

# Full-Day Camp Class Plan

## Day 3



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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"> <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>
			Coming Soon

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# 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 <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>

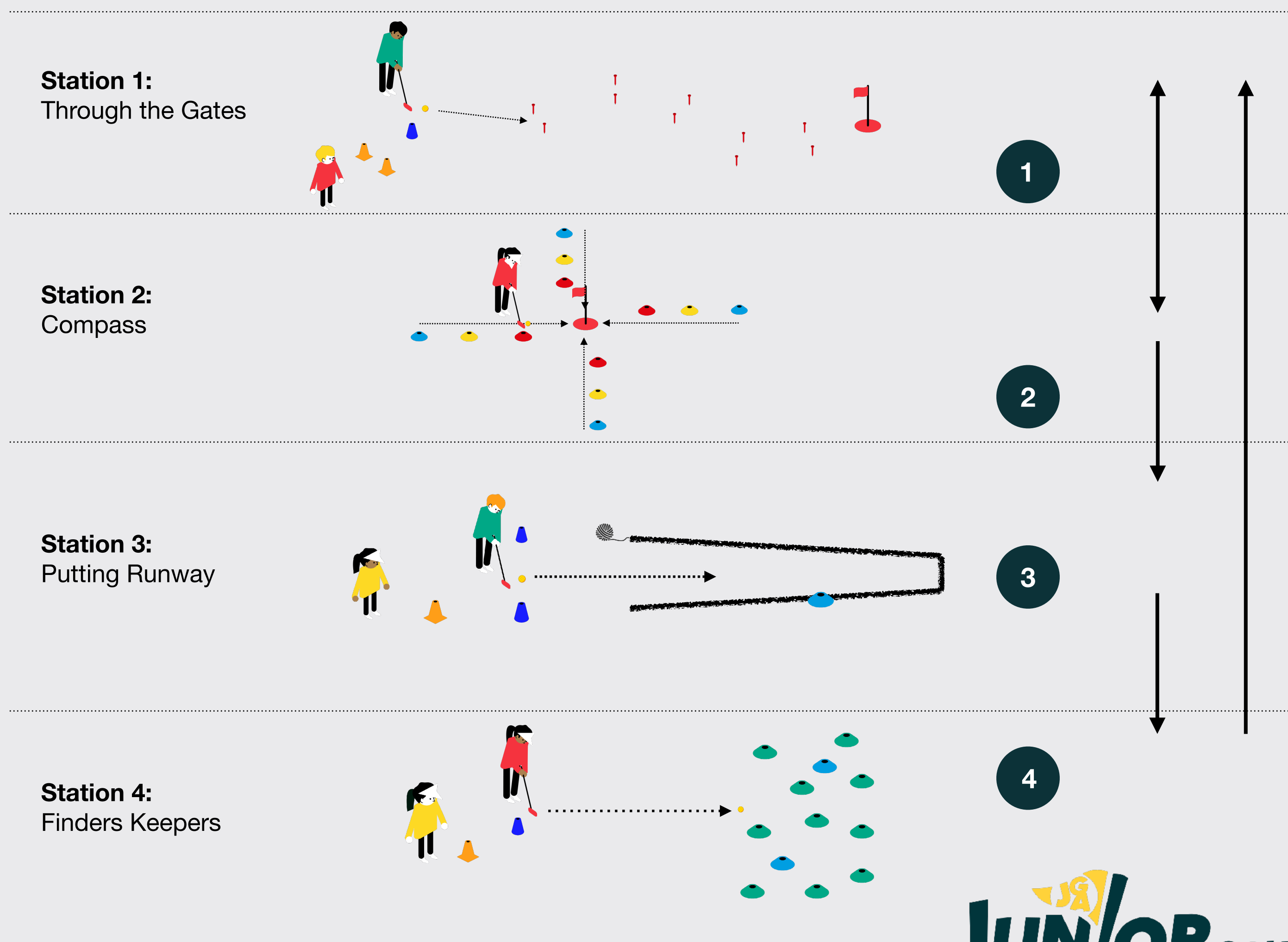
# Layout and Setup



# 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:

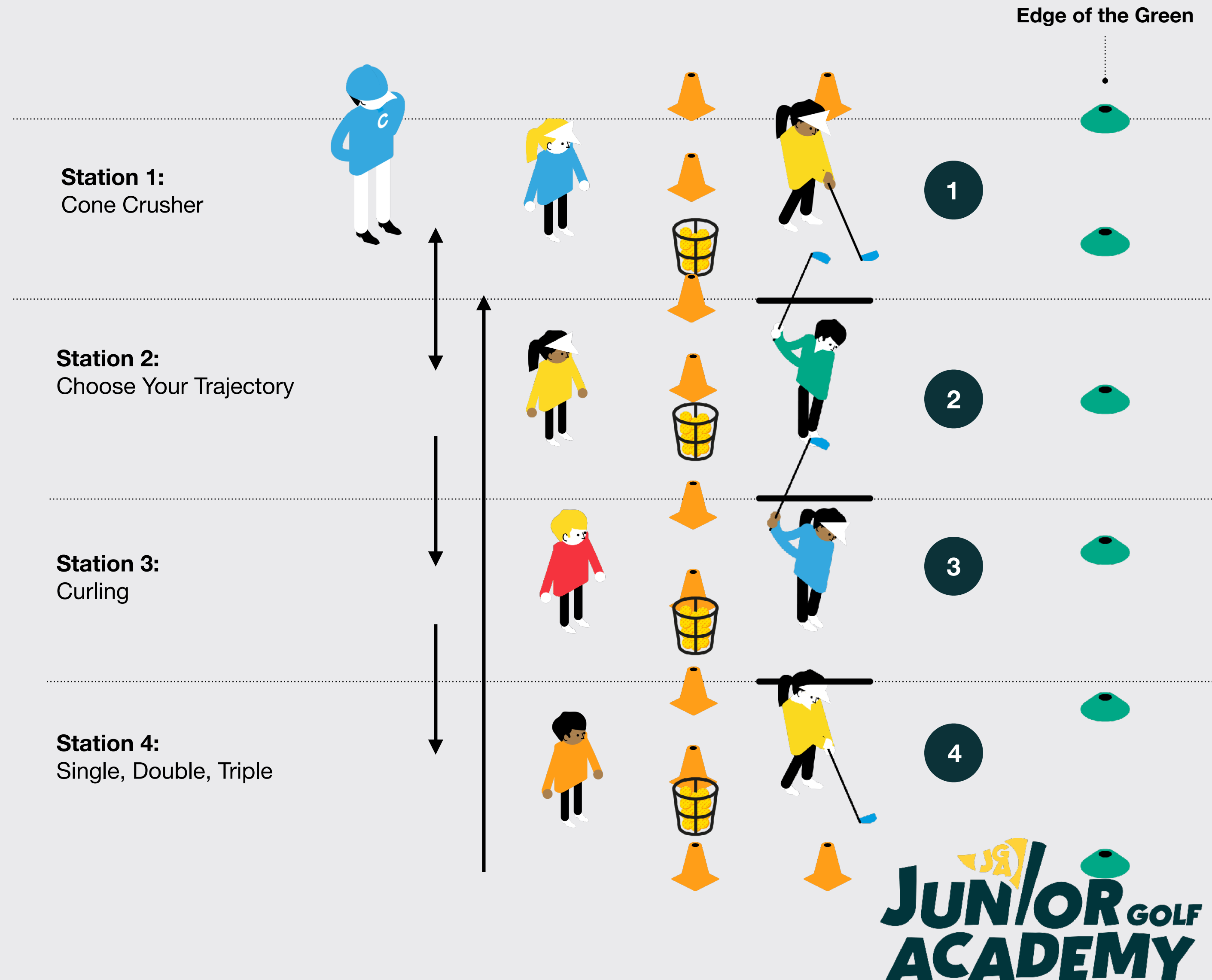
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity 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

