

Full-Day Camp Class Plan

Day 5



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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 5 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"> Pitch vs Chip Tee it up Challenge (Junior Camp Competition Game) Team Scorecard
40 Mins	Mastering the Game • 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"> Choose your Trajectory Up the Ladder Single, Double, Triple (Junior Camp Competition Game) Golf Tennis Team Scorecard
40 Mins	Mastering the Game • 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"> Tug of War - Nearest the Pin G.O.L.F Up the Ladder (Junior Camp Competition Game) Knockdown Tower 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 • 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"> Tic Tac Toe - Putting Pick a Cone, Hit a Cone Up the Ladder (Junior Camp Competition Game) Mouse Trap 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 5 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"> • Learning the Game Quiz
150 Mins	On Course Play <ul style="list-style-type: none"> • Team Betterball 	<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 • Contribute this to the Junior Camp Competition 	<ul style="list-style-type: none"> • Scorecards • Team Scorecard
30 Mins	End of Week Presentation	<ul style="list-style-type: none"> • Announce the winners for the week and present prizes • Provide information on the Junior Monthly Program • Thank everyone for coming 	<ul style="list-style-type: none"> • Team Scorecard • Prizes • Junior Monthly Flyer

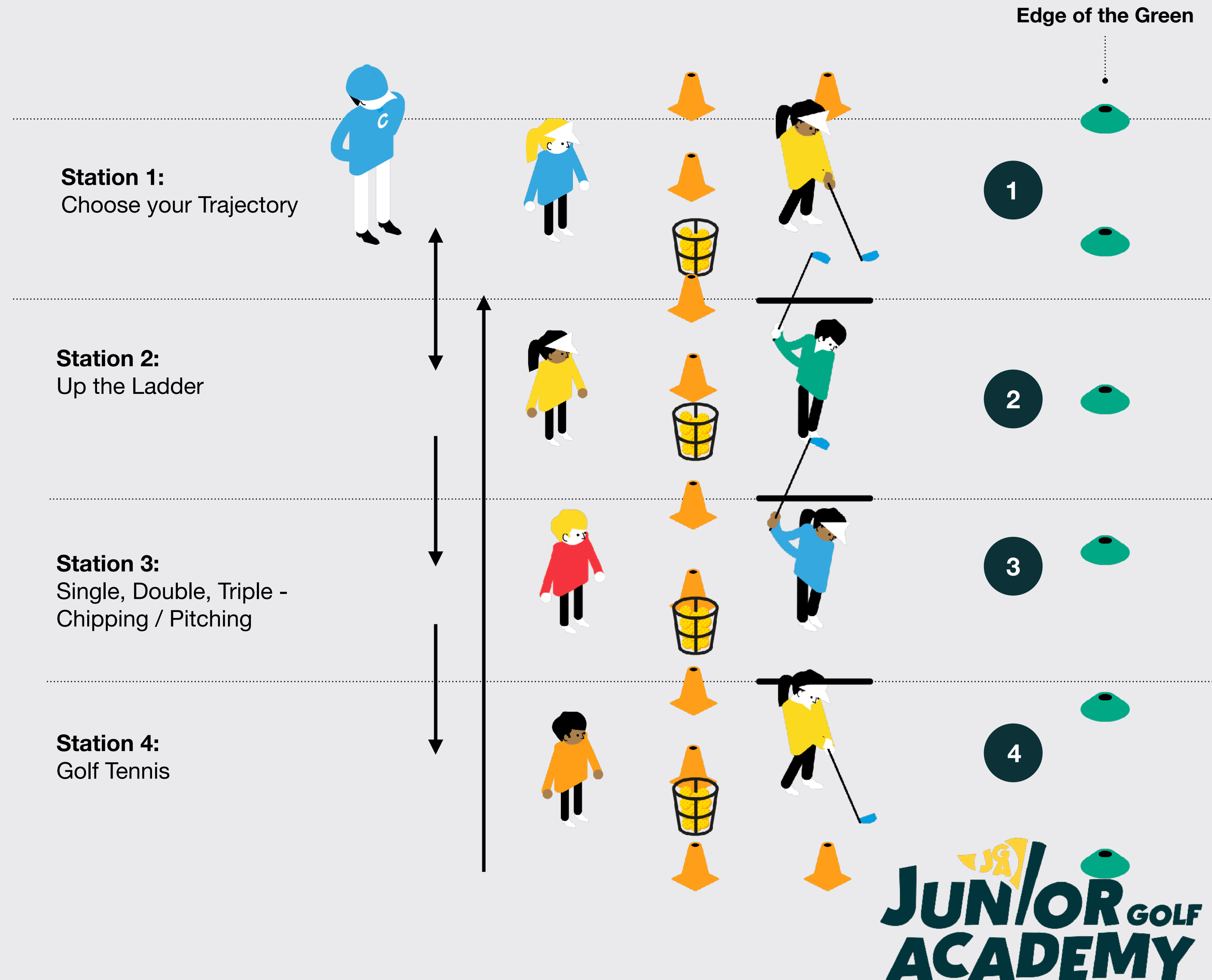
Layout and Setup



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:

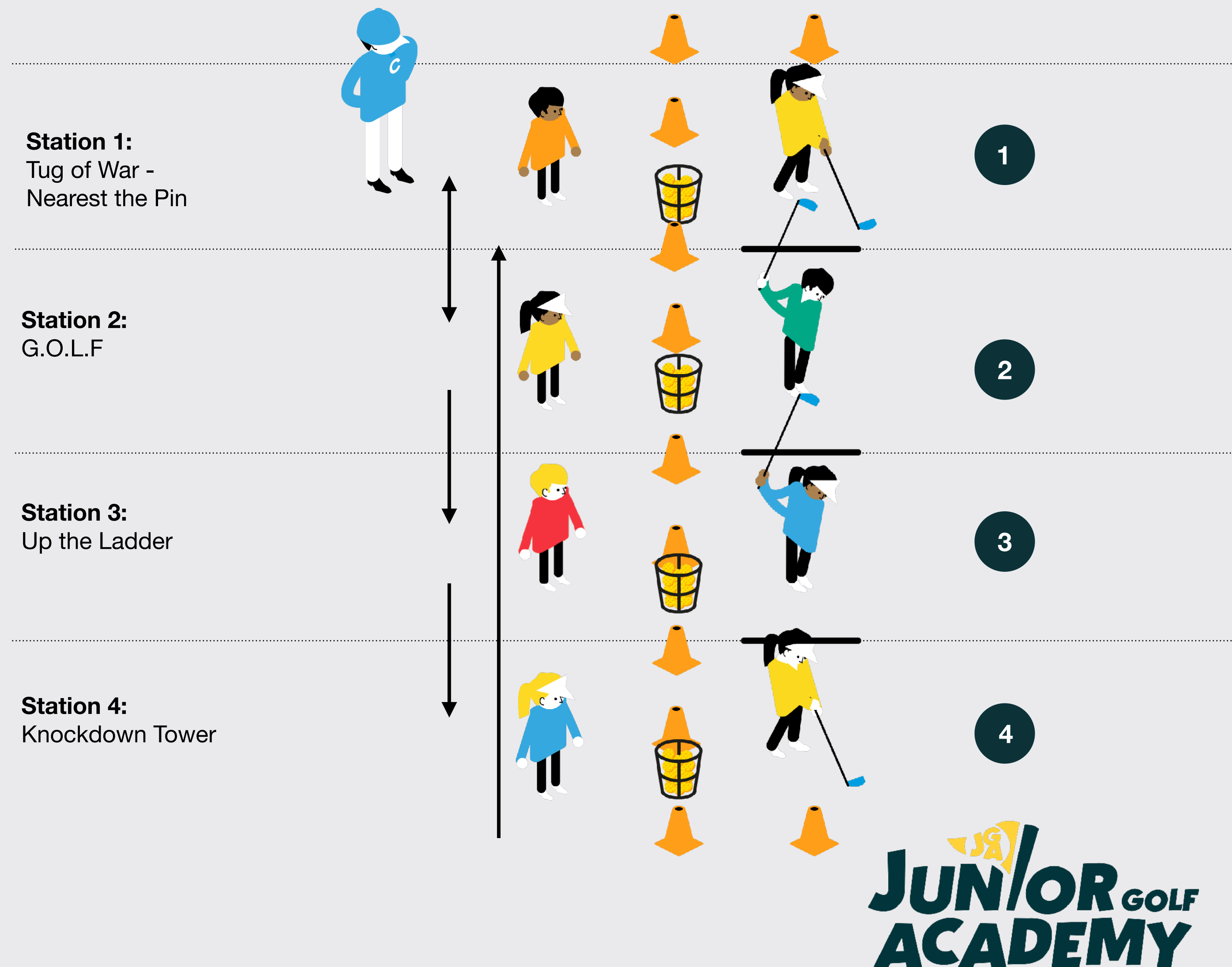
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **5-7 minutes** to spend at each station. Each child should get an opportunity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

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- 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
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- Safety is your top priority when running your class, please remember to;
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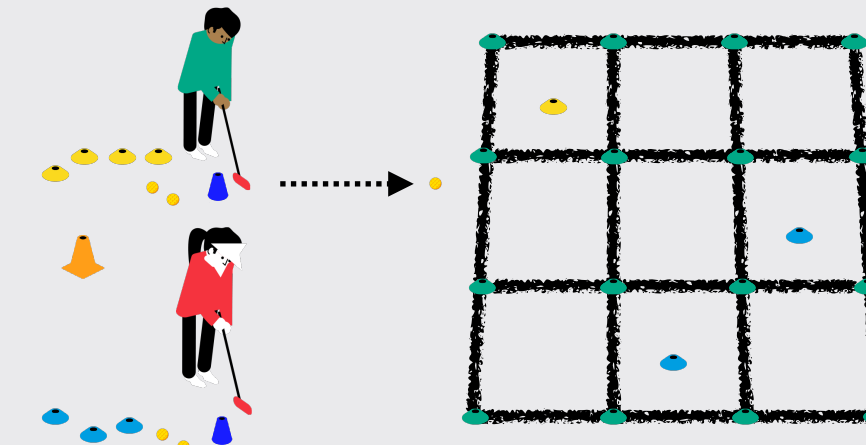


