

Full-Day Camp Class Plan

Day 4



Contents

- 3 **Class Timetable**
- 6 **Layout and Setup**
- 11 **Physical Literacy Game Cards**
- 14 **Swing Game Cards**
- 19 **On the Green Game Cards**
- 24 **Around the Green**



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 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"> Welcome and review Teams for the week and Team Scores 	<ul style="list-style-type: none"> Team Register
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"> Rock, Paper, Scissors (Junior Camp Competition Game) 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"> Crossbar Challenge (Junior Camp Competition Game) Up the Ladder Clubface Contact Tug of War - Nearest to the Pin
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"> Ten Pin Bowling Putting Pool (Junior Camp Competition Game) Finders Keepers Kentucky Derby 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"> Matchplay Pitch Finders Keepers Over or Under Bullseye (Junior Camp Competition Game) 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 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"> • Enjoy lunch and provide indoor activity to complete 	<ul style="list-style-type: none"> • Naughts and Crosses
20 Mins	Warm Up Games	<ul style="list-style-type: none"> • Introduce the Warm Up game, play in teams and record scores 	<ul style="list-style-type: none"> • Launch Pads
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 completed 	<ul style="list-style-type: none"> • Scorecards • Team Scorecard
10 Mins	End of Day Recap / End of Week Presentation	<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 • Announce the winners for the week, present prizes • Provide information on the Junior Monthly Program • Thank everyone for coming 	<ul style="list-style-type: none"> • Team Scorecard

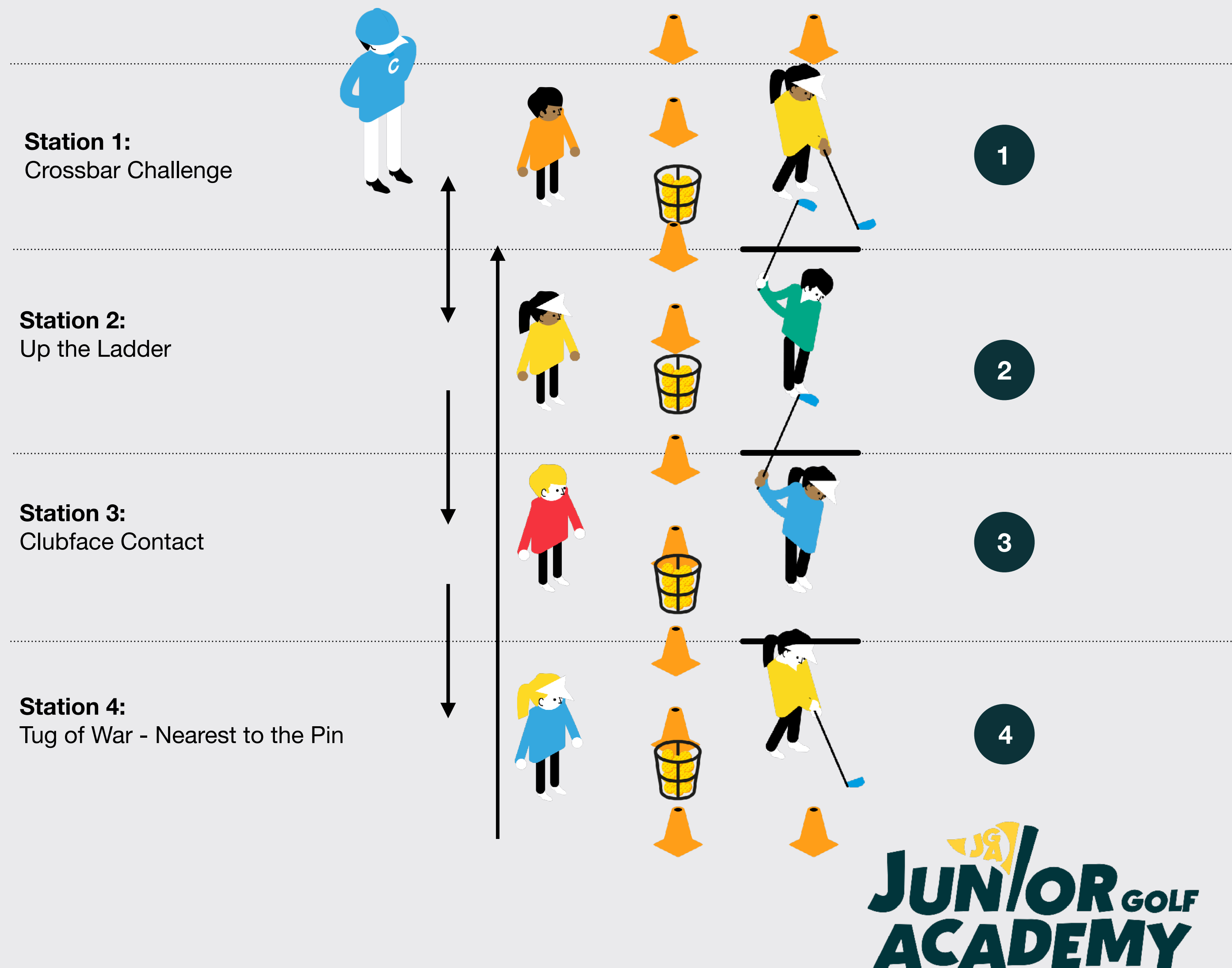
Layout and Setup



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:

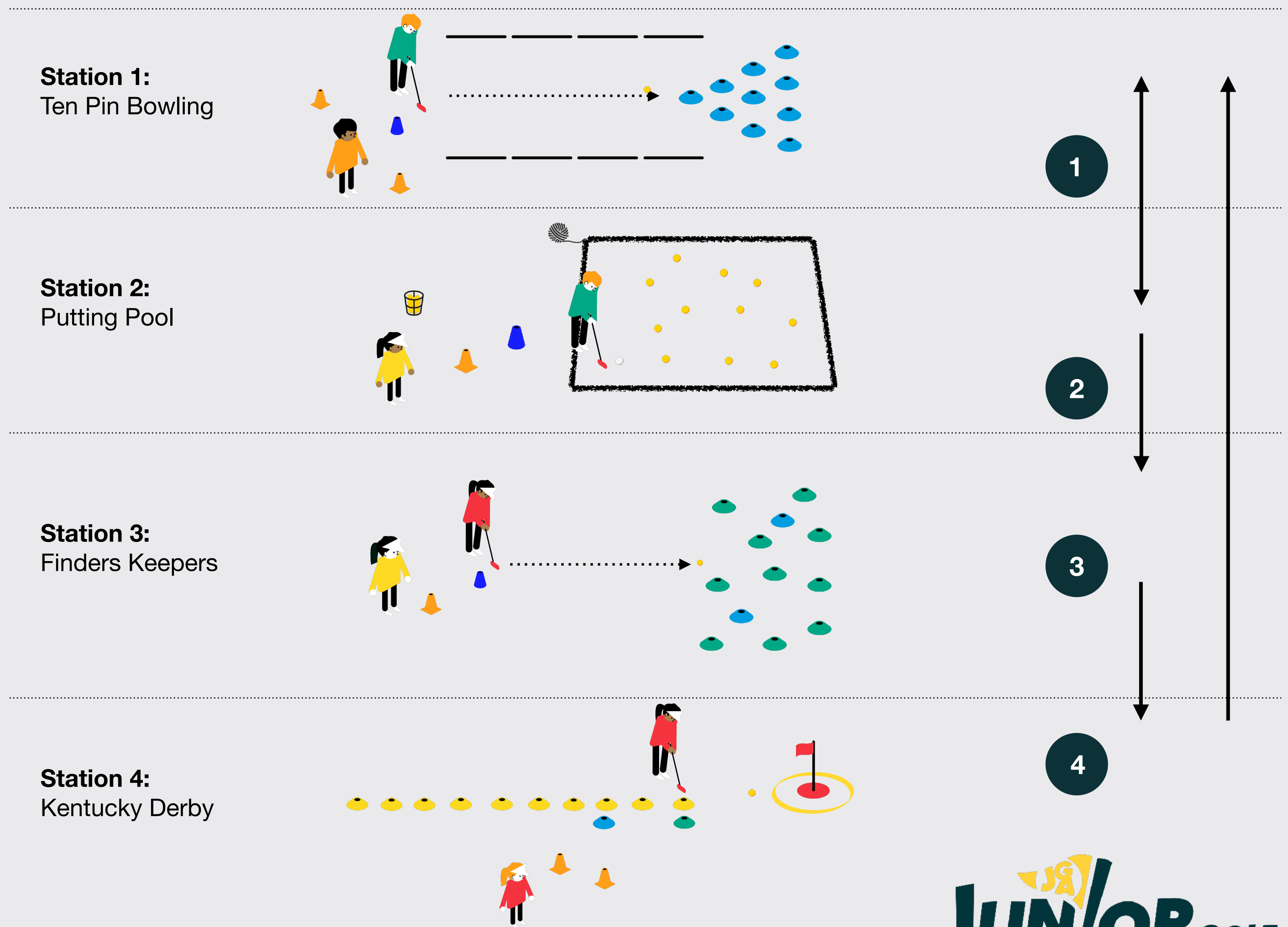
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity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