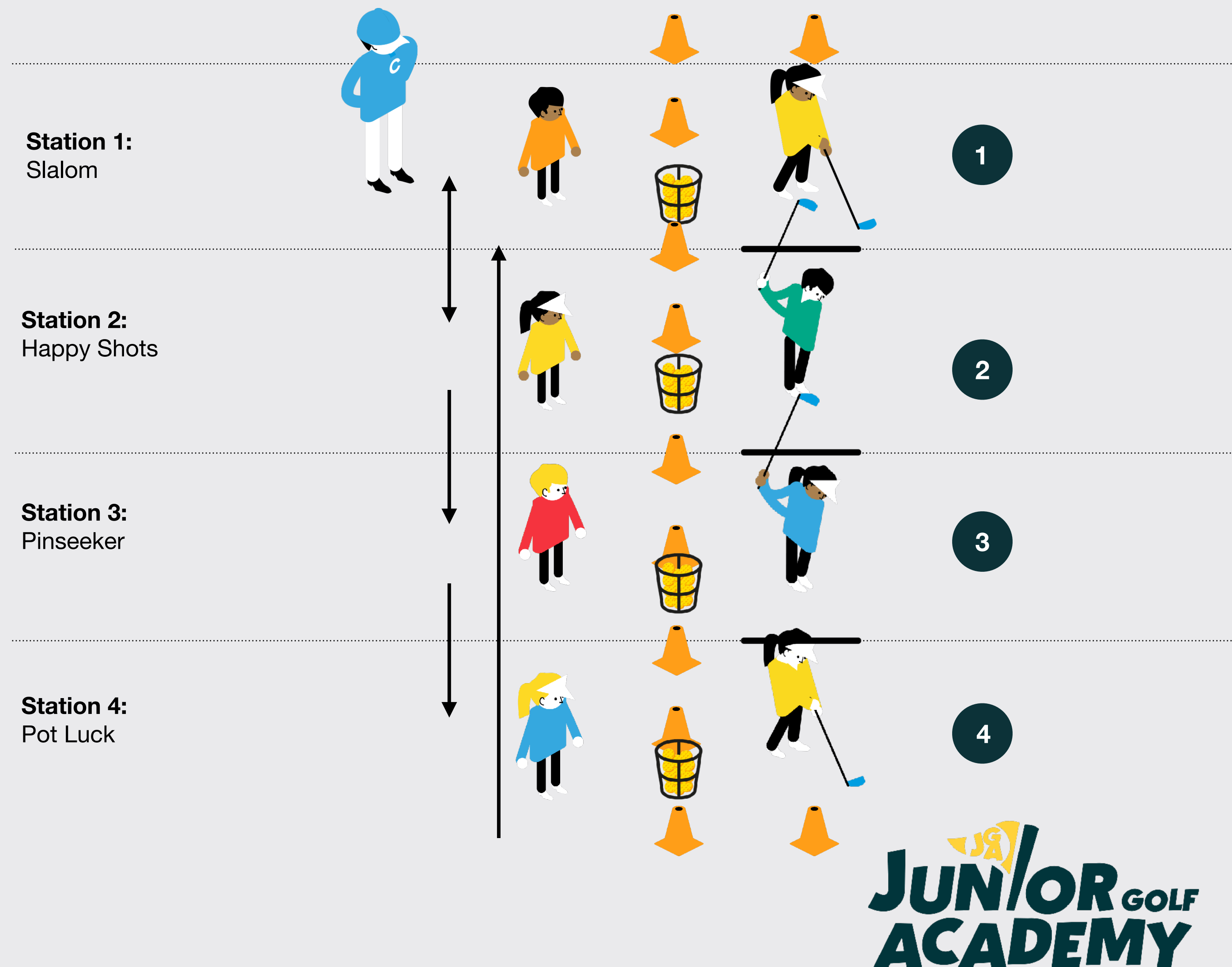




# Swing Games - Layout and Setup

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:

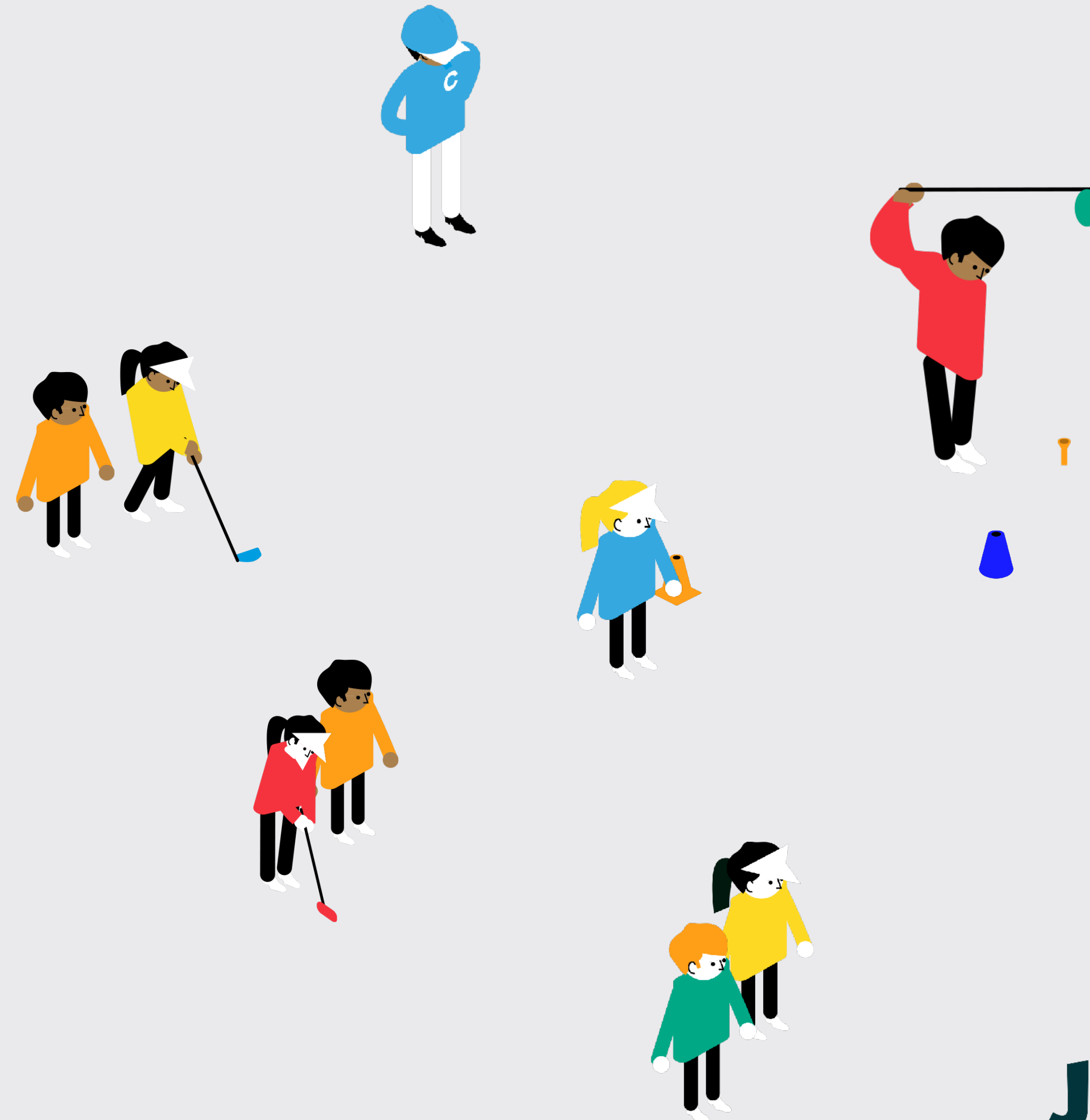
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity 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



# 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



Use in the Junior Camp Games

# Floor is Lava

## JUNIOR CAMP GAMES



### How to Play

- Split the children into even groups, ideally three teams of two
- One child from each team is only allowed to stand in the hoops, their partner has to move the hoop into position so that their partner can move from one side of the game to the other
- On go, the pairs race to the other cone at the opposite side and switch over before racing back to the start
- The team that wins is the team that gets all players home first

### Progression Ideas

- Add in time penalties for touching the ground outside the hoops
- Specify a FMS, such as hopping or jumping