On the Green Games - Layout and Setup

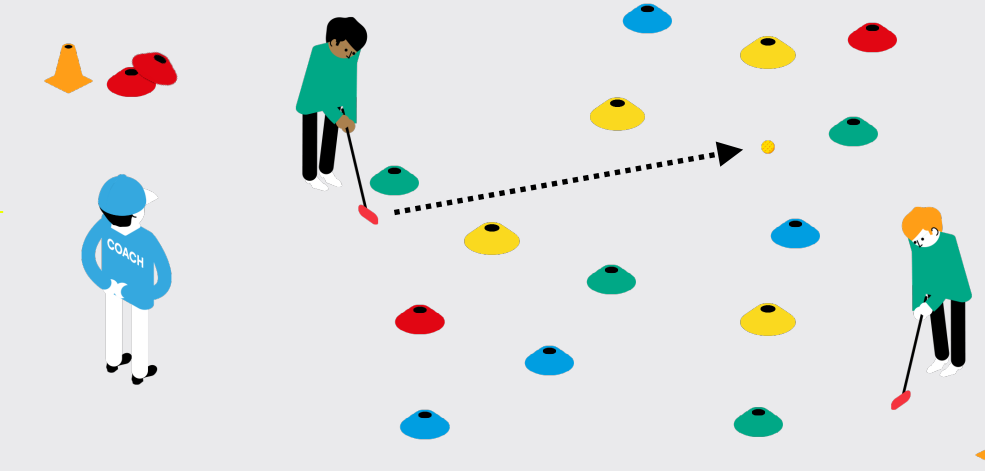
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- At the end of the session, the children can play one of the games as a group to add a social element to the class
- Safety is your top priority when running your class, please remember to;
 - Add your orange safety cones behind each station to identify 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

