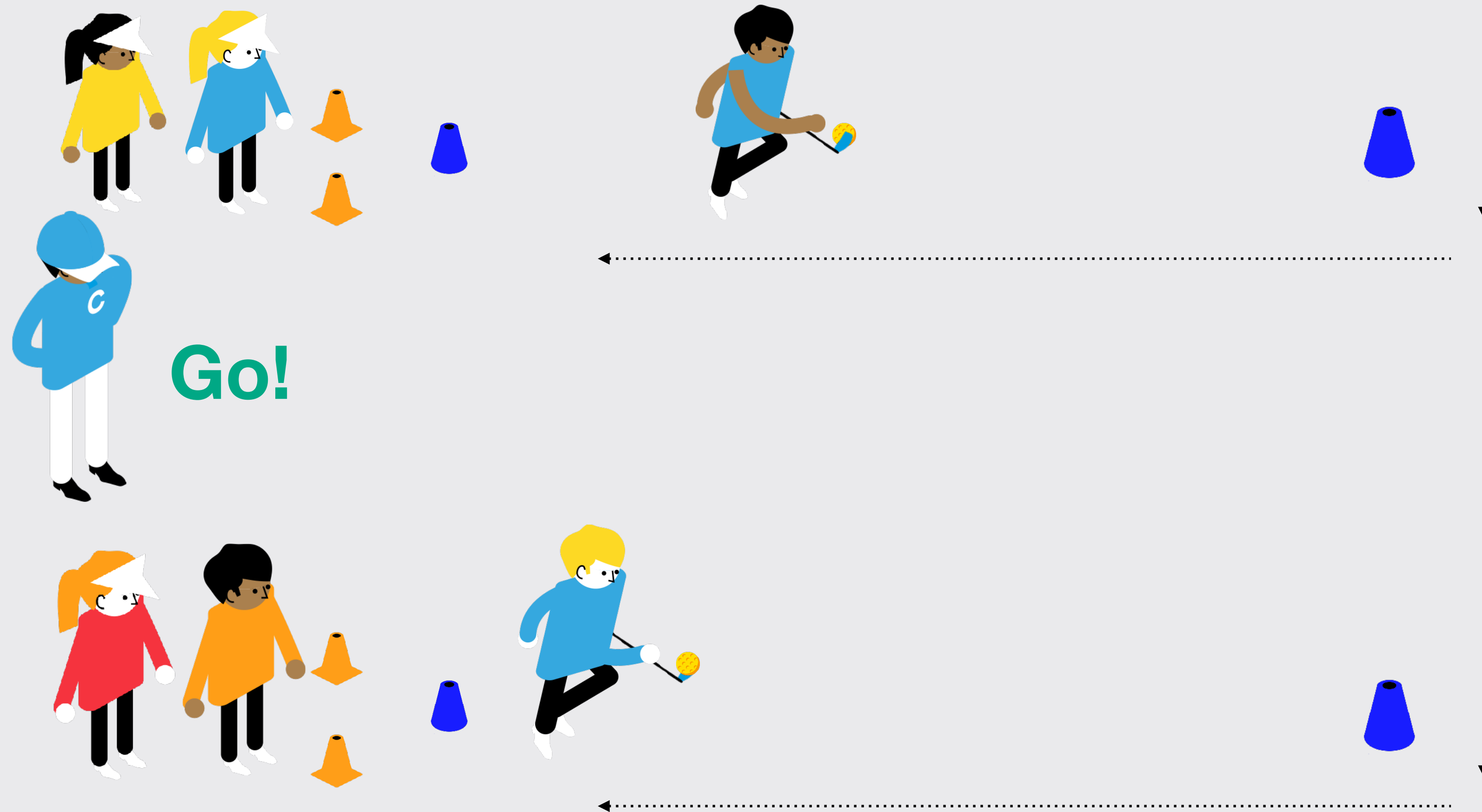
Orange Safety Cones

SAFETY

4 x Cones

Golf Wedge

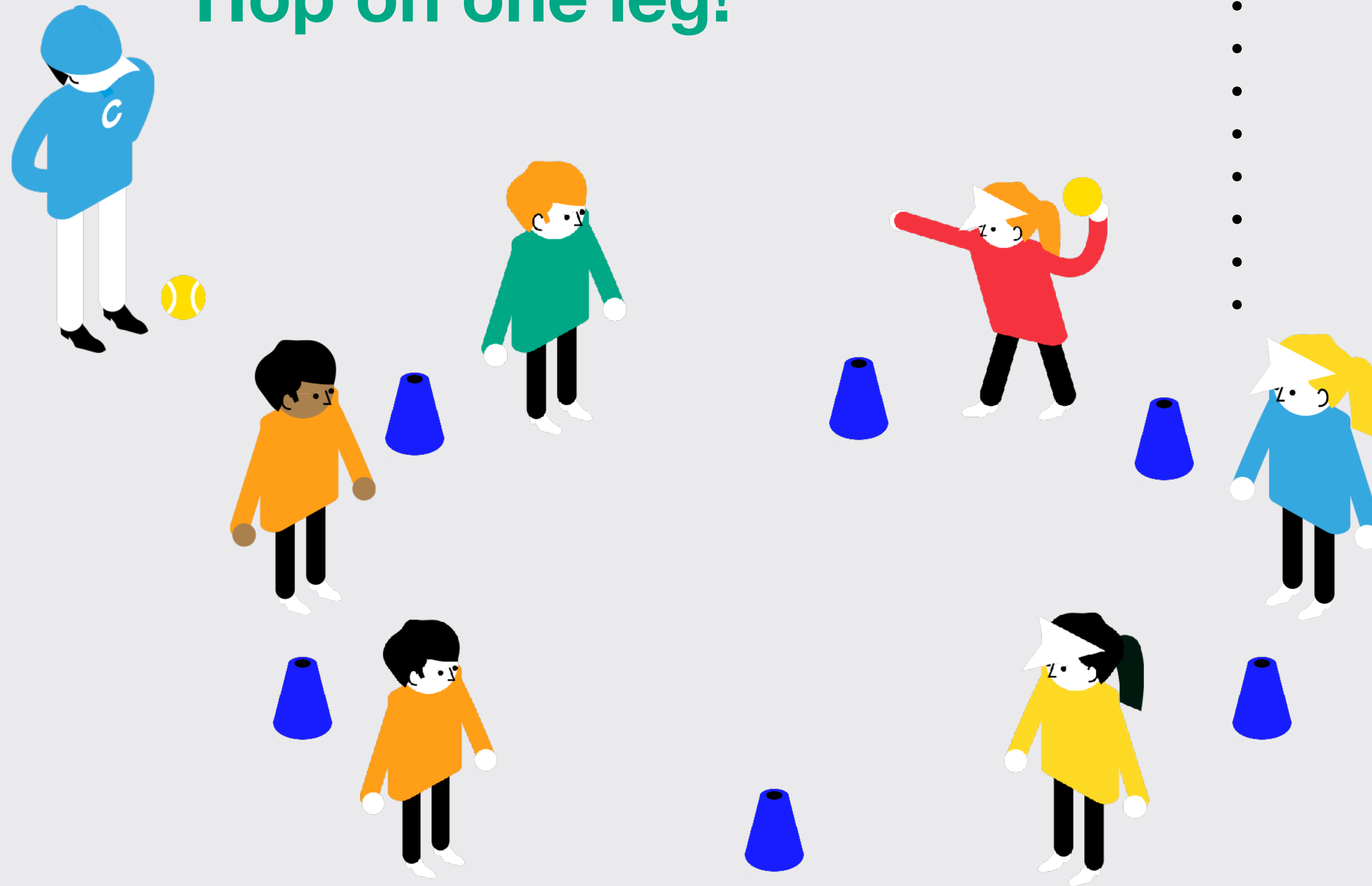
Golf Ball



Ball Toss



Hop on one leg!