### Equipment Needed

Orange Safety Cones

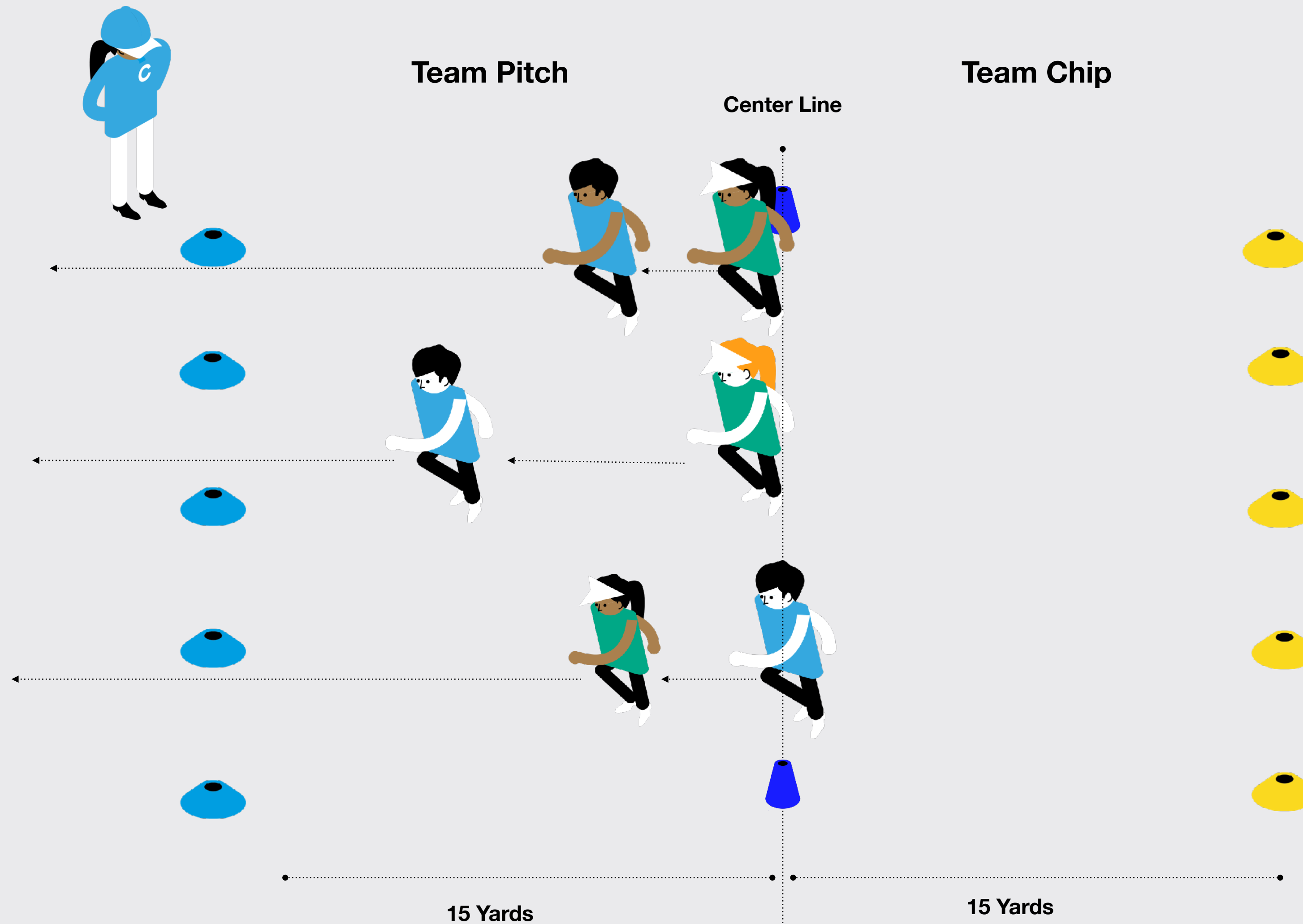
SAFETY

Cones to mark out the start and end of the playing area

2 x hoops per team



# Pitch vs Chip



### How to Play

- This game is best played in two teams. Split the children evenly. One team is named the 'Pitch' and one team is named the 'Chips'
- Players stand at the center line, side by side, spaced an arms length apart. Players stand next to a player from the opposing team
- If the coach shouts "Pitch", this team runs to make it back to their finish line before their partner from the opposing team
- A point is awarded for each player that passes the finish line first
- The team that wins is the team that gets to 11 points first

### Progression Ideas

- Increase the distance to the finish line
- Introduce different FMS such as jumping, hopping or side steps

### Equipment Needed

Orange Safety Cones

SAFETY

2 x Cones

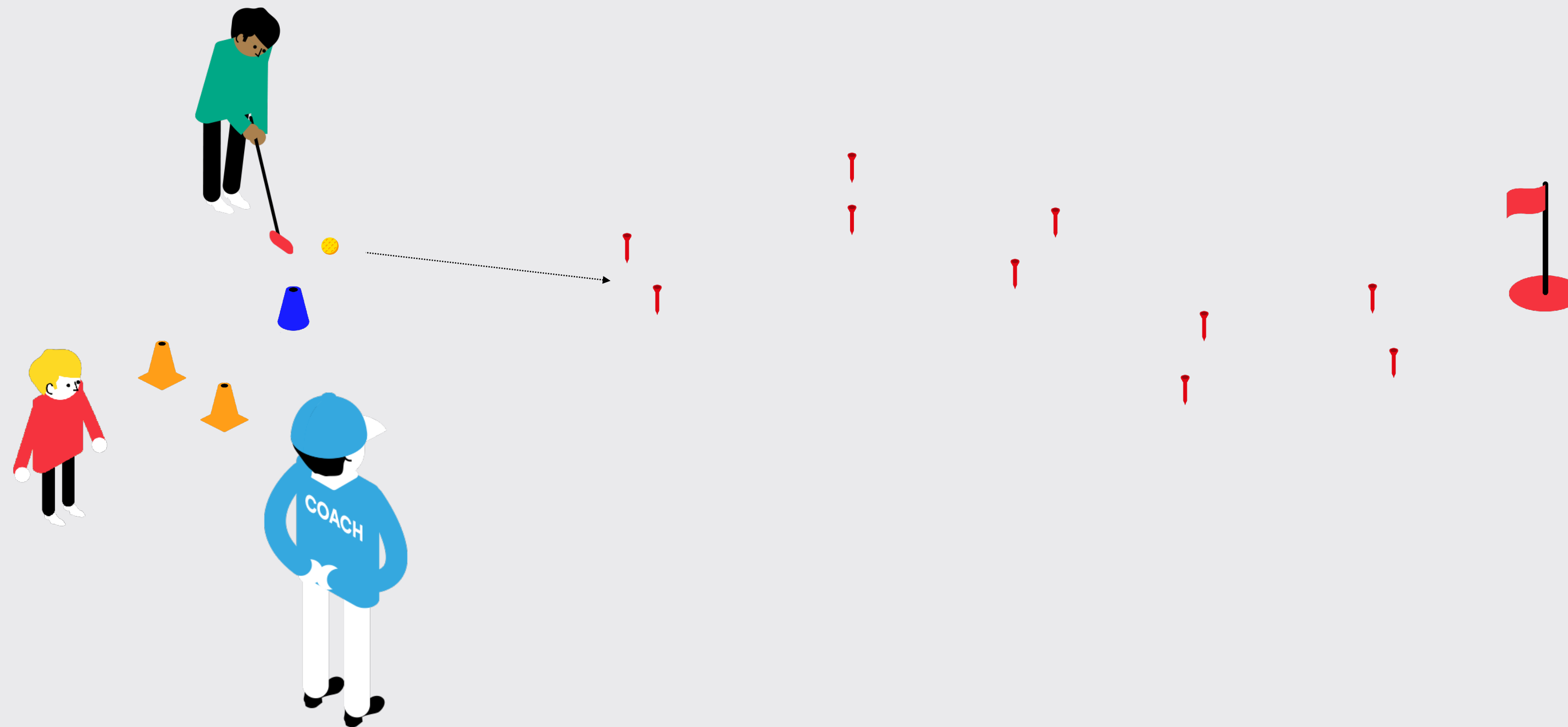
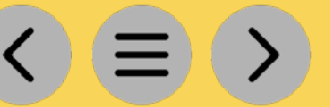
5 x Yellow colored cones

5 x Blue colored cones

# On the Green Game Cards



# Through the Gates



## How to Play

- Players take it in turns to hit the ball
- The aim is to get the ball through each of the gates in turn and then putt it into the hole
- If misses a gate they have to putt it back and get it through the correct direction
- The team should count how many putts it takes them to get the ball into the hole and then try to beat that score

## Progression Ideas

- Change the distance between the starting cone and first gate
- Change the distance between each of the gates
- Reduce the size of the gates
- Attempt the game on a sloped surface
- Place a ball on each of the tees and introduce a rule that if the team knock a ball off they have to start again

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore green reading skills and understanding the impact of slopes on the roll of the ball

