

# Half-Day Camp Class Plan

## Day 3



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# Class Timetable

**4** Class Plans  
Playing Course Progression Levels

Session: 60mins  
Group Size: 1:6

Mastering the focus: Swing  
Element: Irons  
Learning the game focus: Orientation  
myJunior Challenge: Iron Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resources
10 Mins	Introduction & Warm Up Game	<ul style="list-style-type: none"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams &amp; demonstrate warm up game</li> <li>Play the warmup game</li> </ul>	<ul style="list-style-type: none"> <li>Relay Race</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce the components of the Golf Bag</li> <li>Introduce the Iron &amp; components of the club</li> </ul>	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions &amp; class layout</li> <li>Introduce games, tasks &amp; challenges</li> <li>Deliver one to one &amp; group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Iron Challenge</li> <li>Children rotate around the stations</li> </ul>	Coming Soon
10 Mins	myJunior Track & Reward	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Distribute Learning the Game Resource if appropriate</li> <li>Children can complete myProgress Wheel and add stickers where appropriate</li> <li>Add any lesson notes to the child's myProgress section</li> <li>Award the Achiever Reward to a student in front of the parents and the group</li> <li>Award any Pins &amp; Hats</li> </ul>	<ul style="list-style-type: none"> <li>The Iron Challenge</li> <li>Tug of War</li> <li>Stepping Stones</li> </ul>
			Coming Soon

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# Day 3 | Camp Timetable

**Session Length:**  
180 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green

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>Bunny Hops (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"> <li>On the Green</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>21</li> <li>Curling</li> <li>Single, Double, Triple - (<b>Junior Camp Competition Game</b>)</li> <li>Build a Hole</li> <li>Team Scorecard</li> </ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Around the Green</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Landing Zones (<b>Junior Camp Competition Game</b>)</li> <li>Closest to the Pin - As it Lies</li> <li>Beat the Bunker</li> <li>Throw then Chip</li> <li>Team Scorecard</li> </ul>
10 Mins	Mid-Morning Break	<ul style="list-style-type: none"> <li>Time to rest, enjoy a drink and snack</li> </ul>	
45 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Over the River</li> <li>Make it Splash</li> <li>Masters Challenge (<b>Junior Camp Competition Game</b>)</li> <li>Knockdown Tower</li> <li>Team Scorecard</li> </ul>
15 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 and announce the points total for the day / Announce the winners for the week, present prizes, Provide information on the Junior Monthly Program and Thank everyone for coming</li> </ul>	<ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>

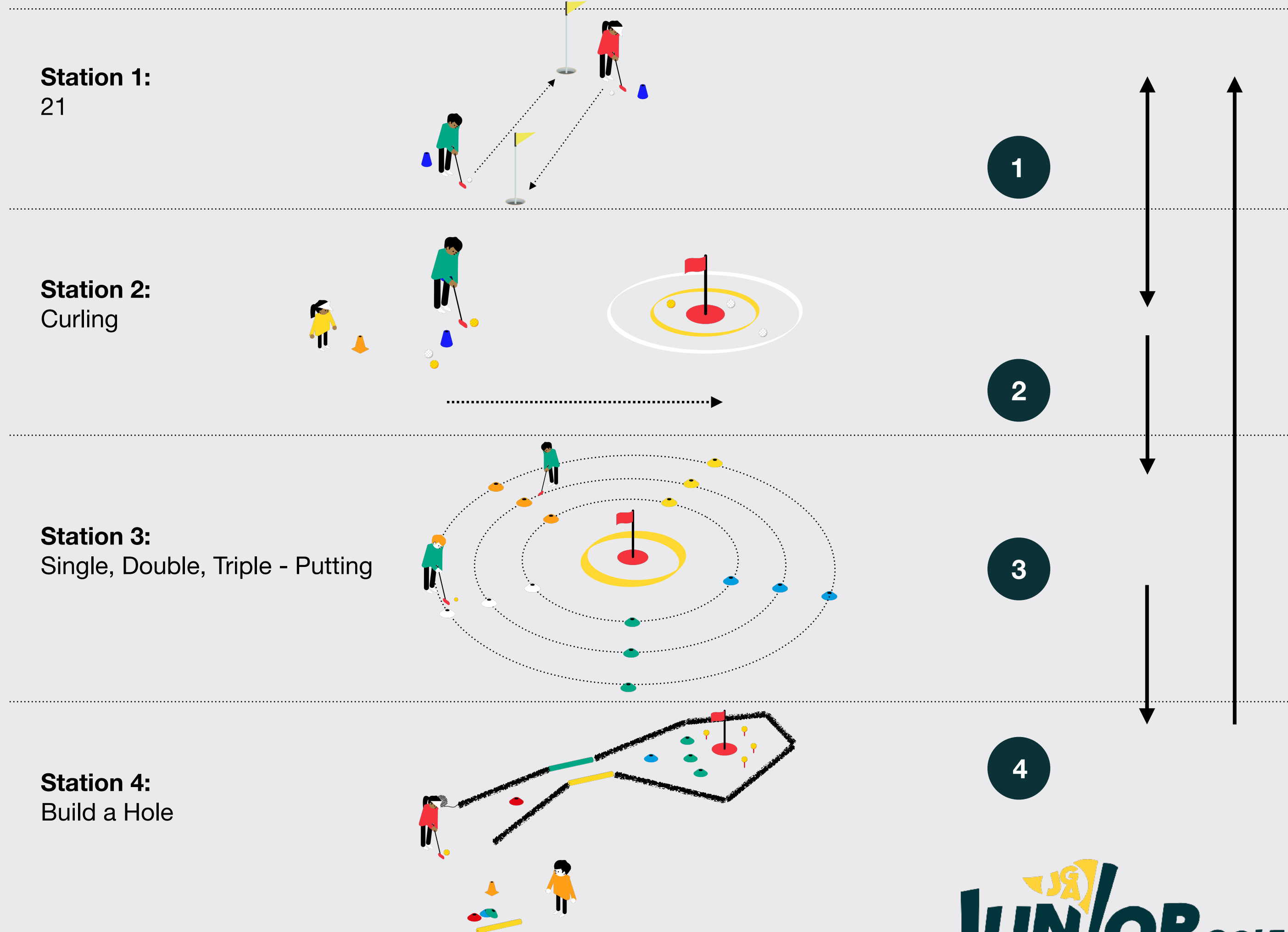
# Layout and Setup



# On the Green Games - Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

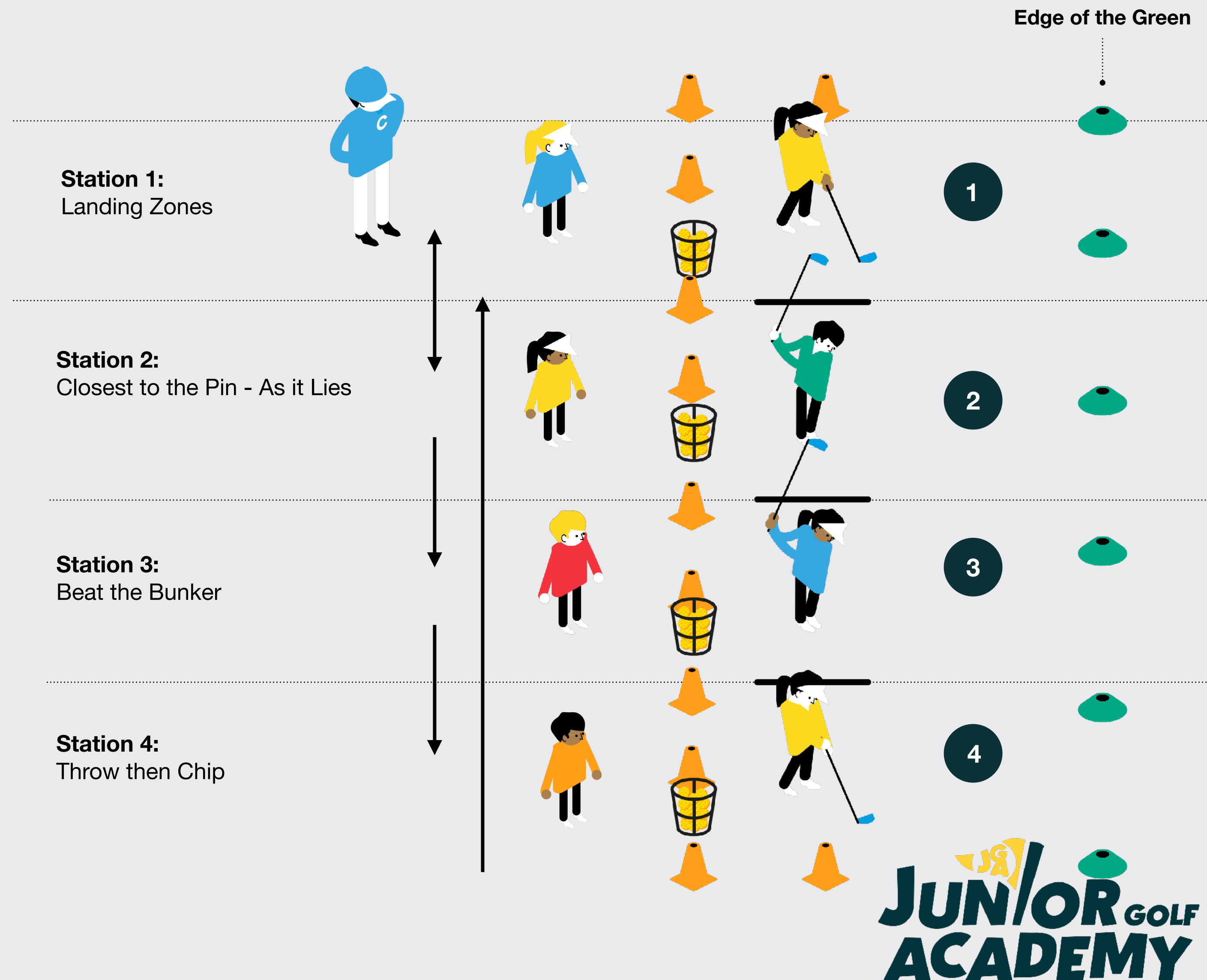
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to the class
- Safety is your top priority when running your class, please remember to;
  - Add your orange safety cones behind each station to identify to the children where they are required to stand when not putting within a station
  - Children not putting from within their station should place the putter on the ground
  - Only one golf ball is required for each junior