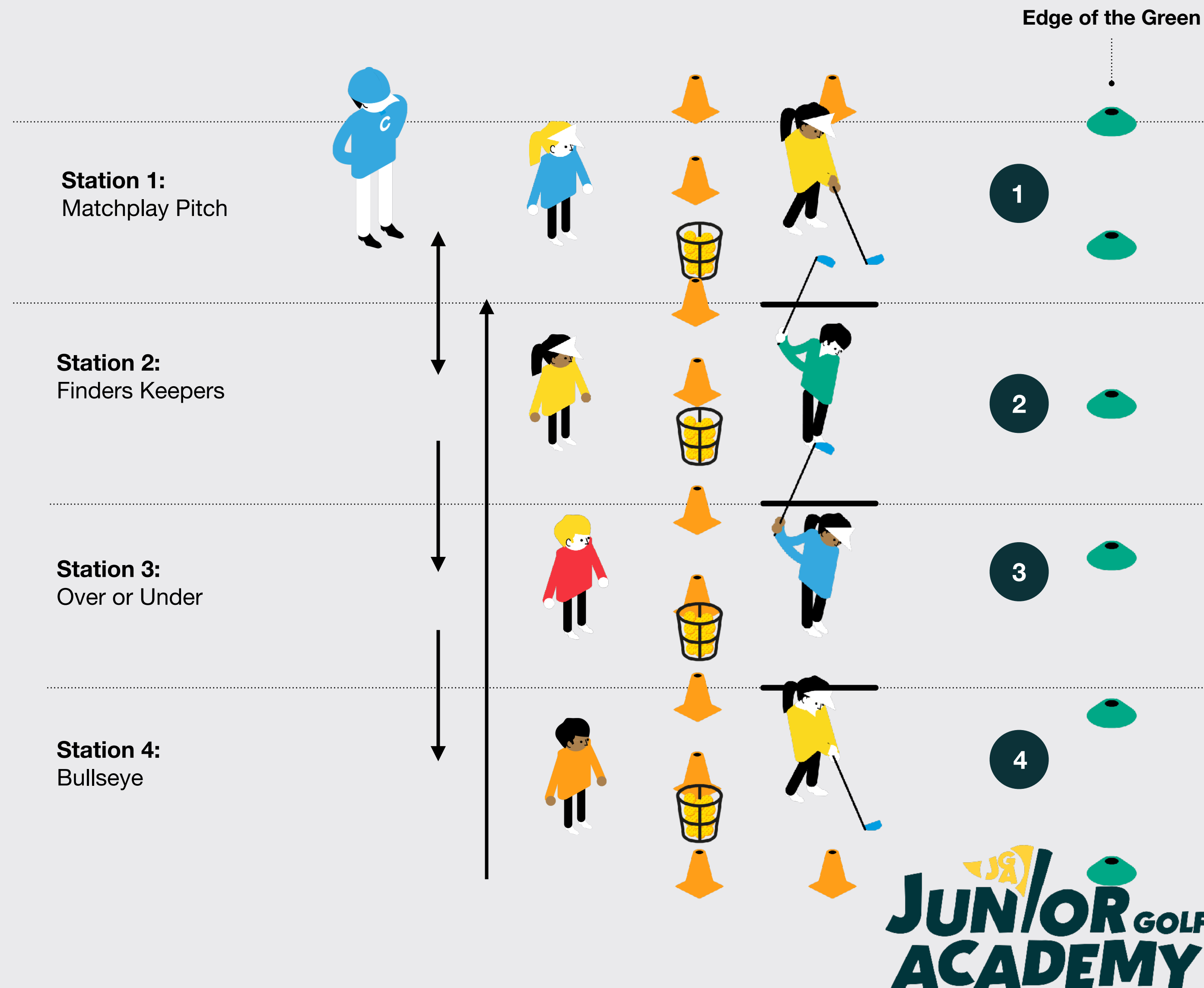
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity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

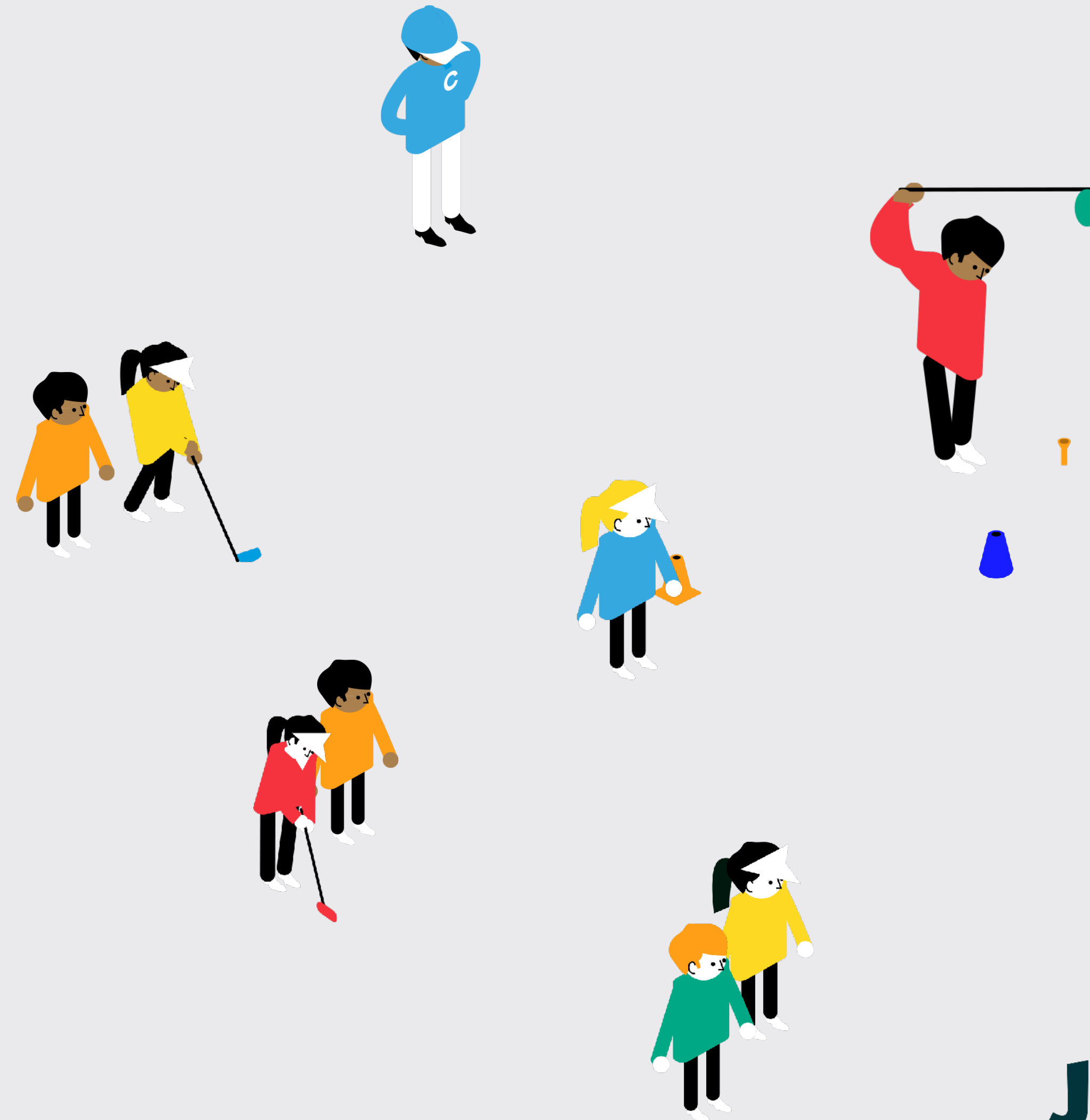
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **5-7 minutes** to spend at each station. Each child should get an opportunity 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