## Equipment needed

Orange Safety Cones

SAFETY

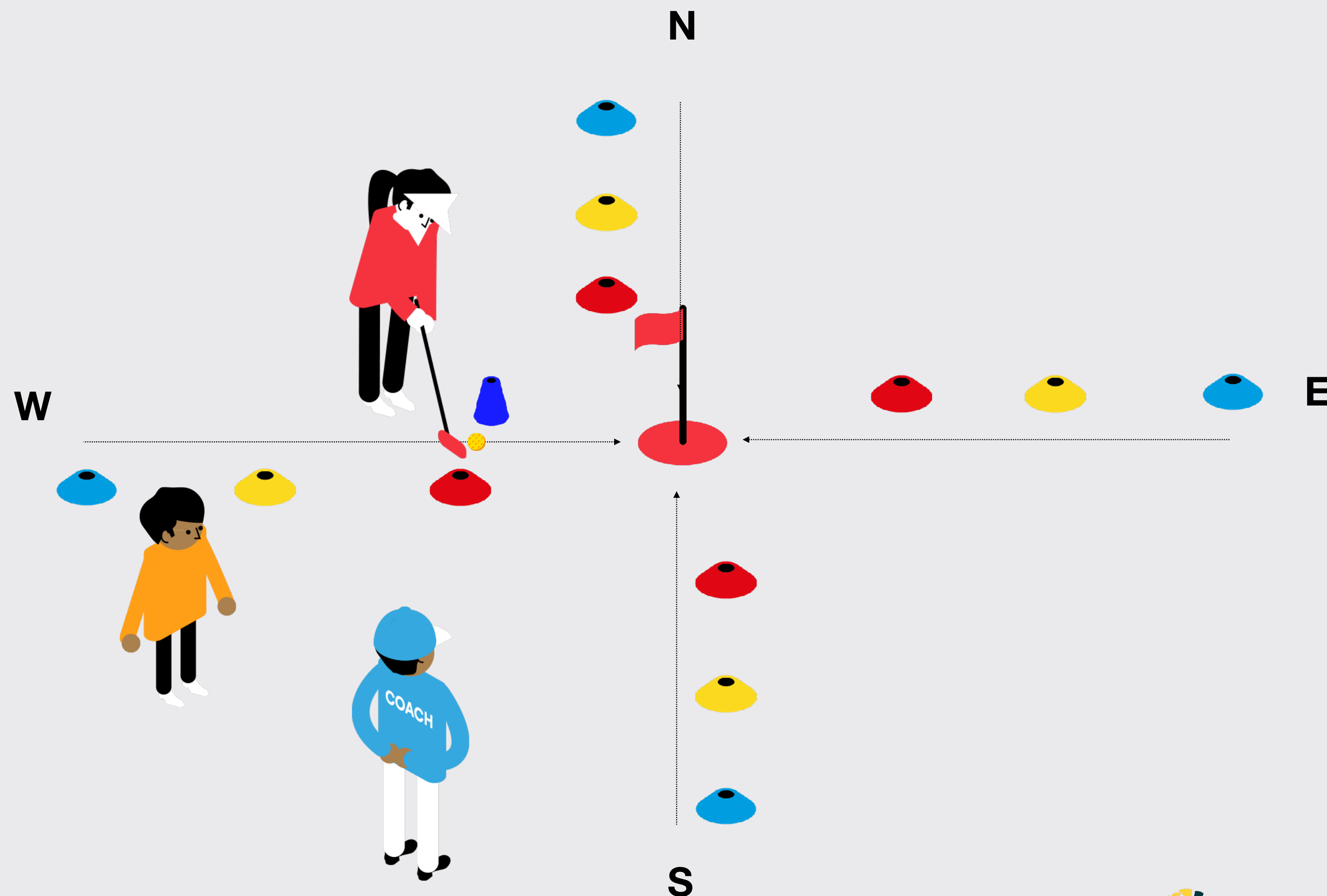
Tee Pegs

2 Colour Cones or Markers

2 x Cones to mark the starting point



# Compass



## How to Play

- The team place a cone at the side of the first cone at South
- Nominate a child to play first. The child attempts to hit their putt into the hole
- If the child successfully gets the ball into the hole the team moves round the compass to W
- The children take it in turns to attempt each putt
- The children must complete the inside cones before moving to the next colour
- The challenge is complete when the team have holed all putts from each point of the compass

## Progression Ideas

- Change the distance between the cones and the hole at each level
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the team must return move back a step or back to the start

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones to mark the starting point



Golf Balls



4 x Red Colored Cones



4 x Yellow Colored Cones



4 x Blue Colored Cones

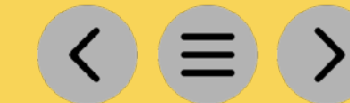




# Putting Runway

Use in the Junior Camp Games

*JUNIOR CAMP GAMES*



## How to Play

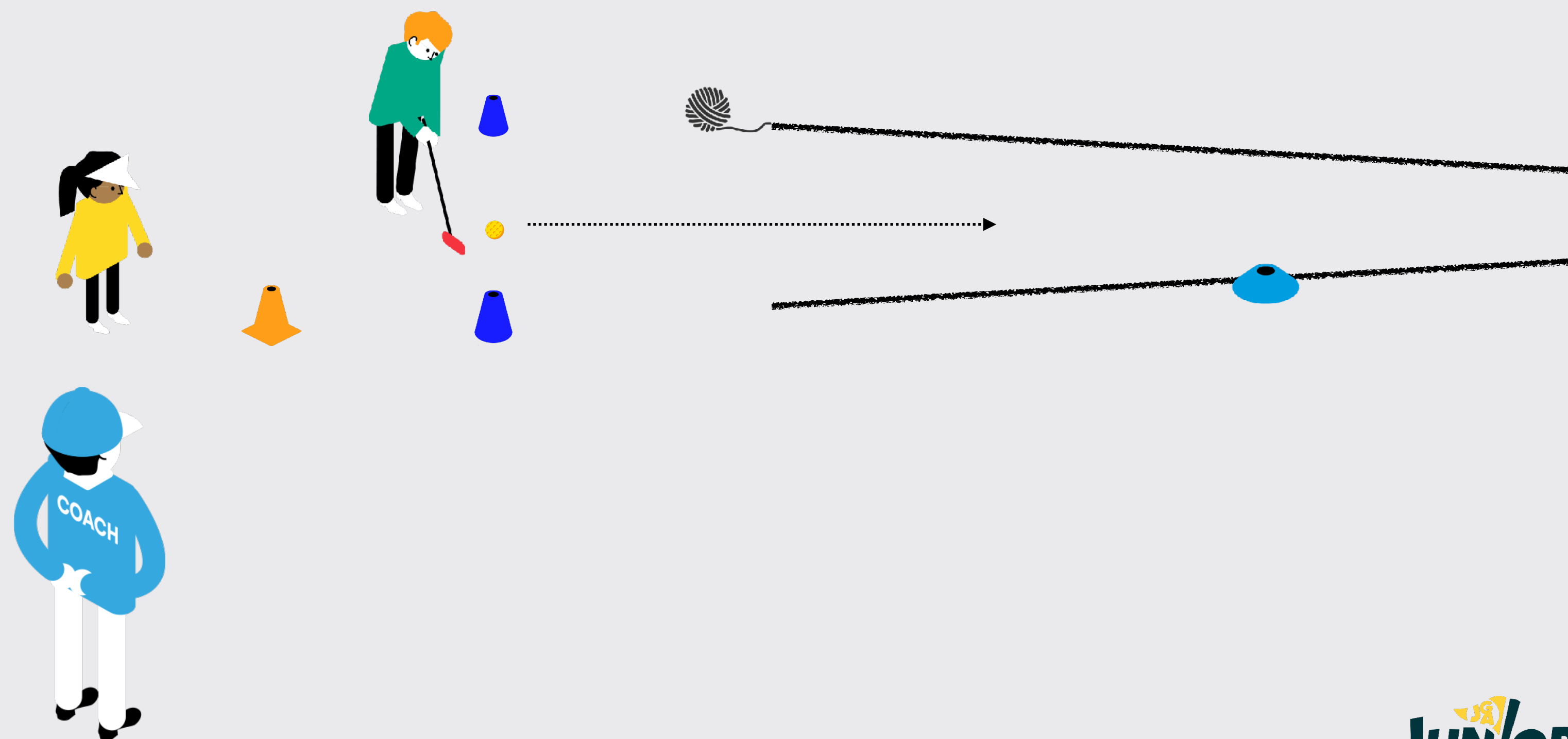
- Children take it in turns and attempt to putt their ball down the runway
- If the ball runs outside of the runway they place a cone at the point that it rolled over the string
- The aim of the game is to hit a putt that stays on the runway to the end of the string

## Progression Ideas

- Change the width of the runway
- Change the length of the runway
- Introduce a sloped surface when playing the game
- Introduce a rule where the player must not hit the ball off the end of the runway

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore green reading skills



### Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



1 x Colored Cone



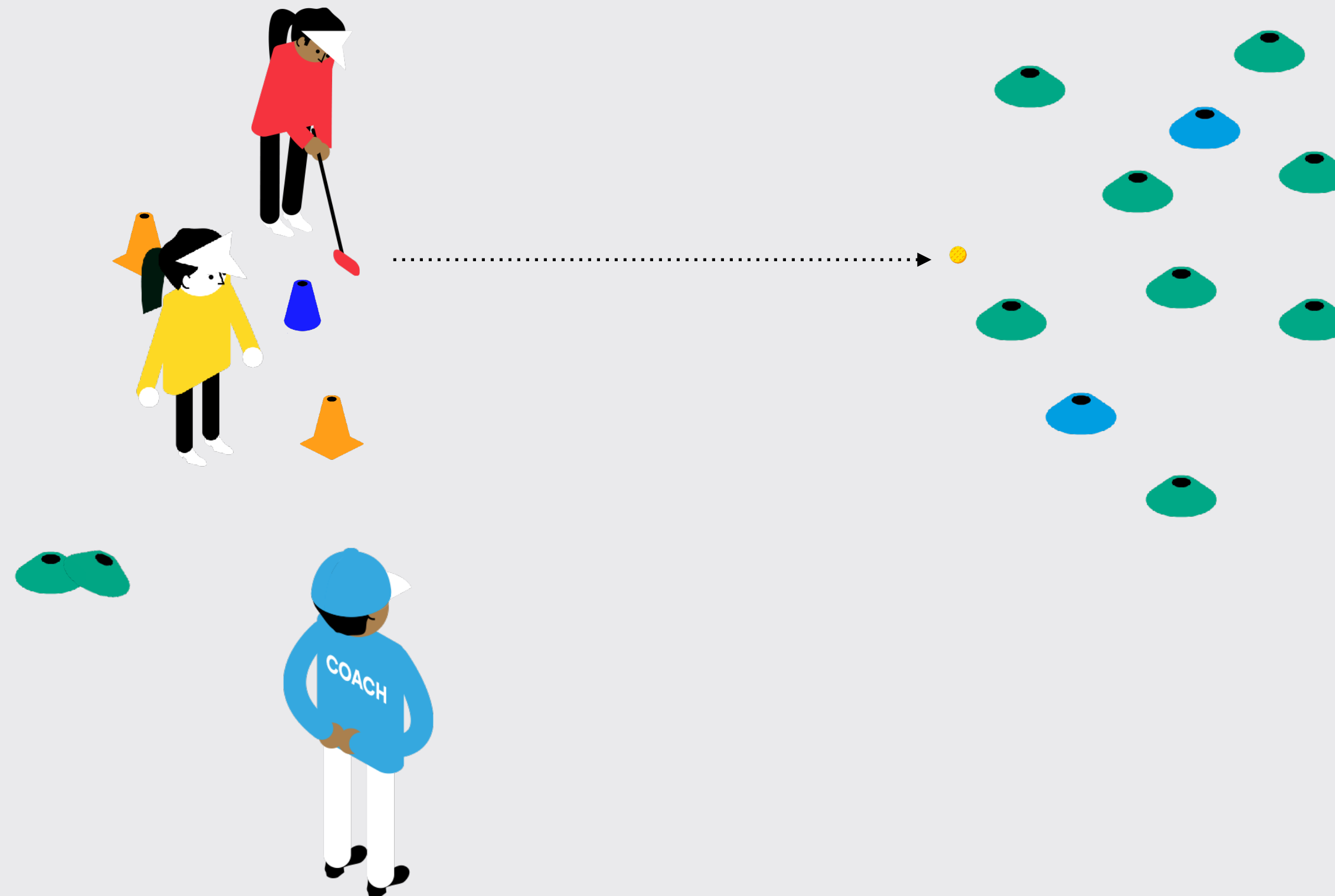
4 x Tees and string to create the runway