Coach Commands

- Hop on one leg
- Switch legs
- Throw low
- Throw high
- Step left
- Step right
- Changeover
- Jog on the spot
- Hop on one leg
- Stand on one leg
- One arm catching

How to Play

- This game is played individually. Children form a small circle an even distance apart. Each child starts with 3 points.
- One child starts with the ball, and the aim is to throw the ball to another child directly at stomach height. When throwing the ball, the aim is attempts to throw that the other child can catch.
- If the ball is dropped, the player loses a point. If a player throw the ball out of reach of a player, they lose a point.
- When a child loses all of their points, they exit the game and the game continues until one player is left.

Progression Ideas

- Increase the distance between each child
- Increase the size of the circle
- Add multiple balls into the game.
- Decrease the size of the ball
- Use faster and more advanced coach commands during the game

Equipment Needed

Cones to mark the edge of the circle



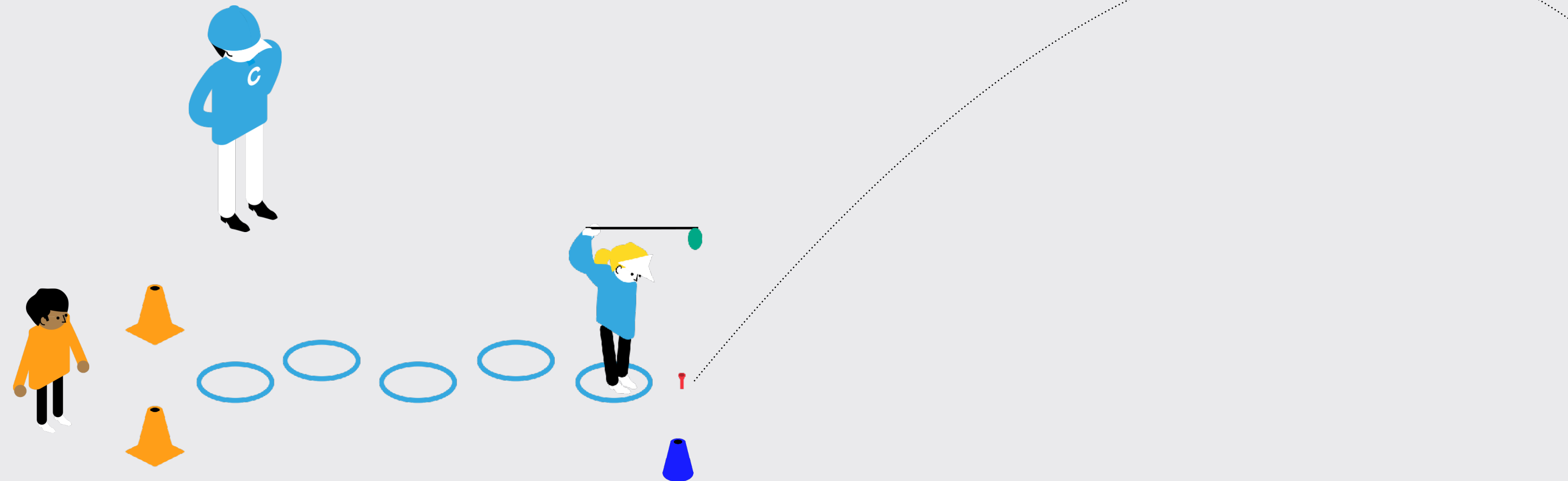
Soft Balls



Swing Game Cards



Rocket Launcher



How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1...”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

Equipment Needed

4 x Orange Safety Cones

SAFETY

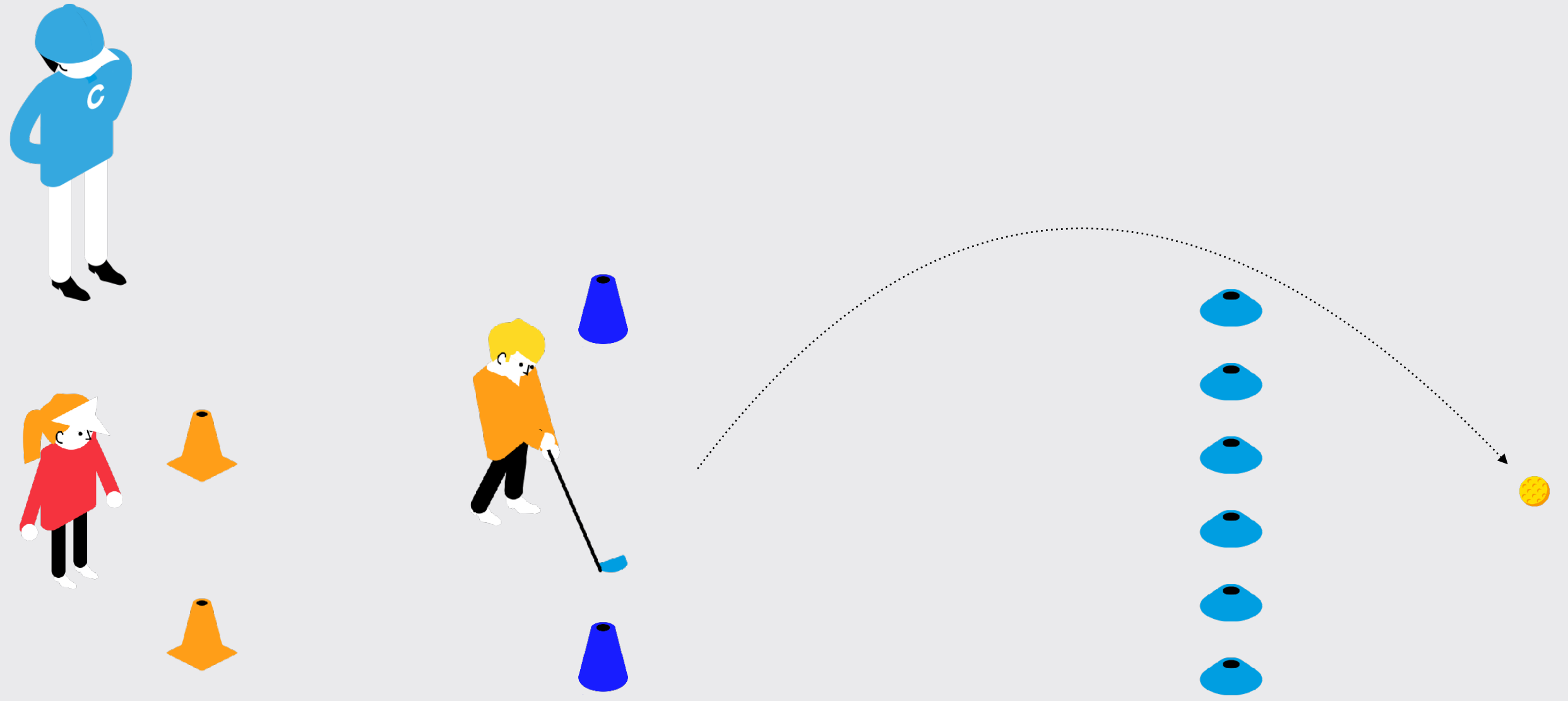
Hoops



Use in the Junior Camp Games



Over the River - JUNIOR CAMP GAMES



How to Play

- The children take it in turns to hit their furthest shot possible over the river (blue cones)
- Every time their ball clears the river they get 1 point

