

# Full-Day Camp Class Plan

## Day 4





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# Class Timetable





# 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>Run to the Middle (<b>Junior Camp Competition Game</b>)</li> <li>Relay Race</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>Clubface Contact</li> <li>Straight Shooter (<b>Junior Camp Competition Game</b>)</li> <li>Pot Luck</li> <li>Splash Shot</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>Coconut Shy</li> <li>American Pool (<b>Junior Camp Competition Game</b>)</li> <li>Round the Clock Spiral</li> <li>Closest to the Line</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>Sand Shots</li> <li>Splash Shot</li> <li>Finders Keepers (<b>Junior Camp Competition Game</b>)</li> <li>Pinseeker</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>• Design a Headcover</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 <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> <li>• Contribute this to the Junior Camp Competition</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

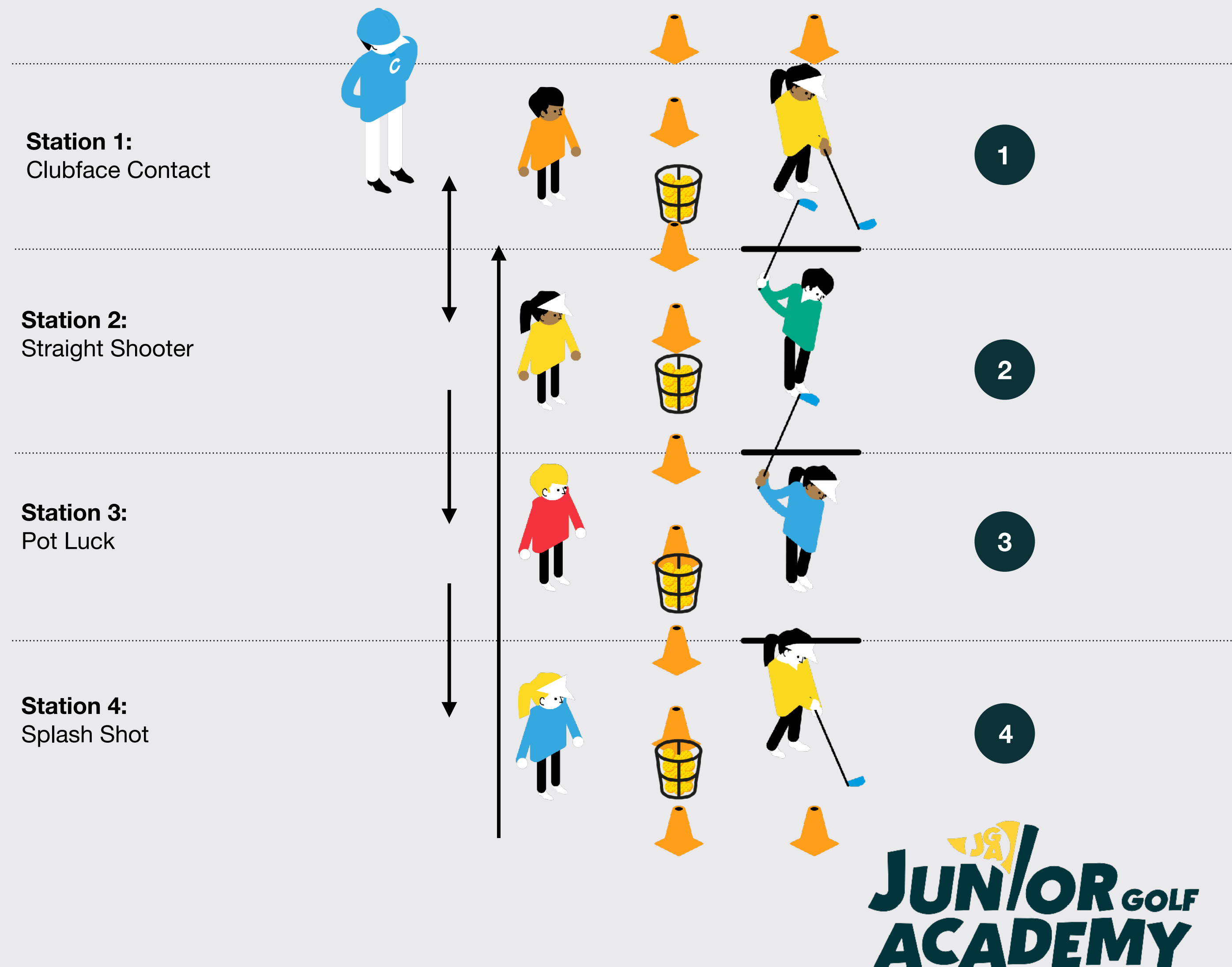