Golf Balls



# Finders Keepers



## How to Play

- Children take it in turns to attempt to putt their ball to hit one of the colored cones. If successful they collect the cone
- If a player hits one of the two alternative colored cones, they must put one of the cones back into the middle
- The children complete the game when they have collected all of the coloured cones

## Progression Ideas

- Vary the size of the targets
- 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
- Introduce a sloping surface to the game

## 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 color

## Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



1 x String



4 x Tees



10 x Cones in one color



2 x Cones in another color

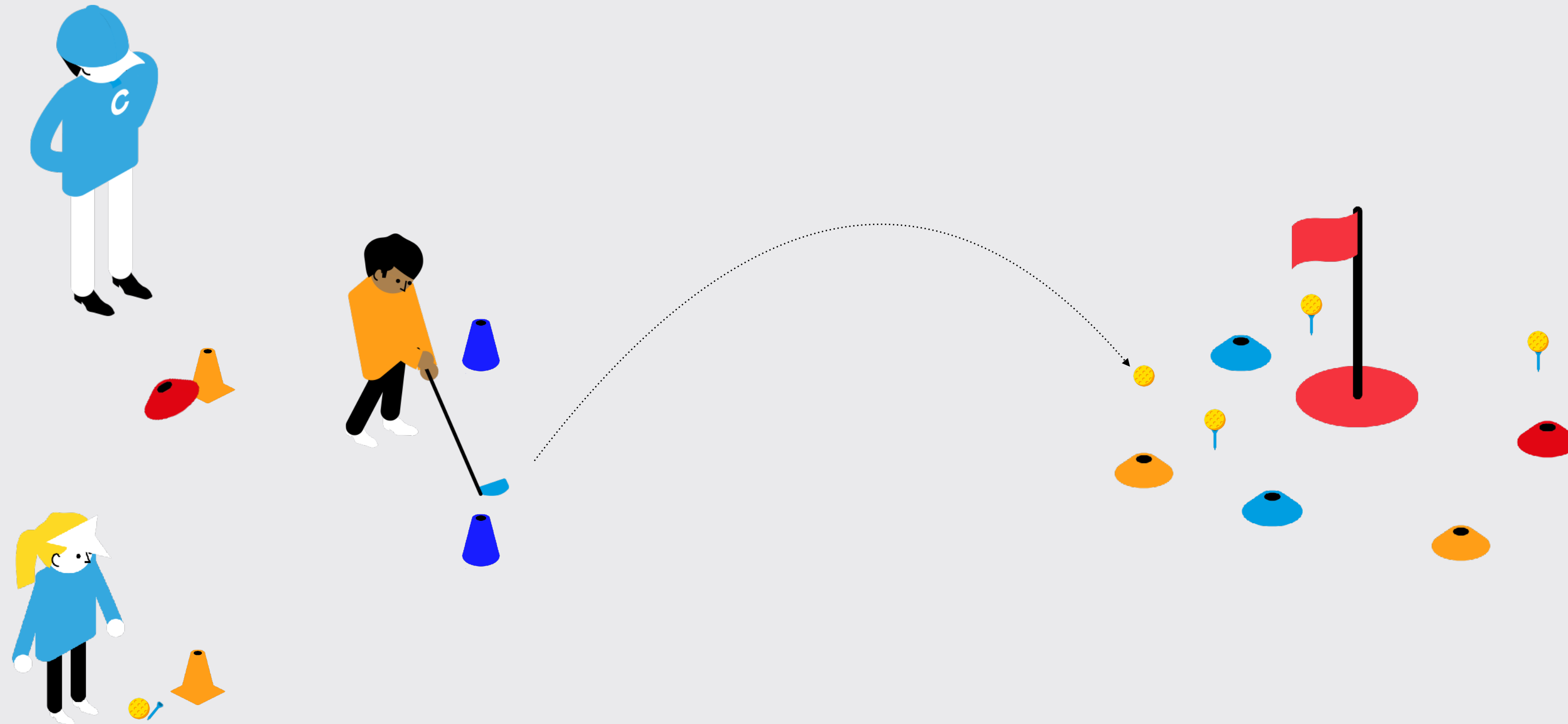


# Around the Green Game Cards





# Cone Crusher



## How to Play

- Allocate points for each of the targets. For example, 5 points for the holing out, 2 points for hitting a ball and 1 point for hitting a cone
- Children take it in turns to hit their chip shot and attempt to hit one of the targets
- If the child is successful they collect their ball and the target they hit and bring it back to the safety cones
- If they miss they should just collect their ball and it's the next player's turn
- Each player has 10 shots to hit as many targets as possible and score as many points as possible for their team
- At the end of the lesson see which team scored the most points for this game

## Progression Ideas

- Add or remove targets
- Vary the size of the gaps between targets
- Vary the starting point from around the green
- Add penalty points if the children hit a particular cone (the red cone, for example)
- Add a line behind the hole, which if the ball travels over then the child has to put back one of the targets they have hit

## Learning Outcomes

- Controlling direction and distance on a chip shot
- Working together to collect the targets and choose which targets to aim for

## Equipment needed

Orange Safety Cones

SAFETY

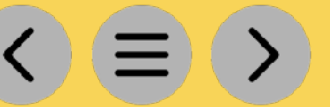
Cones to mark starting position

Cones for the targets

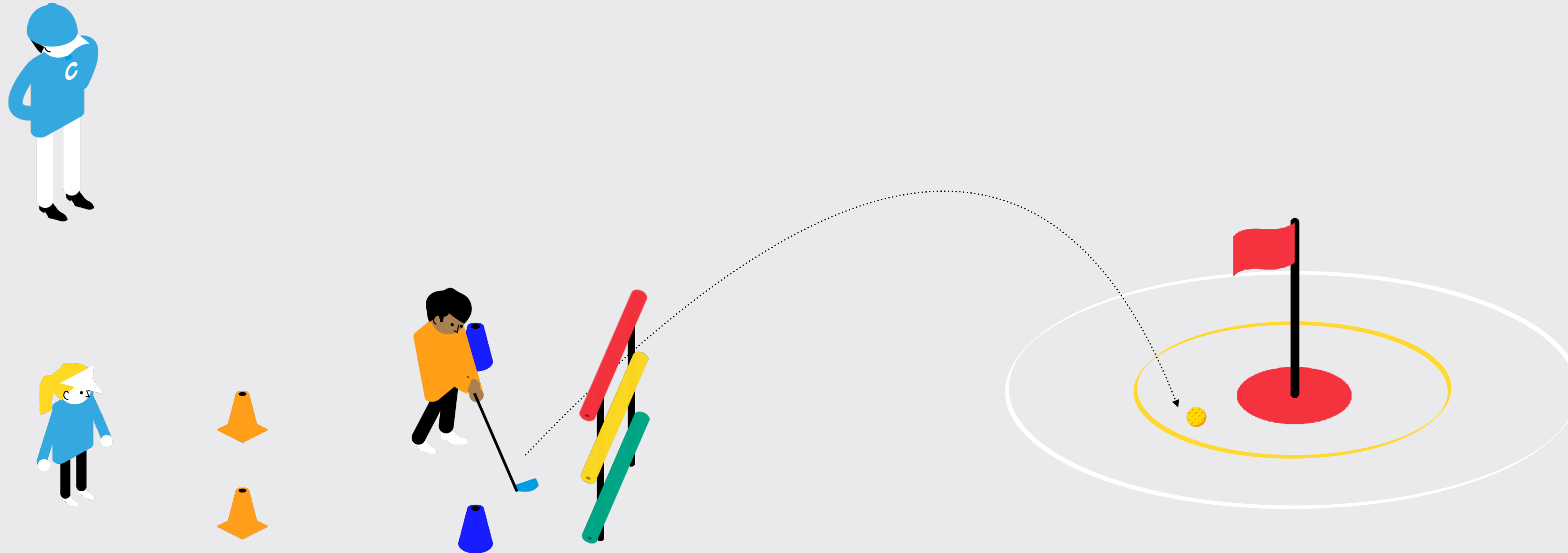
Tees and balls for the targets

Golf Balls





# Choose your Trajectory



## How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible for their team based on where the ball finishes
- In order to score points the player must hit the ball through the gap nominated by their playing partner
- The team try to score the most points from their 10 shots, and then try to beat that score on the next go