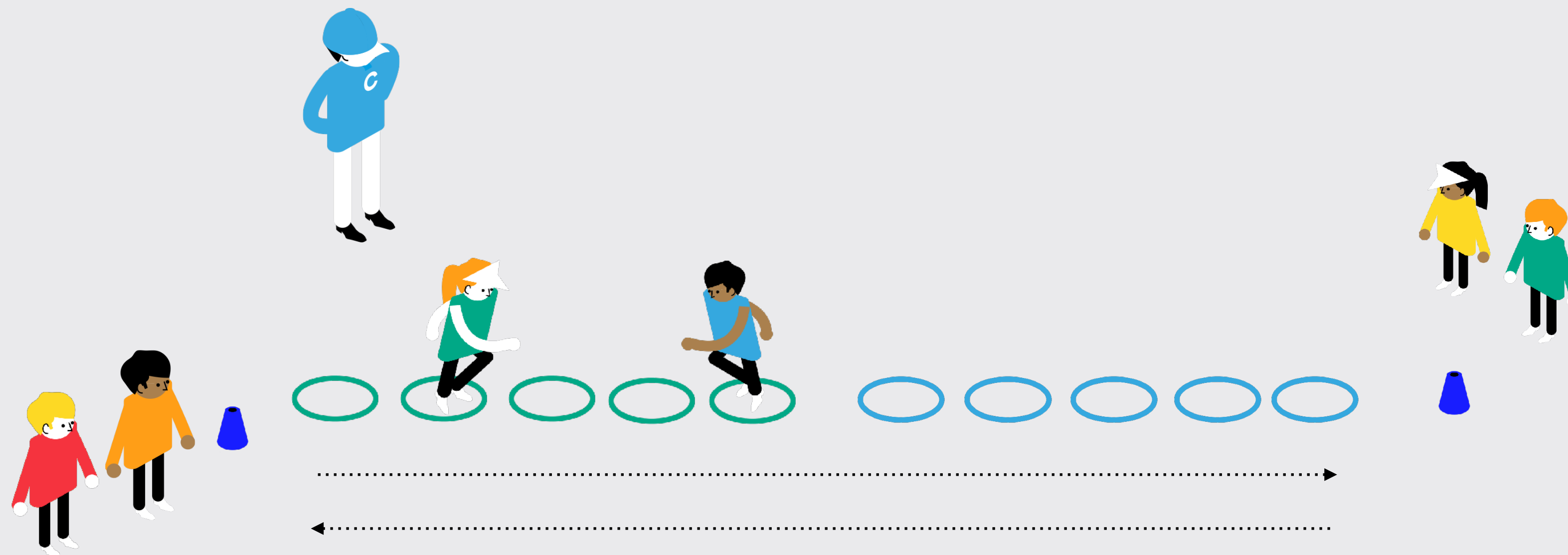
Physical Literacy





Rock, Paper, Scissors

JUNIOR CAMP GAMES



How to Play

- Split the children into two even teams
- Mark out 10 hoops, approximately 1 yard apart in a line or in a curve
- Half the group starts at one end, the other half starts at the other
- The first child from each side bunny hops along the hoops until they meet in the middle
- They play Rock, Paper, Scissors when they meet. The winner continues along the line, the loser runs to the back of their group, and the next player on that team bunny hops to meet their opponent
- This continues until one of the groups gets to the other side of the line of cones or the coach calls time on the game. If the coach calls time, the team that is closest to the oppositions' end wins

Progression Ideas

- Explore FMS during the game
- Change the distance between the hoops

Equipment Needed

Orange Safety Cones

SAFETY

2 x Cones

5 x Hoops

5 x Hoops

Launch Pads



How to Play

- Split the children into pairs
- Both players must stay in their hoop. The challenge is to launch the noodle and for their partner to catch it without stepping out of the hoop
- The pair that manage the most consecutive catches without dropping the noodle

Progression Ideas

- Try using two noodles at a time and the partner has to catch both at the same time
- Decrease or increase the distance between the hoops
- Add in additional rules, for example standing on one leg, or catching with one hand
- Put a time limit on each round and switch partners after each round

Equipment Needed

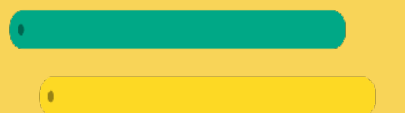
3 x Orange Safety Cones

SAFETY

6 x Hoops



3 x Foam Noodles



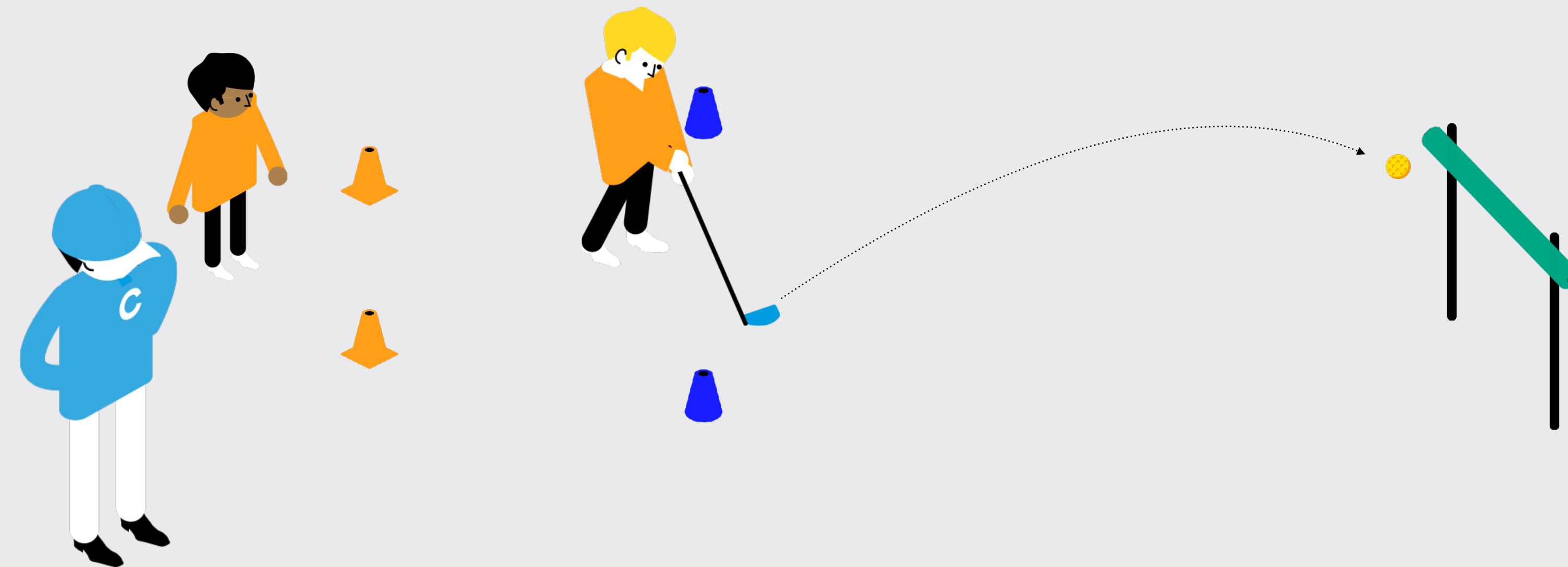
Swing Game Cards





Crossbar Challenge

JUNIOR CAMP GAMES



How to Play

- Set a target score for the children to achieve
- The first child attempts to either throw or hit their shot to hit the foam noodle (crossbar)
- The children receive 1 point for hitting the crossbar with a throw, and 2 points with a golf shot
- 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 distance to the crossbar
- Make multiple crossbars
- Specify which club to use

Learning Outcomes

- Learn to control the distance the ball travels
- Understand how different trajectories can be successful

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out hitting stations



1 x Foam Noodles



2 x Alignment Sticks



Spare equipment that may be required for the group attendees.