# Swing Games - Layout and Setup

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

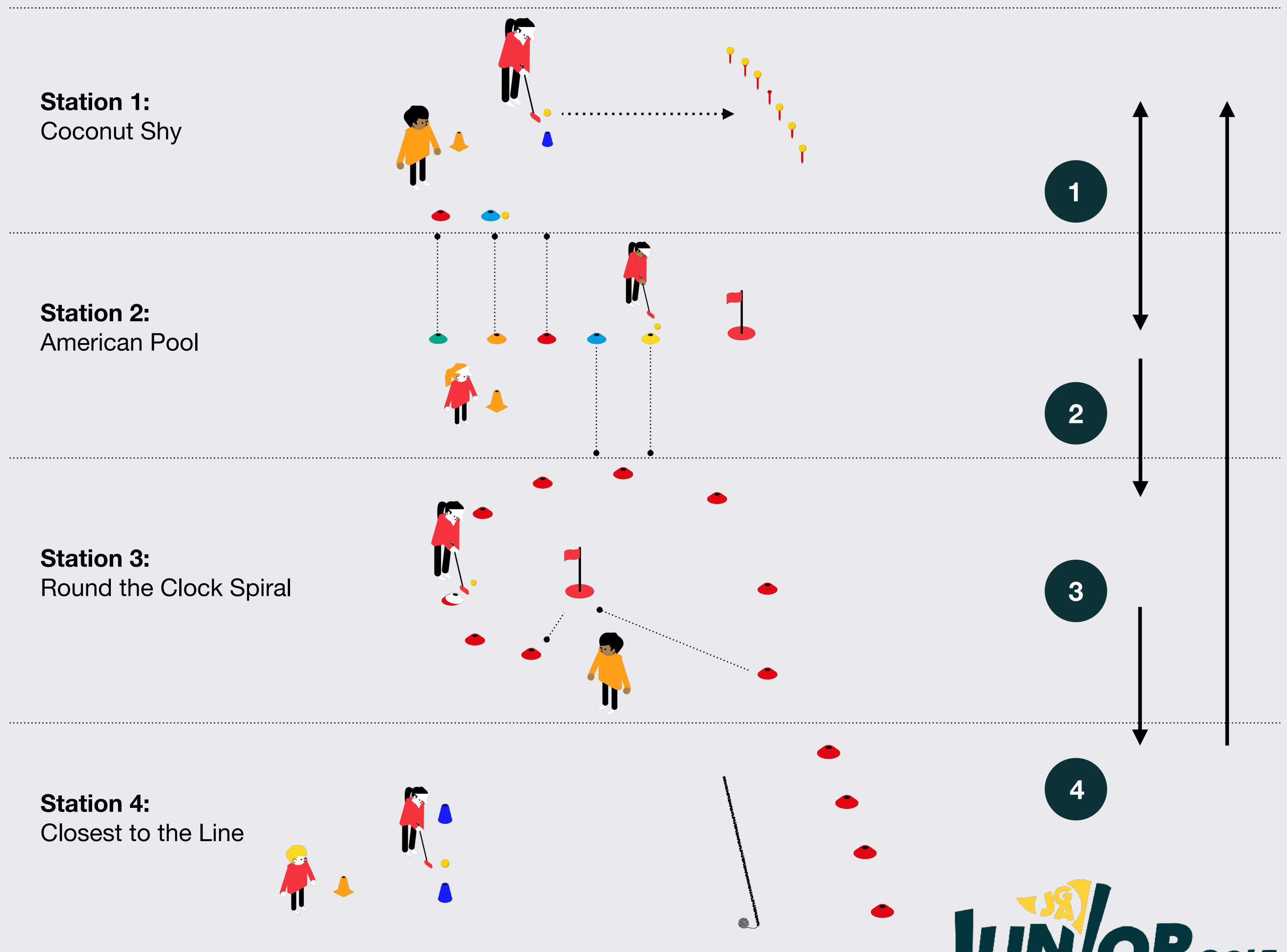




# On the Green Games - Layout and Setup

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

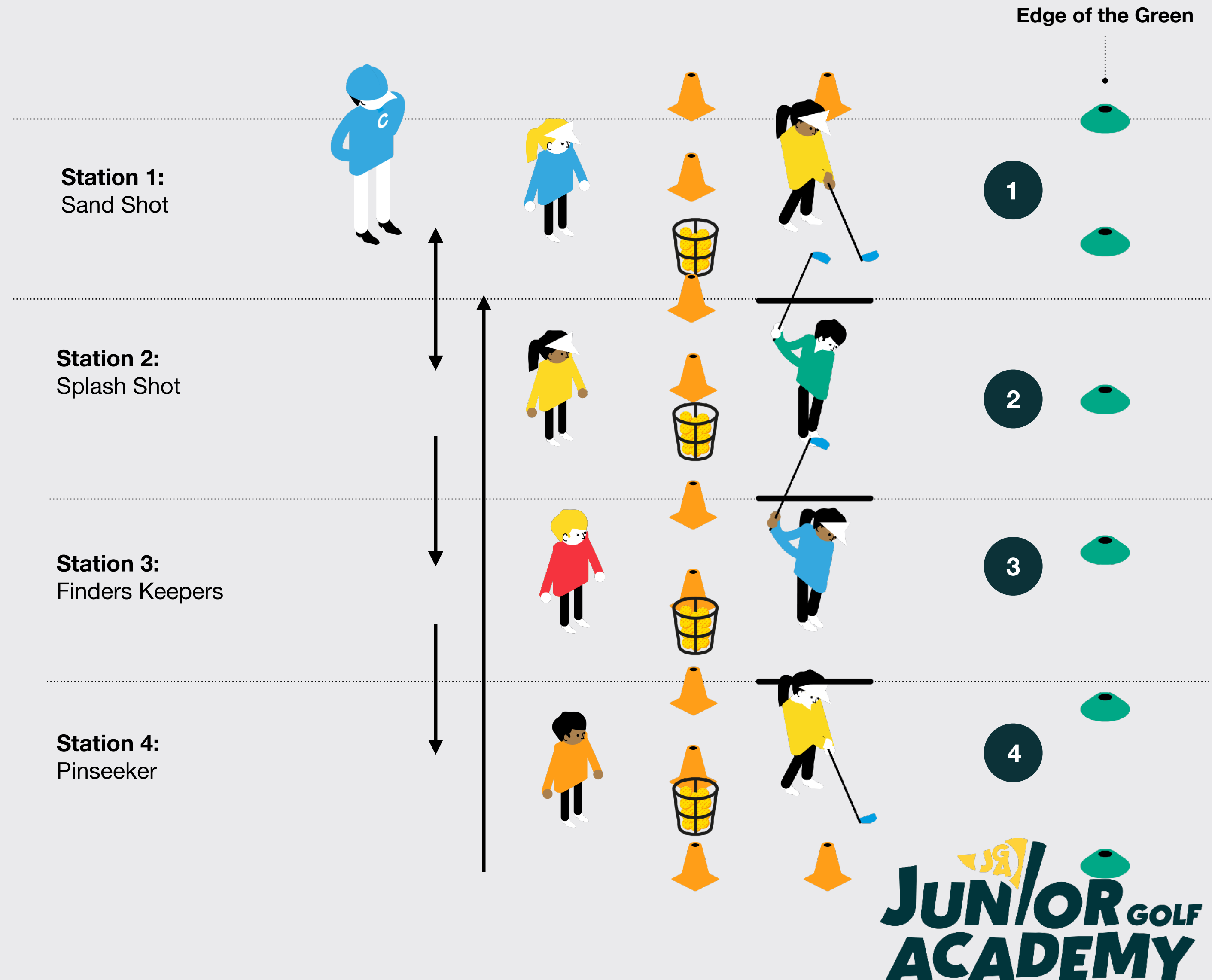




# Around the Green Games - Layout and Setup

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

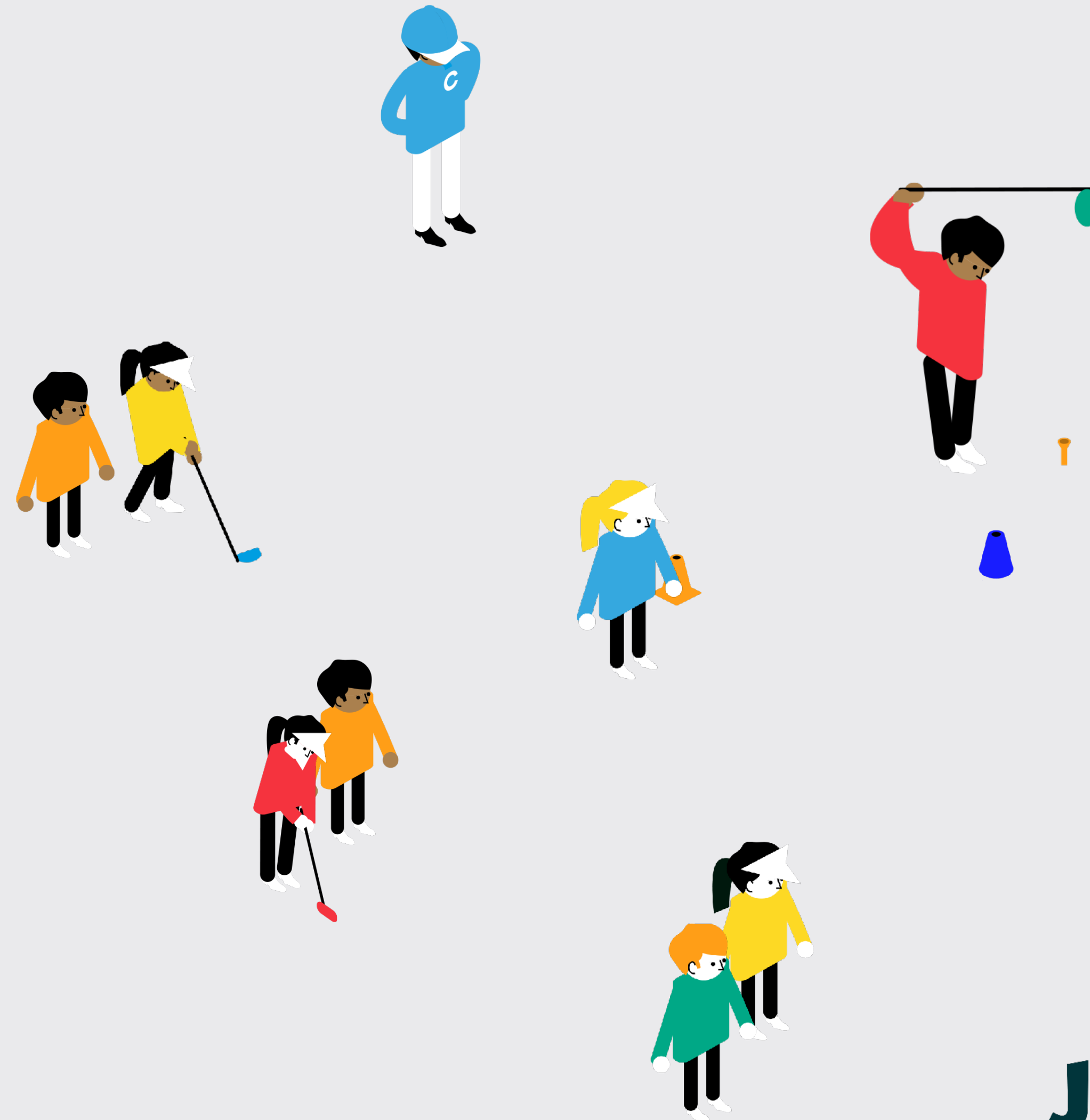




# Course Play - Layout and Setup

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





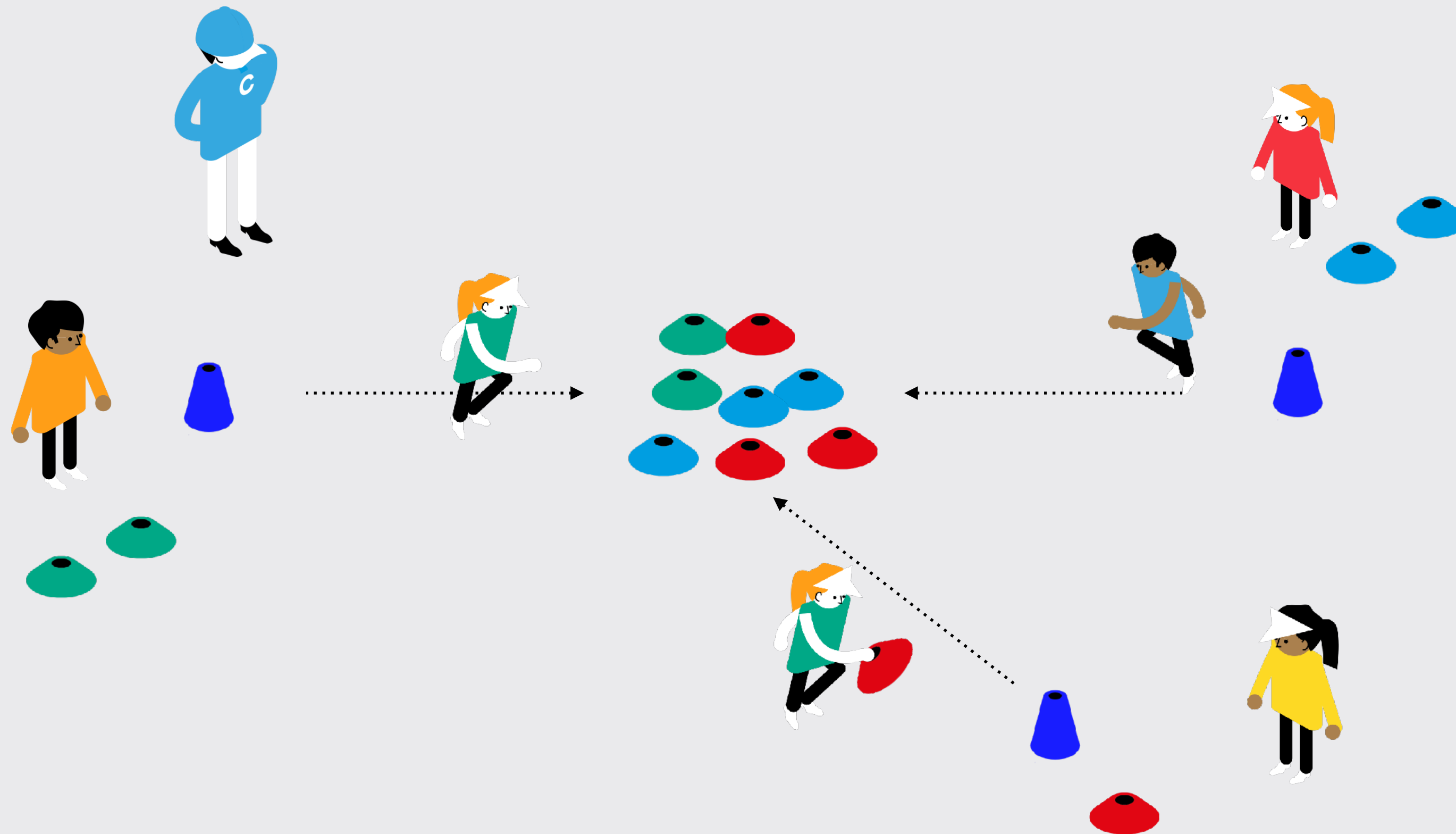
# Physical Literacy







# Run to the Middle - JUNIOR CAMP GAMES



## How to Play

- This game is best played in teams. Split the children into 2 or 3 even teams
- Each team starts on one of the starting cones
- On go, the first player from each team runs from their starting cone towards the pile of colored cones in the middle. Each child collects 1 cone of their team's color and returns to the start
- Players continue until all cones are collected
- The team that wins is the one who collects all their cones first