## Progression Ideas

- Specify which club must be used
- Change the size of the target circles
- Vary the size of the gaps created by the foam noodles
- Vary the starting point from around the green
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

## Learning Outcomes

- Controlling strike to get a consistent trajectory
- Understanding the loft of the club and it's influence on trajectory
- Develop the ability to control the flight of the ball, hitting different trajectories, using the same golf club

## Equipment needed

Orange Safety Cones

SAFETY

Cones to mark starting position



Target Rings



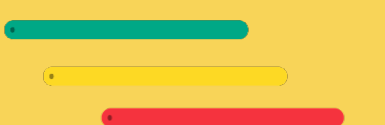
Golf Balls



2 x Alignment Sticks



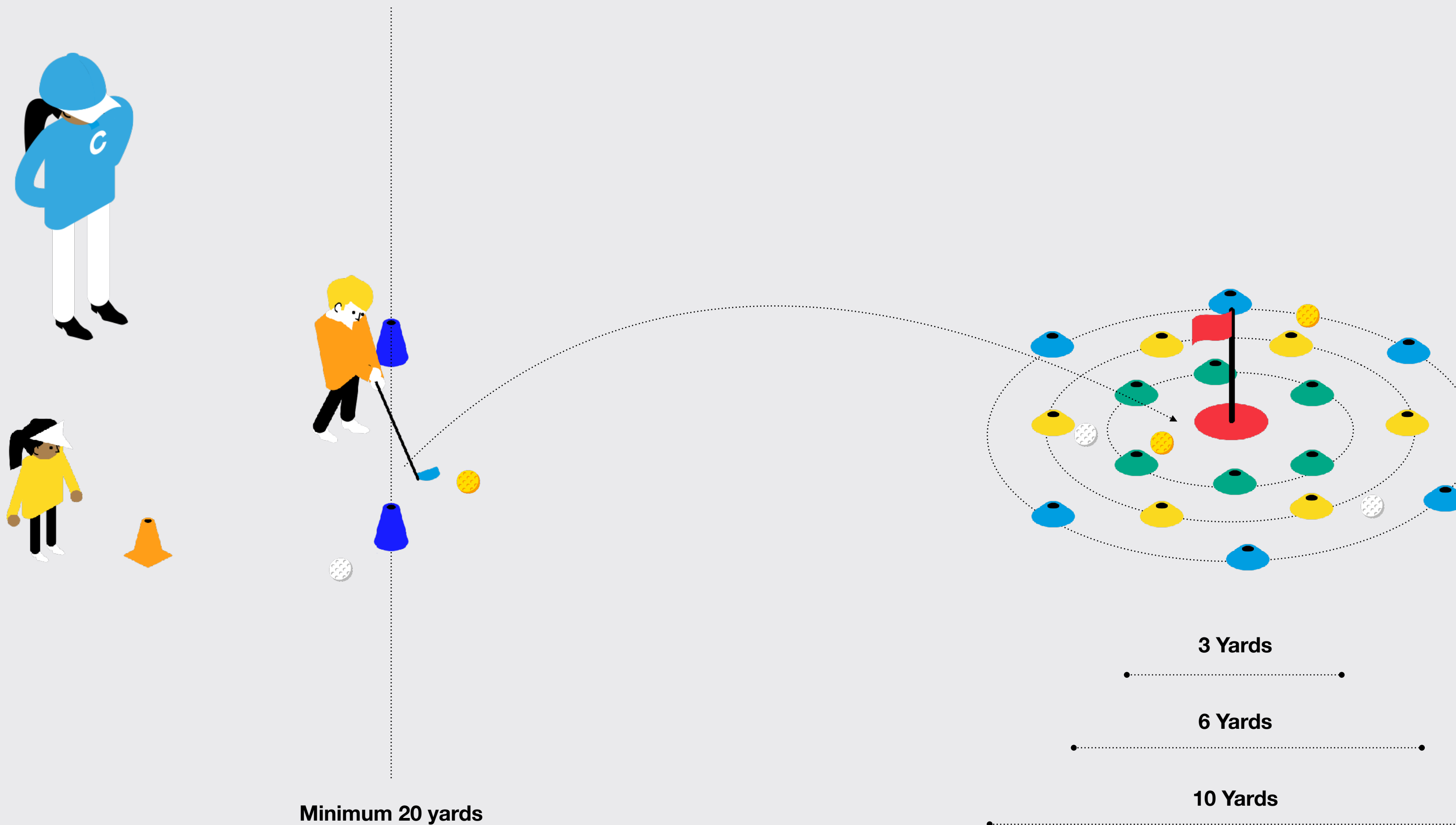
3 x Foam Noodles





# Curling

## JUNIOR CAMP GAMES



Minimum 20 yards

3 Yards

6 Yards

10 Yards

### How to Play

- Nominate a player to play first. Each child is given 3 golf balls of different colors
- The first player attempts their first shot and aims to get their ball as close to the flag as possible
- Players alternate turns until all of the golf balls have been used
- The 3 golf balls nearest to the hole score a point each. Only 3 points can be scored in any round of the game
- Players then attempt the next round and the game continues until one player reaches 11 or 21 points

### Progression Ideas

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

### Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



3 x Yellow Golf Balls



3 x White Golf Balls



10 x Yellow Colored Cones for Middle 6 Yard Target Circle



10 x Blue Colored Cones for Outer 10 Yard Target Circle



8 x Green Colored Cones for Inner 3 Yard Target Circle





# Single, Double, Triple - Chipping/Pitching



## How to Play

- Players take it in turns to choose which distance they want to start from
- If the player starts from the 20 yard line and they pitch the ball inside the 10 yard circle they score 1 point, or 2 points for the 6 yard circle
- If the player starts from the 30 yard line they score double points; 4 points inside the the 6 yard circle, or 2 points for the 10 yard circle
- If the player chooses to start from the 40 yard they score triple points; 6 points for pitching the ball into the 6 yard circle and 3 points if they pitch the ball into the 10 yard circle
- The game continues until both players have hit 5 shots, the winner is the player who has the most points after 5 shots

## Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Change the distance from the green
- Change the size of the target circles
- Change the points given for each circle
- Change the number of shots each player is allowed