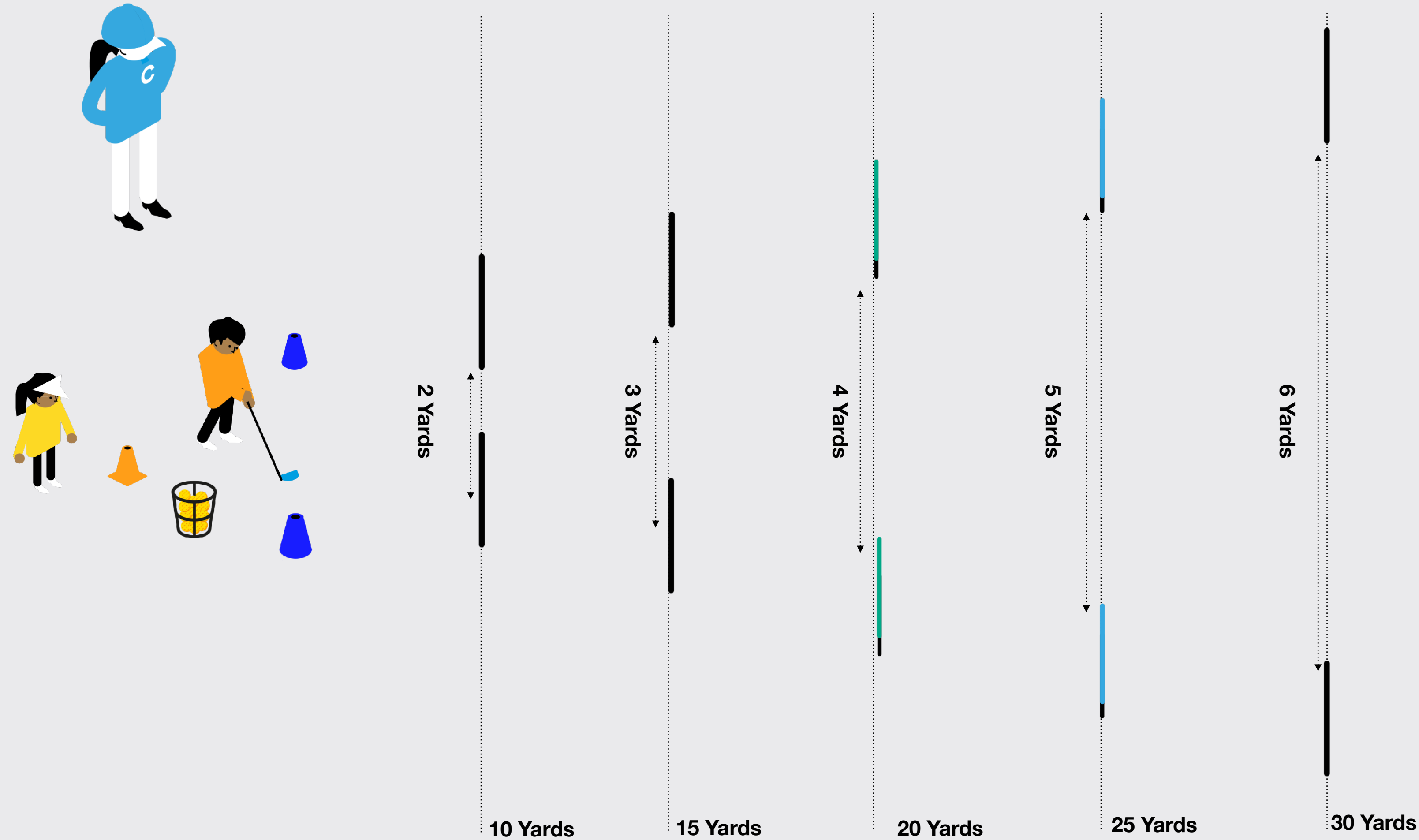


Golf Balls





Up the Ladder



How to Play

- Players attempt to work their way up the ladder in order, starting by trying to hit their shots through the nearest gate
- If a child misses, the team remain on that gate
- If a child successfully hits the ball through the gate, they progress to the next step of the ladder
- The game is complete when the team have completed every step of the ladder in order

Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets to hit the ball through the gate
- Change the width of the target gates
- Introduce a rule where the ball must fly through the air and through the gate

Equipment needed

Orange Safety Cones

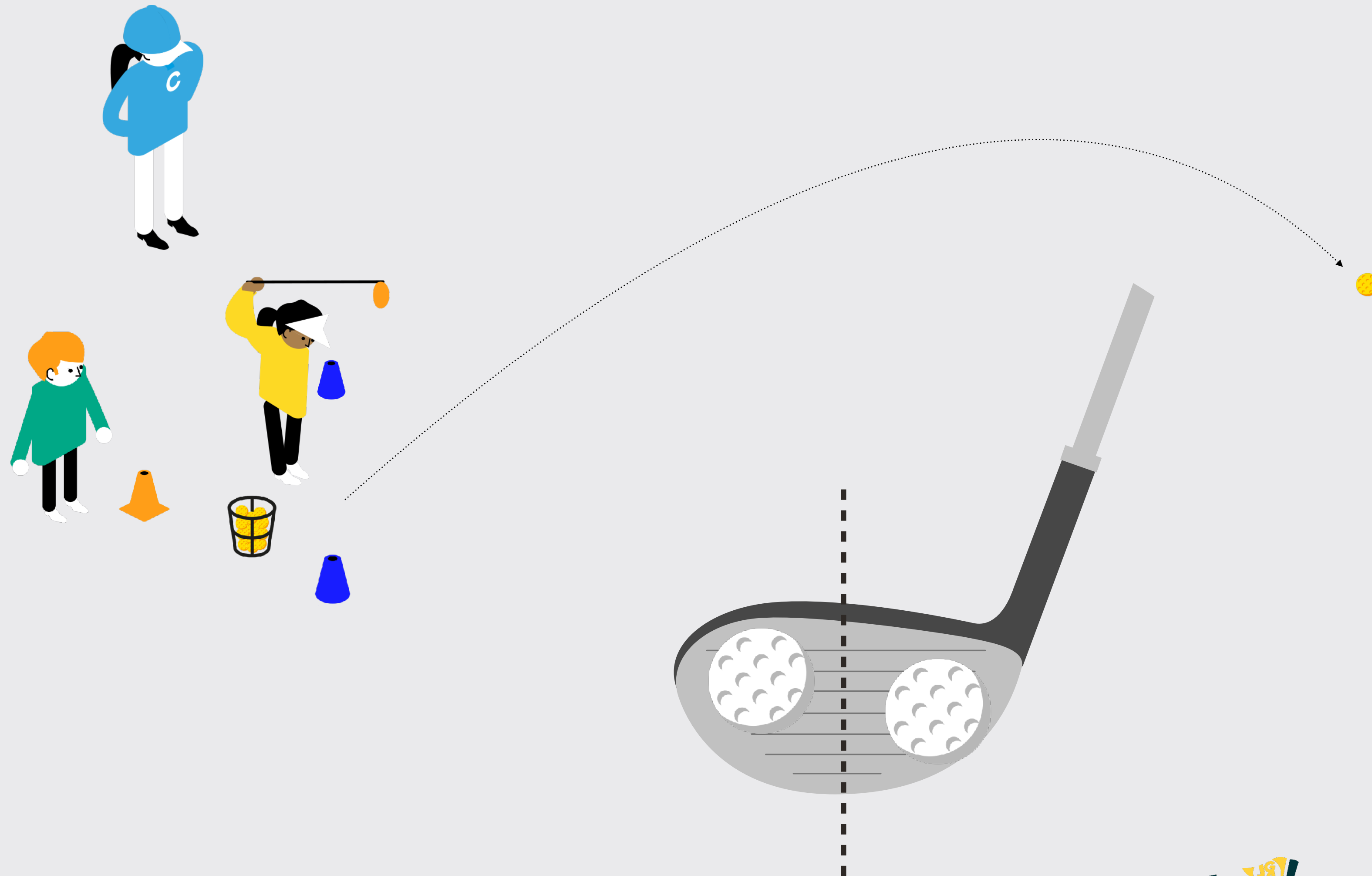
SAFETY

10 x Alignment Sticks

10 x Foam Noodles



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



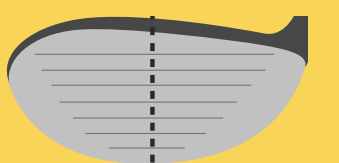
Cones to mark out the necessary hitting stations.