## Progression Ideas

- Increase the distance between the starting cones and cones in the centre
- Add extra cones in the centre
- Introduce different FMS skills such as jumping, hopping or running backwards
- Add obstacles in between the starting cones and the cones in the centre

## Equipment Needed

Orange Safety Cones

SAFETY



3 x Cones



10 x Green colored cones



10 x Red colored cones



10 x Blue colored cones





# Relay Race



## How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child races to the end cone and runs around the cone, coming back and tagging the next player
- The team that wins is the one who gets all players home first

## Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

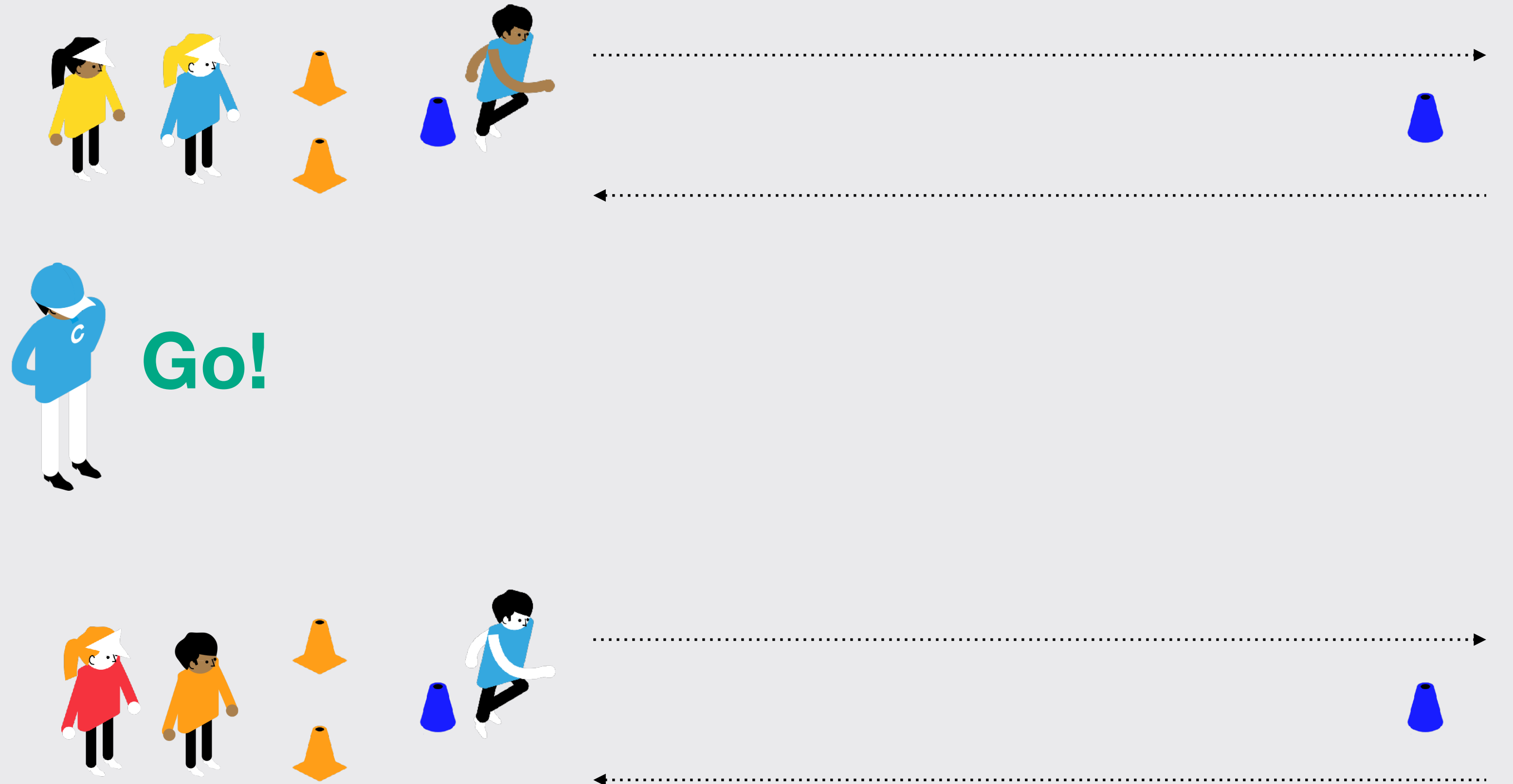
## Equipment Needed

### Orange Safety Cones

SAFETY



### Cones to mark out the start and end of the race



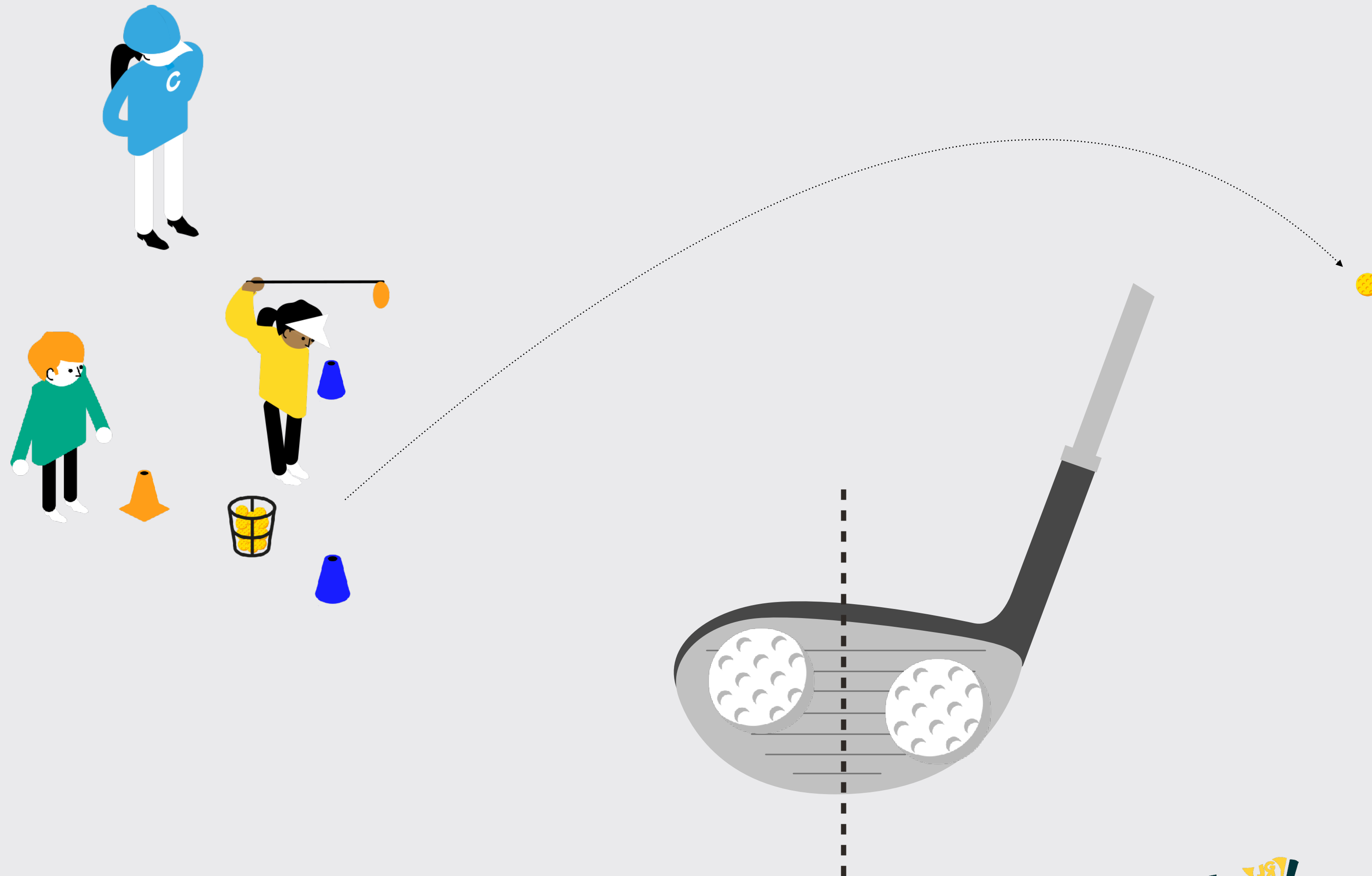
# Swing Game Cards







# Clubface Contact



## How to Play

- Players take it in turns to hit a shot with impact tape on the clubface in order to see where they made contact
- Draw a line down the middle of the impact tape
- The aim is to be able to deliberately strike the ball with the toe and then the heel
- The challenge is complete when the child successfully strikes the ball using the toe and the heel of the club

## Progression Ideas

- Draw quarters on the impact tape and challenge the juniors to hit each quarter of the club face
- If the juniors aren't able to generate enough clubbed speed to make a mark on the impact tape then use foot spray as an alternative
- Swap out the golf ball for marshmallows - a fun alternative that will engage the juniors and still make a mark on the club face

## Equipment needed

Orange Safety Cones

SAFETY



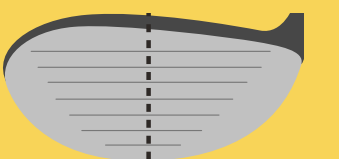
Cones to mark out the necessary hitting stations.