# Around the Green Games - Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

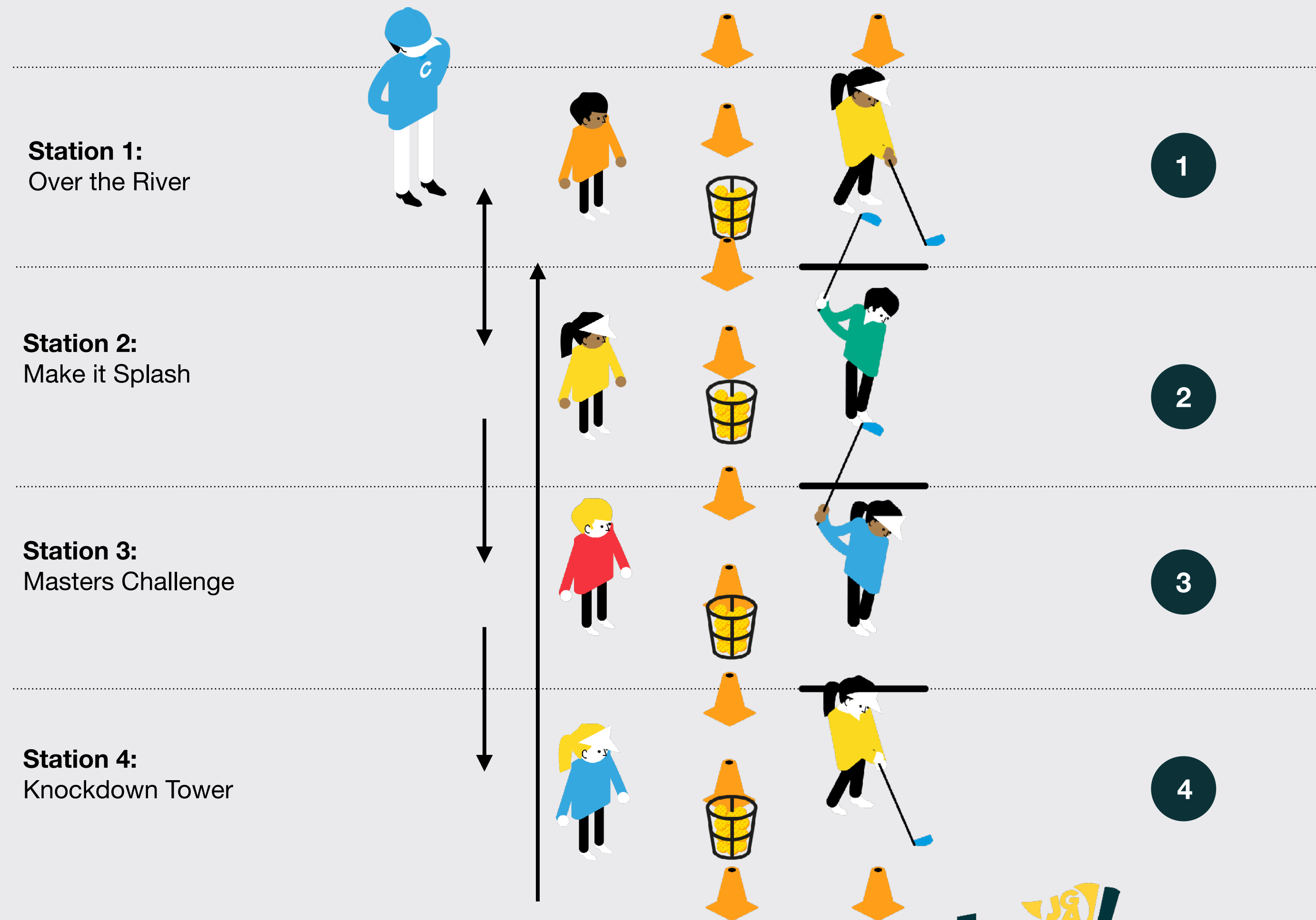
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **5-7 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to the class
- Safety is your top priority when running your class, please remember to;
  - Add your orange safety cones behind each station to identify to the children where they are required to stand when not hitting from within the hitting station
  - Dividers should be used to identify to hitting stations
  - Baskets should be placed to right to the side of the children and behind the hitting area
  - Children should never go in front of the hitting stations to collect a golf ball or golf club
  - Children should always exit the hitting stations from the rear by crossing the orange safety cones
  - Children should collect the golf balls in a group with all equipment left at the stations



# Swing Games - Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to the class
- Safety is your top priority when running your class, please remember to;
  - Add your orange safety cones behind each station to identify to the children where they are required to stand when not hitting from within the hitting station
  - Dividers should be used to identify to hitting stations
  - Baskets should be placed to right to the side of the children and behind the hitting area
  - Children should never go in front of the hitting stations to collect a golf ball or golf club
  - Children should always exit the hitting stations from the rear by crossing the orange safety cones
  - Children should collect the golf balls in a group with all equipment left at the stations





# Physical Literacy



Use in the Junior Camp Games



# Bunny Hops - JUNIOR CAMP GAMES

## 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 jumps with both feet or hops with into each step of the ladder
- 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 different fundamental movements such as single leg jumping and alternative leg jumping
- Increase the number of steps of the ladder
- Increase the width of the ladder steps.