## Equipment needed

Orange safety cones

SAFETY



3 x cones



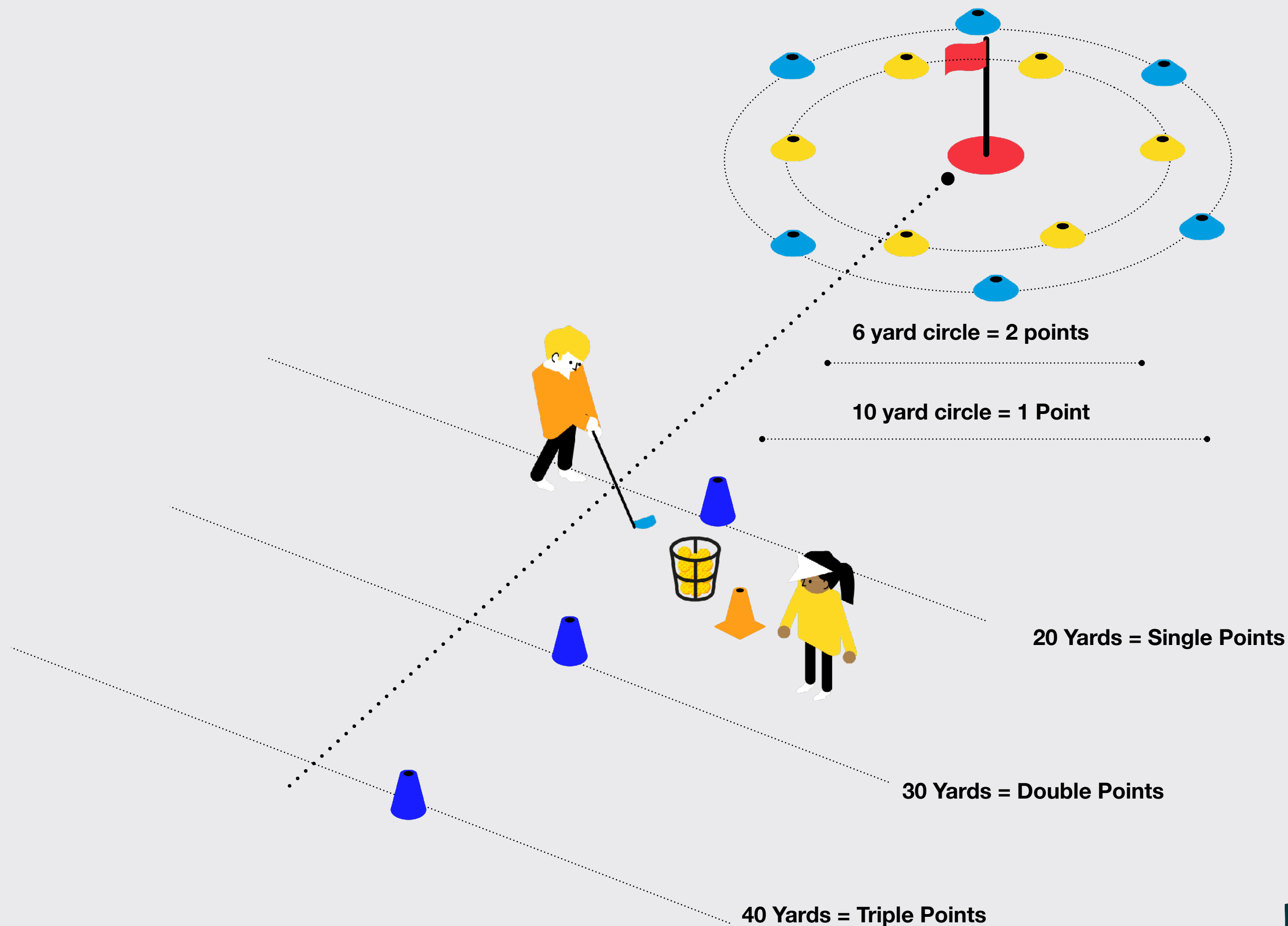
Golf balls



10 x Colored cones to mark the 10 yard circle



10 x Colored cones to mark the 6 yard circle



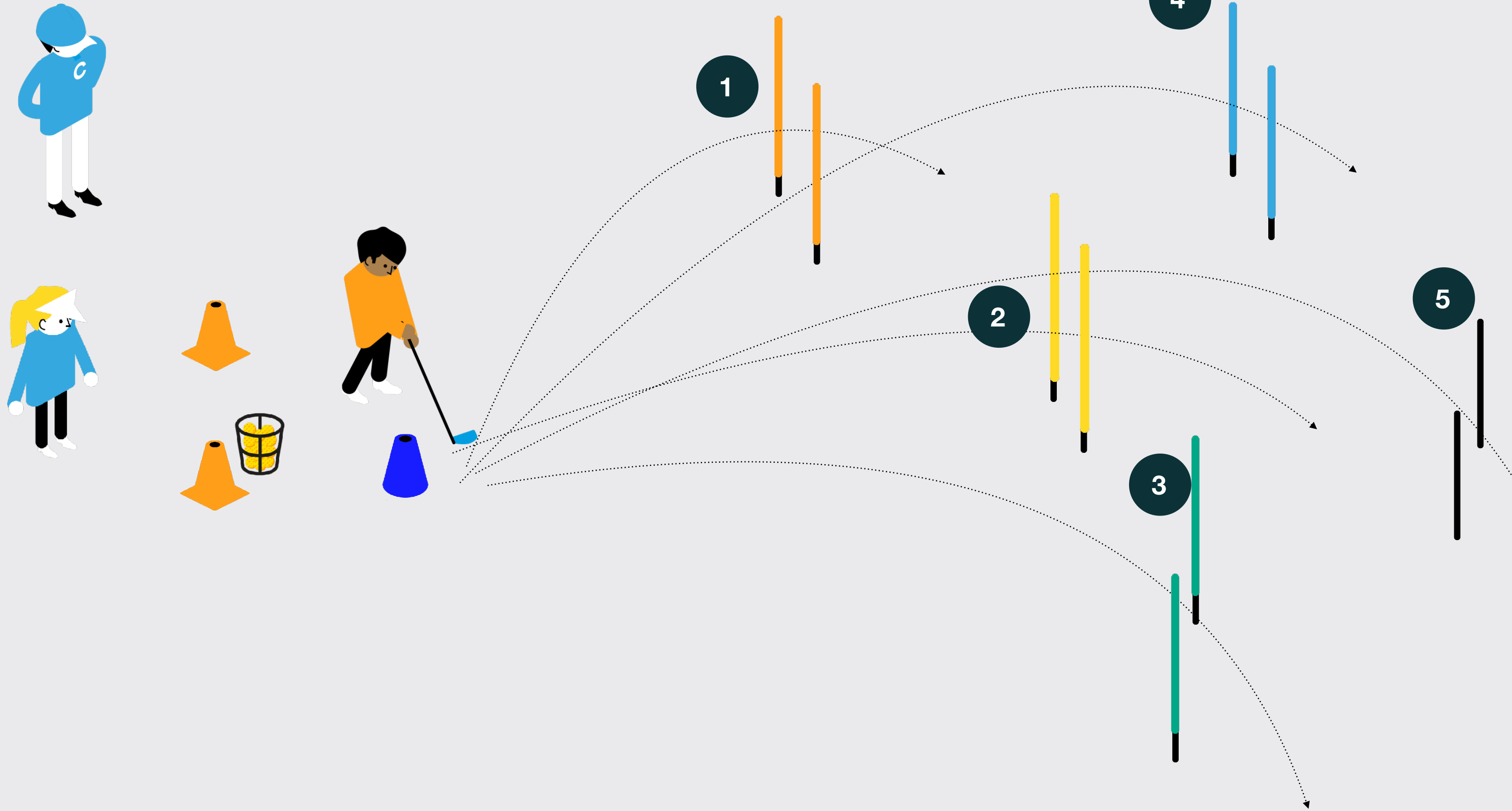
# Swing Game Cards







# 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

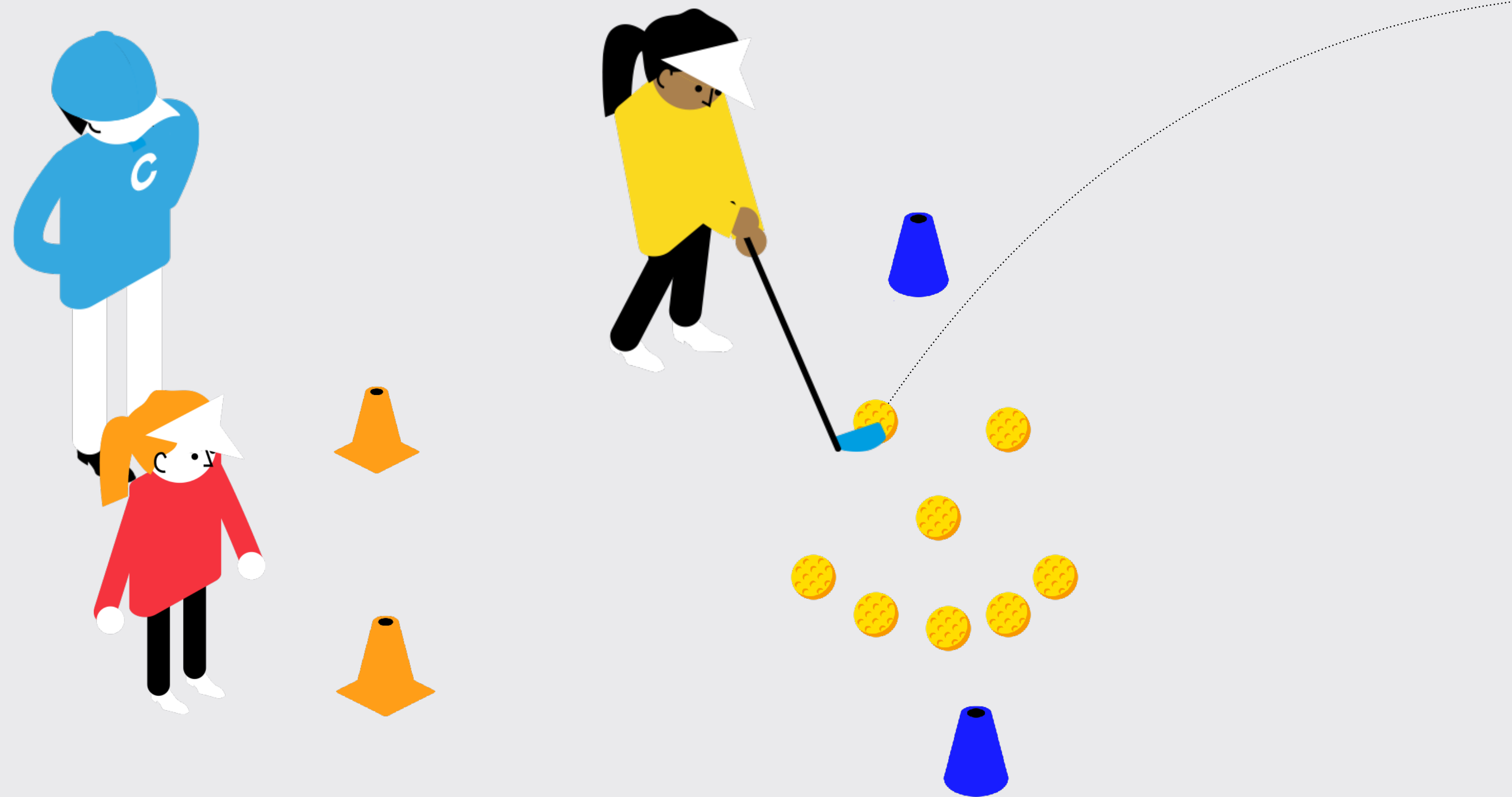
SAFETY

10 x Alignment Sticks

10 x Foam Noodles



# Happy Shots



## How to Play

- Let the children design a smiley face with 8 golf balls
- The children take it in turns to hit their shots, they choose which ball they want to hit and mustn't move any of the other balls in the process.
- The children complete the challenge if they can hit all the shots one at a time, without moving any of the other balls