Golf balls

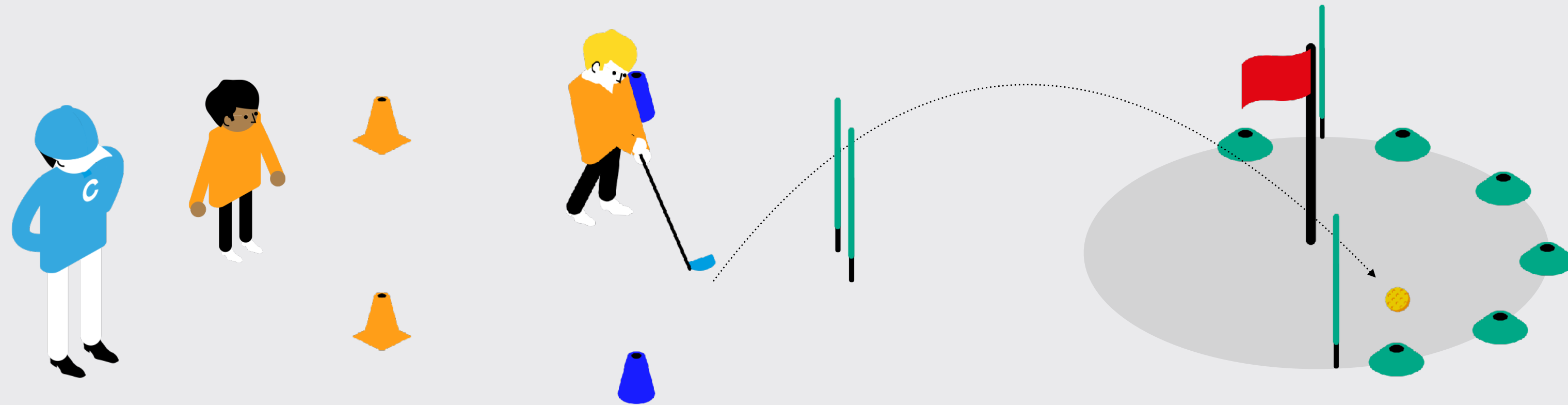


Impact tape and a marker pen to draw the lines





# Straight Shooter - JUNIOR CAMP GAMES



## How to Play

- Set a target score for the children to achieve
- The first child attempts to hit their shot to the through the foam noodle gate and into the target area
- They receive 1 point for hitting the ball through the gate, and 1 more if they hit the target
- Players take it in turns, until both have hit 10 shots, the aim is to achieve the target score as a team

## Progression Ideas

- Vary the target on each shot
- Vary the width of the gate
- Allow the children to try throwing the ball through the gate

## Learning Outcomes

- Learn to control the direction the ball travels

## Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out hitting stations



2 x Foam Noodles



2 x Alignment Sticks



Golf Balls



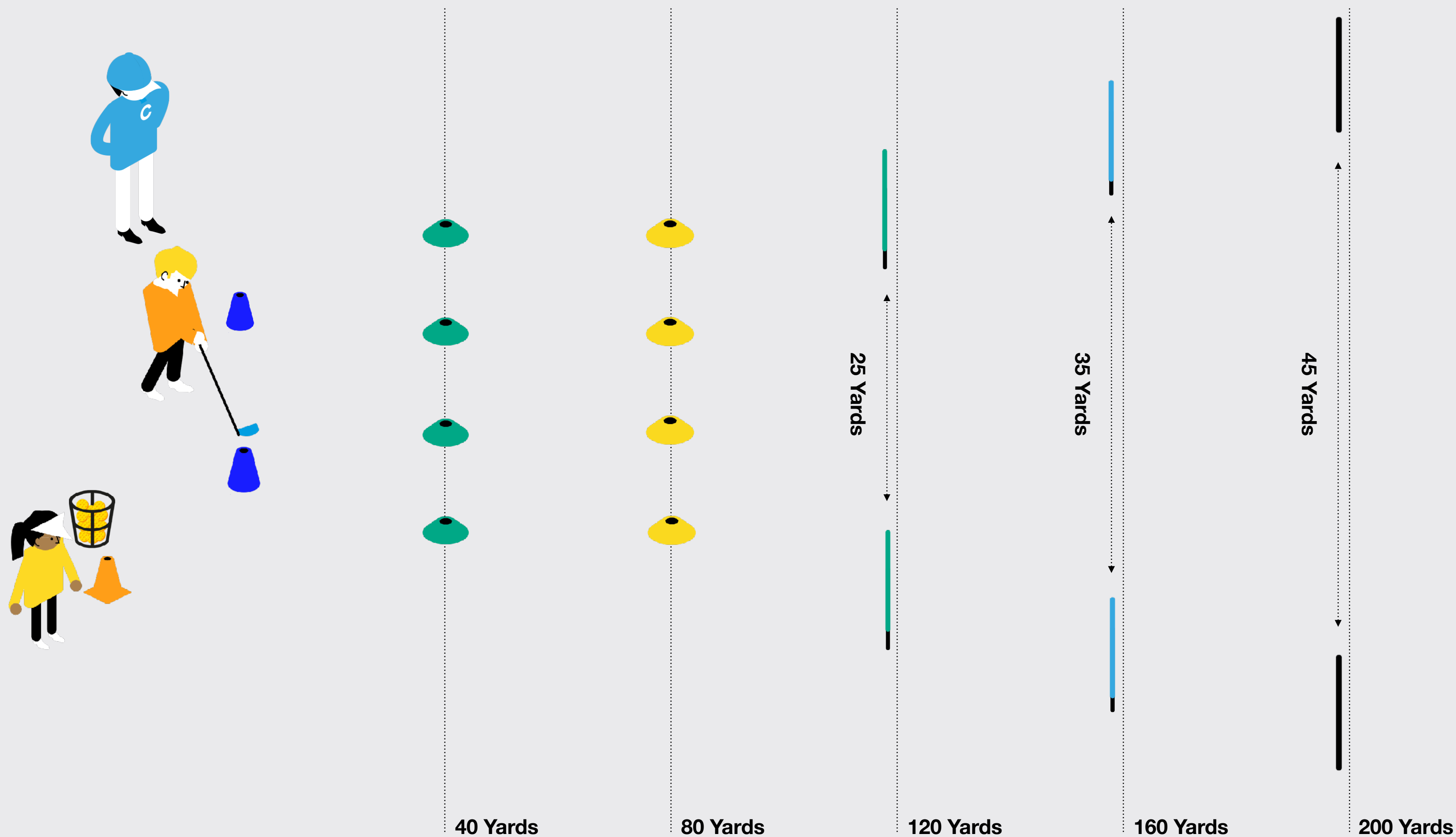
Spare equipment that may be required for the group attendees.