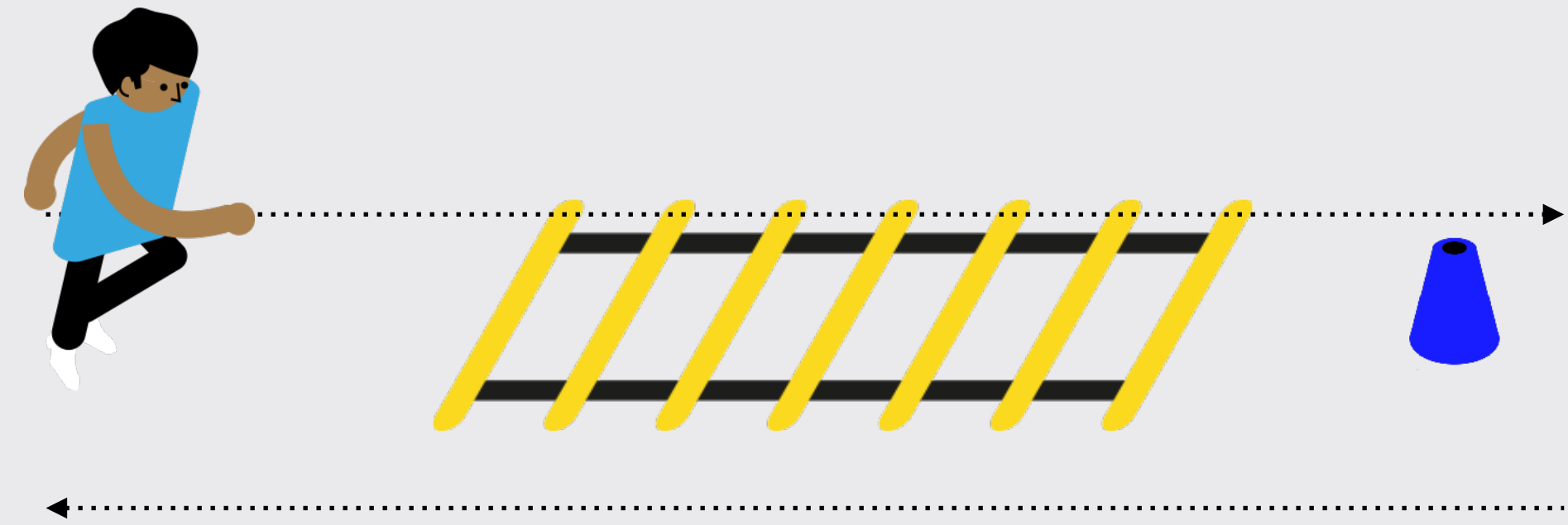
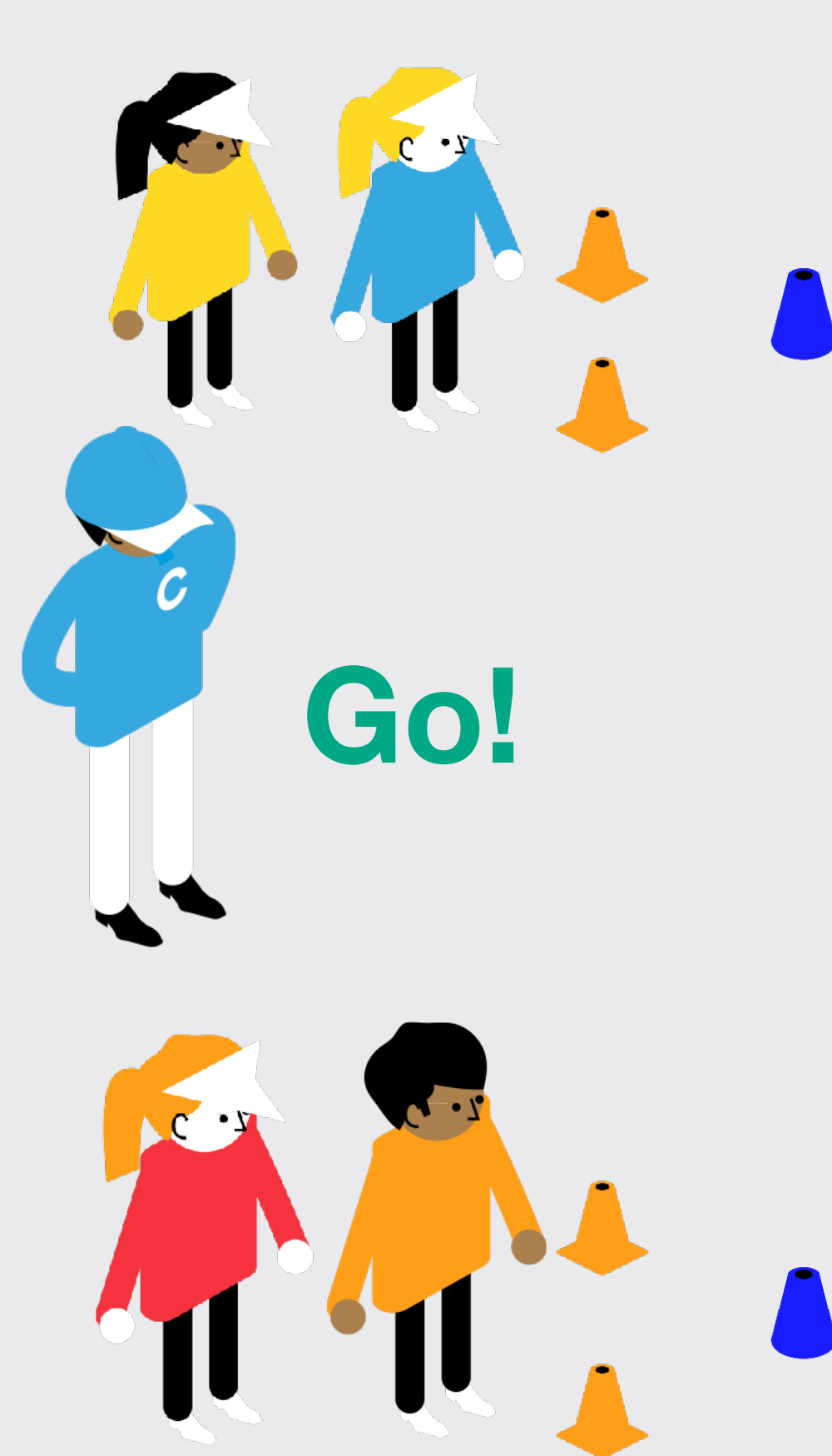
## Equipment Needed

4 x Orange Safety Cones

SAFETY

4 x Cones

Ladder

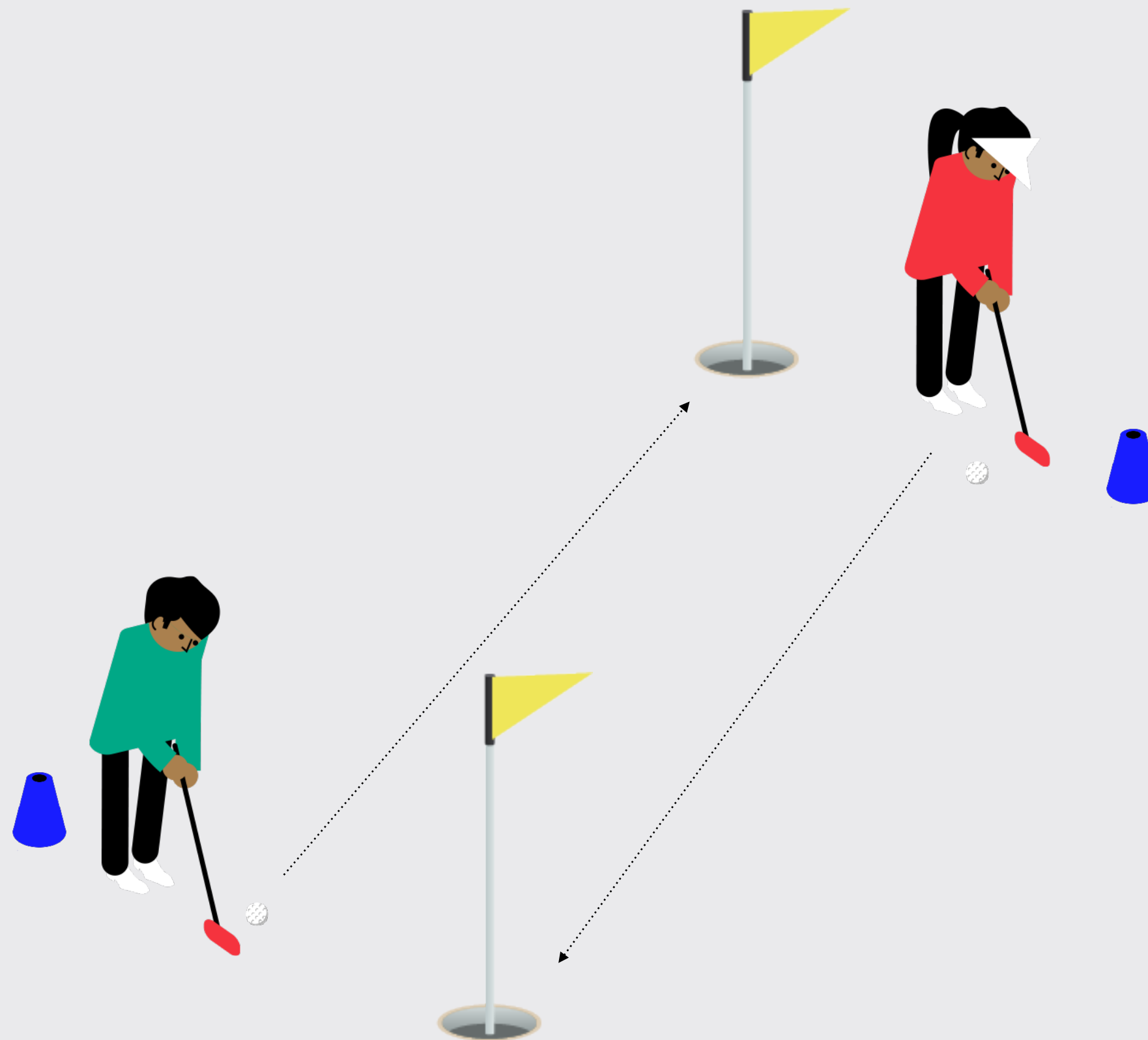


# On the Green Game Cards





## 21

**How to Play**

- Pick two holes on the practice green and each child stands at one hole aiming at the other hole.
- Putts made on the first shot are worth three points, a lip out on the first putt is worth 2 points, 2 putts are worth one point and a 3-putt is -1 point.
- After each child sinks their putt they turn around and putt for the opposite hole.
- The winner is the first child to make it to exactly 21 points.

**Progression Ideas**

- Choose Holes a further distance apart
- 3 Putts worth -2 points

**Learning Outcomes**

- Develops strategic thinking, planning ahead for the next shot
- Consistency of direction and distance control
- Understand risk and reward

**Equipment Needed****Orange Safety Cones**

SAFETY



2 x Cones to mark out the necessary hitting stations.



Spare equipment that may be required for the group attendees.