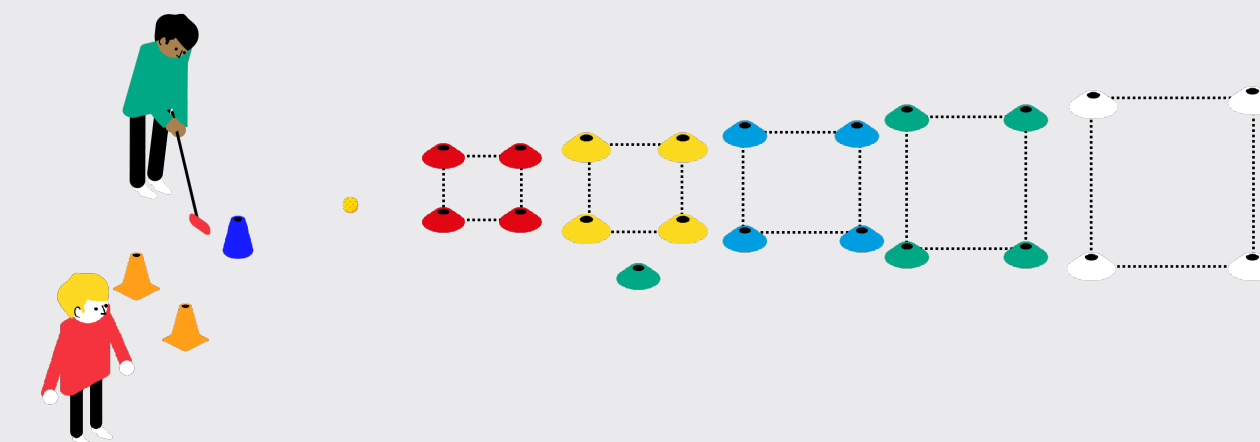
Station 1:
Tic Tac Toe - Putting



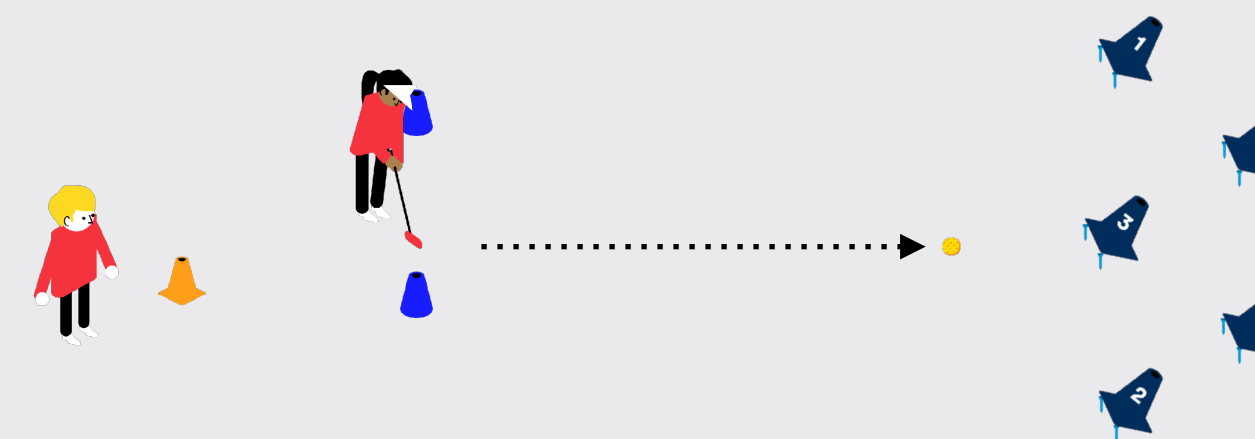
Station 2:
Pick a Cone, Hit a Cone



Station 3:
Up the Ladder



Station 4:
Mouse Trap



1

2

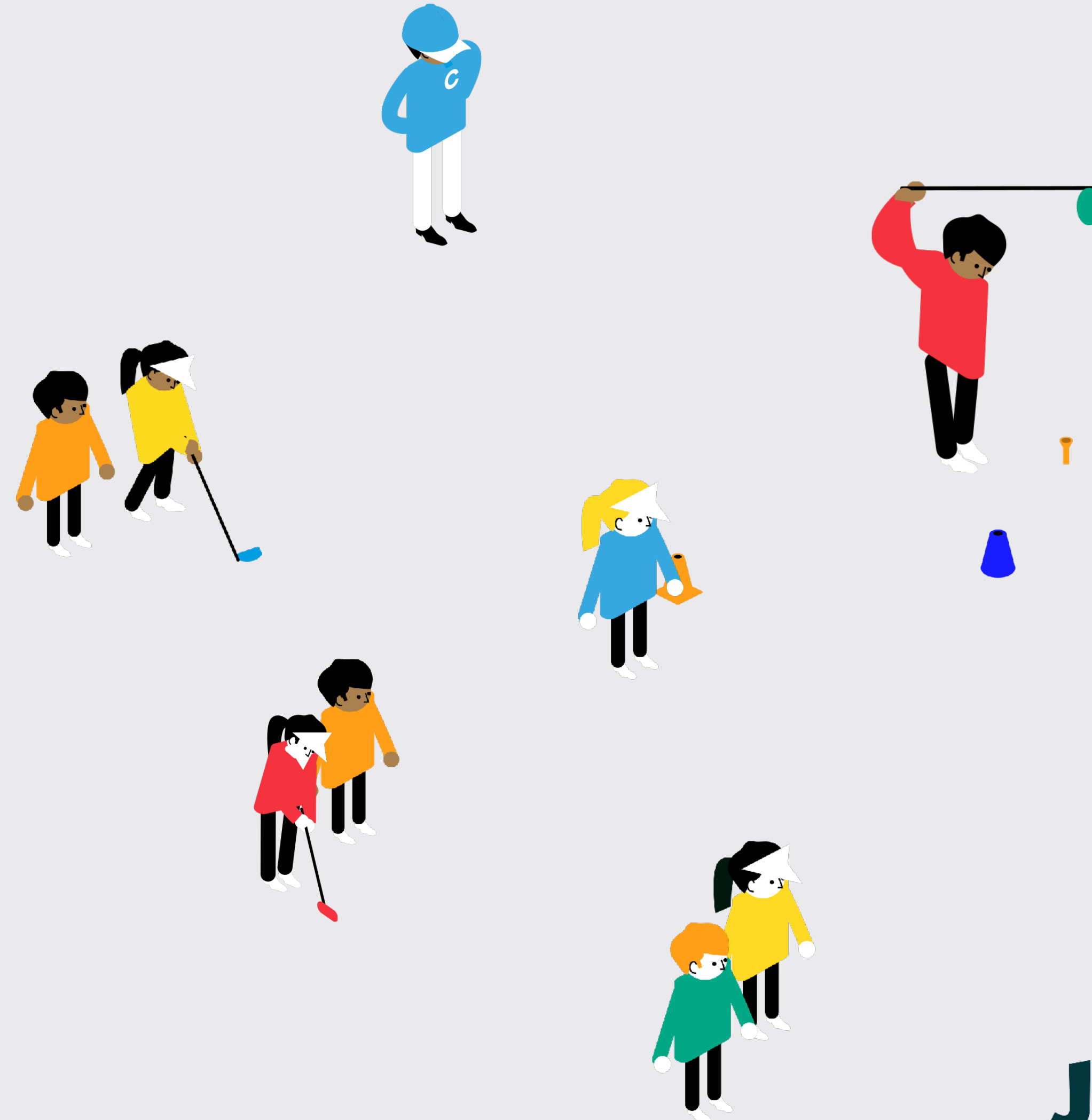
3

4

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

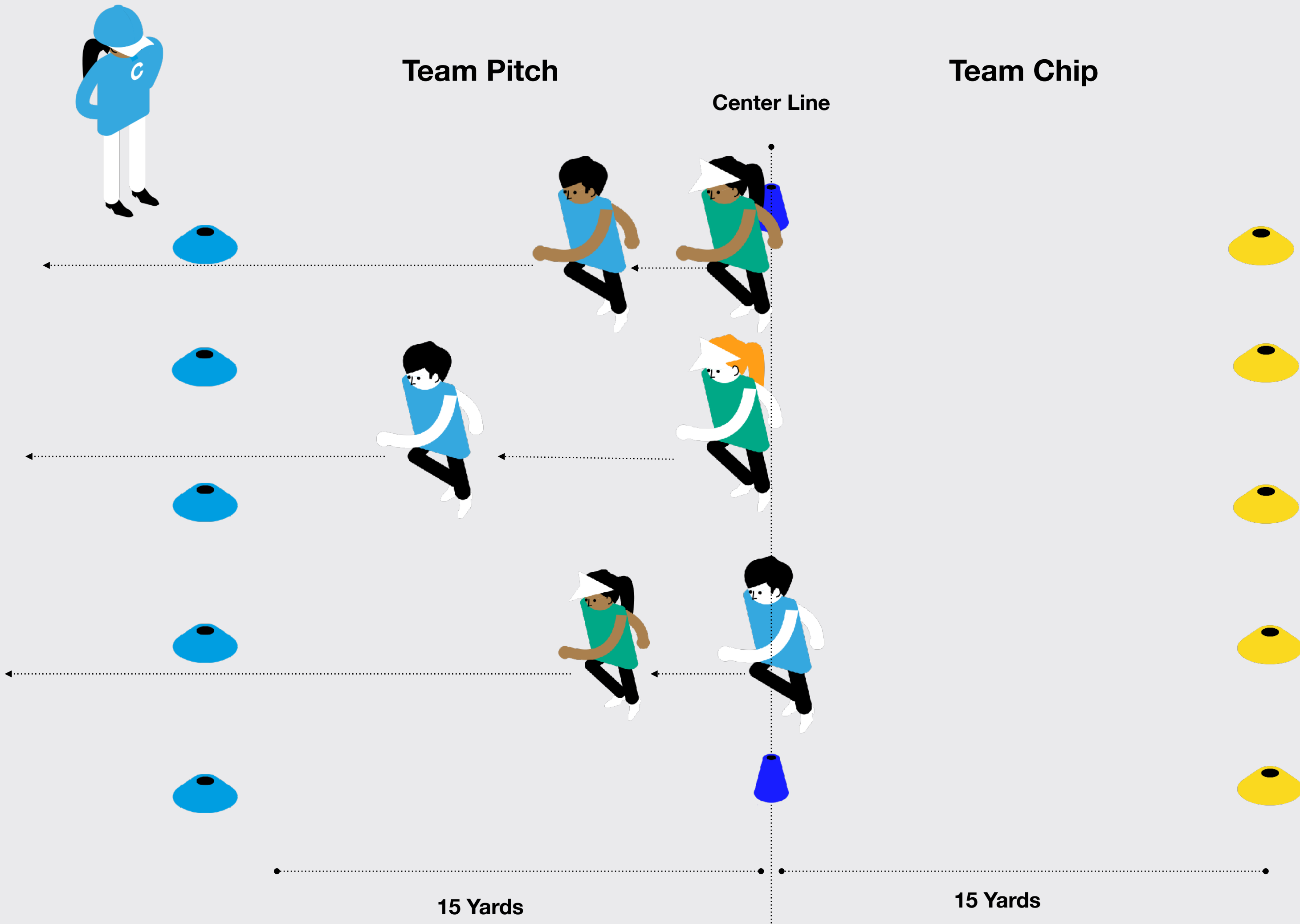


Physical Literacy





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



2 x Cones



5 x Yellow colored cones

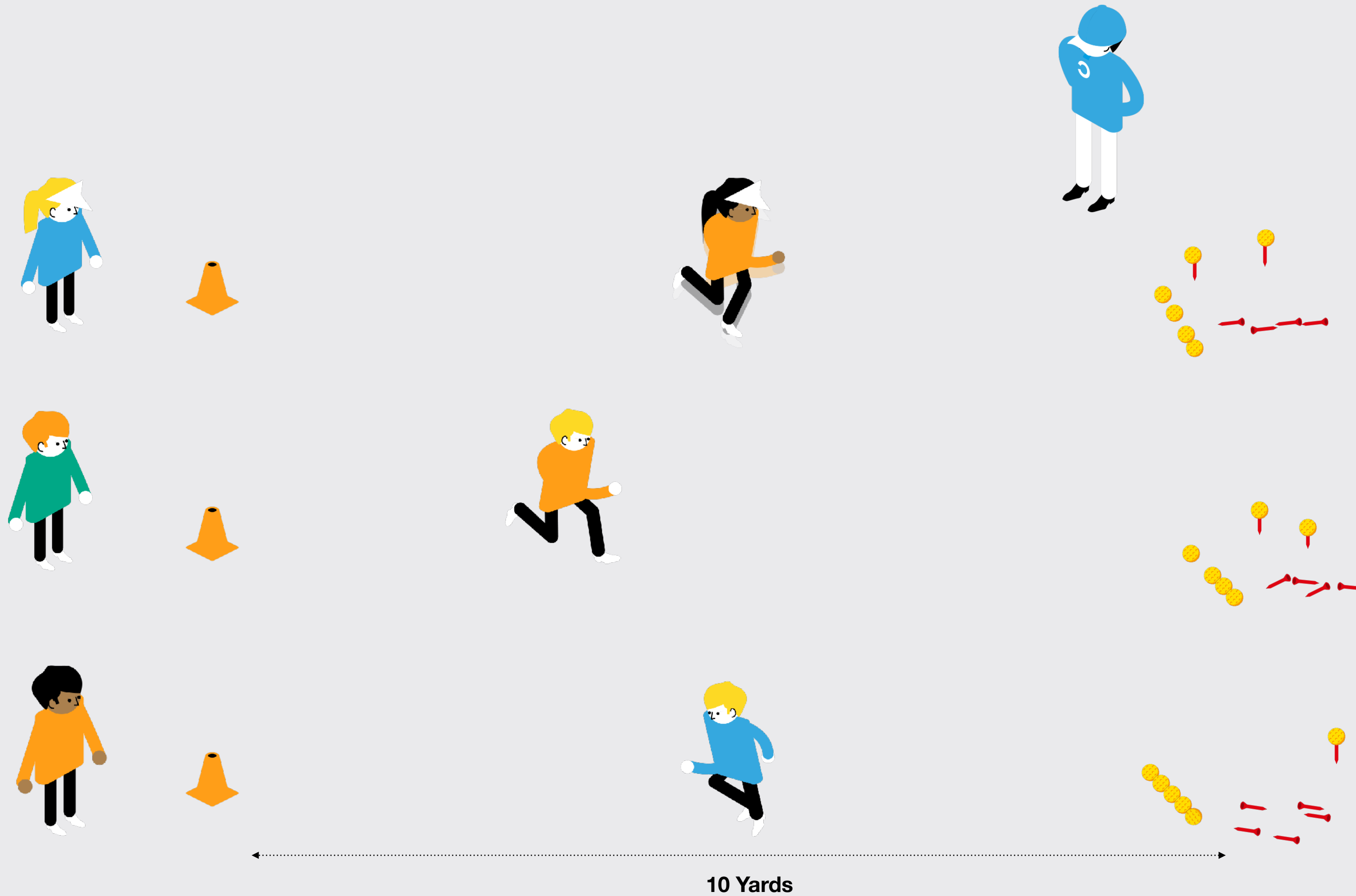


5 x Blue colored cones





Tee It Up Challenge - JUNIOR CAMP GAMES



How to Play

- Each team has 6 tees and 6 golf balls that are placed on the ground 10 yards from their safety cone
- When the Coach shout “Go!” the first player on each team runs forward and tees the ball up
- They run back and once they pass the safety cone their teammate can run and tee up the next ball
- The winners are the team that make it back to their safety cone with all the balls teed up properly

Progression Ideas

- Increase or decrease the gap between the safety cones and the tees and balls
- Experiment with different FMS, for example hopping or skipping