# 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

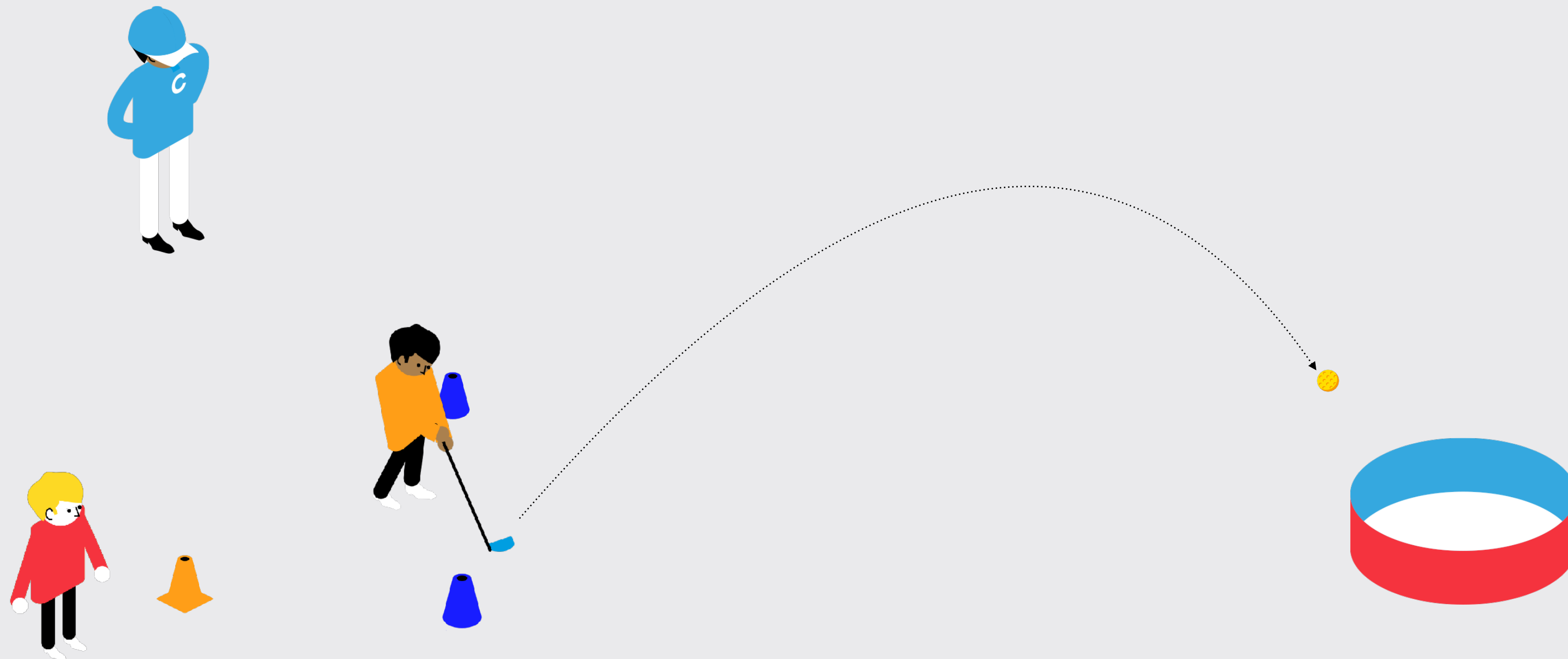
6 x Alignment Sticks

6 x Foam Noodles

Variety of colored cones for 40 yard and 80 yard lines



# Splash Shot



## How to Play

- Children take it in turns to hit their shots
- The aim of the game is to pitch the ball into the pool
- The children have 10 shots each, the winner is the child who gets the most shots into the pool

## 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

Orange Safety Cones

SAFETY

Cones to mark starting position

1 x Pool, filled with a small amount of water

Golf Balls

Spare equipment that may be required for the group attendees.



# On the Green Game Cards





# Coconut Shy



## How to Play

- Each child is nominated a color cone. In this example either blue or red
- The children take it in turns to hit a putt towards the tees that have a ball resting on them
- If the child is successful in knocking a ball off a tee then they collect the ball and place it next to their coloured cone
- Once all the balls have been knocked off the children count how many balls they have collected and the one with the most is the winner

## Progression Ideas

- Increase or decrease the number of target balls to hit
- Add in a line of cones as a backstop and if the child's ball goes over the backstop then they have to put a ball back onto one of the tees
- Change the distance from the starting cones to the target

## Learning Outcomes

- The primary learning outcome is control of direction
- If the backstop is added then there is more emphasis on distance control

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



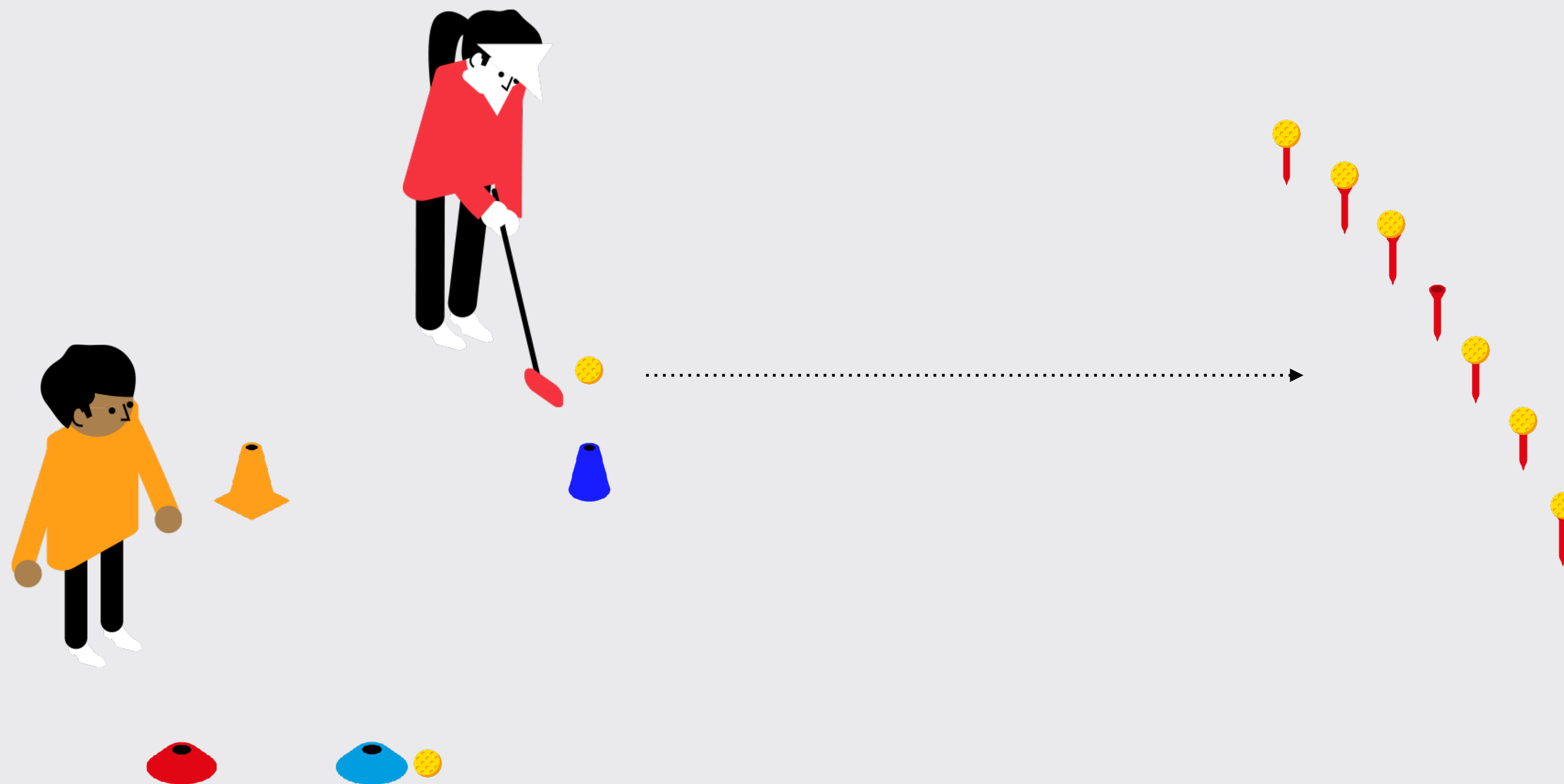
7 x Tees



8 x Golf Balls



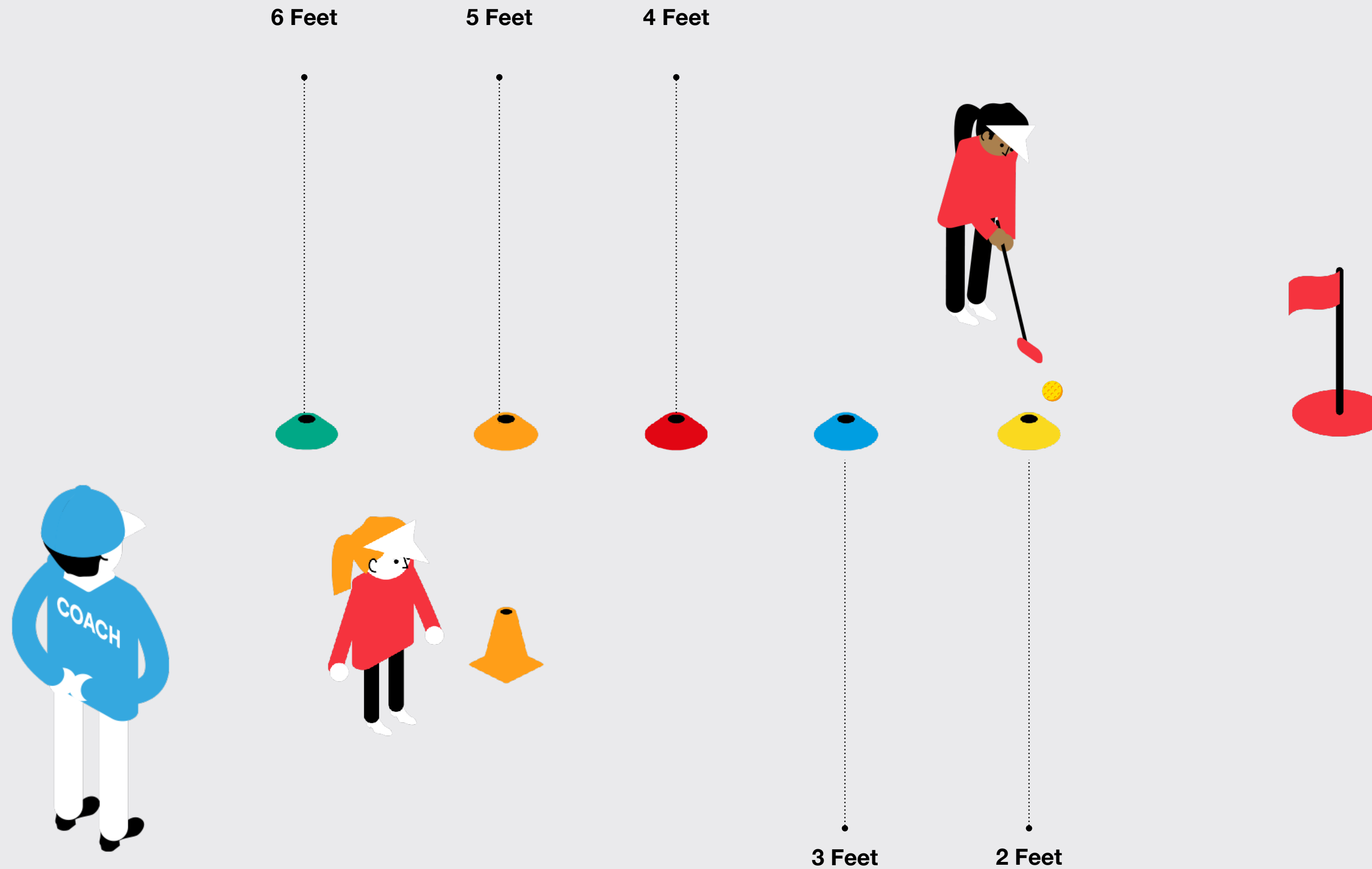
2 x Colored cones







# American Pool - JUNIOR CAMP GAMES



## How to Play

- Children take it in turns to putt from the first cone
- If successful, they can move back to the next cone, and continue until they miss a putt
- The challenge is to hole a putt from each of the different colored cones before your playing partner does
- Each time the children have to start again from the first cone