## Progression Ideas

- Make the smiley face smaller
- Add a rule that the player must stand in the same place to hit all their shots
- Add a target to aim for, allocate points for hitting the target

## Learning Outcomes

- Learn to control the direction the club is swinging
- Learn to control strike with variability of distance from the ball, and direction of swing

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



Golf Balls



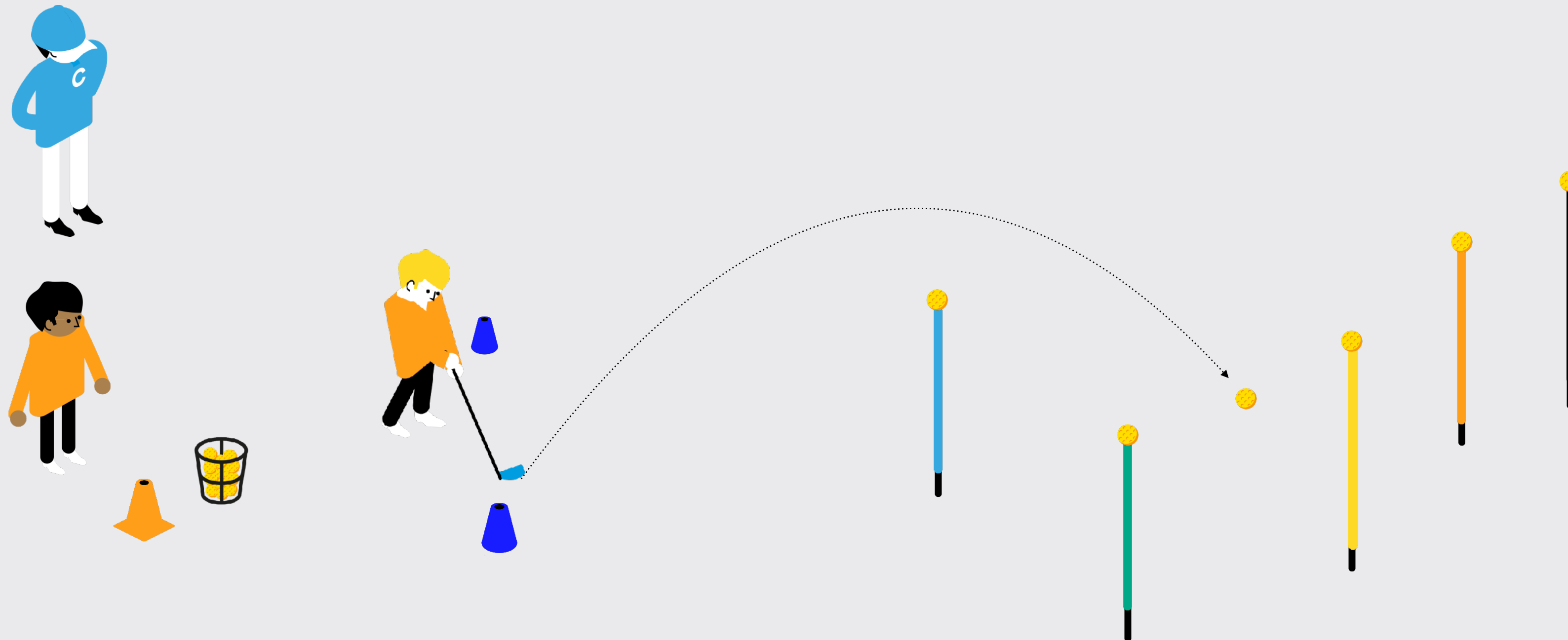
Spare equipment that may be required for the group attendees.





# Pinseeker

## JUNIOR CAMP GAMES



### How to Play

- Set up the foam noodles between 10 and 30 yards from the starting cones. Balance a golf ball on top of the foam noodle for added excitement
- The first player chooses which foam noodle they want to aim for, if they hit the noodle and knock off the ball they score a point
- Players take it in turns until all balls have been knocked off or time runs out.
- The winner is the player who knocked off the most balls

### Progression Ideas

- Vary the distance from the starting cones to the targets
- Allow playing partners to nominate which target the player has to aim for
- Introduce a rule where the player has to use a particular club to complete the challenge

### Equipment needed

2 x Orange Safety Cones

SAFETY

2 x Cones

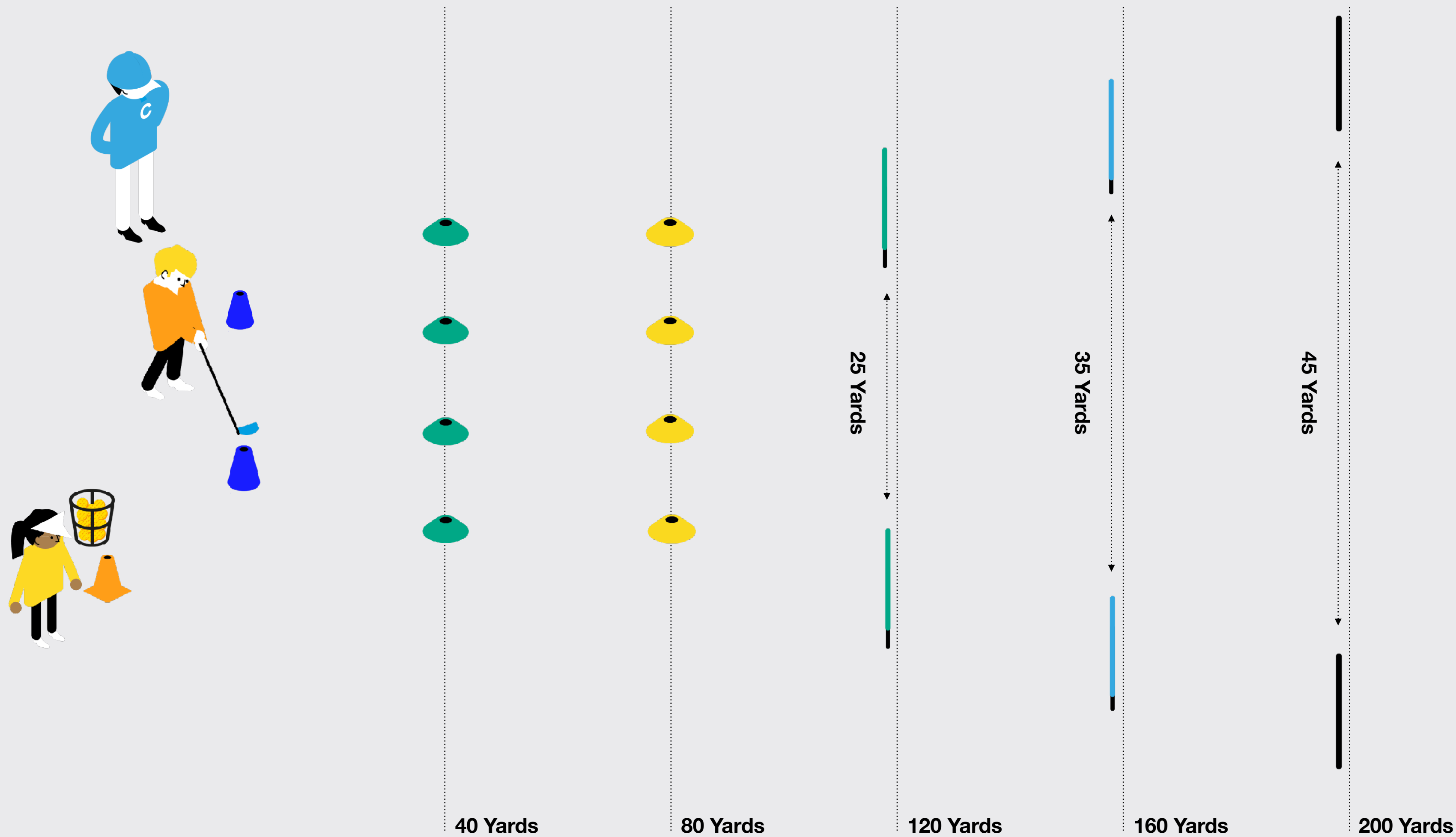
5 x Foam Noodles

5 x Alignment Sticks

Golf Balls



# Pot Luck



## How to Play

- Players take in turns to pull a playing card from the deck of cards
- The number on the card dictates how many shots the player can take to complete their challenge (Picture cards count as 10)
- If the player completes their challenge within the designated number of shots they score 1 point
- The first player to score 5 points wins the game

## Progression Ideas

- Add in special rules for certain playing cards
- Allow the players to come up with their own rules

## Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations



Deck of playing cards



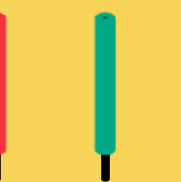
Golf Balls



6 x Alignment Sticks



6 x Foam Noodles



Variety of colored cones for 40 yard and 80 yard lines