Equipment Needed

3 x Orange Safety Cones

SAFETY

Golf Balls



Tees

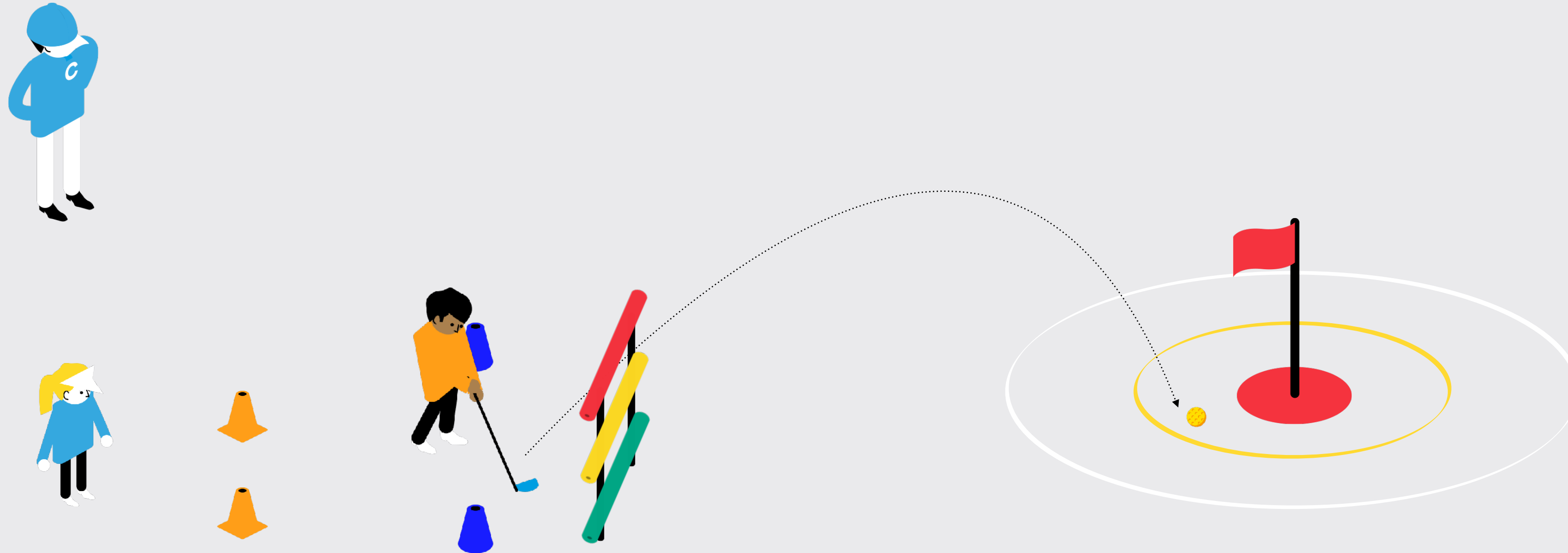


Around the Green Game Cards





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

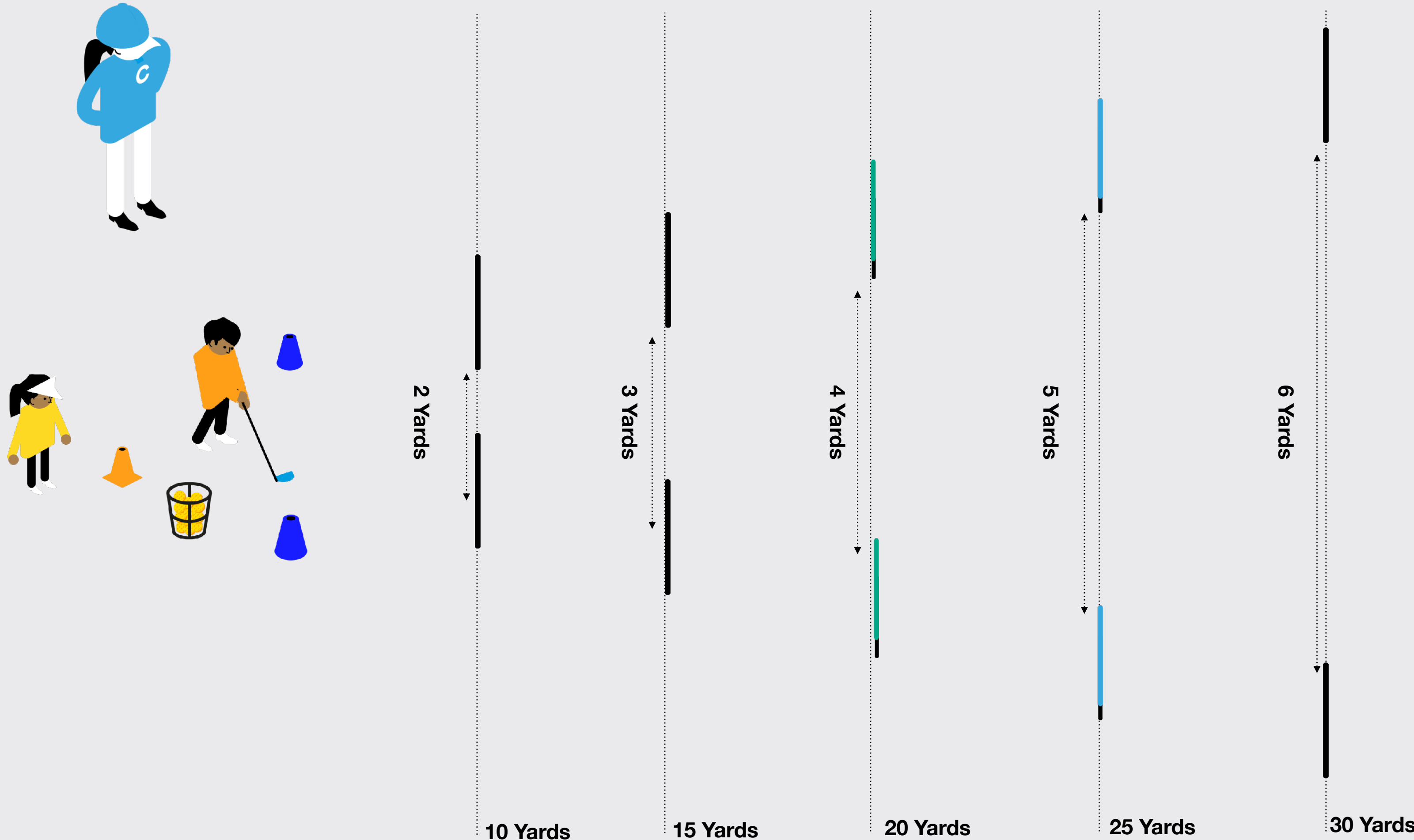


3 x Foam Noodles





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



Cones to mark out the necessary hitting stations



Spare equipment that may be required for the group attendees.



Golf Balls



10 x Alignment Sticks

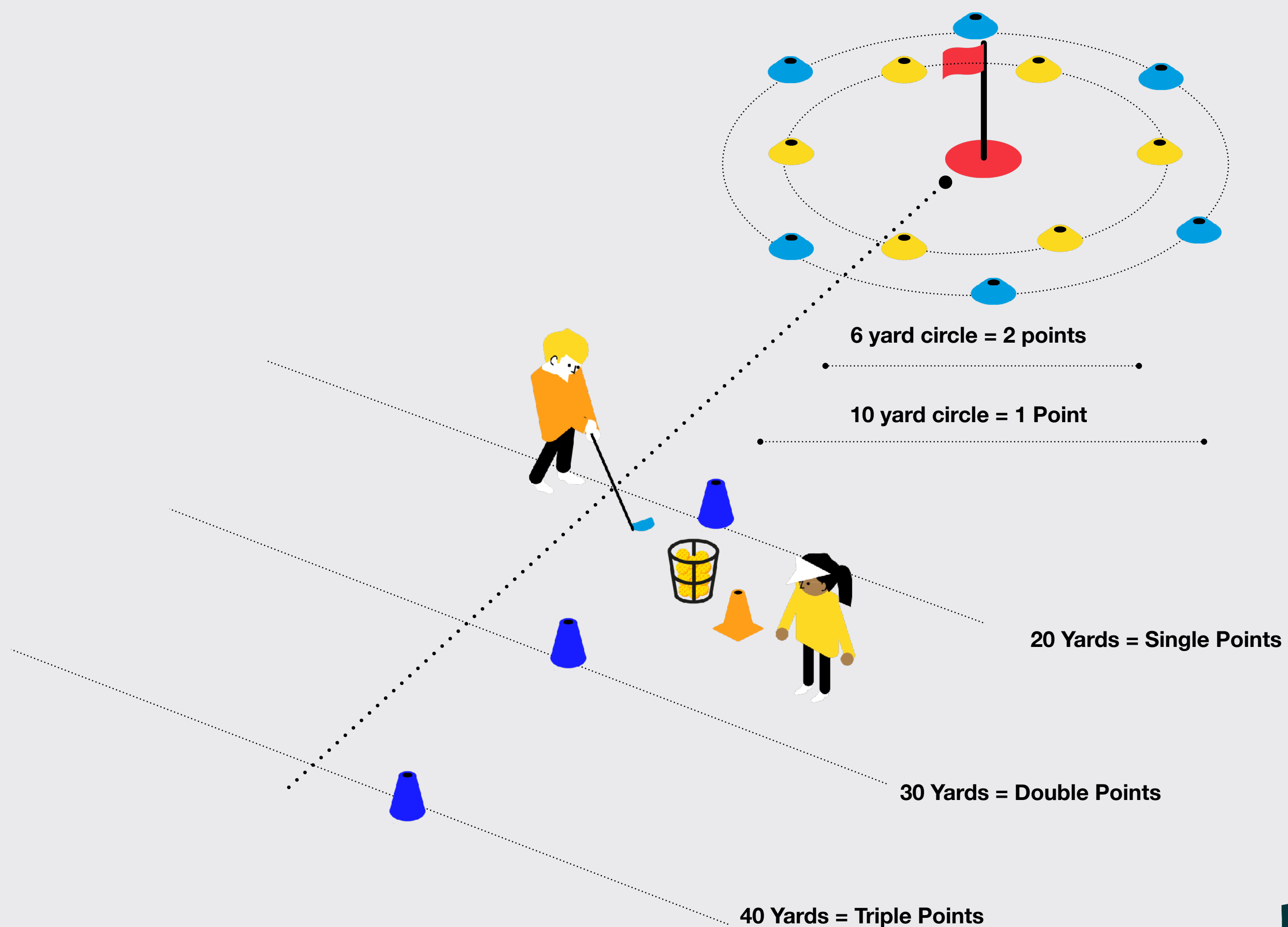


10 x Foam Noodles





Single, Double, Triple - JUNIOR CAMP GAMES



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

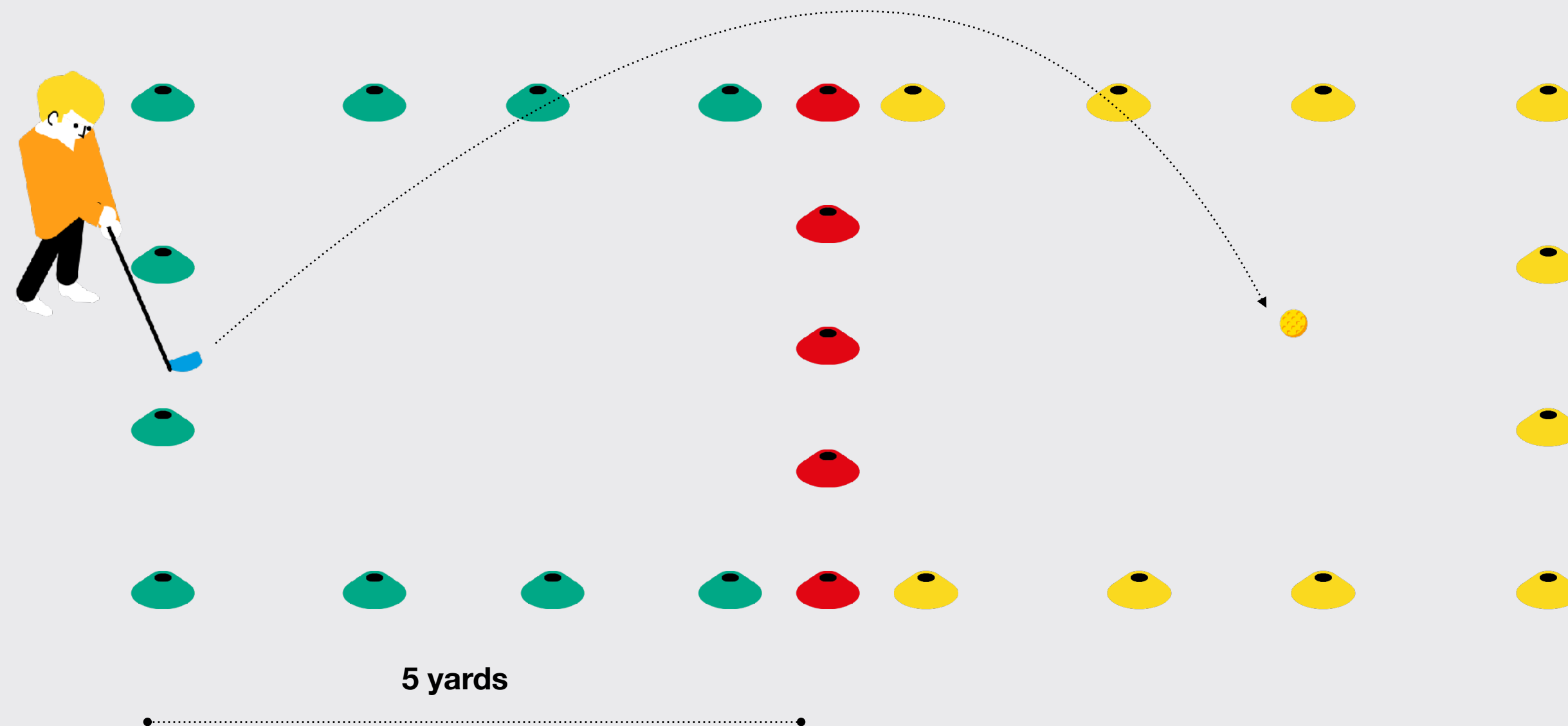
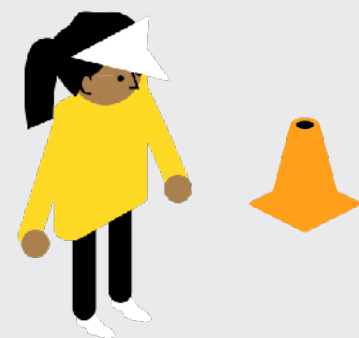
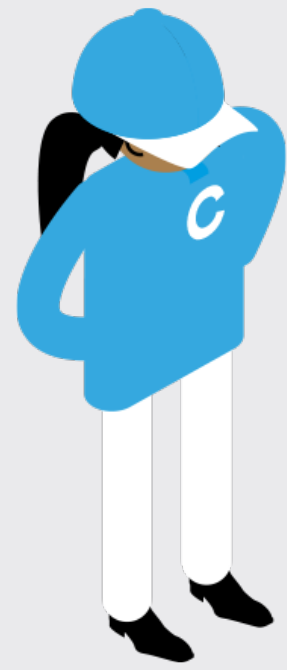