Golf balls

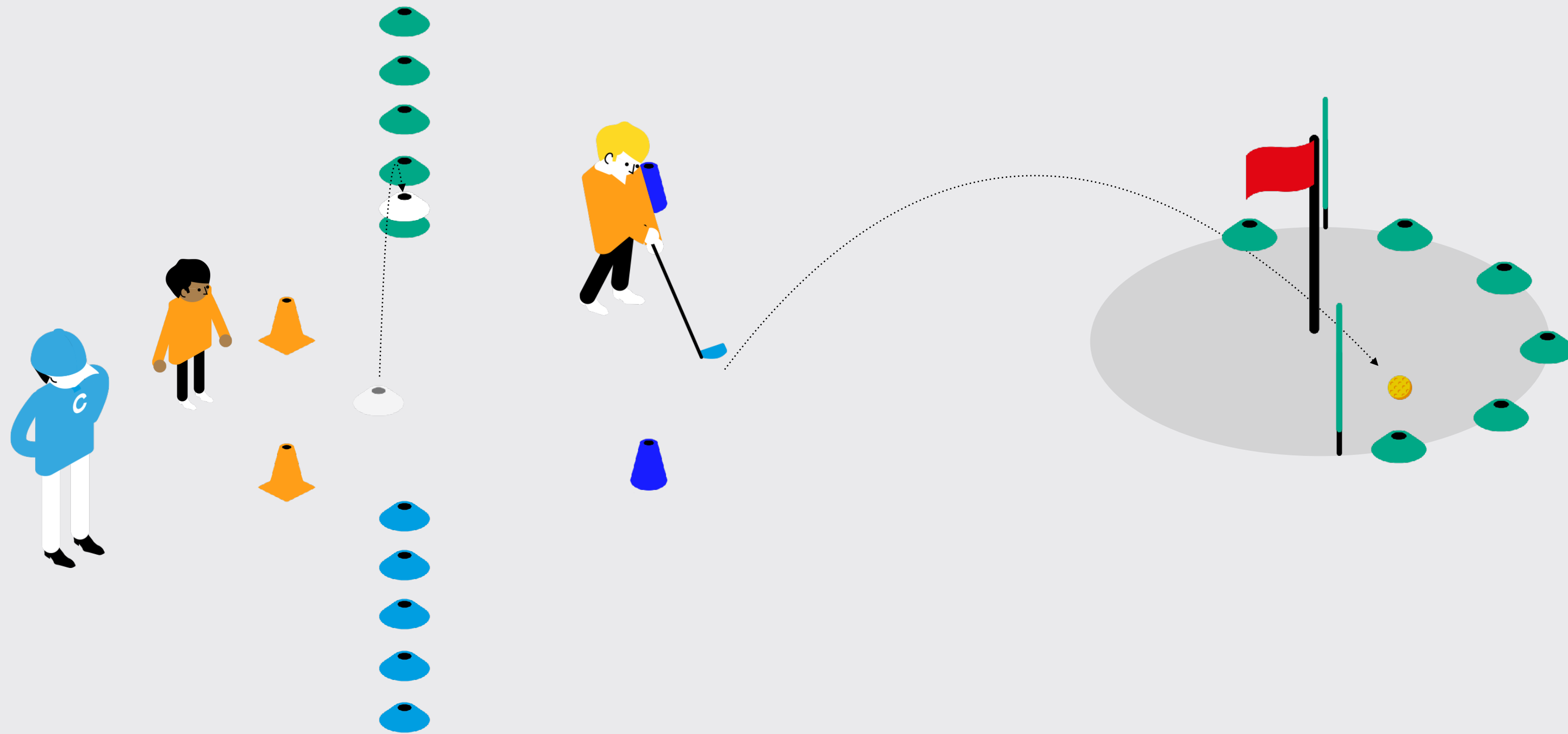


Impact tape and a marker pen to draw the lines





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

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

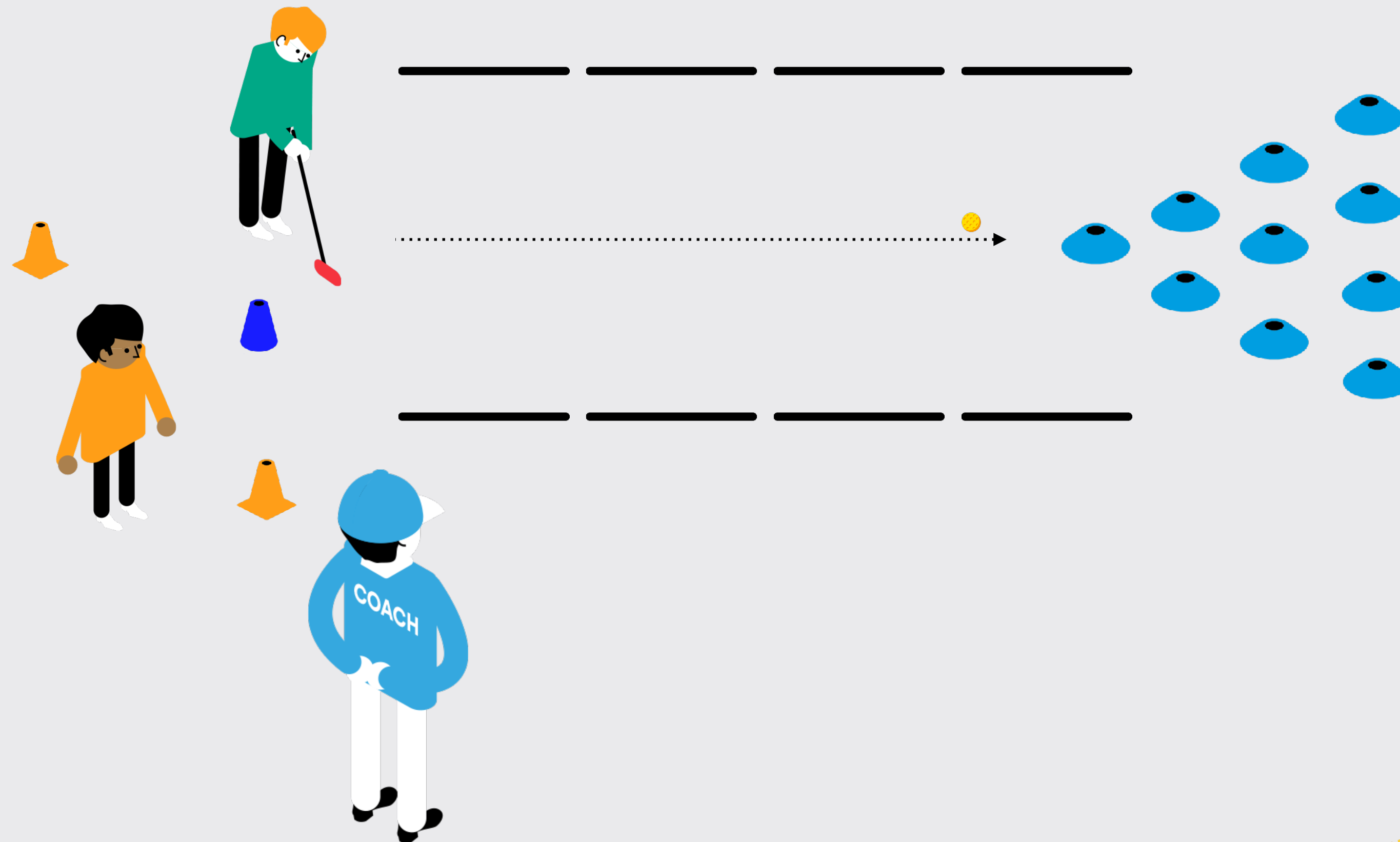


On the Green Game Cards





10 Pin Bowling



How to Play

- Nominate one of the children to play first
- Player number 1 attempts to putt the ball and hit one of the bowling pins
- If they hit the bowling pin, they pick it up and bring it back to the start. The child cannot hit the sides marked with the alignment sticks
- The children complete the game when they've collected all of the pins

Progression Ideas

- Change the size of the target bowling pins such as turning a cone upside down or placing a golf ball on a tee
- Vary the distance and the direction of the starting point
- Add a rule that it doesn't count if the ball hits another pin
- Add a gate that the child must hit the ball through at the start
- Introduce the game on a sloping surface

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

2 x Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



10 x Blue Cones



8 x Alignment Sticks



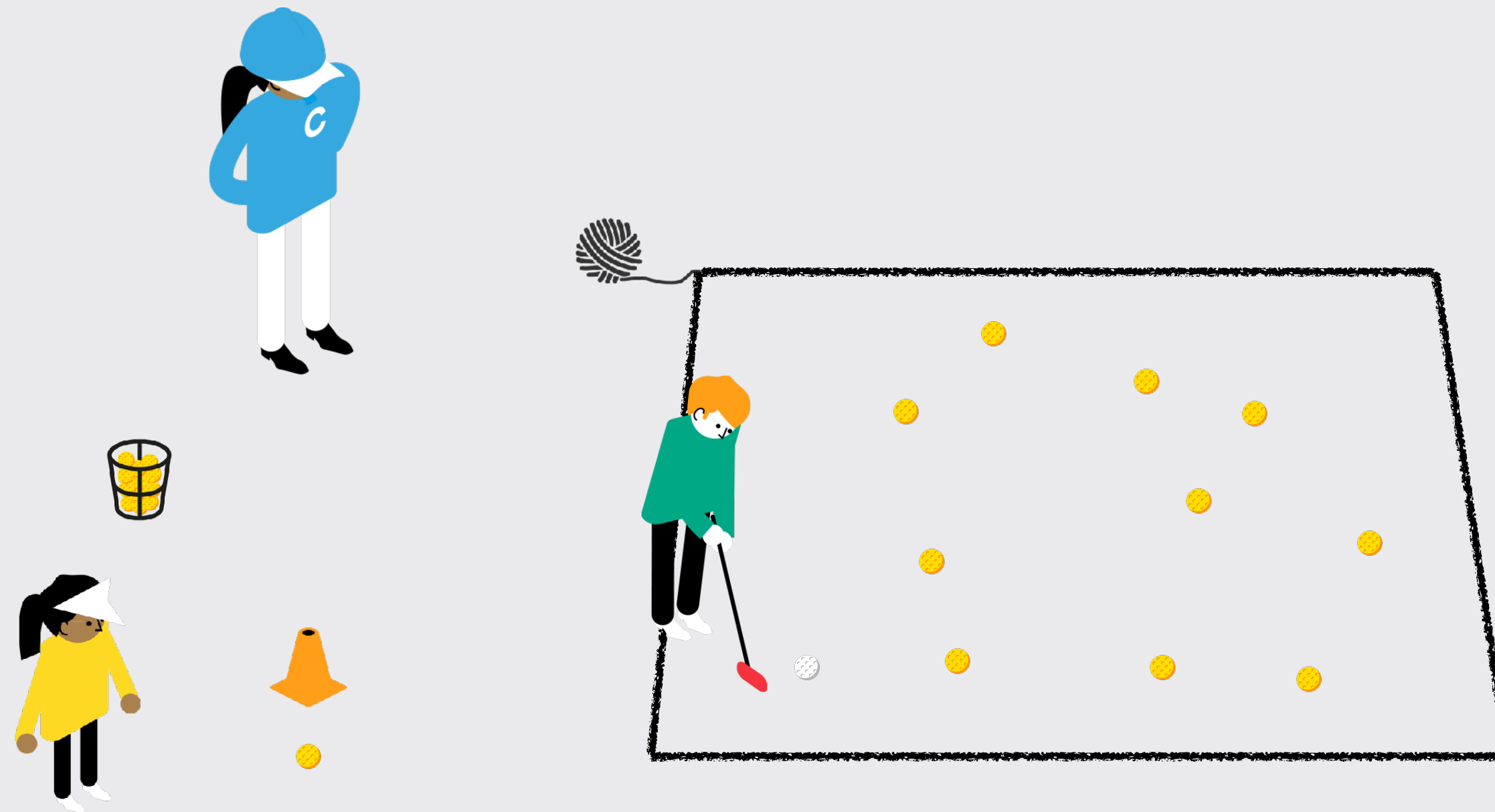
Golf Balls





Putting Pool

JUNIOR CAMP GAMES



How to Play

- Children work together to 'pot' all of the balls in the rectangle (pool table)
- The first player attempts to putt the cue ball and hit one of the golf balls
- If they hit the golf ball, they pick it up and bring it back to the safety cone for the team
- The players cannot hit the sides of the rectangle, if they do they have to put a ball back into the middle
- The game is complete when all the balls have been collected or when the time runs out