## Progression Ideas

- Change the distances the cones are set at depending on the ability level of the children in the group
- Add in more cones to make the challenge more difficult

## Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Coping with increased pressure as the child progresses down the line of cones
- Perseverance is required as this game can become quite frustrating

## Equipment needed

Orange safety cone

SAFETY

5 x different colored cones to represent the different color balls in American Pool

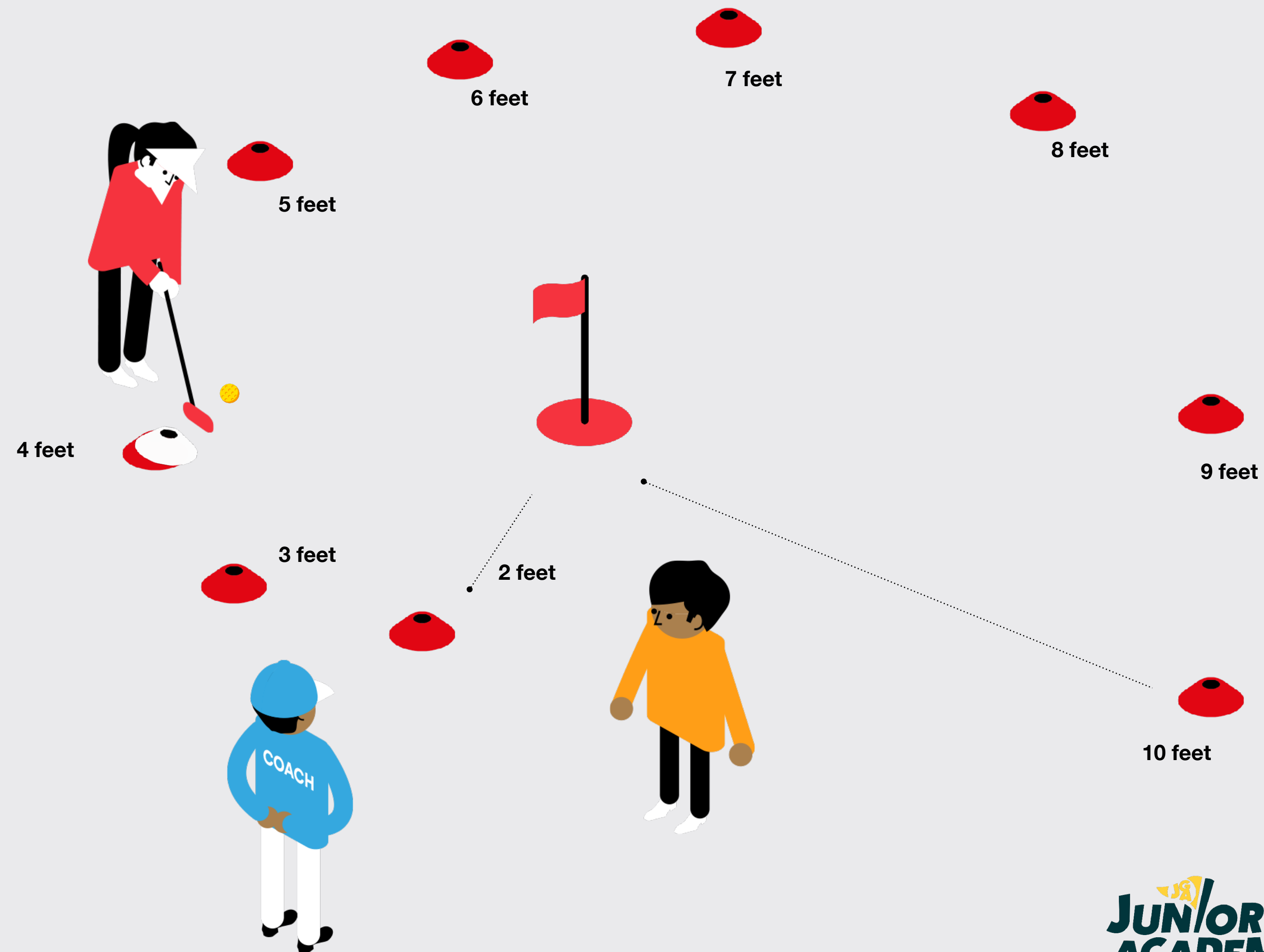
1 x Golf ball per player

Spare equipment that may be required for the group attendees.





# Round the Clock Spiral



## How to Play

- Nominate one of the children to play first and nominate a colored cone for the team. This cone is to track their progress around the spiral
- The player attempts to hole their putt from the 1<sup>st</sup> cone nearest to the hole
- If the player misses, the team stays where they are and their partner has a turn. If they successfully hole the putt, they move to the next cone
- The next player then goes and the game continues until the team completes the spiral

## Progression Ideas

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

## Learning Outcomes

- Perseverance is needed to complete the challenge
- Direction, distance control, and ability to read greens are all being tested in this game
- Improves the player's ability to adapt from one direction of putt to another

## Orange Safety Cones

SAFETY



9 x Colored Cones to mark distance from 2-10 feet



2 x different Colored Cones

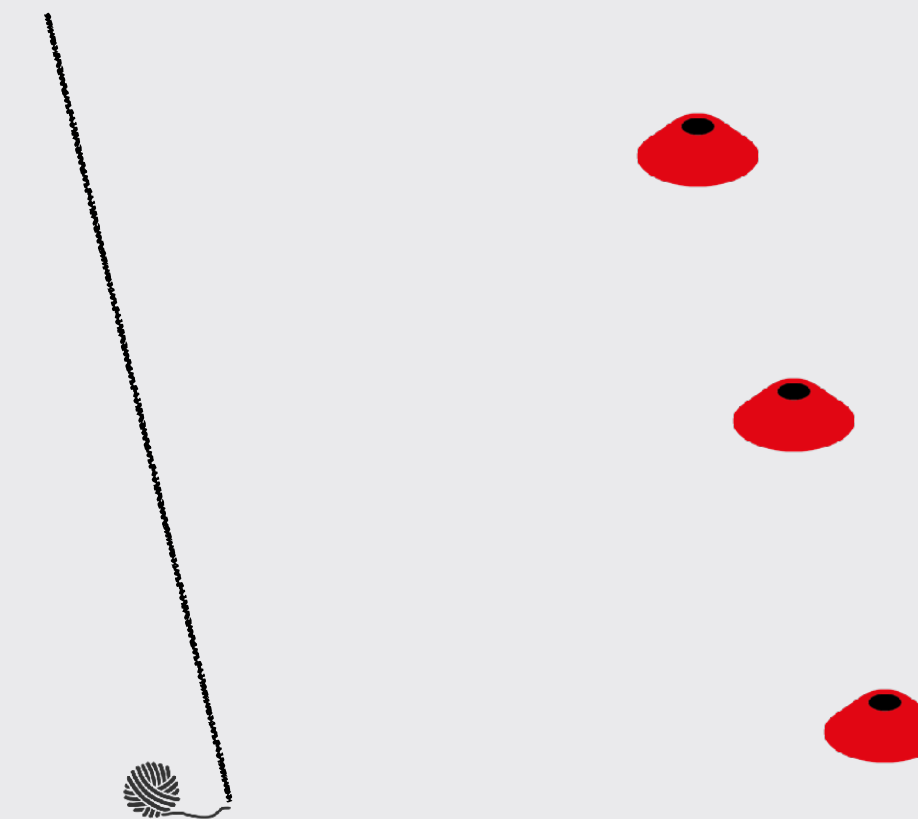
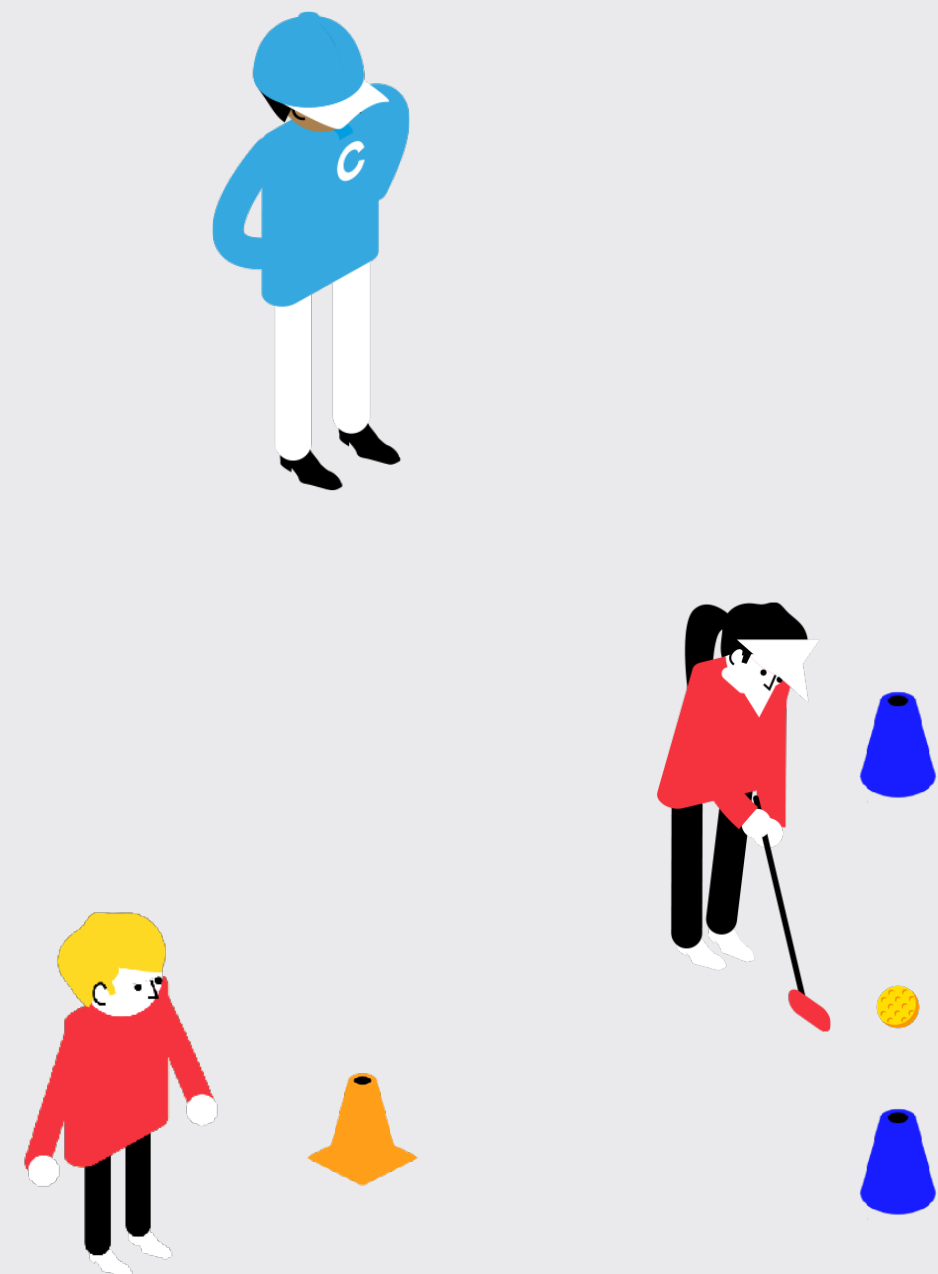