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

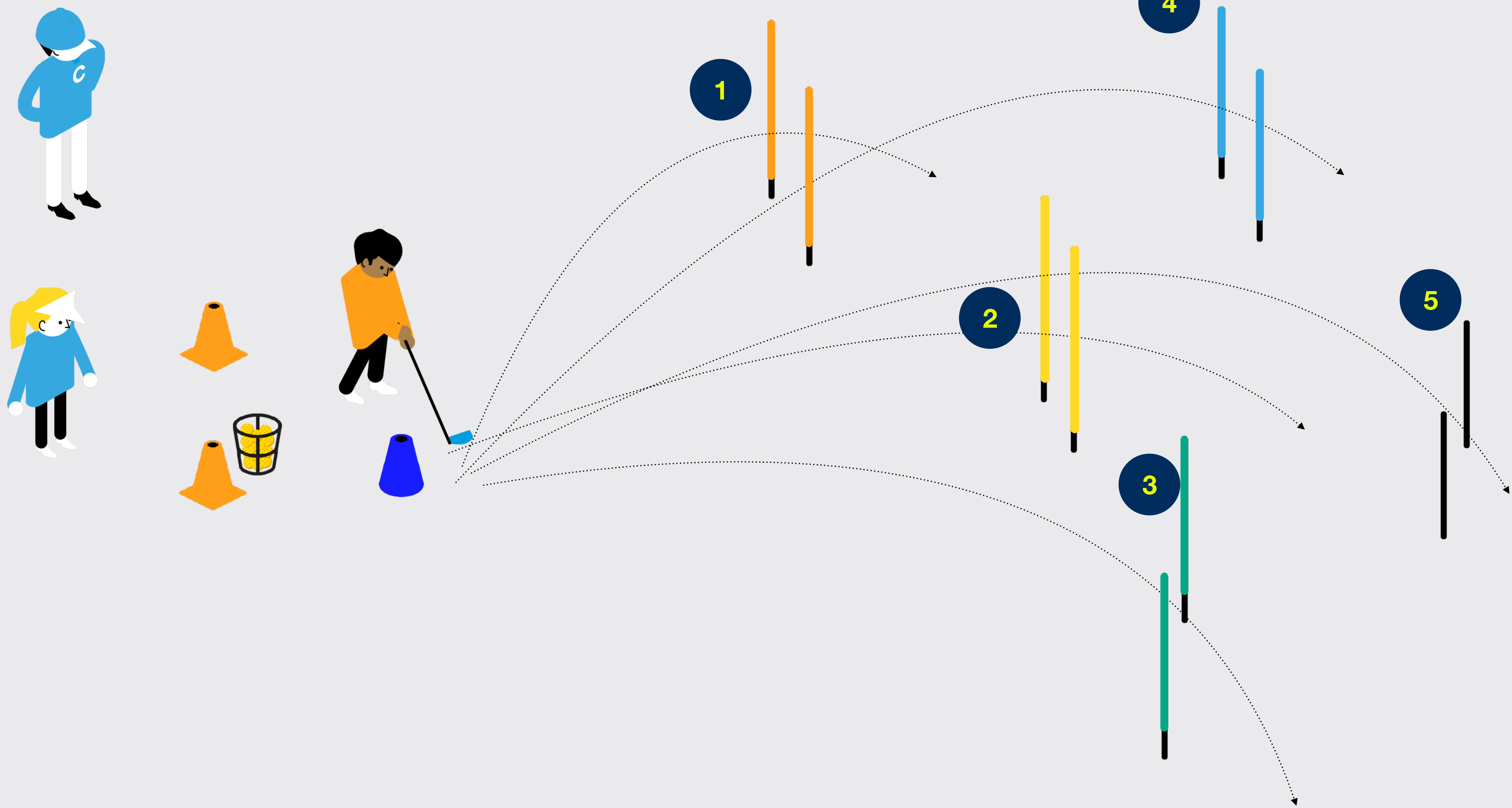
Learning Outcomes

- Improve quality of strike

Equipment Needed

- Orange Safety Cones  SAFETY
- 2 x Cones 
- Golf Balls 
- Spare equipment that may be required for the group attendees. 
- 6 x Blue Cones 

Slalom



How to Play

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order
- When a child hits the ball through the gate they move to the next gate
- The children take it in turns to hit their shots
- The winner is the child who gets their ball through the final gate first

Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets at each gate
- Change the width of the target gates
- Introduce a rule whereby the child has a certain number of attempts before moving back a gate or back to the start