Progression Ideas

- Increase or decrease the size of the rectangle
- Play the game on a sloped surface
- Introduce a rule that the players have to nominate the ball they are aiming for before they hit the putt, if they miss the ball they have to put one of the balls that have been collected back into the middle

Learning Outcomes

- This game is great for learning distance control on short putts
- Accuracy is of key importance
- Strategy comes into play, as the children have to assess which shot they will go for next

Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



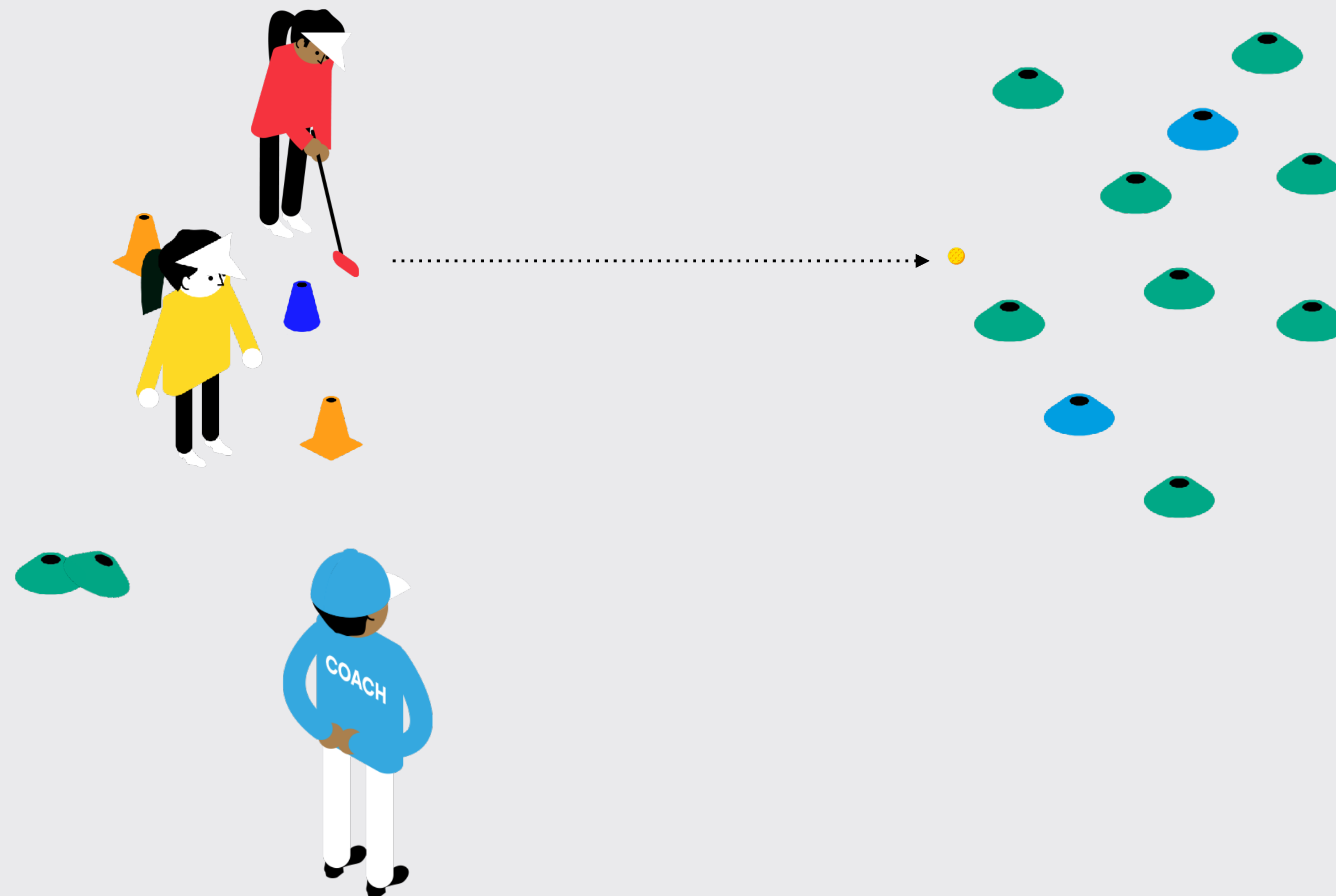
1 x String



4 x Tees



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



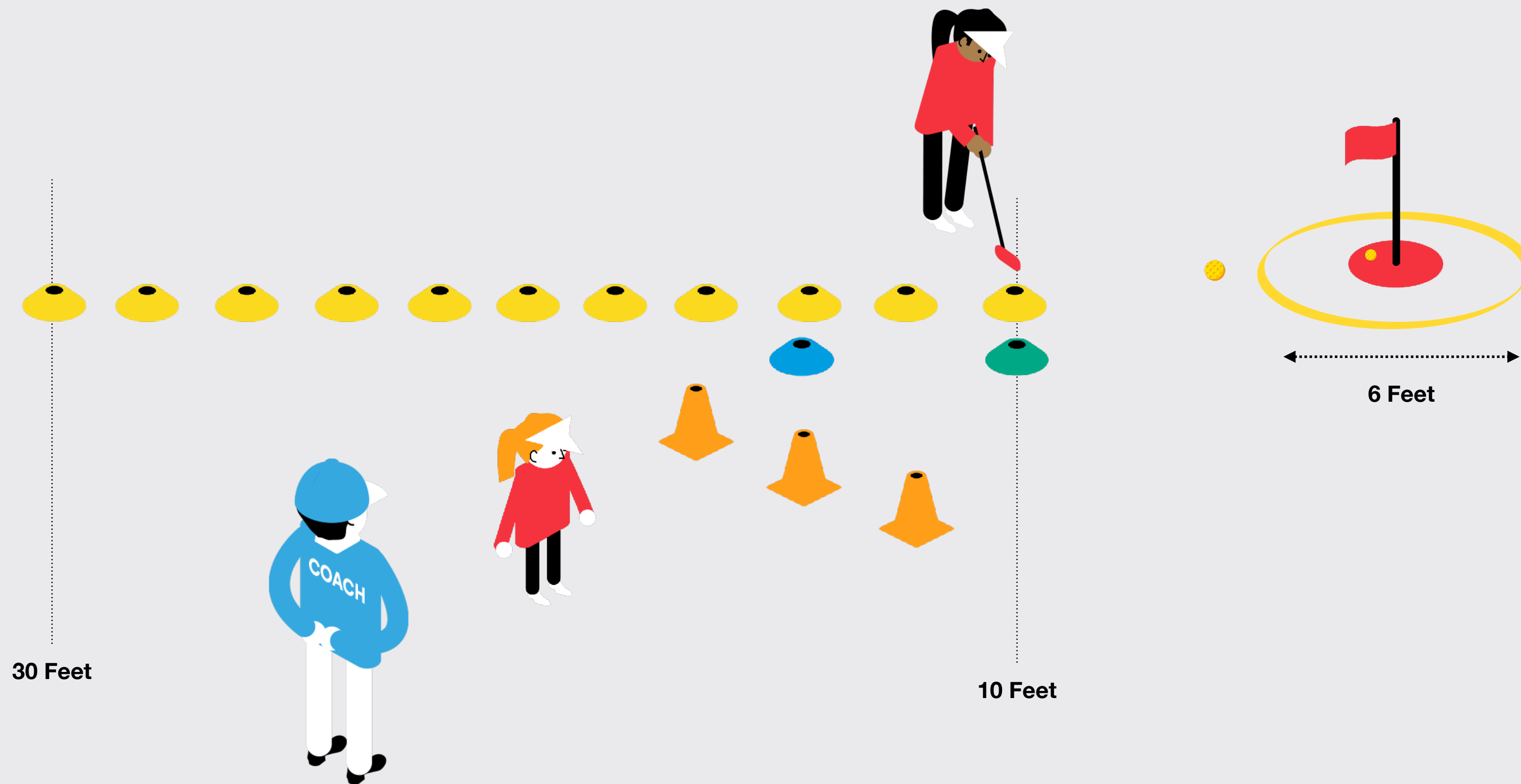
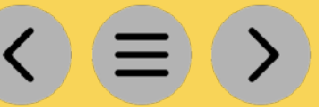
10 x Cones in one color



