

Full-Day Camp Timetables

5 Days



4 Class Plans

Playing Golf 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 	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 	
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

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Day 1 Morning | Full-Day Camp Timetable

Session Length:
420 mins

Group Size:
1:8

Mastering the Game Focus:
Swing
Around the Green

Mastering the Game Focus Cont:
On the Green
Course Play

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

Day 1 Afternoon | Full-Day Camp Timetable

Session Length:
420 mins

Group Size:
1:8

Mastering the Game Focus:
Swing
Around the Green

Mastering the Game Focus Cont:
On the Green
Course Play

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

Day 2 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"> Cone Collector (Junior Camp Competition Game) Team Scorecard
40 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"> Field Goal Beat the Bunker Ladder Challenge (Junior Camp Competition Game) Crossbar Challenge 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"> The Masters Challenge (Junior Camp Competition Game) Power Play Flamingo Shots Create Your Own Game Team Scorecard
10 Mins	Mid-Morning Break	<ul style="list-style-type: none"> Time to rest, enjoy a drink and snack 	
45 Mins	Mastering the Game <ul style="list-style-type: none"> 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"> Curling 10 Pin Bowling (Junior Camp Competition Game) Cat and Mouse Stick Shift 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 2 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"> Crossword
20 Mins	Warm Up Games	<ul style="list-style-type: none"> Introduce the Warm Up game and play in teams 	<ul style="list-style-type: none"> Launch Pads
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
10 Mins	End of Day Recap	<ul style="list-style-type: none"> Recap the games, find out the children's favourites Give out the Achiever Award for the day Announce the points total 	<ul style="list-style-type: none"> Team Scorecard

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"> 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"> Movement Obstacle Course (Junior Camp Competition Game) “PGA Pro” Says Team Scorecard
40 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"> Stick Shift 2 Putting Poison Single, Double, Triple - Putting (Junior Camp Competition Game) Domino Race 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"> Cone Crusher Mouse Trap Closest to the Line Bullseye Junior Camp Competition Game Team Scorecard
10 Mins	Mid-Morning Break	<ul style="list-style-type: none"> Time to rest, enjoy a drink and snack 	
45 Mins	Mastering the Game • 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"> Happy Gilmore Speed Swinger (Junior Camp Competition Game) Stepping Stones Happy Shots 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 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"> Enjoy lunch and provide indoor activity to complete 	<ul style="list-style-type: none"> Design a Golf Hole
20 Mins	Warm Up Games	<ul style="list-style-type: none"> Introduce the Warm Up game and play in teams 	<ul style="list-style-type: none"> “PGA Pro” Says
150 Mins	On Course Play <ul style="list-style-type: none"> Team Foursomes 	<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
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

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"> Run to the Middle (Junior Camp Competition Game) Relay Race 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"> Clubface Contact Straight Shooter (Junior Camp Competition Game) Pot Luck Splash Shot Team Scorecard
40 Mins	Mastering the Game <ul style="list-style-type: none"> On the Green 	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games, tasks and challenges Deliver one to one and group coaching Children rotate around the stations Use one of the Games in the Junior Camp Competition 	<ul style="list-style-type: none"> Coconut Shy American Pool (Junior Camp Competition Game) Round the Clock Spiral Closest to the Line 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"> Sand Shots Splash Shot Finders Keepers (Junior Camp Competition Game) Pinseeker 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"> • Design a Headcover
20 Mins	Warm Up Games	<ul style="list-style-type: none"> • Introduce the Warm Up game and play in teams 	<ul style="list-style-type: none"> • Relay Race
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 • Contribute this to the Junior Camp Competition 	<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

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