Equipment Needed

4 x Orange Safety Cones

SAFETY



10 x Alignment Sticks

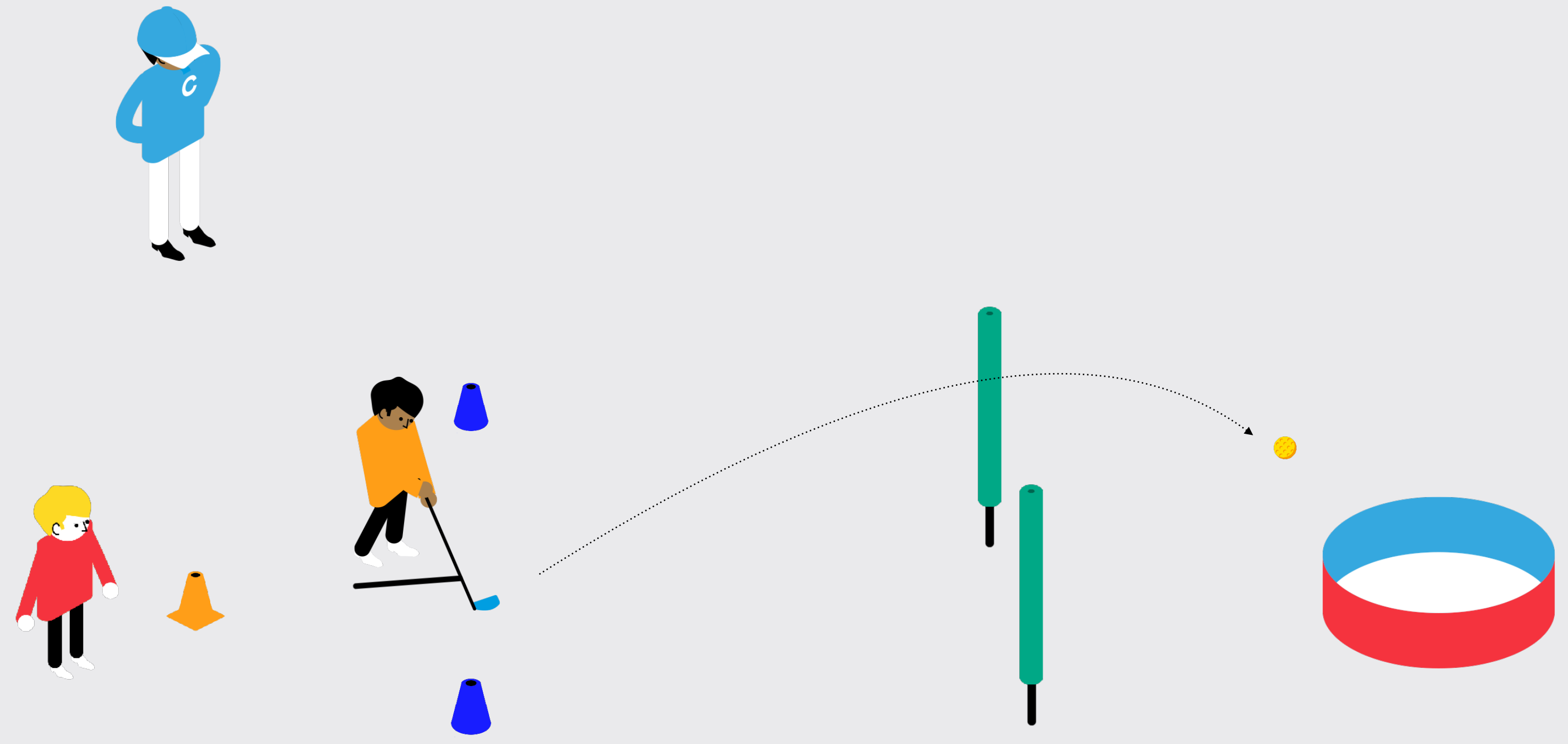


10 x Foam Noodles





Make it Splash



How to Play

- Children take it in turns to hit their shots, using the alignment stick to aid their alignment and club face aim
- The aim of the game is to pitch the ball into the pool
- Children score two points for pitching the ball straight into the pool, and one point if it bounces in
- The children aim to score as many points as possible before switching games

Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

Learning Outcomes

- Ability to control distance on a pitch shot
- Ability to control direction

Equipment needed

4 x Orange Safety Cones

SAFETY



2 Alignment Sticks



2 x Foam Noodles



Pool

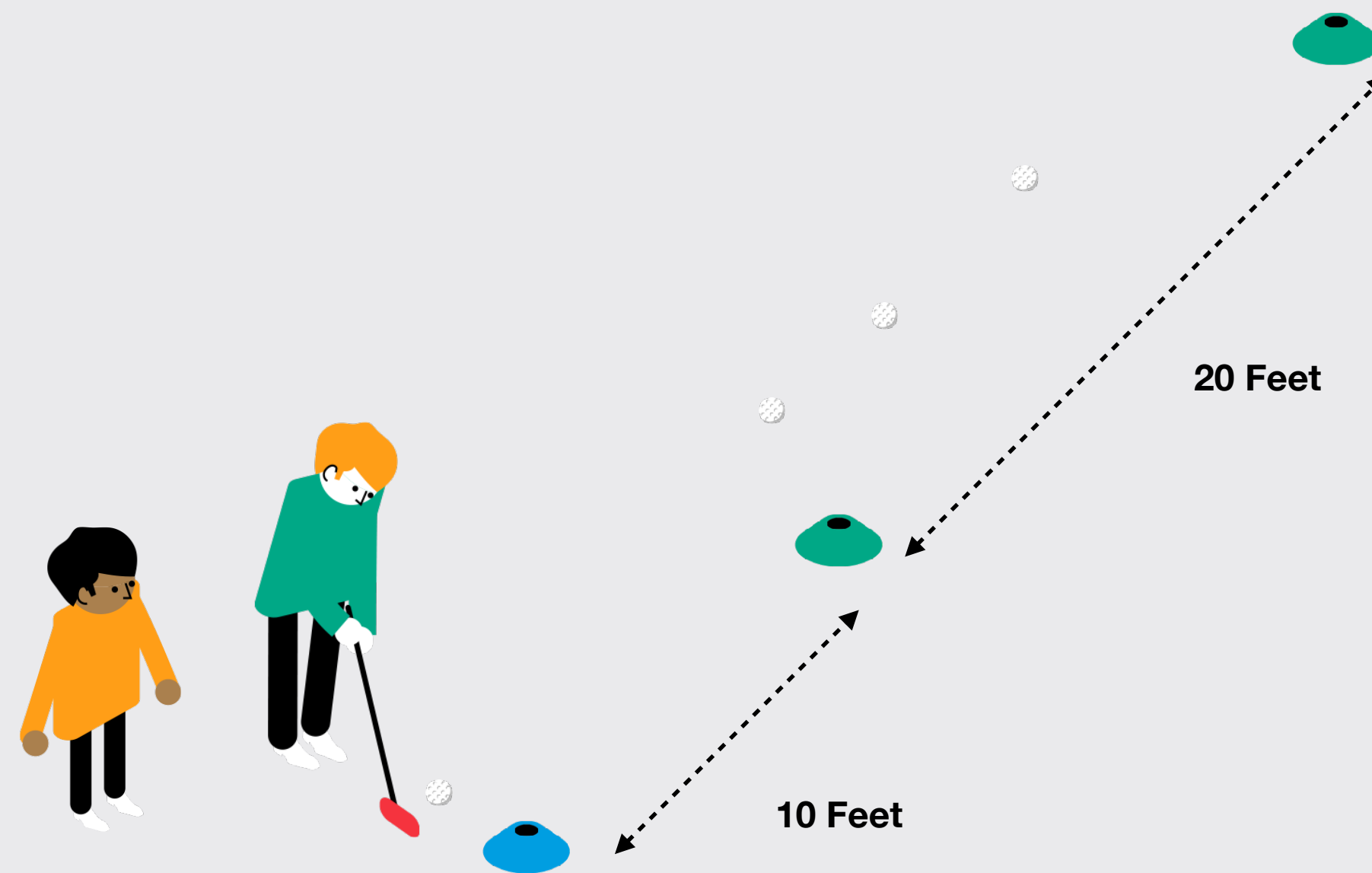


On the Green Game Cards





Waterfall



How to Play

- Set up two cones 10 feet and 30 feet away
- The aim of the game is to get as many balls between the cones as possible
- The children should start from the blue cone and should attempt to putt their first ball just past the first cone, 10 feet away
- If successful their partner then attempts to putt the next ball just past the first ball, but as close as possible
- The children continue until either they fail to get their ball past their previous attempt, or they putt it past the furthest cone

Progression Ideas

- Decrease the area between target cones
- Add direction cones as well as the distance control cones

Learning Outcomes

- The primary learning outcome is control of distance
- Consistency of distance control

Equipment Needed

Orange safety cones

SAFETY



Golf balls



Spare equipment that may be required for the group attendees.