2 x Cones in another color



Kentucky Derby



How to Play

- Nominate a child to play first. Both players place their cone opposite the first starting cone
- From the starting cone at 10 feet, any putt that is holed allows the player to jump three cones. Any ball finishing in the target circle but past the hole jumps two cones. Any putt that finishes in the target circle but short of the hole moves one cone
- The player who wins is the one who reaches the final colored cone first

Progression Ideas

- Change the distance between the starting cone and the hole
- Change the distance between each of the cones
- Introduce a rule where the number of attempts is limited otherwise the player moves back a step
- Attempt the game on a sloped surface
- Change the size of the target circle

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 over varying distances

Equipment needed

2 x Orange Safety Cones

SAFETY



10 x Colored Cones



1 x Colored Cone



1 x Colored Cone



6 ft Target Circle



Golf Balls

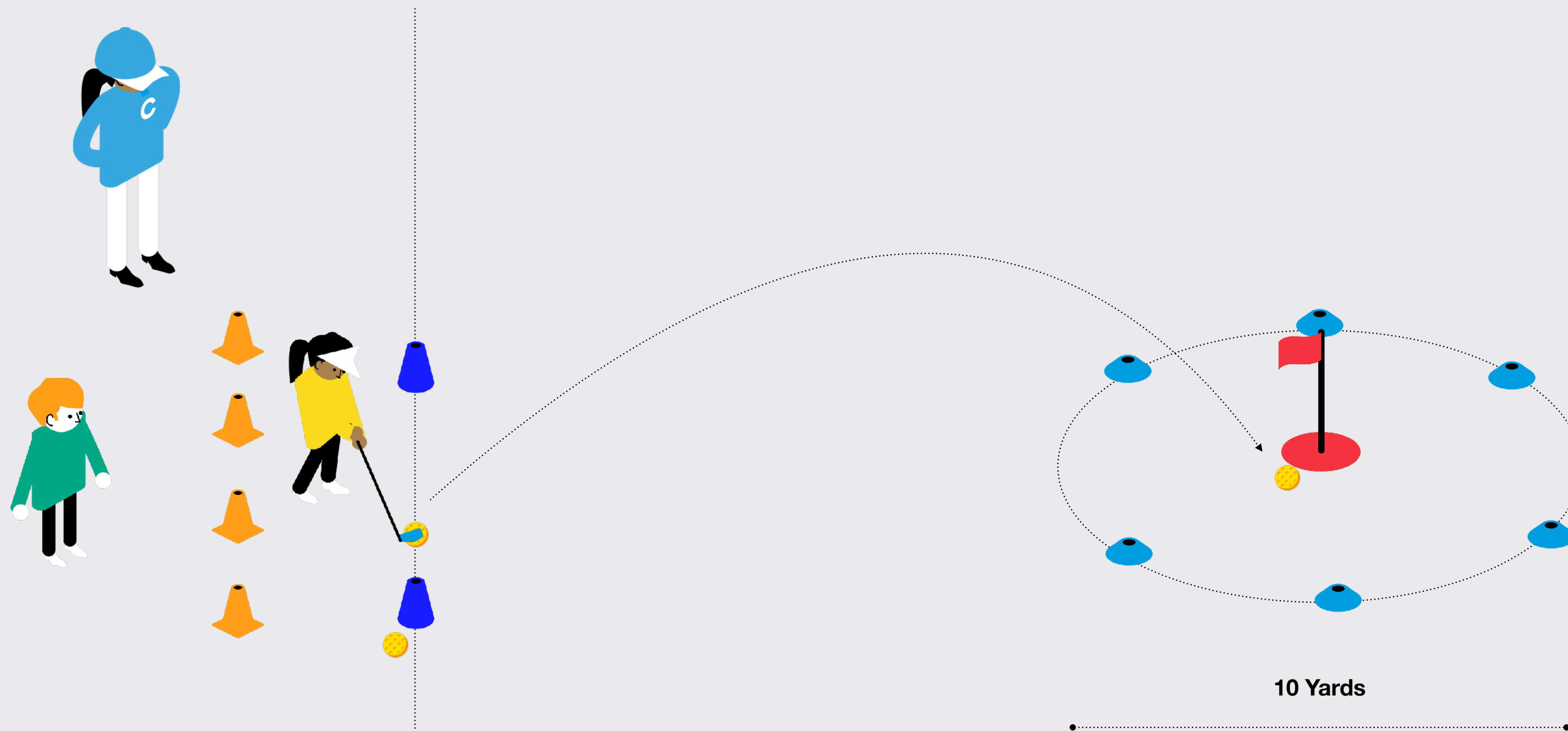


Around the Green Game Cards





Matchplay Pitch



How to Play

- Nominate a player to go first, they try to hit their shot into the target circle
- The next player then takes their shot. If neither player hits their shot into the circle they lose the round and go 1 DOWN
- If both players manage to hit the ball into the inner target circle they win that round and the team scores 1UP
- If only one player pitches the ball into the target circle the game remains ALL SQUARE
- The game is played over 9 or 18 attempts, scoring in a matchplay format

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



Cones to mark out the necessary hitting station



Colored Cones for Target Circles



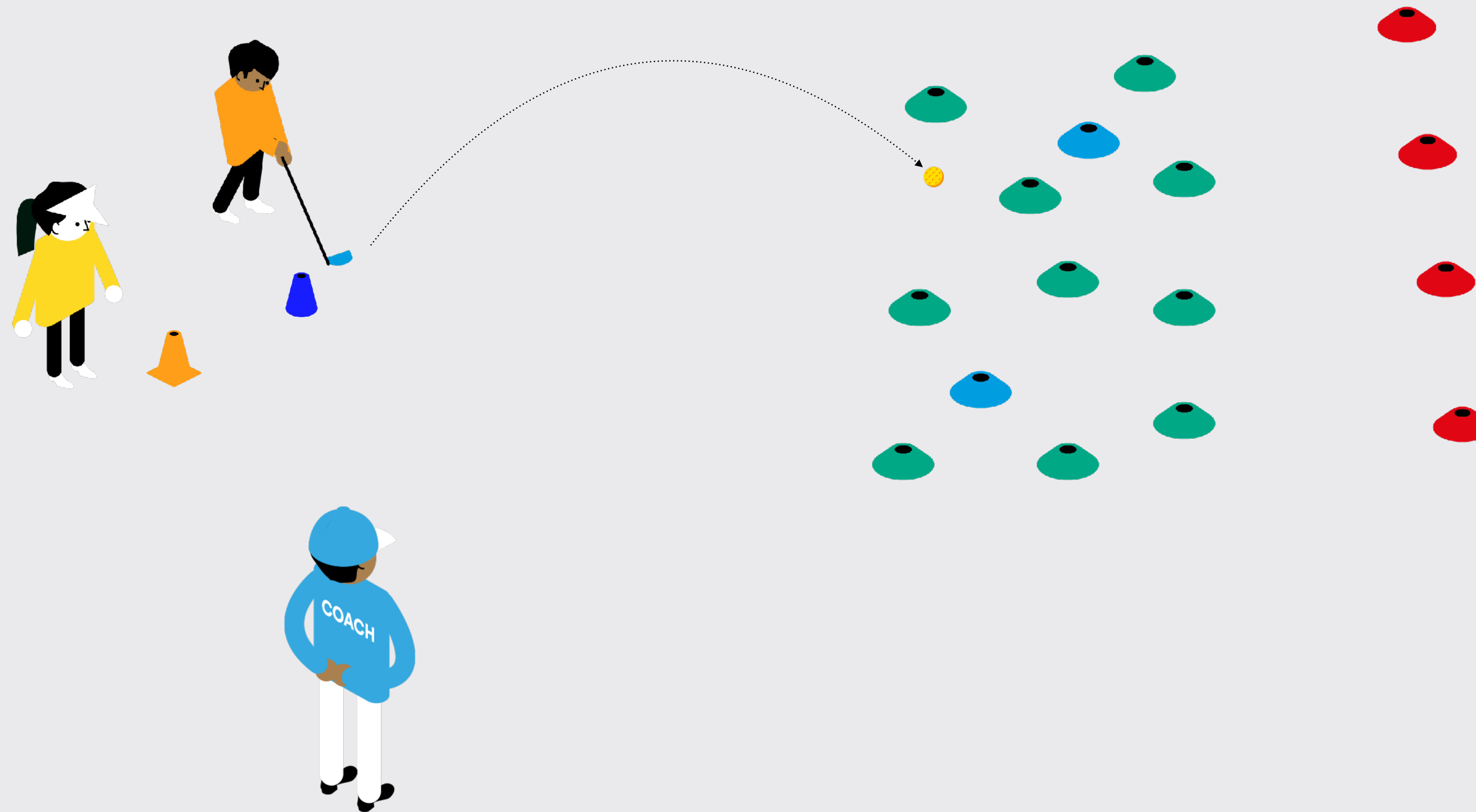
Spare equipment that may be required for the group attendees.