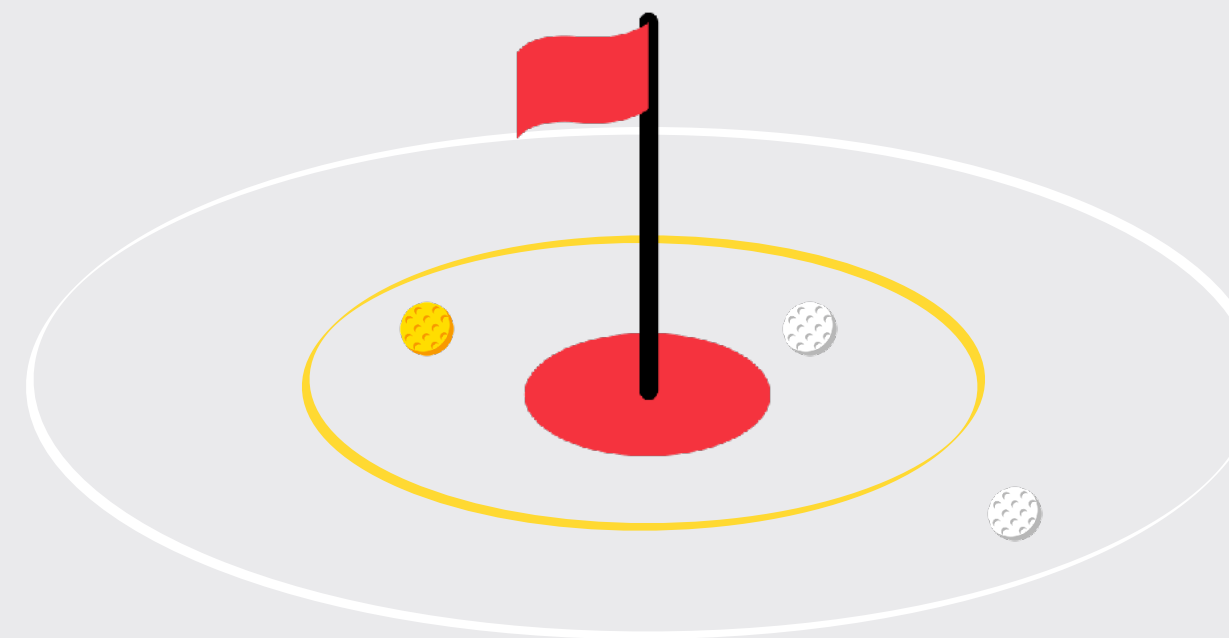
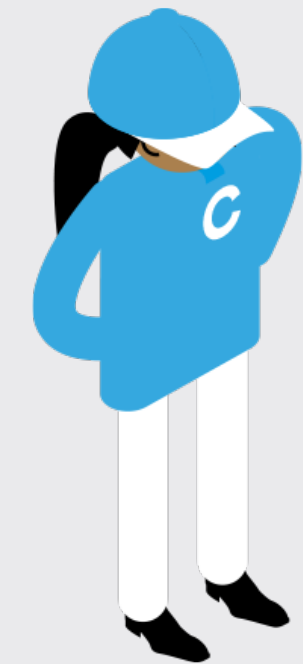


2 x Golf balls





# Curling



----->  
20 Feet

## How to Play

- Nominate a player to play first. Each child is given 3 golf balls of different colors
- The first player attempts their first shot and aims to get their ball as close to the flag as possible
- Players alternate turns until all of the golf balls have been used
- The closest ball to the flag wins the round

## Progression Ideas

- Introduce the game on a slope
- Change the size of the target circles
- Change the distance between the starting position and the target circles
- Play with more or fewer balls

## Learning Outcomes

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

## Equipment needed

Orange Safety Cones



3 x Yellow Golf Balls



3 x White Golf Balls



10 x Yellow Colored Cones for Middle 6 Yard Target Circle



10 x Blue Colored Cones for Outer 10 Yard Target Circle

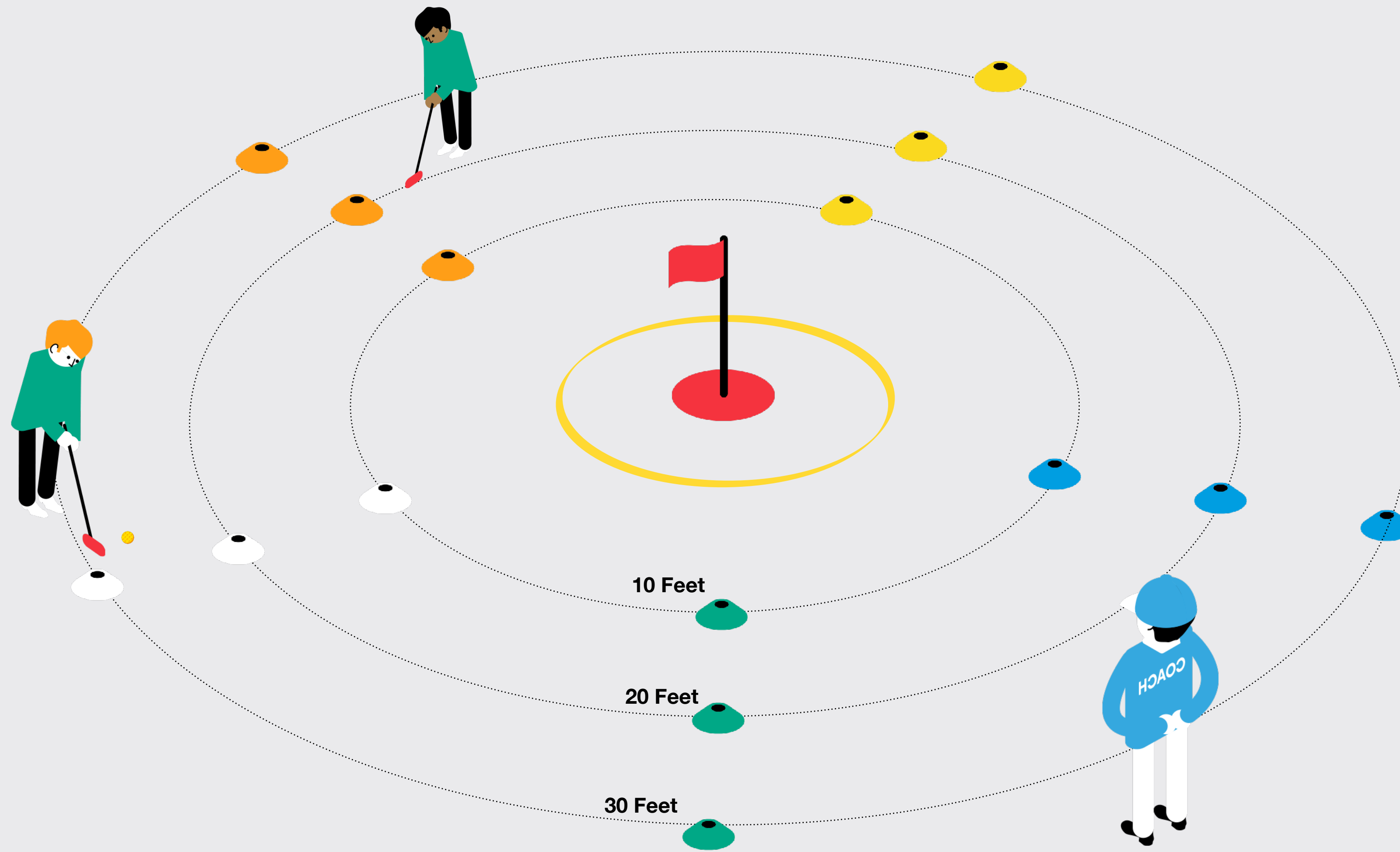


8 x Green Colored Cones for Inner 3 Yard Target Circle





# Single, Double, Triple - JUNIOR CAMP GAMES



## How to Play

- Children take it in turns to choose which distance they want to start from
- If the player starts from the 10 foot line and they putt the ball inside the 6 foot circle they score 1 point, 2 points if they hole the putt
- If the player starts from the 20 foot line they score double points; 2 points inside the 6 foot circle, 4 points if they hole the putt
- If the player chooses to start from the 30 foot line they score triple points; 3 points if they putt the ball into the 6 foot circle, 6 points if they hole the putt
- The game continues until both players have hit 5 putts, one from each color cone.
- The winner is the player who has the most points after 5 shots