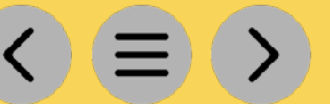


1 x Cone in one color

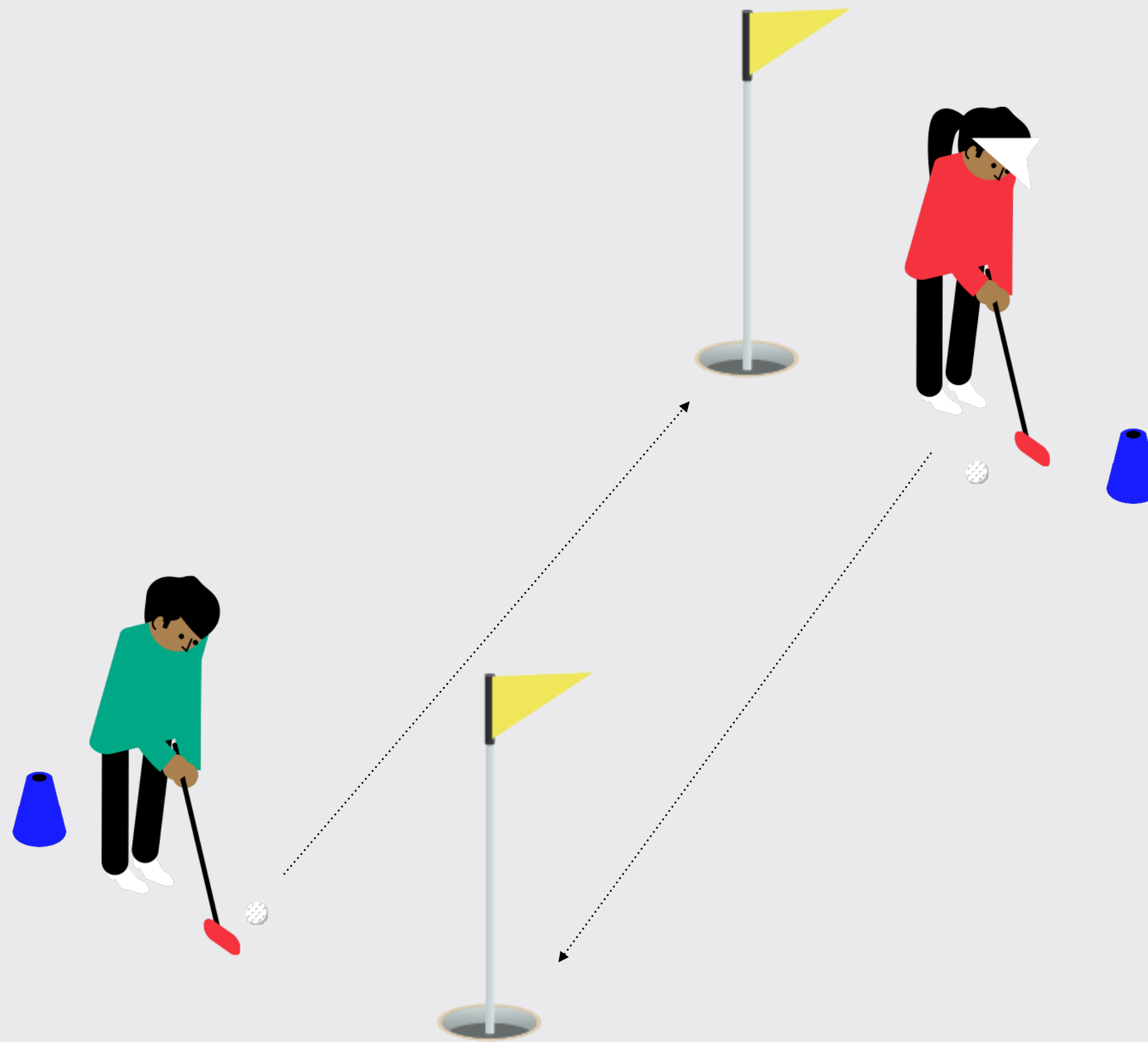


2 x Cones in another color





21

**How to Play**

- Pick two holes on the practice green and each child stands at one hole aiming at the other hole.
- Putts made on the first shot are worth three points, a lip out on the first putt is worth 2 points, 2 putts are worth one point and a 3-putt is -1 point.
- After each child sinks their putt they turn around and putt for the opposite hole.
- The winner is the first child to make it to exactly 21 points.

Progression Ideas

- Choose Holes a further distance apart
- 3 Putts worth -2 points

Learning Outcomes

- Consistency of direction and distance control
- Understand risk and reward
- Develops strategic thinking, planning ahead for the next shot

Equipment Needed**Orange Safety Cones**

SAFETY



2 x Cones to mark out the necessary hitting stations.



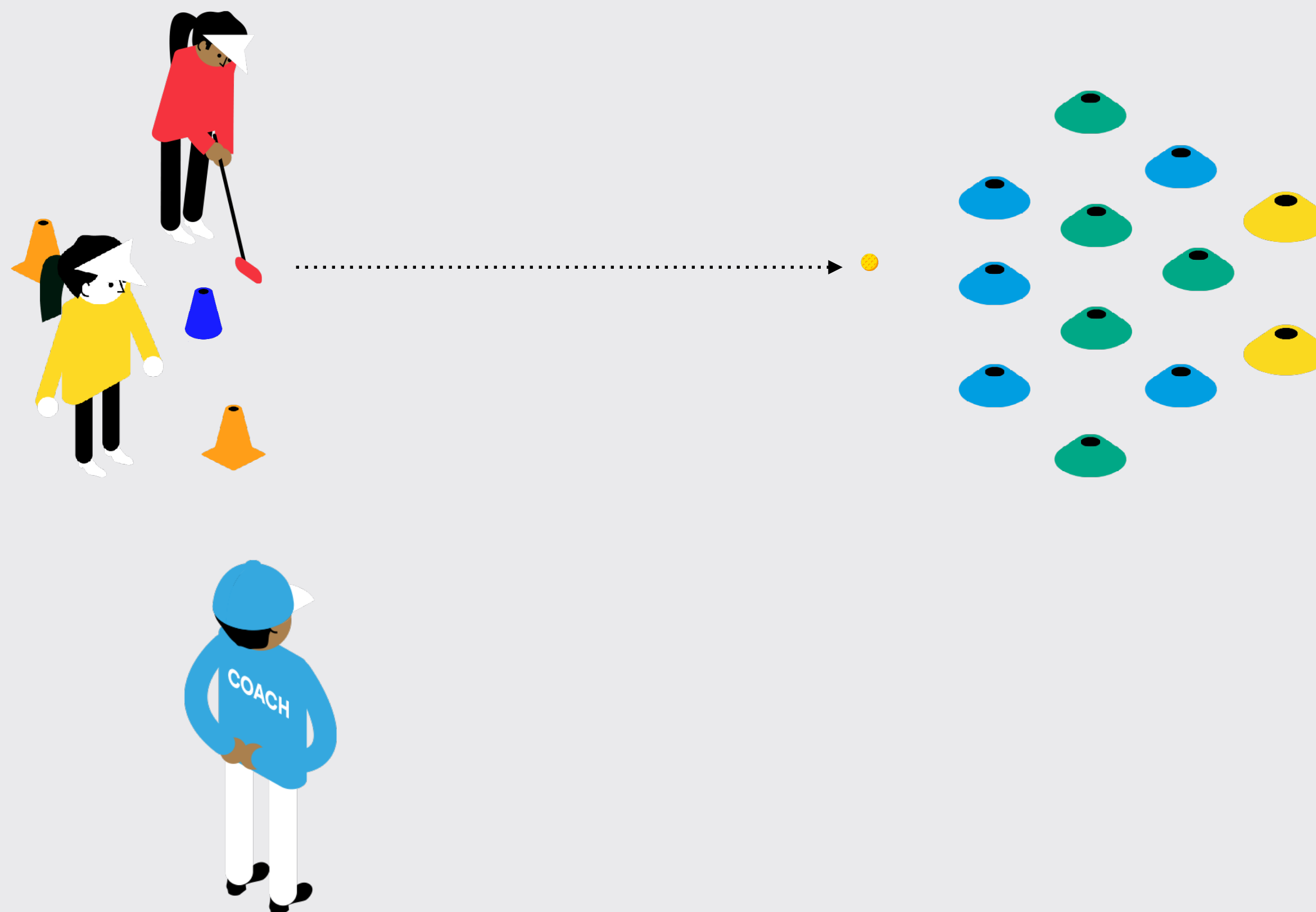
Spare equipment that may be required for the group attendees.



