

# Half-Day Camp Timetables

## 4 Days



**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>	<ul style="list-style-type: none"> <li>Coming Soon</li> </ul>
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>

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# Day 1 | 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 allocate children to their teams for the week</li> </ul>	<ul style="list-style-type: none"> <li>Team Register &amp; Design a Flag</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>Knockdown Noodles (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Rocket Launcher</li> <li>Power Play</li> <li>Knockdown Tower (<b>Junior Camp Competition Game</b>)</li> <li>Crossbar Challenge</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>Cat and Mouse</li> <li>Round the Clock Spiral (<b>Junior Camp Competition Game</b>)</li> <li>Tic Tac Toe - Putting</li> <li>Putting Partners</li> <li>Team Scorecard</li> </ul>
10 Mins	Mid-Morning Break	<ul style="list-style-type: none"> <li>Time to rest, enjoy a drink and snack</li> </ul>	
45 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Around the Green</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Golf Tennis</li> <li>Closest to the Pin (<b>Junior Camp Competition Game</b>)</li> <li>Tic Tac Toe</li> <li>Mouse Trap</li> <li>Team Scorecard</li> </ul>
15 Mins	End of Morning Recap	<ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the morning</li> </ul>	<ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>

# Day 2 | 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>Head, Shoulders, Knees and Toes (<b>Junior Camp Competition Game</b>)</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>Closest to the Line</li> <li>Battleships</li> <li>Splash Shot</li> <li>Over or Under (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Stepping Stones</li> <li>Tug of War</li> <li>Up the Ladder (<b>Junior Camp Competition Game</b>)</li> <li>Flamingo Shots</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>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>Closest to the Line</li> <li>Pick a Cone, Hit a Cone (<b>Junior Camp Competition Game</b>)</li> <li>Coconut Shy</li> <li>Minefield</li> <li>Team Scorecard</li> </ul>
15 Mins	End of Day Recap	<ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the day</li> </ul>	<ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>

# 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>Floor is Lava (<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>Through the Gates</li> <li>Compass</li> <li>Putting Runway (<b>Junior Camp Competition Game</b>)</li> <li>Finders Keepers</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>Cone Crusher</li> <li>Choose Your Trajectory</li> <li>Curling (<b>Junior Camp Competition Game</b>)</li> <li>Single, Double Triple</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>Slalom</li> <li>Happy Shots</li> <li>Pinseeker</li> <li>Pot Luck</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>

# Day 4 | 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>Rock, Paper, Scissors (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Crossbar Challenge (<b>Junior Camp Competition Game</b>)</li> <li>Up the Ladder</li> <li>Clubface Contact</li> <li>Tug of War - Nearest to the Pin</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>Ten Pin Bowling</li> <li>Putting Pool (<b>Junior Camp Competition Game</b>)</li> <li>Finders Keepers</li> <li>Kentucky Derby</li> <li>Team Scorecard</li> </ul>
10 Mins	Mid-Morning Break	<ul style="list-style-type: none"> <li>Time to rest, enjoy a drink and snack</li> </ul>	
45 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Around the Green</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Matchplay Pitch</li> <li>Finders Keepers</li> <li>Over or Under</li> <li>Bullseye (<b>Junior Camp Competition Game</b>)</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>

# Day 5 | 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>Obstacle Course (<b>Junior Camp Competition Game</b>)</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>Splash Shot</li> <li>Mouse Trap (<b>Junior Camp Competition Game</b>)</li> <li>Golf Tennis</li> <li>Over or Under</li> <li>Team Scorecard</li> </ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Crossbar Challenge</li> <li>G. O. L. F.</li> <li>Stepping Stones</li> <li>Straight Shooter (<b>Junior Camp Competition Game</b>)</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>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>Putting Runway</li> <li>American Pool (<b>Junior Camp Competition Game</b>)</li> <li>Stick Shift</li> <li>Putting Poison</li> <li>Team Scorecard</li> </ul>
15 Mins	End of Week Prize 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>