10 x Colored cones to mark the 6 yard circle





Golf Tennis



How to Play

- Be sure to set up the game in a safe area, and highlight that players should not stand opposite each other when playing their shots
- Nominate a player to play first. One child is the
- The first player attempts their shot and aims to get their ball to bounce in the opposing player's box
- If successful and the ball stays in the box then the opposing player plays the ball from wherever it finishes. If the ball rolls out of the area then the opposing player places the ball on the base line and plays their shot from there
- The game can be scores like tennis, where if a player misses the box then the opposing player scores 15 points, alternatively they can score 1 point
- The game continues until a player wins the game like in a tennis match, or until a player scores 5 points

Progression Ideas

- Vary the size of the area
- Vary the club that is being used
- Change the ball being use to a tennis ball or soft ball
- Introduce a rule that the ball has to land and finish in the opponent's area

Equipment needed

Orange safety cones

SAFETY

10 x Green cones to mark out half of the court

10 x Yellow cones to mark out half of the court

5 x Red cones to mark the center line

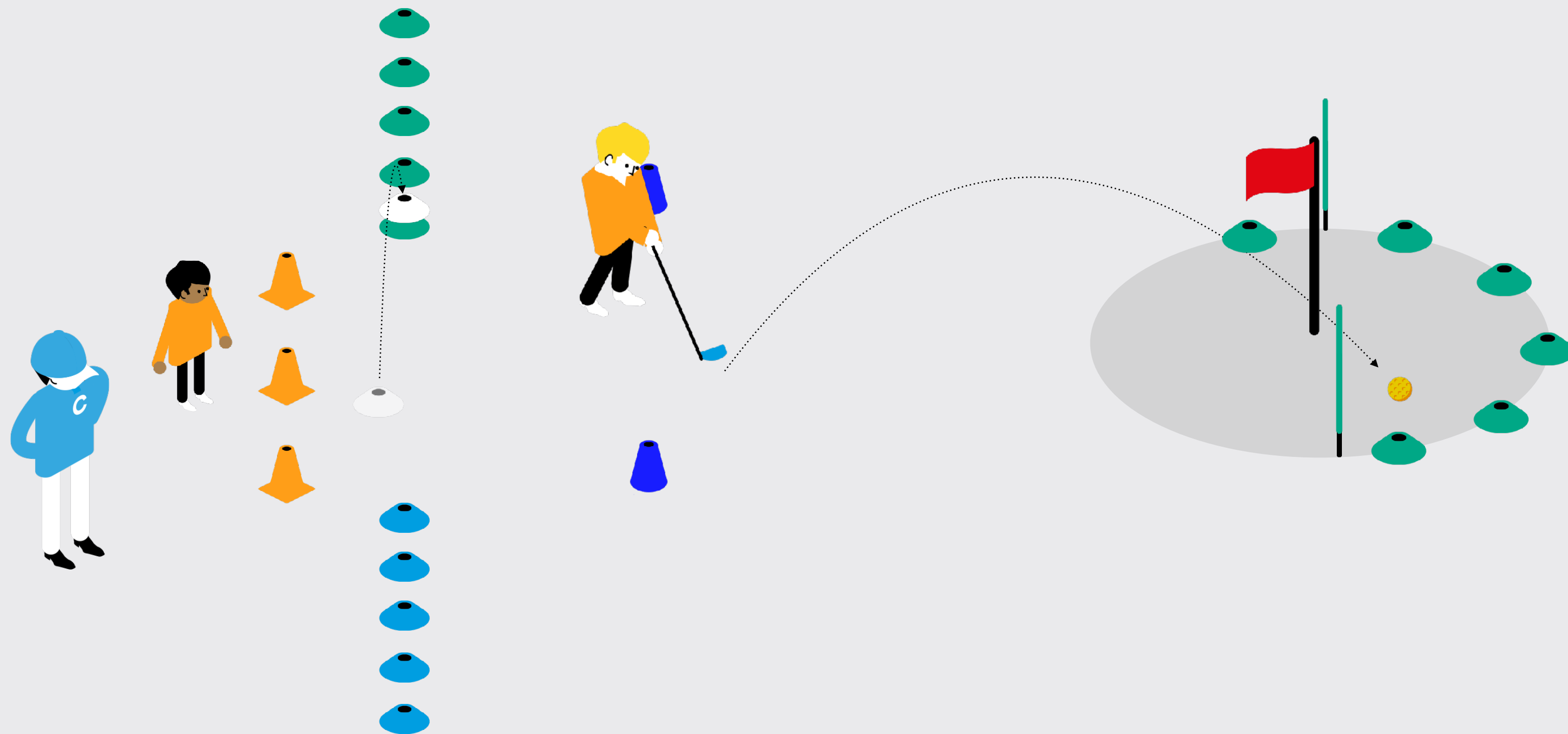
1 x Golf ball

Swing Game Cards





Tug of War Nearest to the Pin



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.

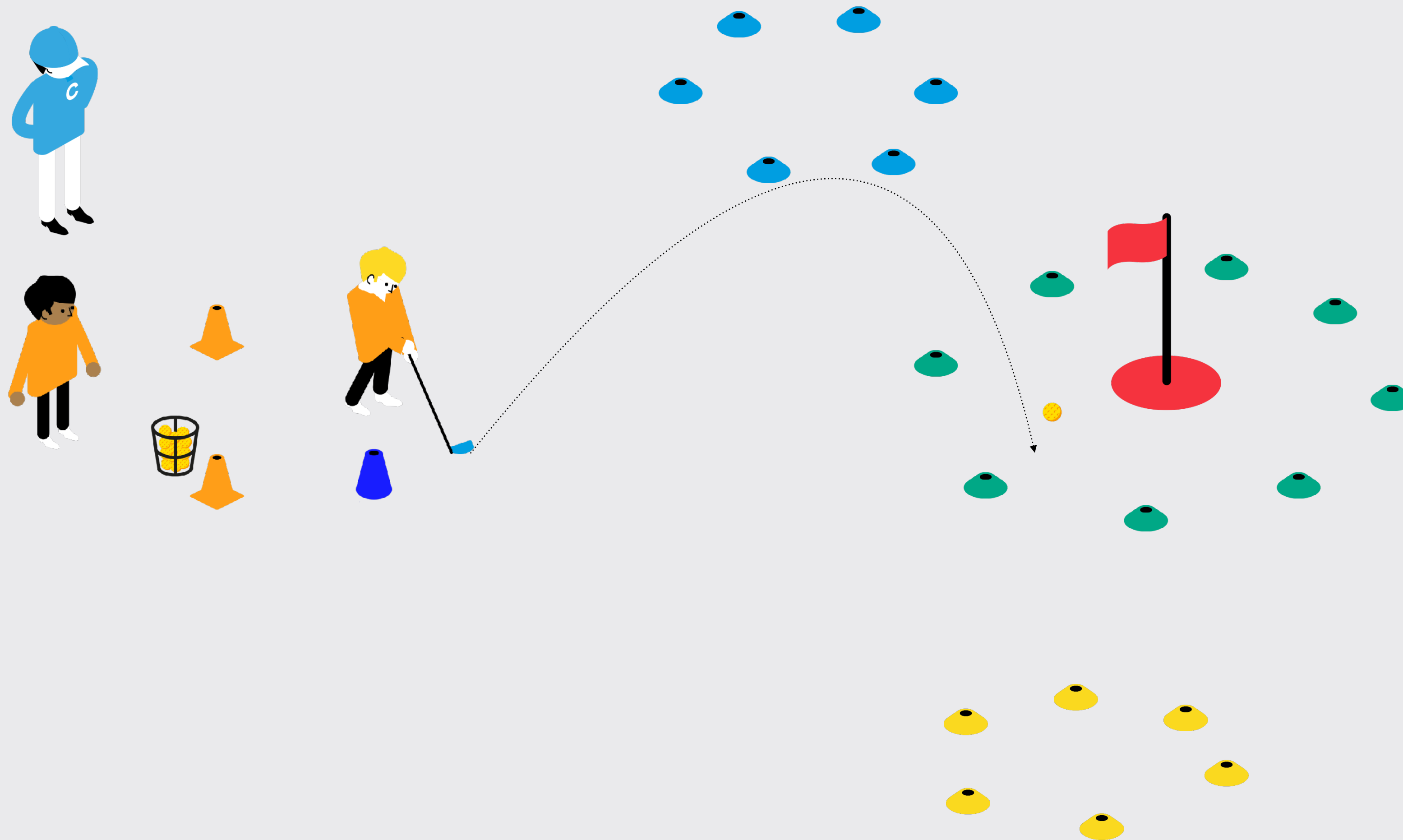


Golf Balls





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 one of the children hits the target the team get the first letter "G"
- The second player then nominates the next target and the game continues until the team 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