2 x Golf balls



Golden Nugget



How to Play

- The children putt the ball towards the cones and try and hit one
- If they do they pick the cone up and bring it back for their team.
- Blue Cones are worth 1 point
- Green Cones are worth 5 Points
- Gold Cones are worth 10 Points

Progression Ideas

- Vary the distance between the cones and the starting point
- Vary the distance between the target cones
- Increase the number of cones that the children need to collect

Learning Outcomes

- This game is great for improving accuracy of putts
- Children have to think which cones to aim for, strategic thinking is improved as they navigate the cones that are of a different colour

Equipment needed

2 x Orange safety cones

SAFETY



Marker cone



Golf balls



5x Green Cones



5x Blue Cones

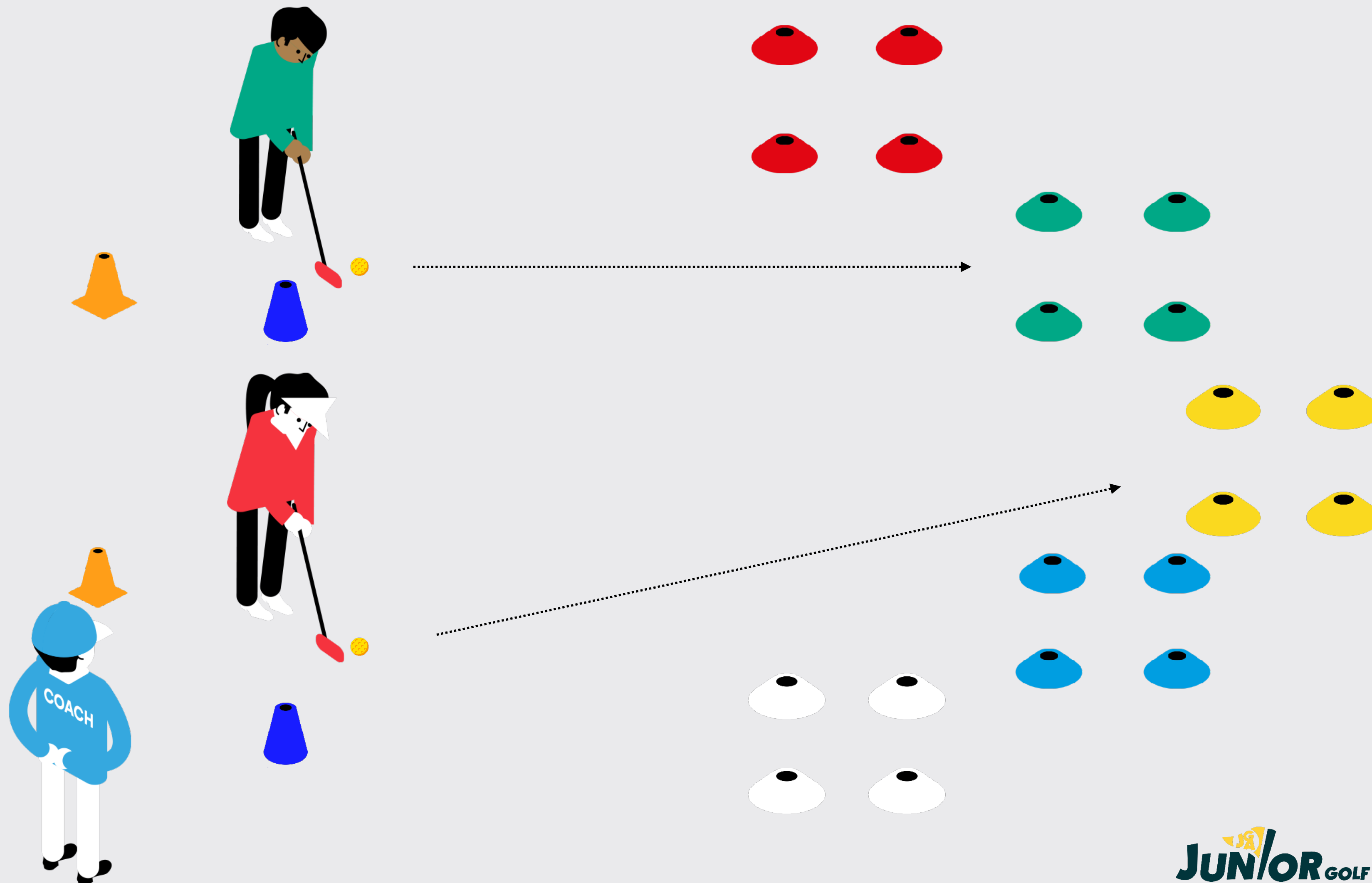


2x Golden Cones





Zone Ball - JUNIOR CAMP GAMES



How to Play

- Children take it turns to putt from their station and the aim is to finish the ball within a coloured zone from their putt.
- The zones marked out by cones are worth a different amount of points

Red = 1 point - White = 1 point - Blue = 2 points - Green = 2 points - Yellow = 5 points

Progression Ideas

- Change the distance between the starting cone and the target cones
- Change the size of the targets