## Progression Ideas

- Change the distance between the cones
- Attempt the game on a sloped surface

## Learning Outcomes

- Distance control
- Strategic thinking
- Understand risk and reward

## Equipment needed

Orange Safety Cones

SAFETY

3 x Blue cones

3 x Green cones

3 x Yellow cones

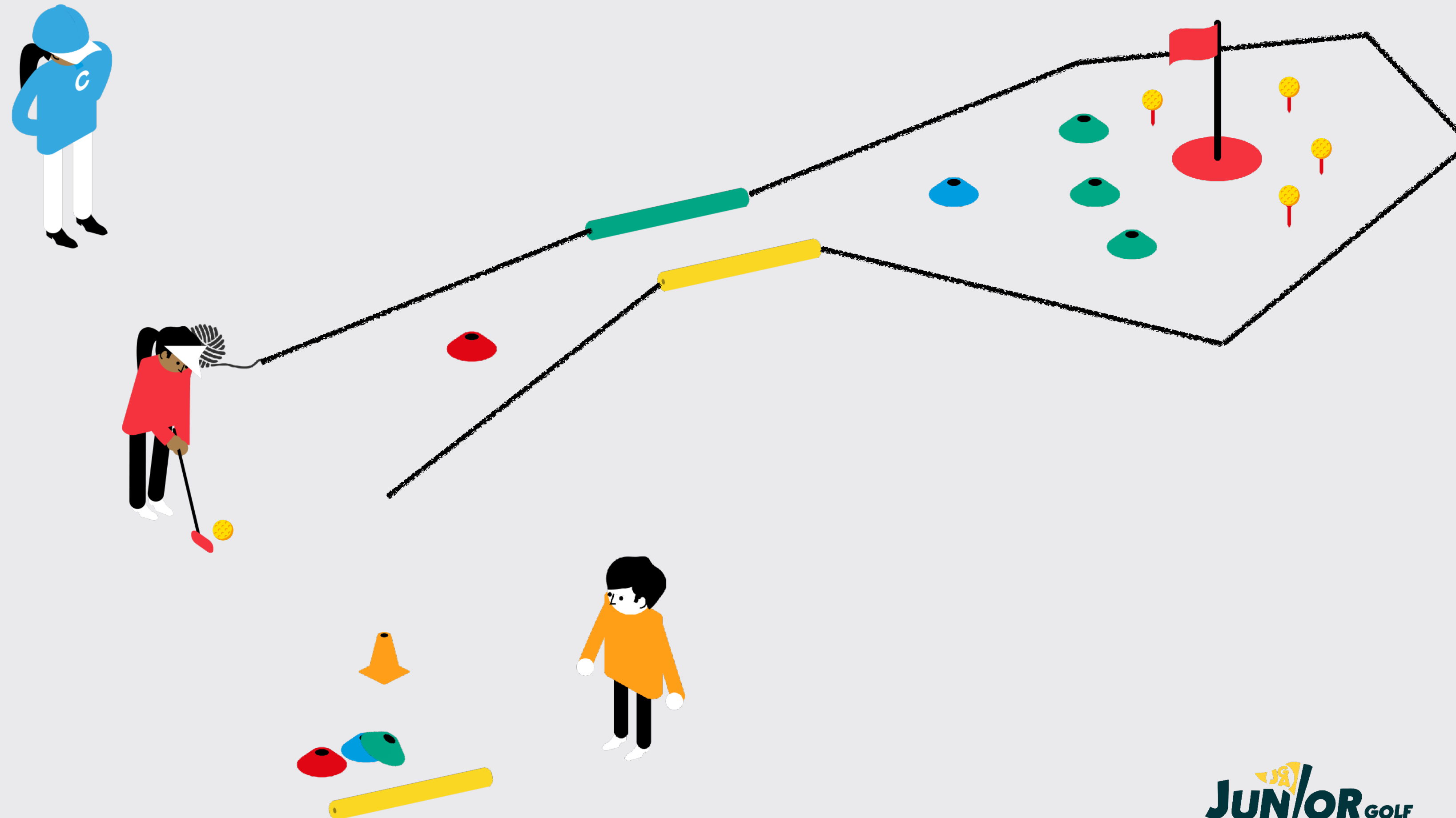
3 x Orange cones

3 x White cones

6 foot diameter target ring



# Build a Hole



### How to Play

- Children work together to create their own putting hole
- Encourage use of all the equipment and allow the players to come up with their own rules
- Make sure they leave enough time to play their hole before switching to the next game

### Progression Ideas

- Introduce additional rules, for example an out of bounds area
- Add or remove equipment

### Learning Outcomes

- This game is great for encouraging creativity and teamwork
- Depending on the hole that the children build, and the rules they introduce, the game can be linked back to the required skills needed to complete the hole in the least number of shots

### Equipment needed

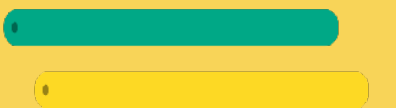
1 x Orange safety cone



Colored cones



Foam Noodles



String



Tees



Golf balls



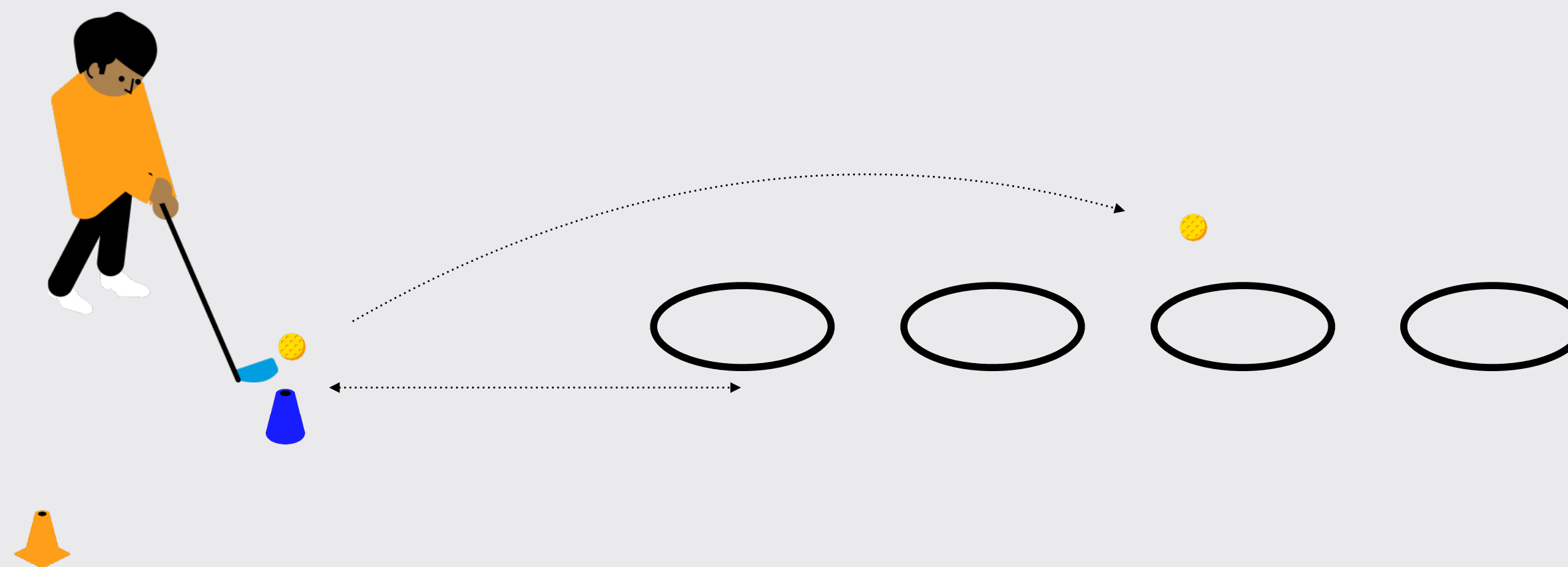
# Around the Green







# Landing Zones - JUNIOR CAMP GAMES



## How to Play

- Scatter the hoops on the ground in 2 yard increments from each other
- The aim is to chip the ball to land in the first hoop, and then land in each consecutive hoop thereafter
- The child counts how many shots it takes to chip the ball to land in each hoop

## Progression Ideas

- Extend the challenge by adding more hoops
- Ask the child to land the ball in each hoop consecutively to the furthest hoop, and then back to the closest hoop again

## Learning Outcomes

- This will help the learner to understand how they can create an effective strategy for varying landing distances