Orange Safety Cones

SAFETY

2 x Cones

6 x Yellow Cone

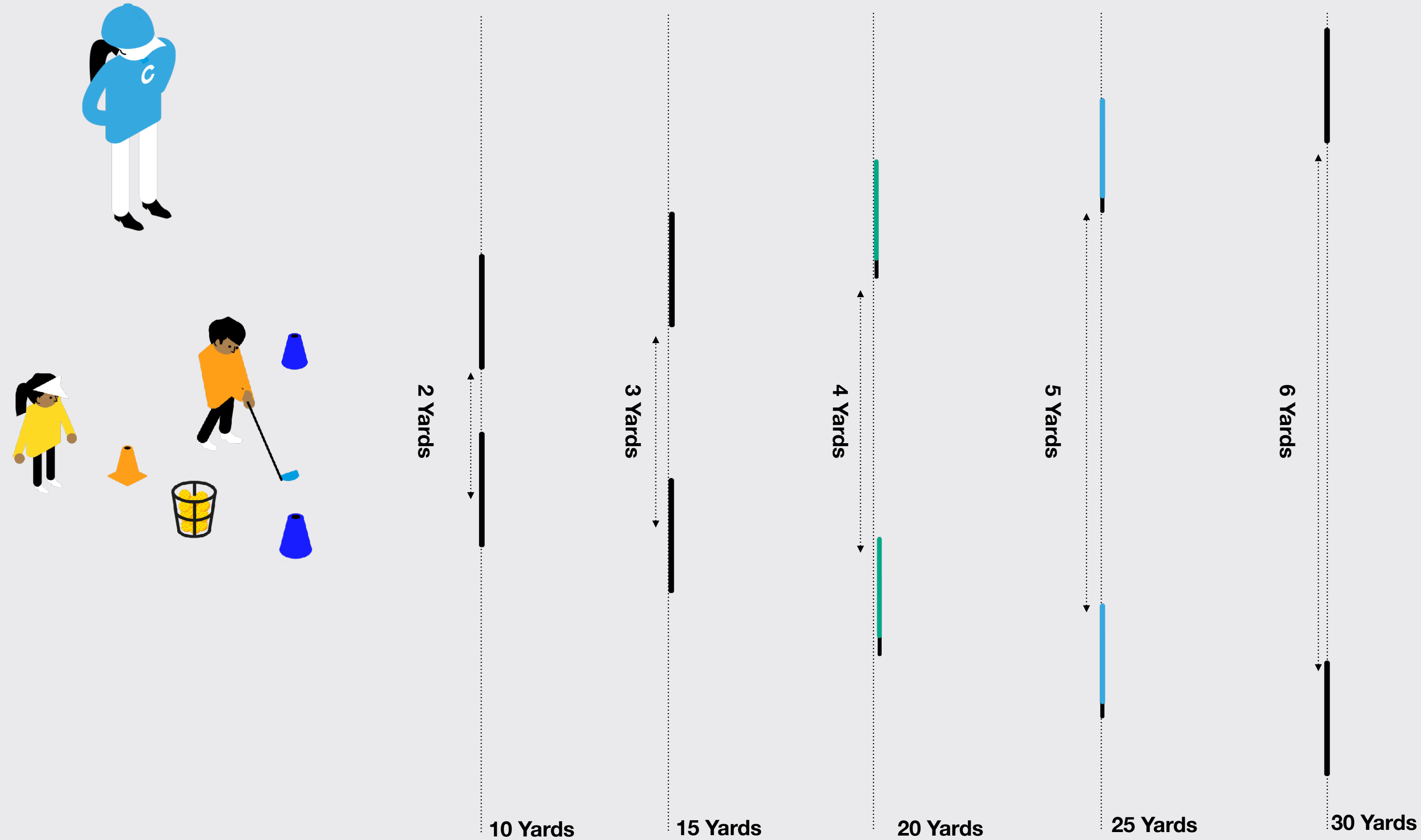
8 x Green Cones

6 x Blue Cones

Golf Balls



Up the Ladder - JUNIOR CAMP GAMES



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

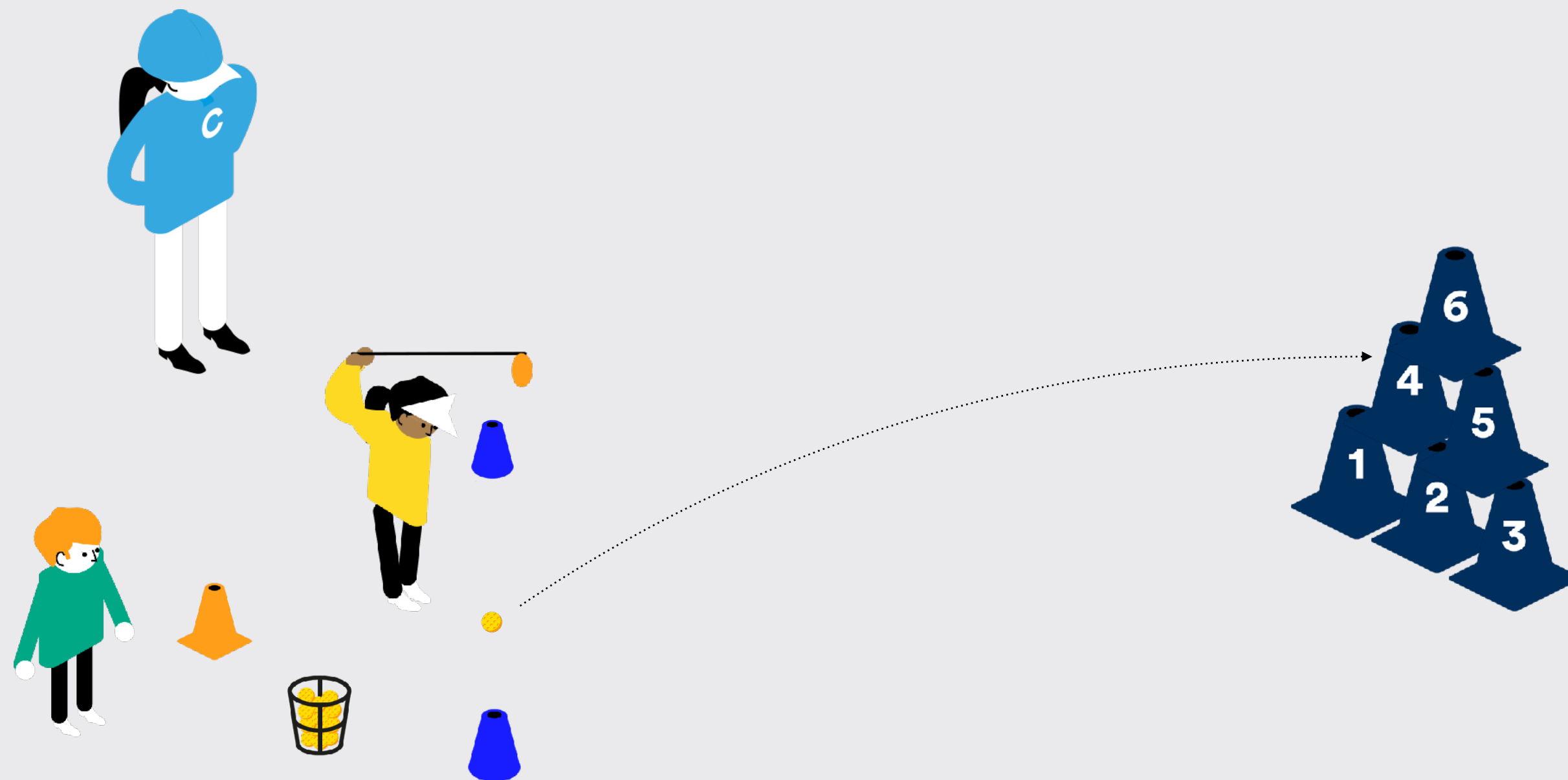
SAFETY

10 x Alignment Sticks

10 x Foam Noodles



Knockdown Tower



How to Play

- Players take it in turns to attempt to hit the tower
- The game is complete when all of the cones or baskets have been knocked down

Progression Ideas

- Make the angles more difficult
- Move the tower further away
- Reduce the number of chances the team gets
- Introduce a rule where the ball must not bounce before hitting the tower
- Try to hit the tower by throwing the ball instead of hitting it

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations.