Learning Outcomes

- A great game to explore the concept of distance control and direction control

Equipment needed

Orange Safety Cones

SAFETY

4 x Blue cones

4 x Green cones

4 x Yellow cones

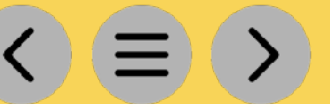
4 x Red cones

4 x White cones

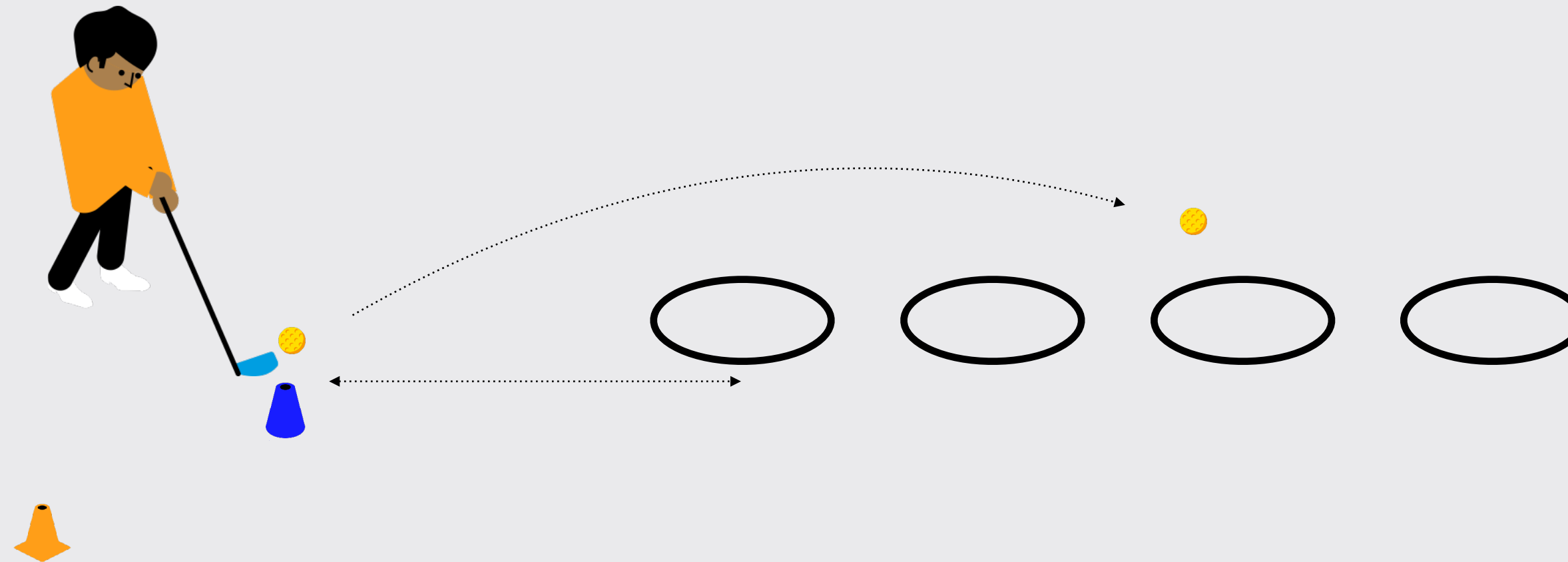
2 x Starting Cones

Around the Green Game Cards





Landing Zones



How to Play

- Scatter the hoops on the ground in 2 yard increments from each other
- The aim is to chip the ball to land in the first hoop, and then land in each consecutive hoop thereafter
- The child counts how many shots it takes to chip the ball to land in each hoop

Progression Ideas

- Extend the challenge by adding more hoops
- Ask the child to land the ball in each hoop consecutively to the furthest hoop, and then back to the closest hoop again

Learning Outcomes

- This will help the learner to understand how they can create an effective strategy for varying landing distances