## Equipment needed

Orange Safety Cones

SAFETY



5 x Hoops



Golf Balls

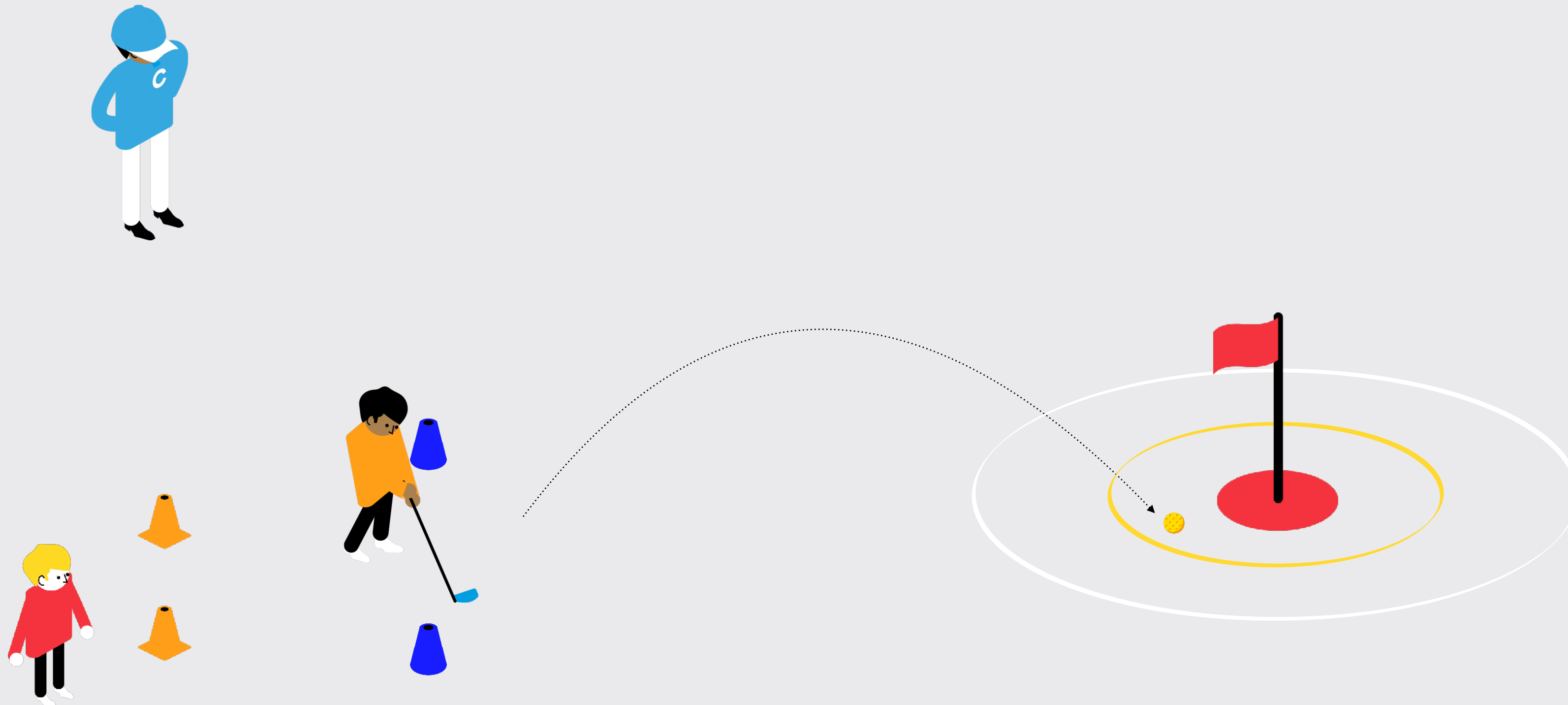


2 x Cones





# Closest to the Pin - Play it as it Lies



## 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
- Children take it in turns to drop the ball in different positions around the green
- The ball must be played from where it lands

## Progression Ideas

- Vary the distance of each shot
- Allow 1 re-drop out of the 10 shots
- Define whether the ball lands or rolls into the box
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe

## Learning Outcomes

- Ability to adapt to the conditions
- Understand there is an element of luck in golf that you cannot control
- React well to bad luck and you will perform better more often
- Variability in your practice helps to improve your skills and is realistic to how the game is played on the course

## Equipment needed

Orange Safety Cones

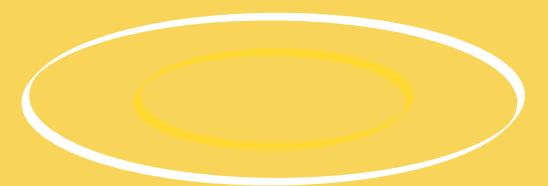
SAFETY



Cones to mark starting position



Target Rings

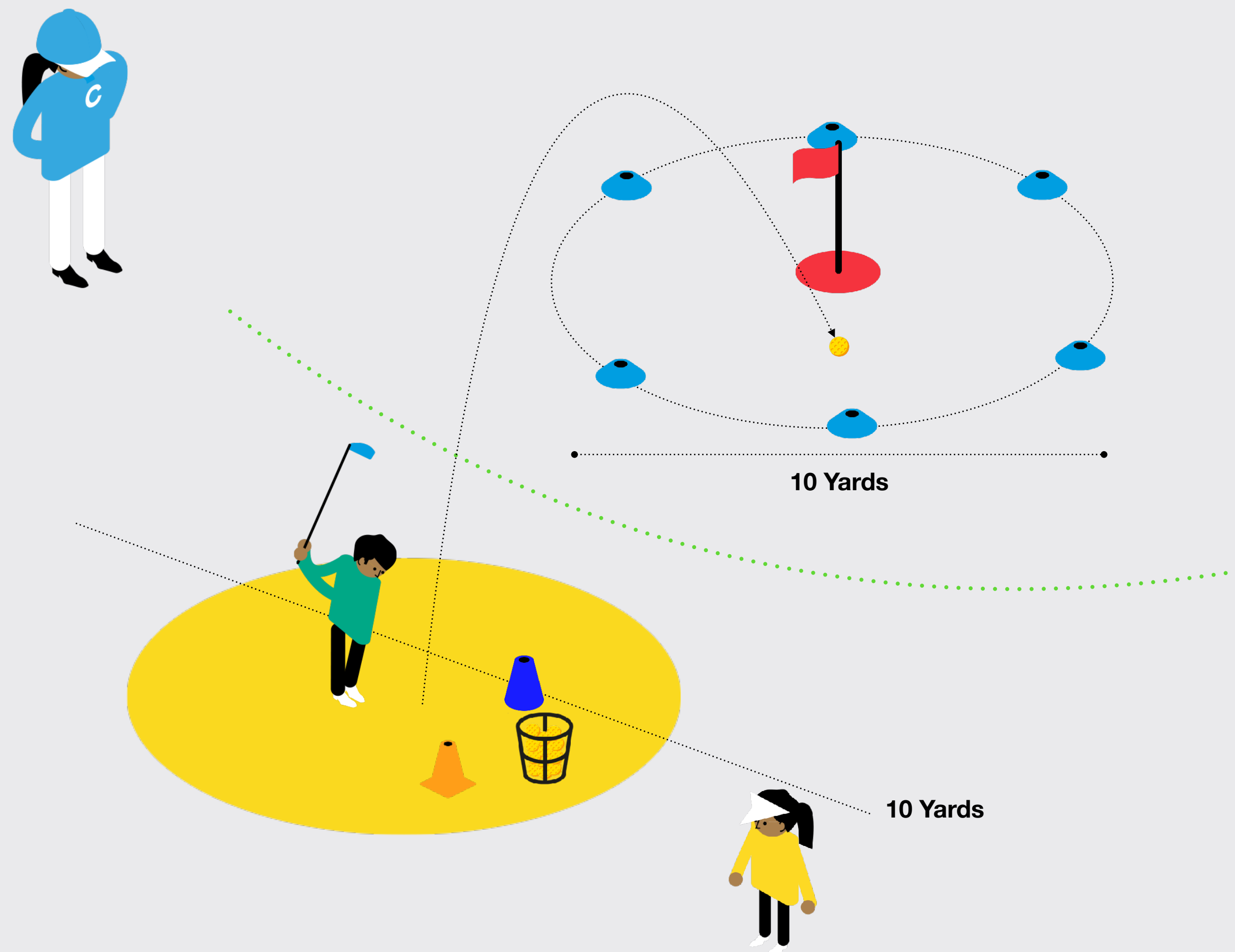


Golf Balls





# Beat the Bunker



## How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their first shot and aims to get their ball out of the bunker
- Players score a point for getting the ball out of the bunker first time
- 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.