Golf balls



6 x Cones to build a target pyramid

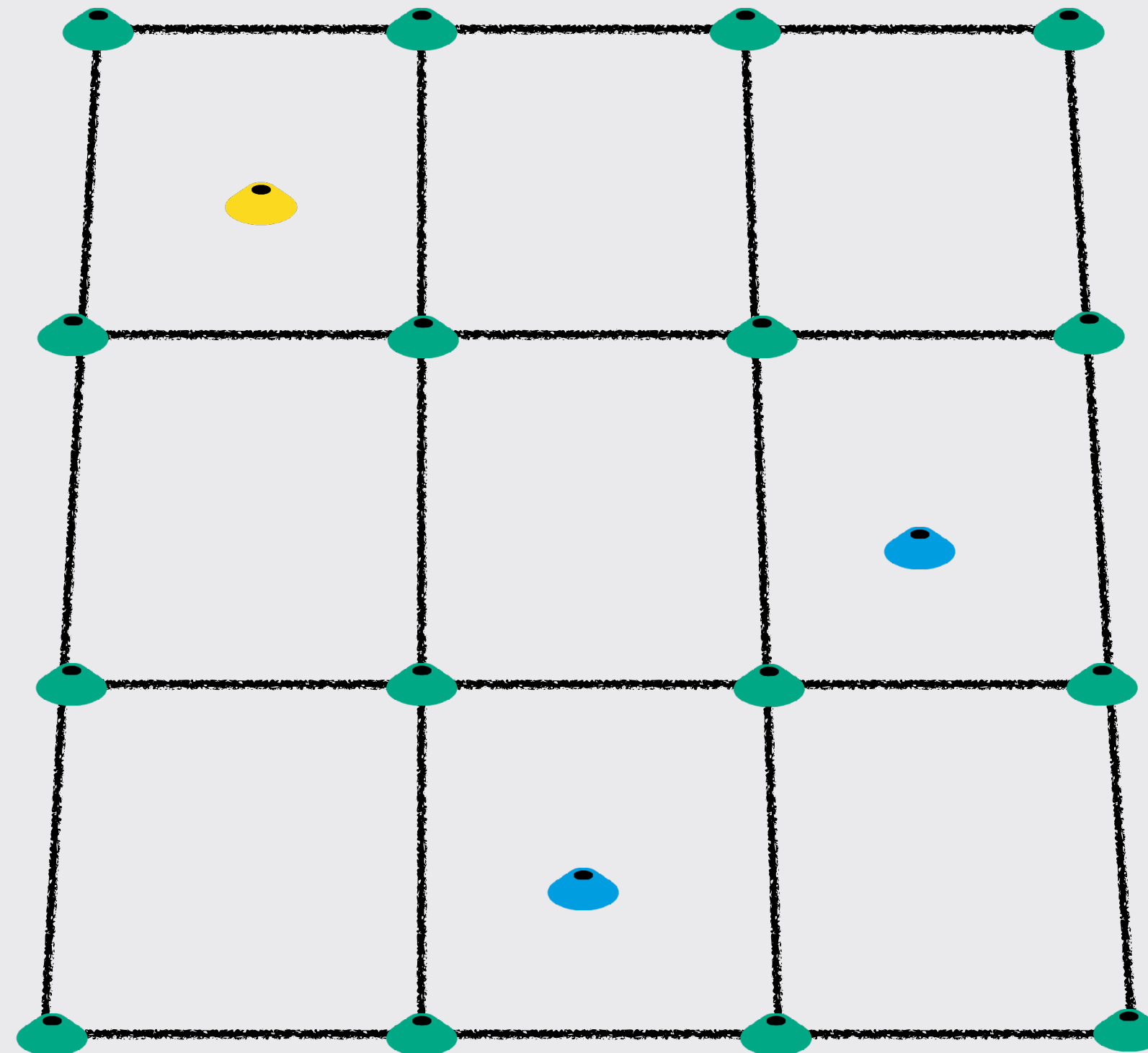
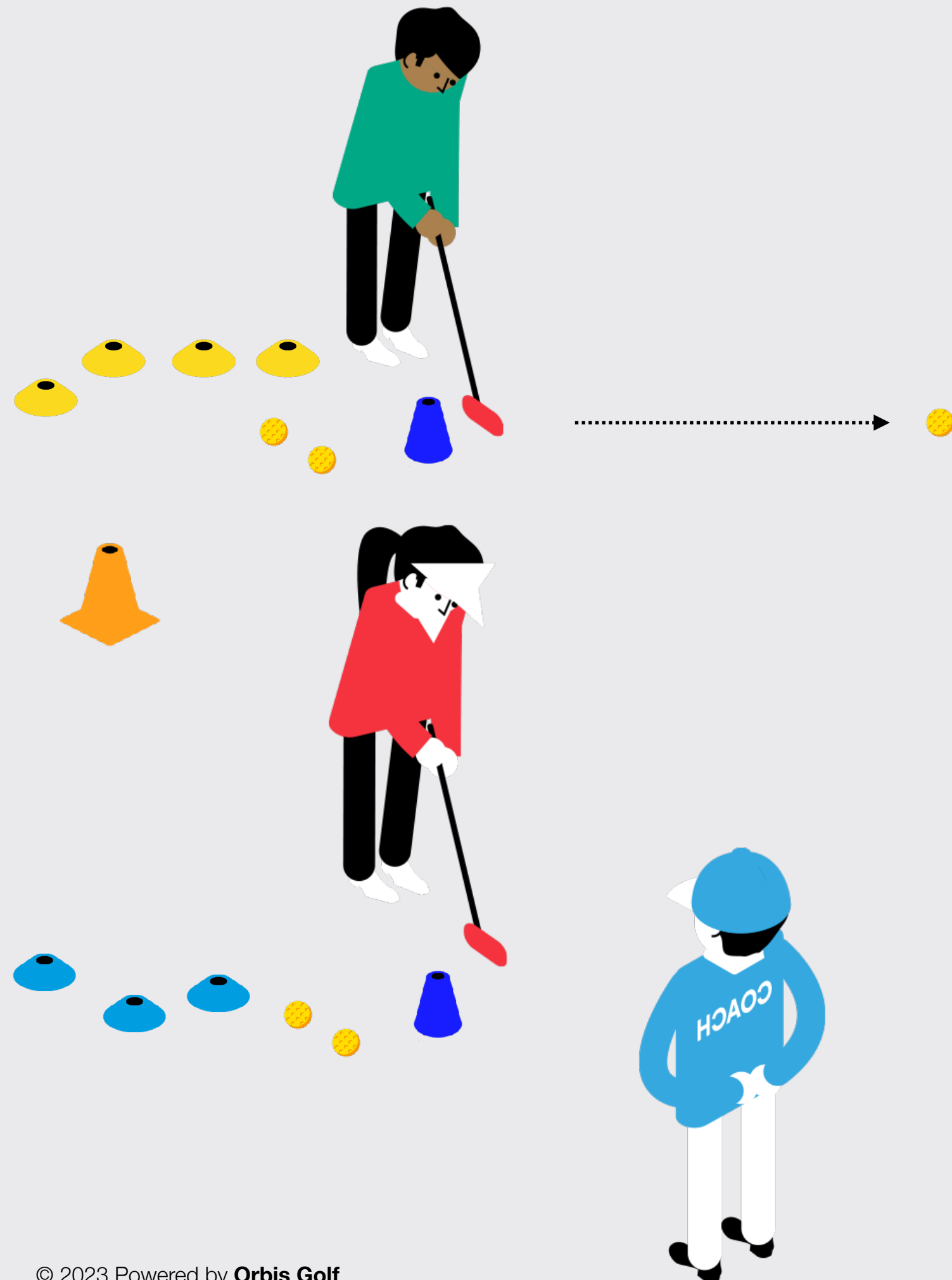


On the Green Game Cards





Tic Tac Toe - Putting



How to Play

- One child is the X's and the other child is the O's
- The objective is for the child to place their colored cones into the center of the box by putting the ball into the box.
- When the child successfully gets the ball into the box that has been nominated, they place their colored cone into the centre of the box
- The child who wins is the one who makes 3 in a row in one direction

Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point on the green and the boxes
- Increase the number of shots that must go into the boxes before the box is owned

Learning Outcomes

- Distance and directional control
- Game strategy
- Acceptance, that you cannot always control the outcome

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



String and 16 tees to create the grid



Colored cones for one team

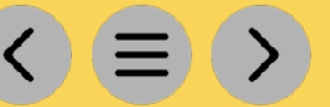


Colored cones for the other team



Golf Balls





Pick a Cone, Hit a Cone

How to Play

- Nominate a child to play first, the player chooses a cone to start from and has to putt their ball towards a cone of the same color
- If they hit the cone, the player collects both the cone they started from and the one they hit
- Players take it in turns to play until all cones have been collected
- The aim is to collect all of the cones before the coach calls to switch games

Progression Ideas

- Change the distance between the cones
- Add in more cones
- Introduce a rule where if the player misses they have to put their cones back into the middle
- Attempt the game on a sloped surface