Equipment needed

Orange Safety Cones

SAFETY



5 x Hoops



Golf Balls

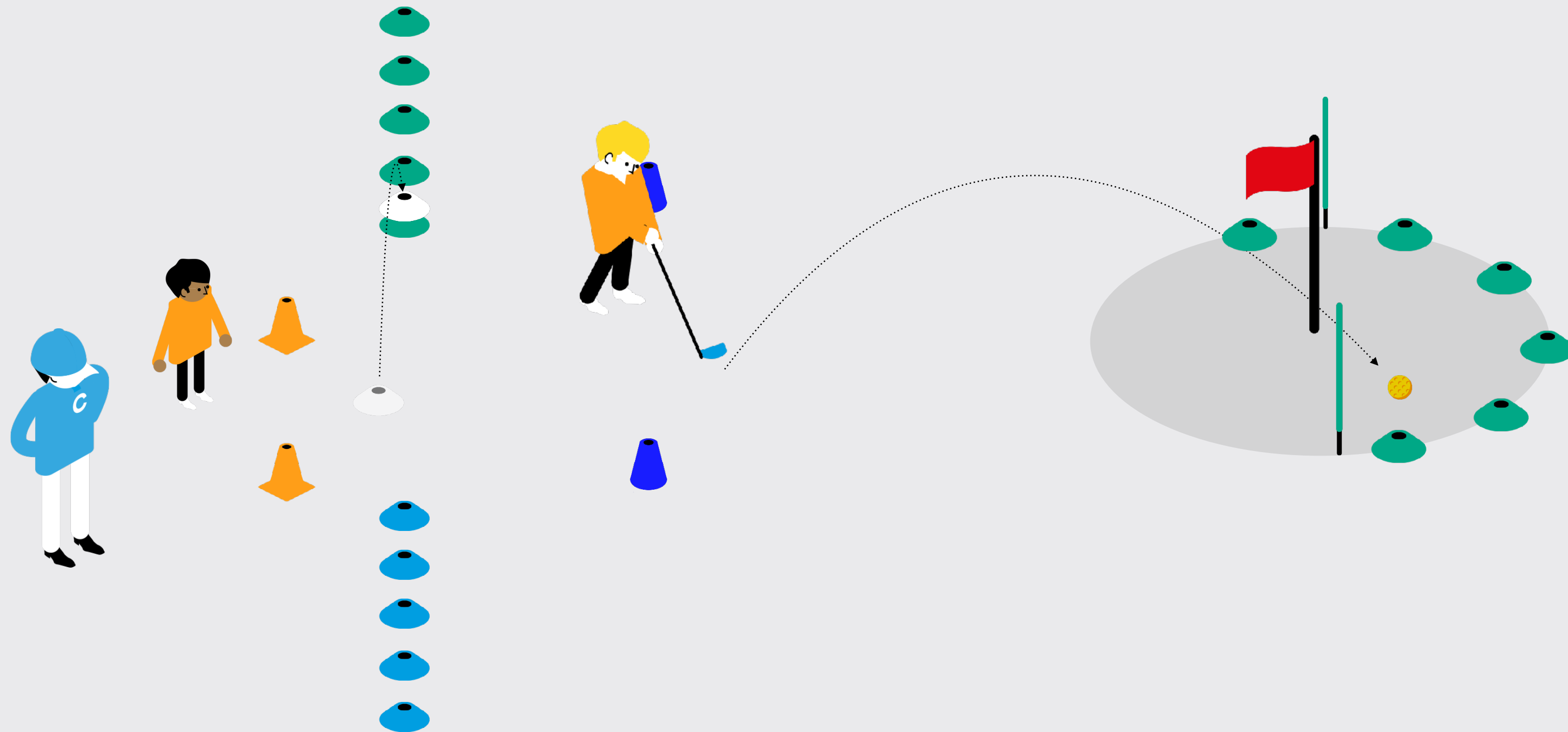


2 x Cones





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

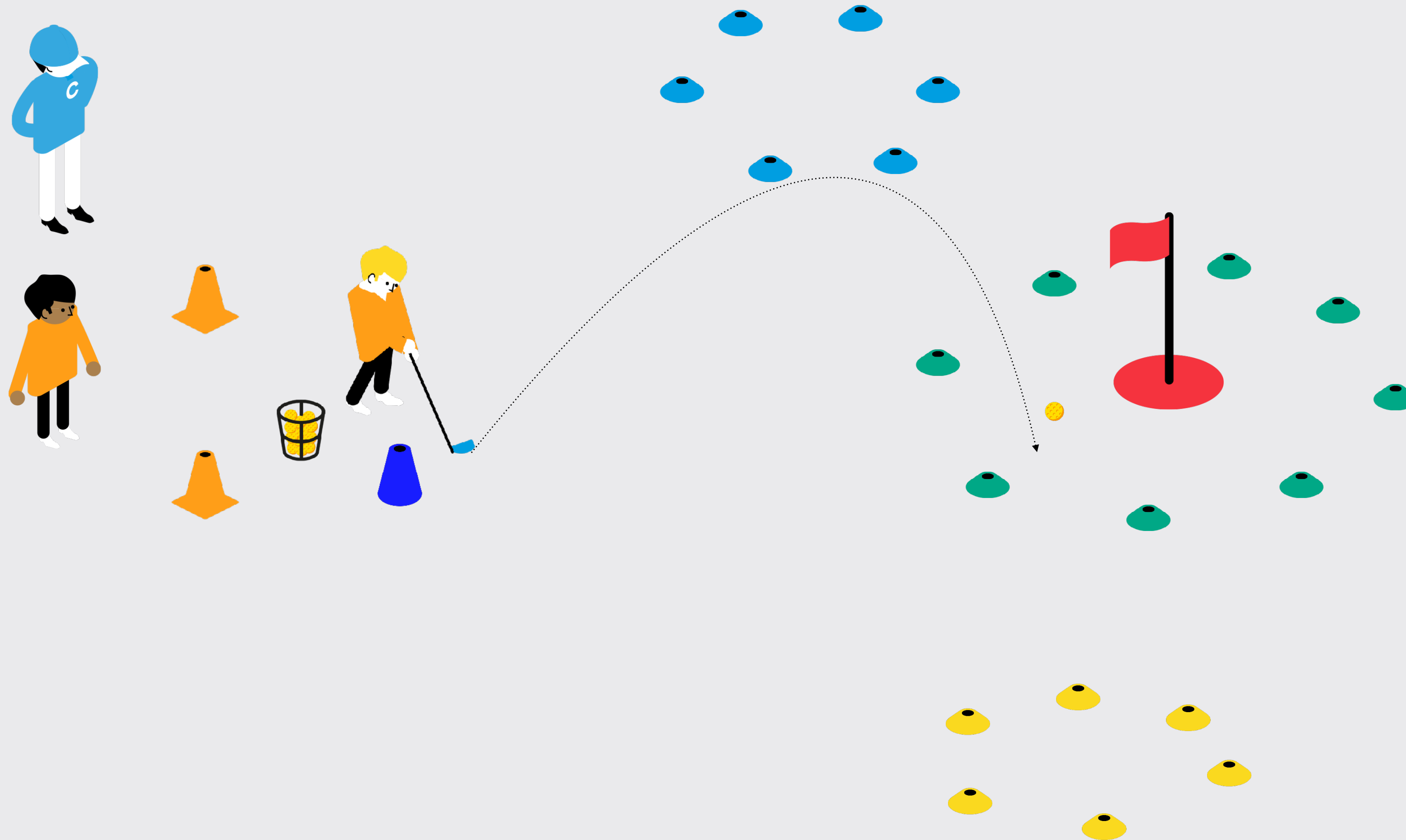
5 x Blue Cones

Spare equipment that may be required for the group attendees.

Golf Balls



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

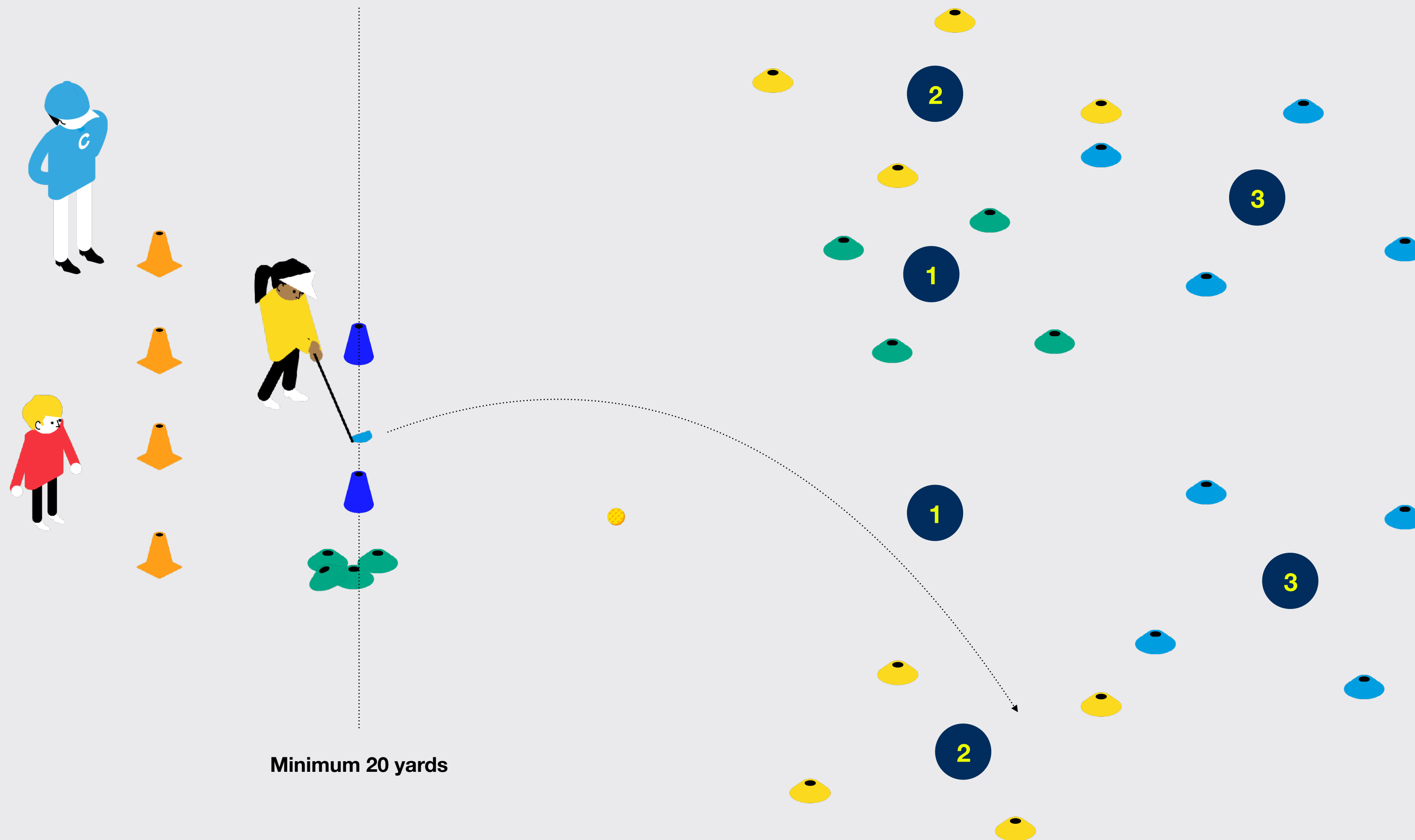
Green cones to mark out the green

Blue cones to mark out a bunker

Golf Balls



Battleships



Minimum 20 yards

How to Play

- One player is assigned one side as their ships and the other child is assigned the opposite. The aim of the game is for players to destroy the opposing player's ships by landing the ball into the box
- Players must nominate the ship they are attempting to destroy. If they are successful, they pick up the cones and return it to the start
- The game continues until one player has destroyed all of the opposing players ships

Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the distance between the starting point and the ships
- Change the size of the target ships
- Change the number of target ships

Equipment needed

Orange safety cones

SAFETY

3 x cones

Golf balls

8 x Colored cones to mark out two of the boxes

8 x Colored cones to mark out two of the boxes

8 x Colored cones to mark out two of the boxes