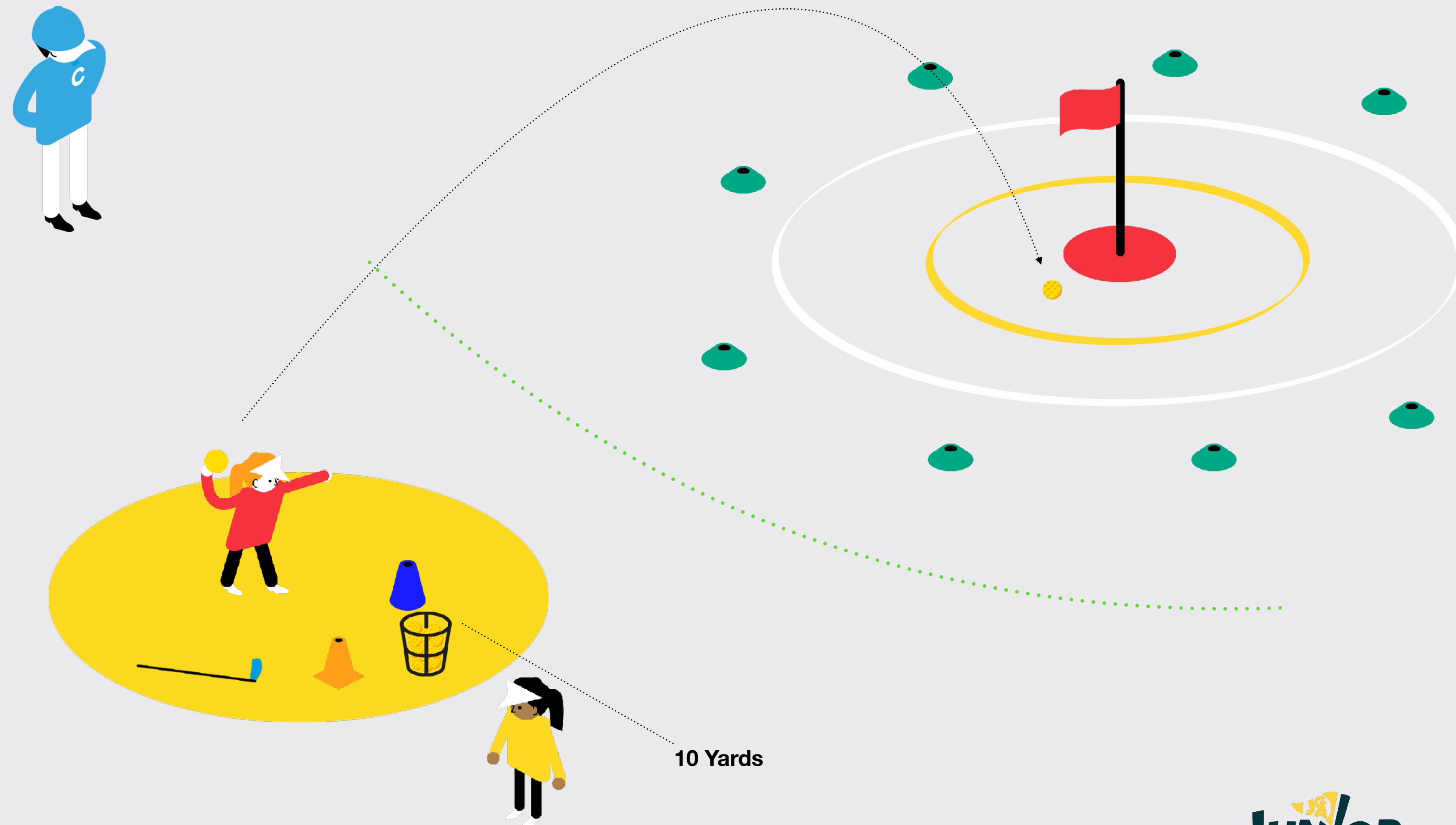


Golf Balls





# Throw then Chip



## How to Play

- Give the target circles different points
- Each child has 5 throws and 5 bunker shots
- The aim is to accumulate as many points as possible as a team, based on where the ball finishes
- The pair should try to beat their personal best score each time

## Progression Ideas

- Change the size of the target circles
- Introduce a rule that the ball must land over the fringe to count

## 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



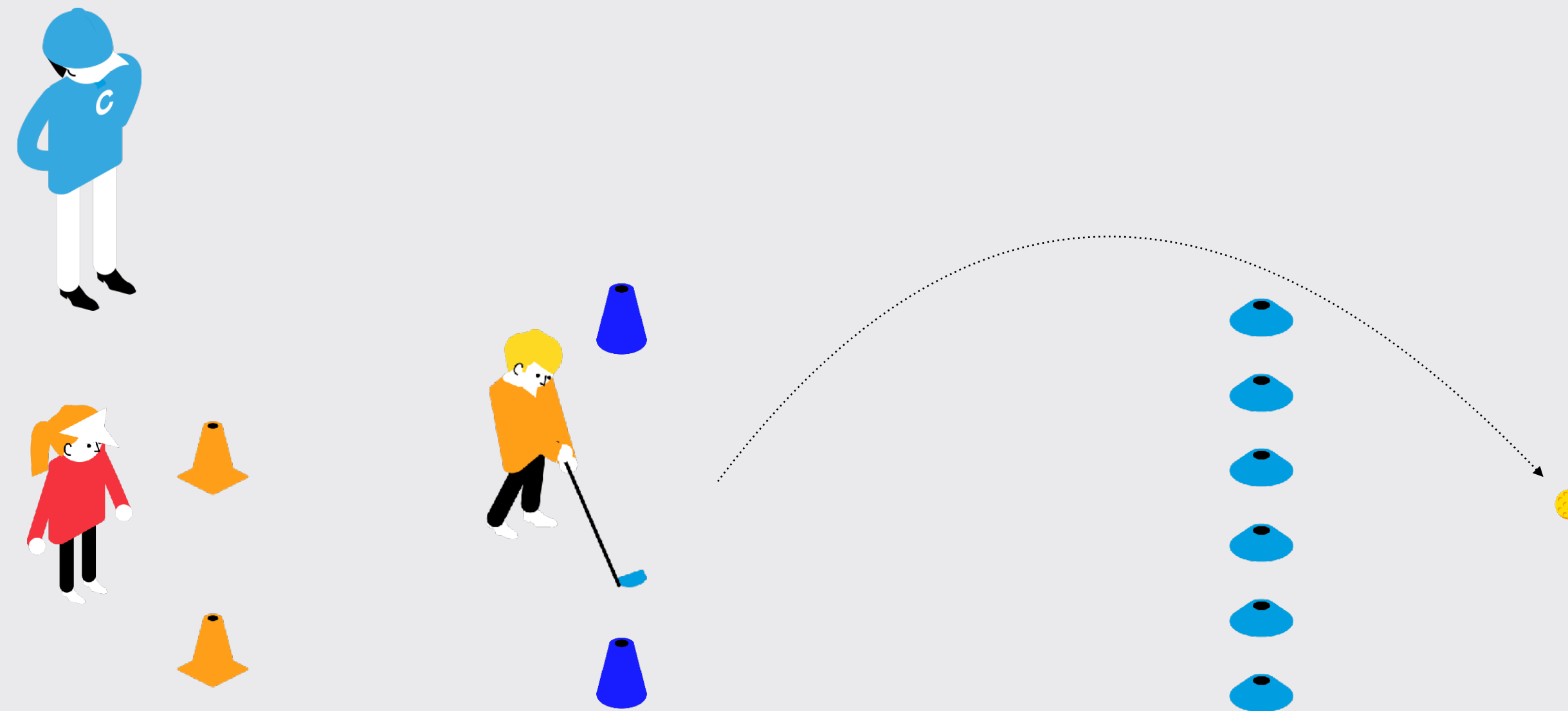
### 10 x Green Colored Cones for Outer 12 feet Target Circle



# Swing



# Over the River



## How to Play

- The children take it in turns to hit their furthest shot possible over the river (blue cones)
- Every time their ball clears the river they get 1 point.

## Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest

## Learning Outcomes

- Improve quality of strike

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



Golf Balls



Spare equipment that may be required for the group attendees.

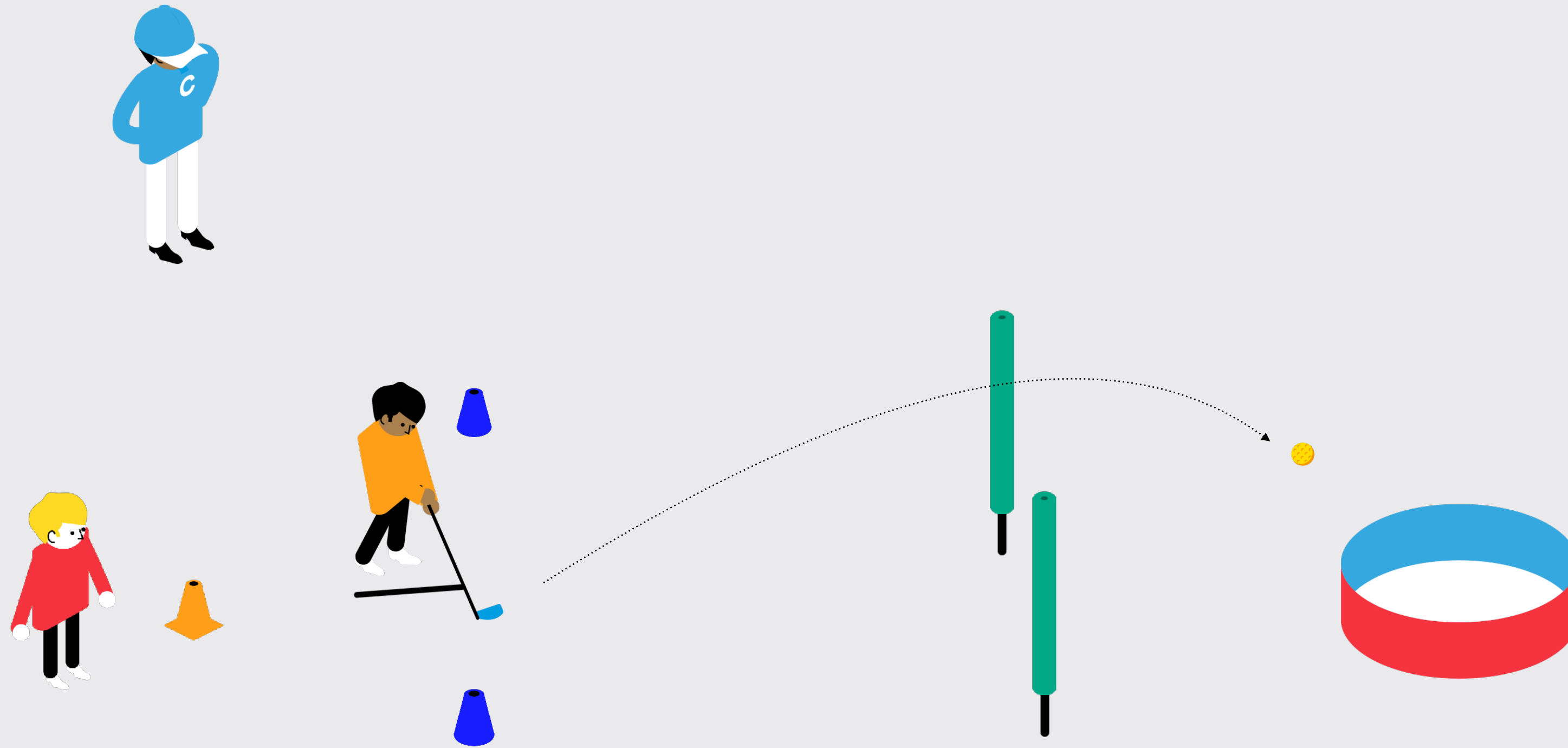


6 x Blue Cones





# Make it Splash



## How to Play

- Children take it in turns to hit their shots, using the alignment stick to aid their alignment and club face aim
- The aim of the game is to pitch the ball into the pool
- Children score two points for pitching the ball straight into the pool, and one point if it bounces in
- The children aim to score as many points as possible before switching games