Learning Outcomes

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

Equipment needed

2 x Orange Safety Cones

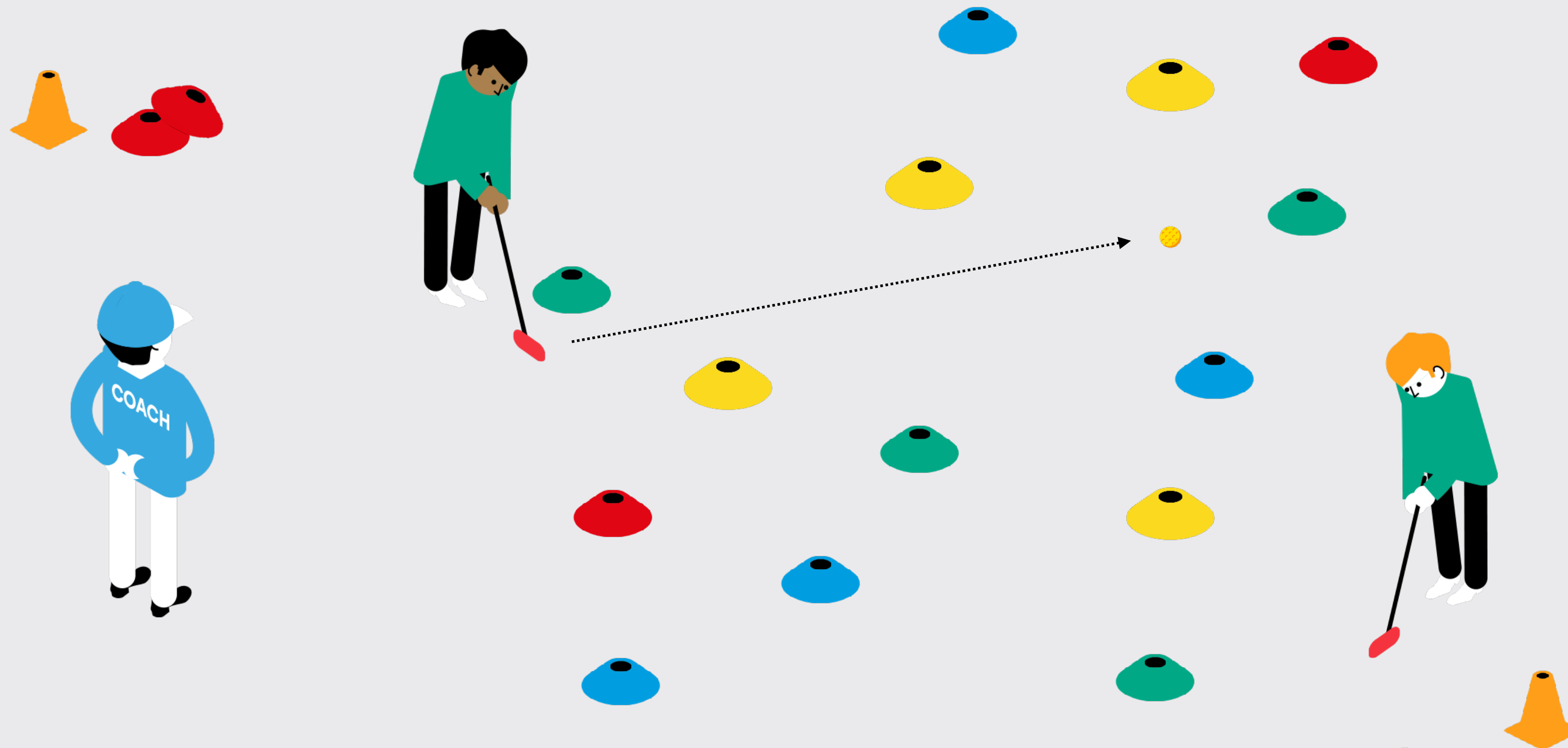
SAFETY

4 x blue cones

4 x green cones

4 x yellow cones

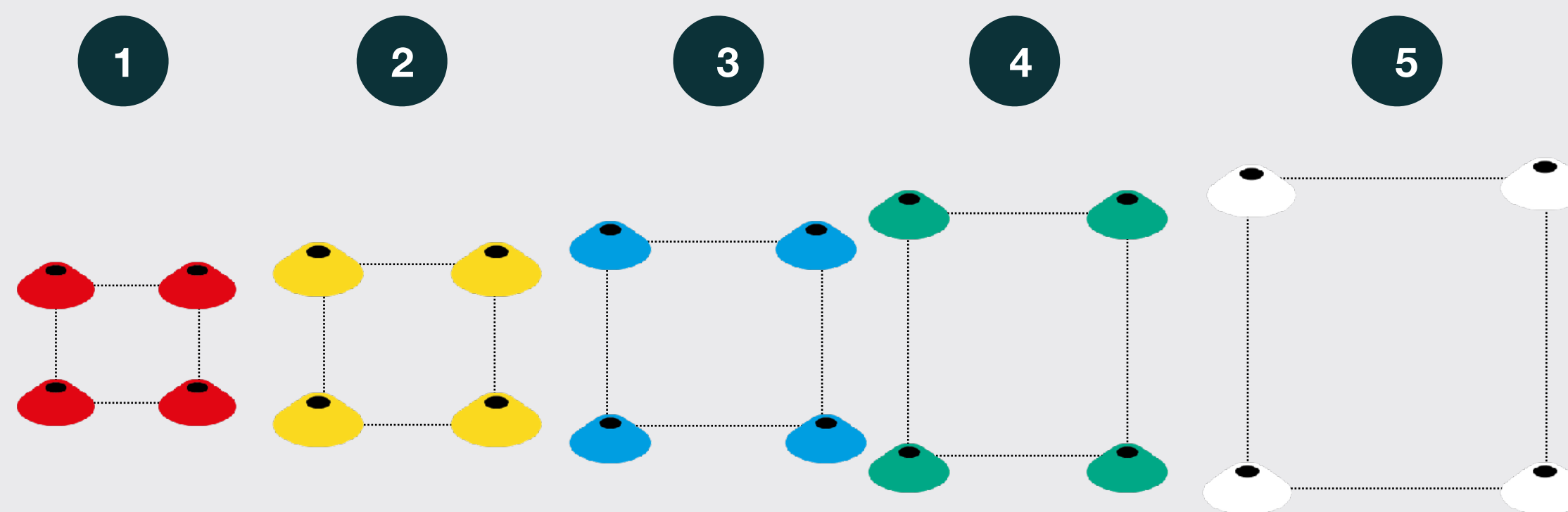
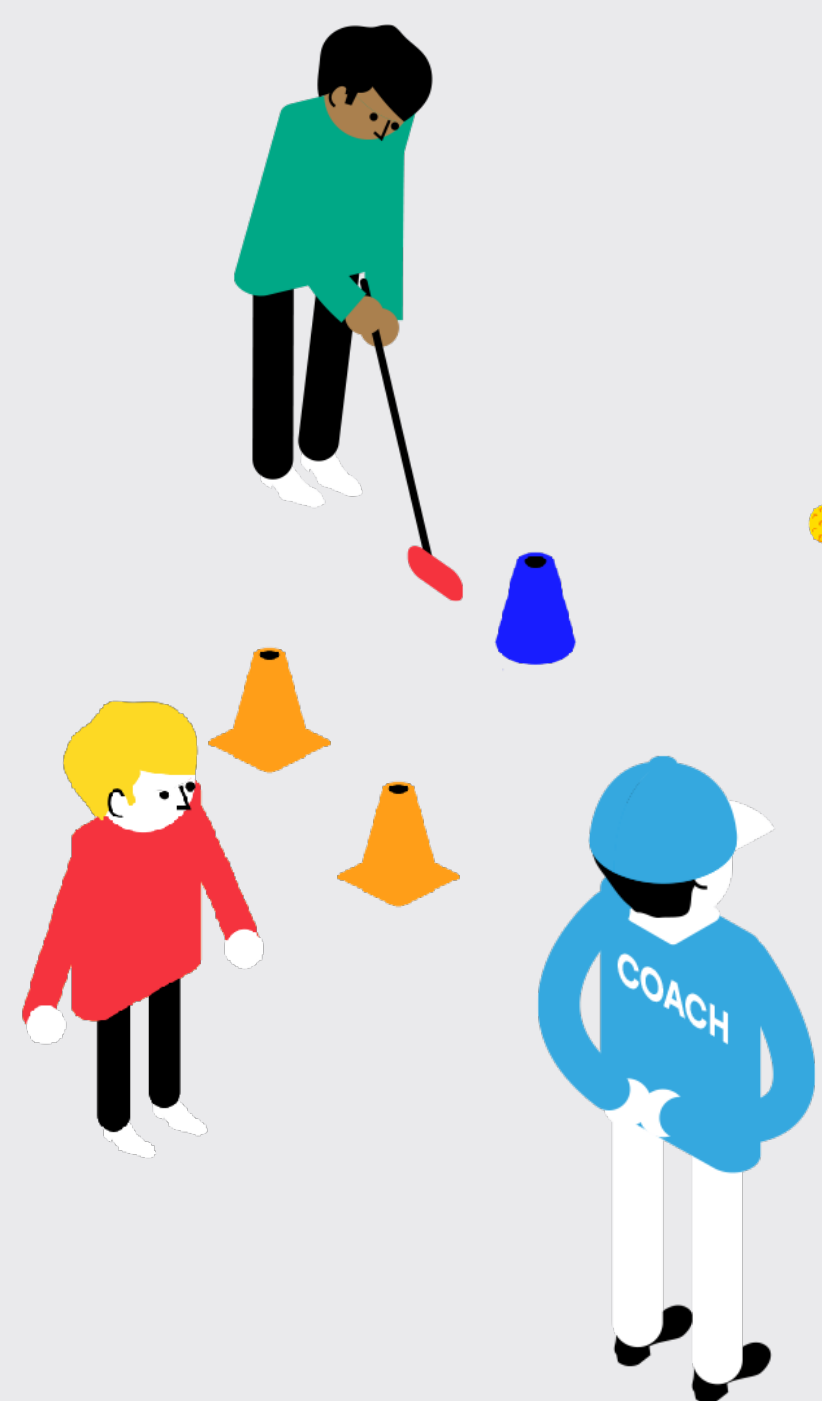
4 x red cones



JUNIOR GOLF
ACADEMY



Up the Ladder - JUNIOR CAMP GAMES



How to Play

- Nominate a child to play first. The child attempts to hit their putt into the nearest but smallest target box
- If the child successfully gets the ball into the target box, they place the team's colored cone opposite the next target box
- The children take it in turns to putt the ball into the target boxes
- The game continues until the team gets their ball into the final box

Progression Ideas

- Change the distance between the starting cone and first box
- Change the distance between each of the target boxes
- Reduce the size of the target boxes
- Attempt the game on a sloped surface
- Limit the number of attempts on each box or limit the number of attempts to the corresponding box

Learning Outcomes

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

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



Golf Balls



4 x Red Colored Cones



4 x Yellow Colored Cones



4 x Blue Colored Cones



4 x Green Colored Cones

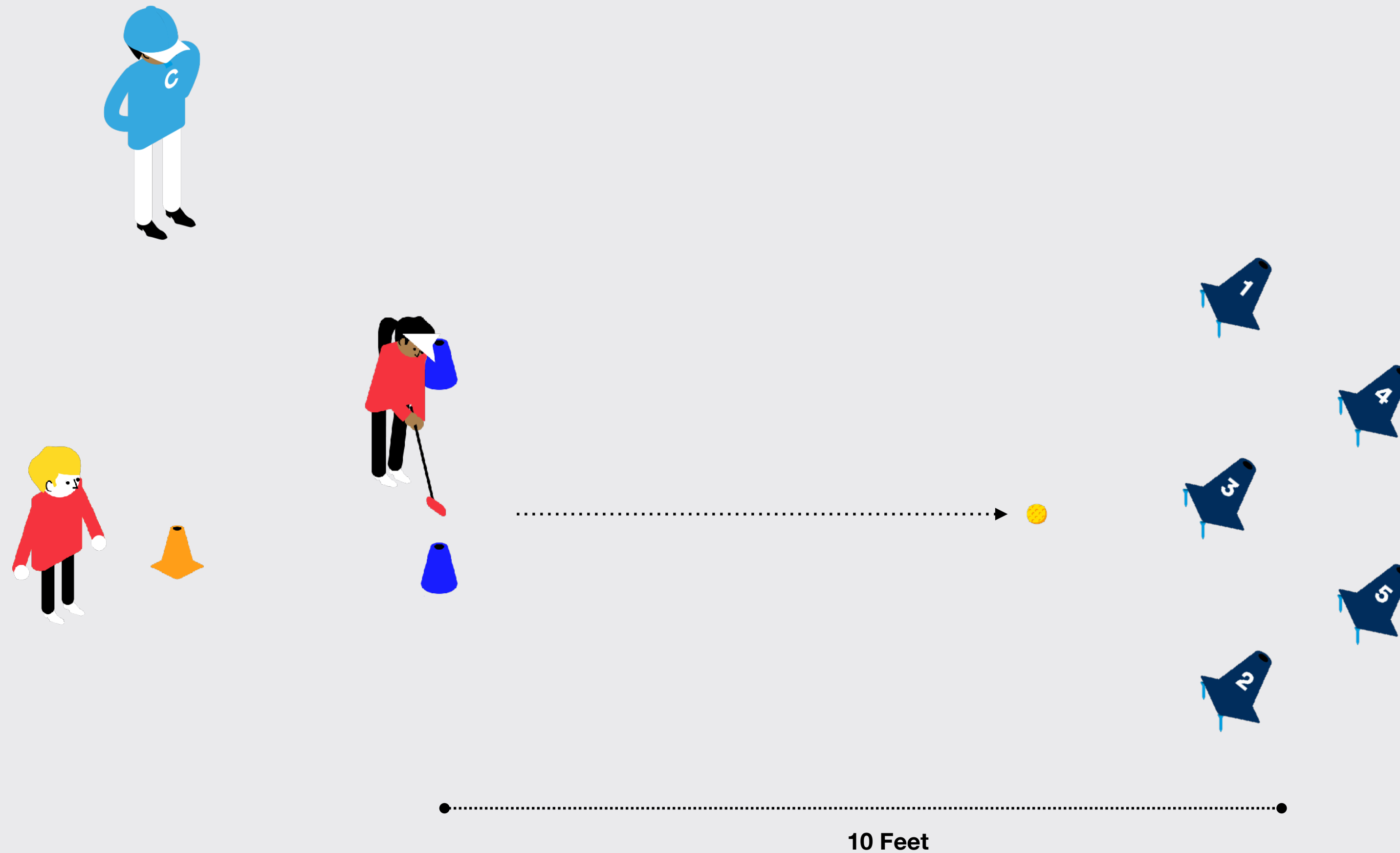


4 x White Colored Cones





Mouse Trap



How to Play

- Children take it in turns to hit their putts towards the cones that have been propped up with tees
- The aim of the game is to knock the cone so it traps the golf ball
- The children take it in turns to hit their putts
- The challenge is complete when the team manage to trap all the balls using the cones available

Progression Ideas

- Vary the distance of the putt
- Add or reduced the number of traps
- Add points for each cone equal to the number on the cone, set the children a target to achieve a certain score

Learning Outcomes

- Ability to control distance on a putt
- Ability to control direction

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark starting position

5 x Crush It cones and tees for the mouse traps

Spare equipment that may be required for the group attendees.

Golf Balls