Golf Ball





# Closest to the Line



## How to Play

- Children take it in turns to hit their chip shot towards the string line
- The child that chips the ball closest puts a ball marker down to mark the team's best shot so far
- When the coach calls to switch games they should make a note of how close the best shot was to see which team was able to chip the ball closest

## Progression Ideas

- Vary the distance of the chip shot
- Let each child nominate which club the other has to use when doing their shot
- Introduce a fringe in front of the player and the ball only counts if the first bounce lands over the fringe

## Learning Outcomes

- Ability to control distance on a chip shot
- How to react to winning or losing the round

## Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



String to mark the target line



Red cones to mark the end zone



Golf Balls



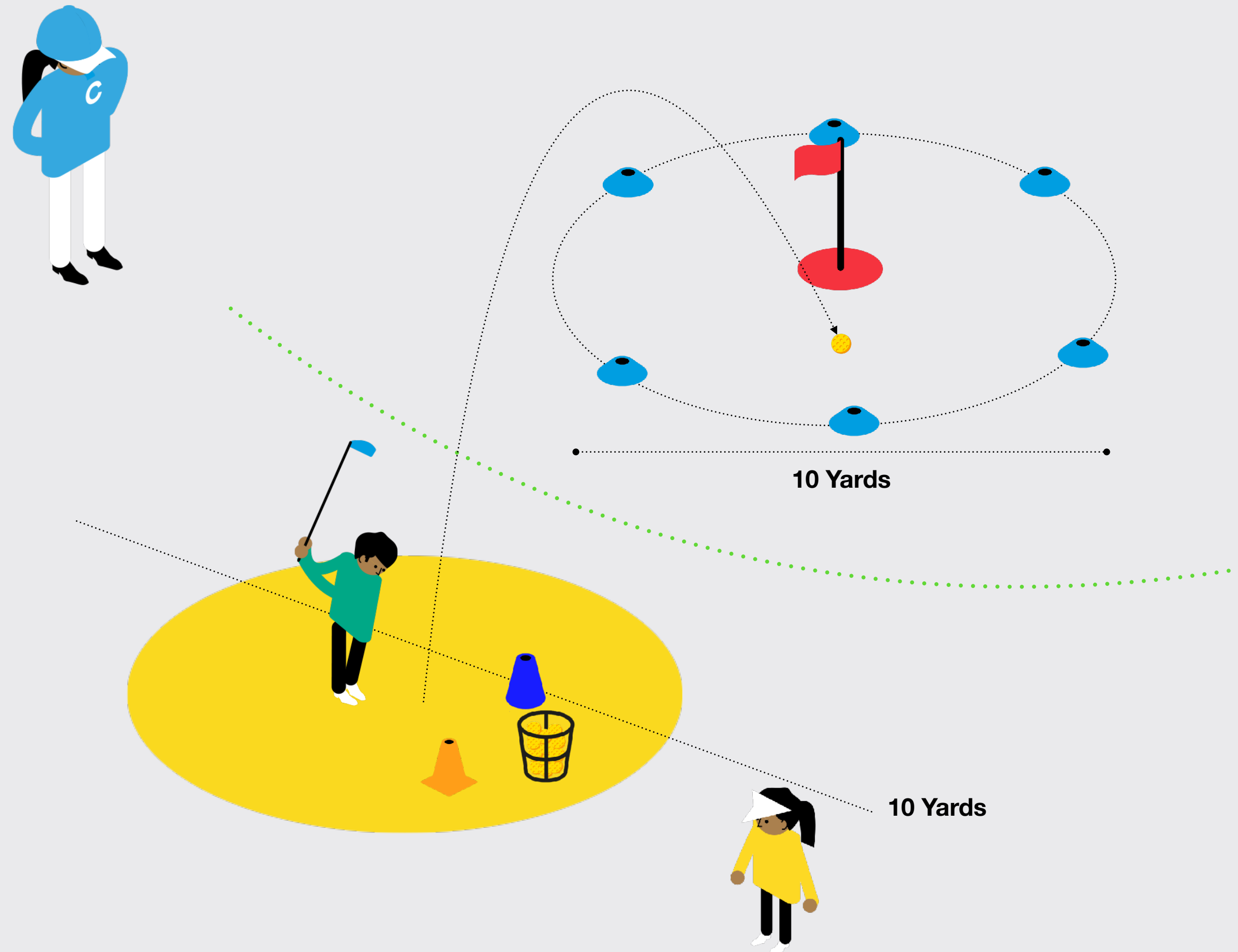
# Around the Green Game Cards







# Sand Shots



## How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their five shots, in a row, without stopping their swing
- Players score a point for getting the ball out of the bunker first time, and 2 points if they get it into the circle
- Players hit 5 shots each to get a total score for the round
- The aim is to beat your team's best score each time

## Progression Ideas

- Vary the starting point in the bunker
- Vary the club that is being used
- Add additional points for getting the ball inside target circle

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark out the necessary hitting station