## 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

4 x Orange Safety Cones

SAFETY

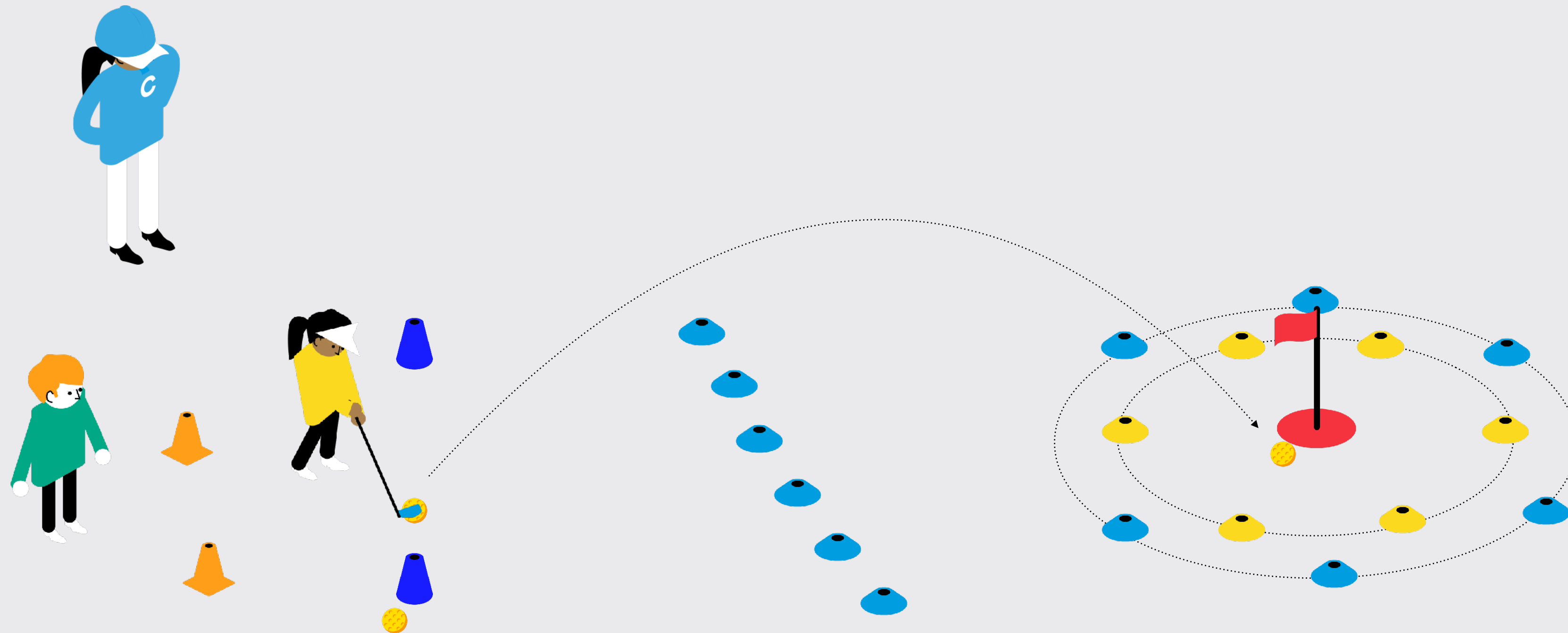
2 Alignment Sticks

2 x Foam Noodles

Pool



# The Masters Challenge - JUNIOR CAMP GAMES



## How to Play

- Explain how the line of blue cones represents a river, just like the famous 12th hole at The Masters
- Players take it in turns to hit shots over the “river” and into the target circles
- If their ball doesn’t go in the air over the line of blue cones then any points scored do not count
- Players score 2 points for the inner circle and 1 point for the outer circle
- The aim is to score the most points after each player has hit 10 shots

## Progression Ideas

- Vary the distance to carry the ball over the river
- 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

4 x Orange Safety Cones

SAFETY



9 x Numbered Cones



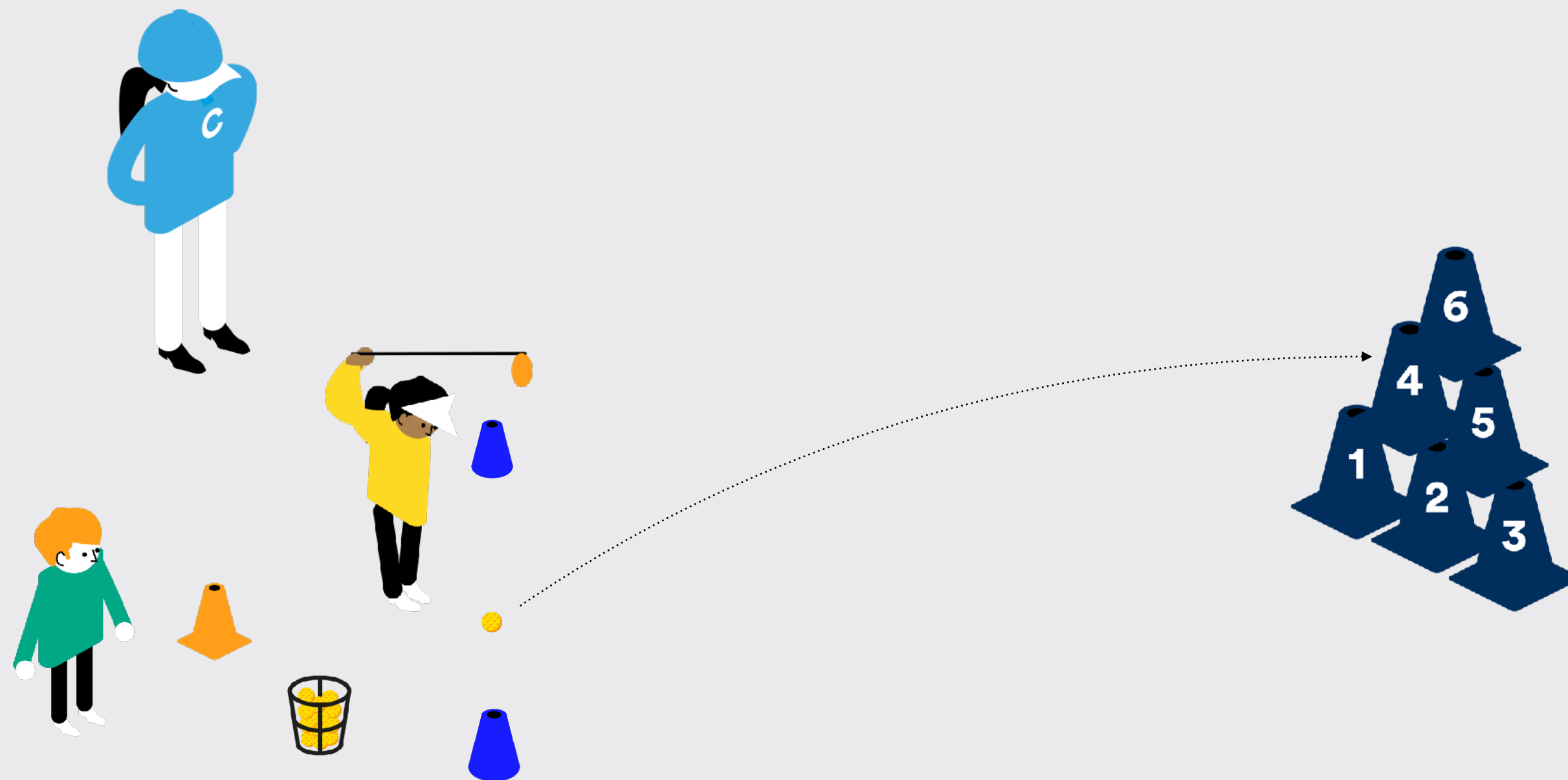
2 x Foam Noodles







# 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