Golf Balls



Finders Keepers



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

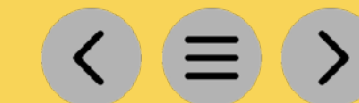


Golf Balls

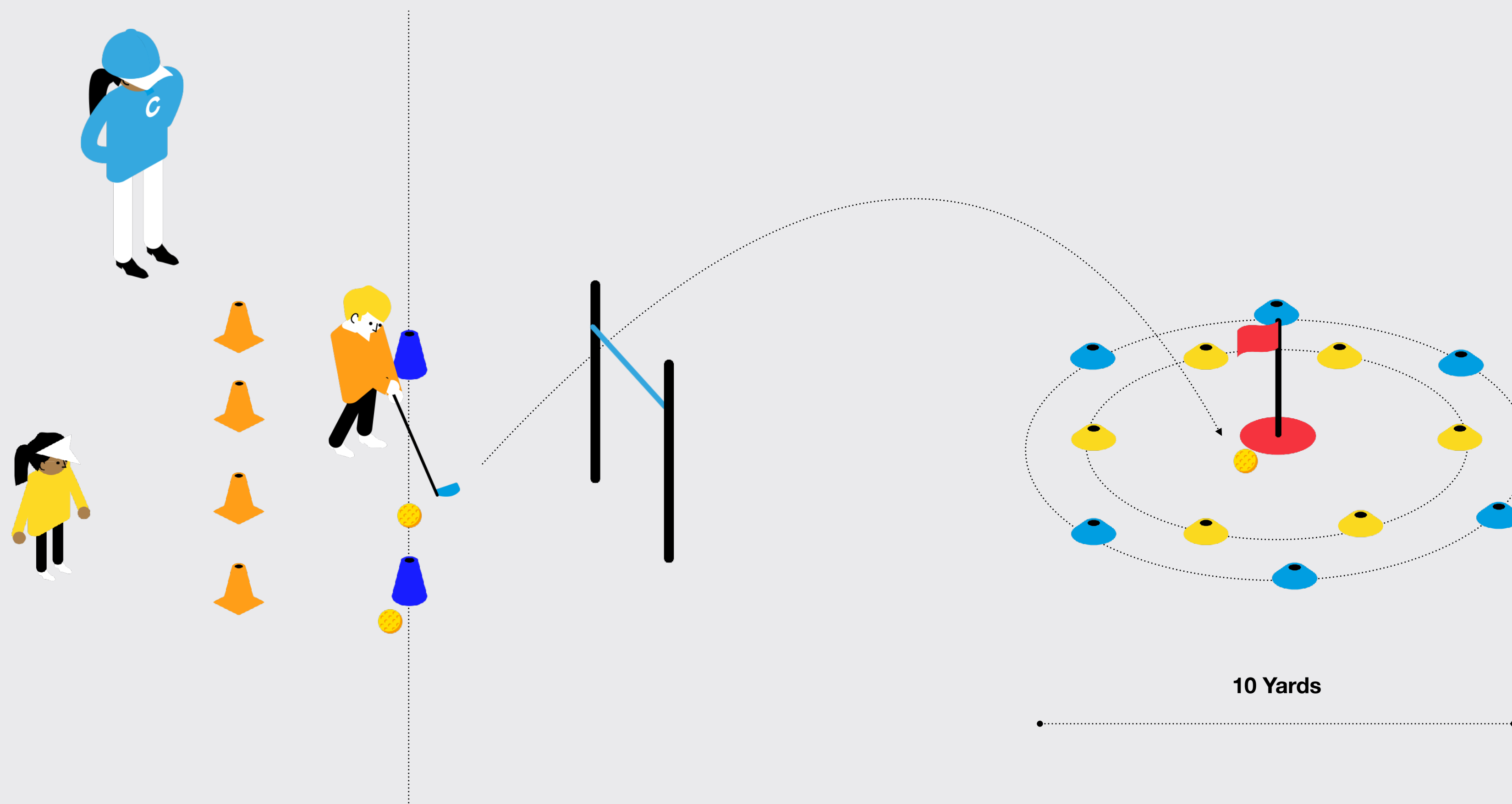


Red cones to mark the end zone





Over or Under



How to Play

- Nominate a player to play first. Each child has 2 shots per round
- The first player attempts their first shot over the foam noodle and aims to get their ball as close to the flag as possible
- On their second go they try to chip the ball under the foam noodle and aims to get their ball as close to the flag as possible
- Players score points for getting as close to the flag as possible, 1 point for the outer circle 2 points for the inner circle
- Players have 5 rounds to score as many points as possible

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



Colored Cones for Target Circles



Golf Balls



Alignment Sticks



Foam Noodle

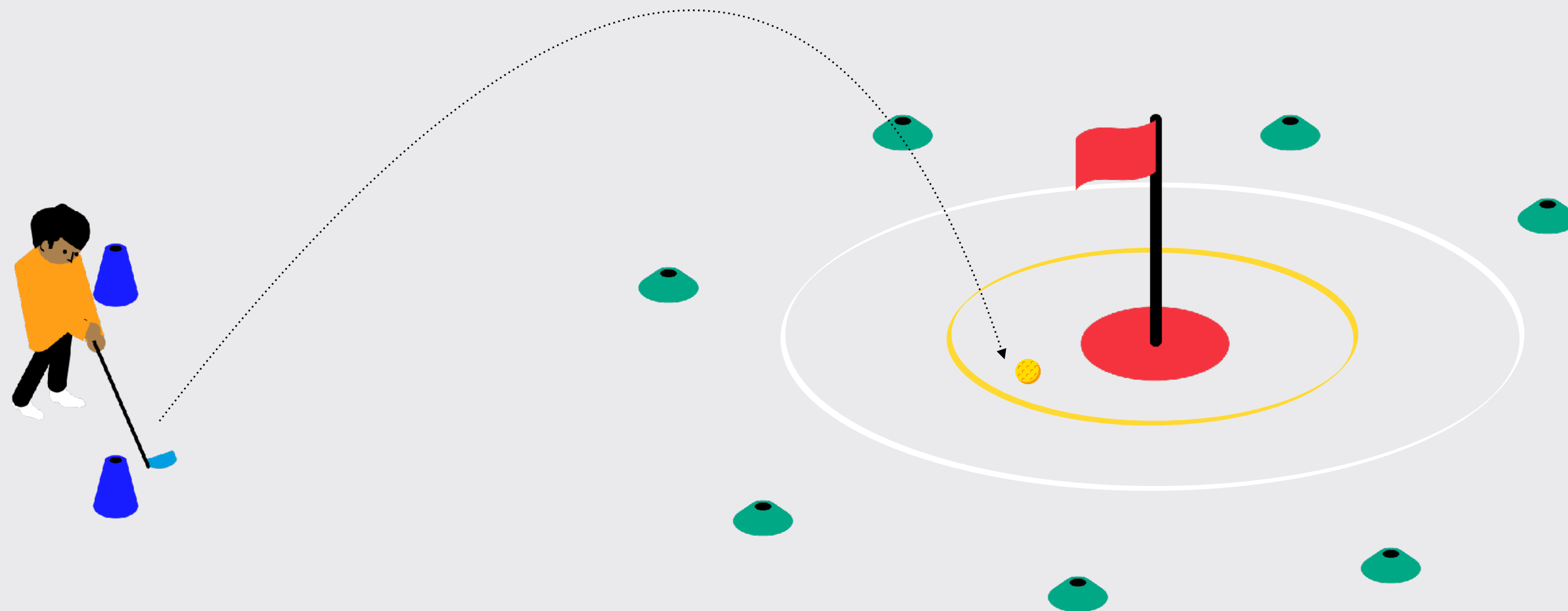
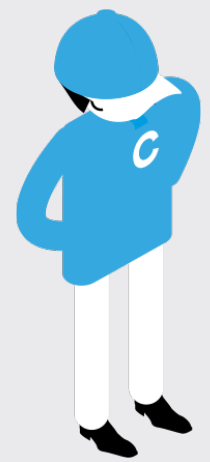


10 Yards



Bullseye

JUNIOR CAMP GAMES



How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- 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

- Change the size of the target circles
- Vary the starting point from around the green
- Introduce a rule that the ball must land over the fringe to count
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



Golf Balls



1 x 6 feet Target Circle



1 x 10 feet Target Circles



10 x Green Colored Cones for Outer 12 feet Target Circle