### Colored Cones for Target Circles



### Spare equipment that may be required for the group attendees.

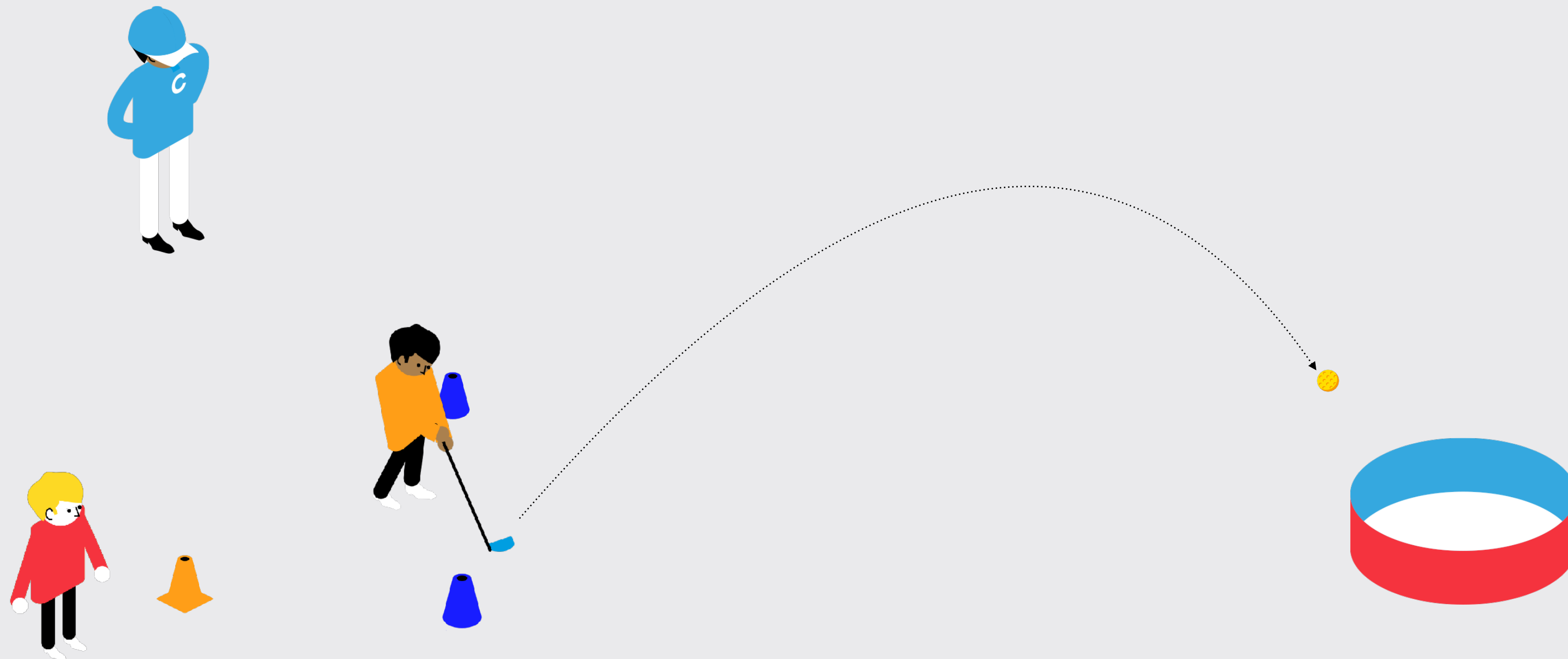


### Golf Balls





# Splash Shot



## How to Play

- Children take it in turns to hit their shots
- The aim of the game is to pitch the ball into the pool
- The children have 10 shots each, the winner is the child who gets the most shots into the pool

## 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

### Orange Safety Cones

SAFETY



### Cones to mark starting position



### 1 x Pool, filled with a small amount of water



### Spare equipment that may be required for the group attendees.



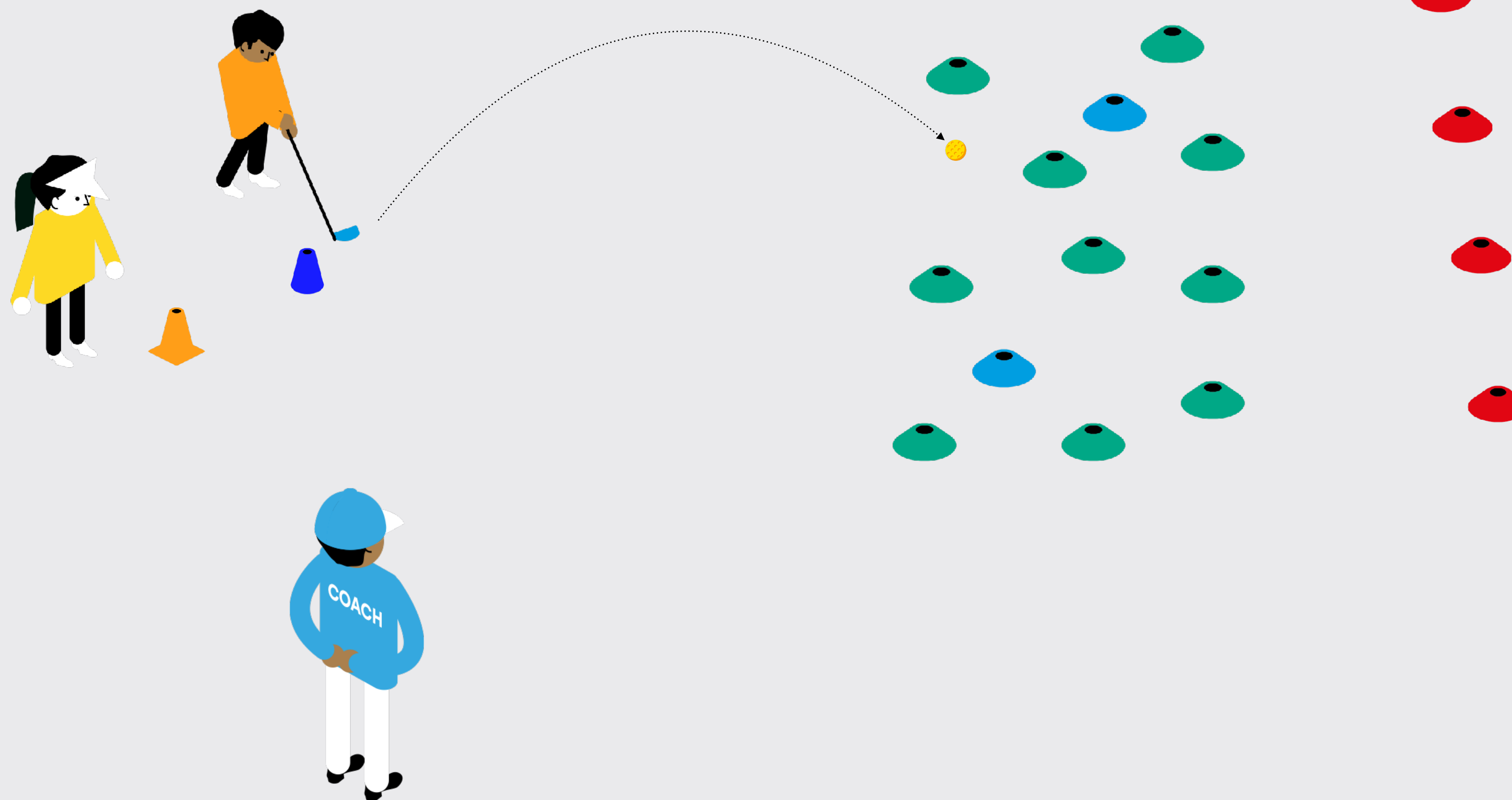
### Golf Balls







# Finders Keepers - JUNIOR CAMP GAMES



## How to Play

- Children take it in turns to attempt to chip 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
- If the players chip their ball past the line of red cones they have to put one of their collected cones back into the middle
- The winner is the player who has collected the most cones once all the cones have been collected

## 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.

## Equipment needed

2 x Orange Safety Cones

SAFETY



1 x Cone for starting position



2 x Blue Colored Cone



10 x Green Colored Cone



Golf Balls

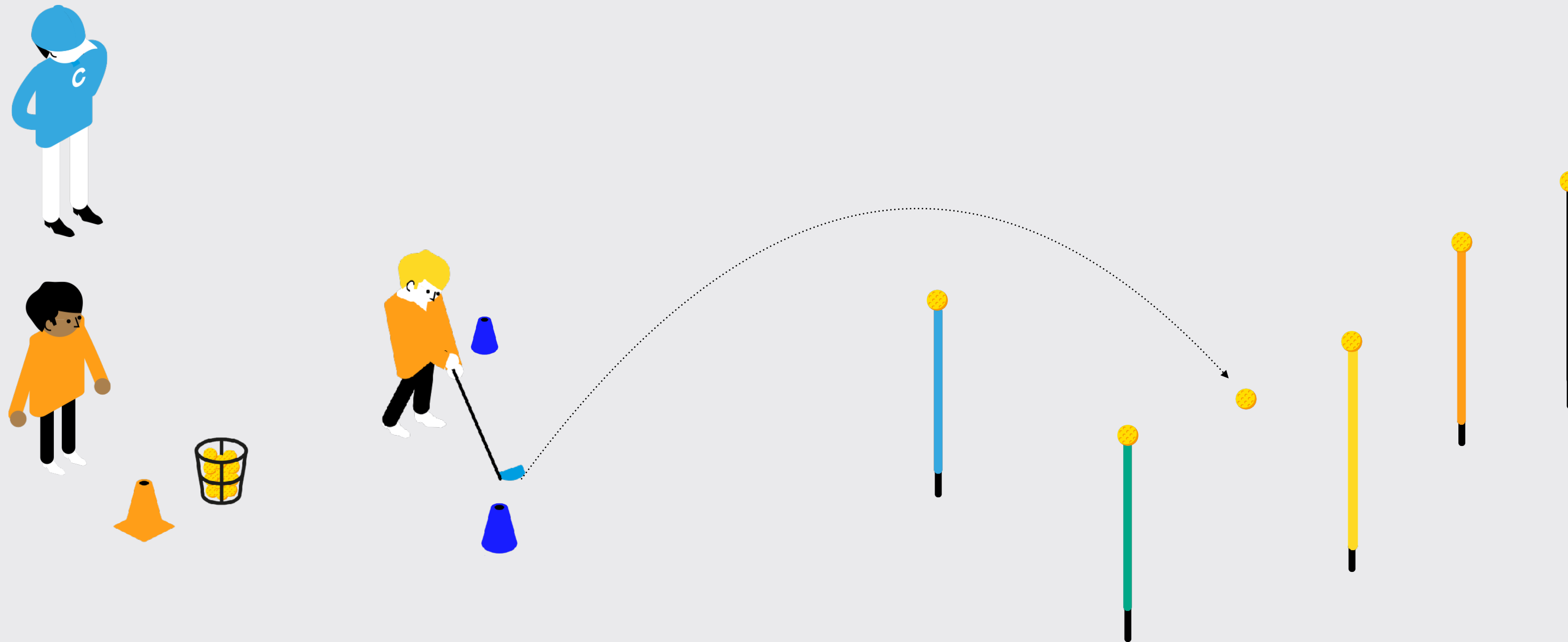


Red cones to mark the end zone





# Pinseeker



## 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