

Mini-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 - Event Timetable

Session Length:
90 mins

Group Size:
1:8

Mastering the Game Focus:
Swing
On the Green

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"> Cross the Pond (Junior Camp Competition Game) Team Scorecard
25 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 	<ul style="list-style-type: none"> Happy Gilmore Flamingo Shots Knockdown Tower (Junior Camp Competition Game) Create your own Game Team Scorecard
25 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 	<ul style="list-style-type: none"> Zone Ball Single, Double, Triple - Putting Domino Race American Pool (Junior Camp Competition Game) Team Scorecard
10 Mins	End of Day Recap	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Team Scorecard

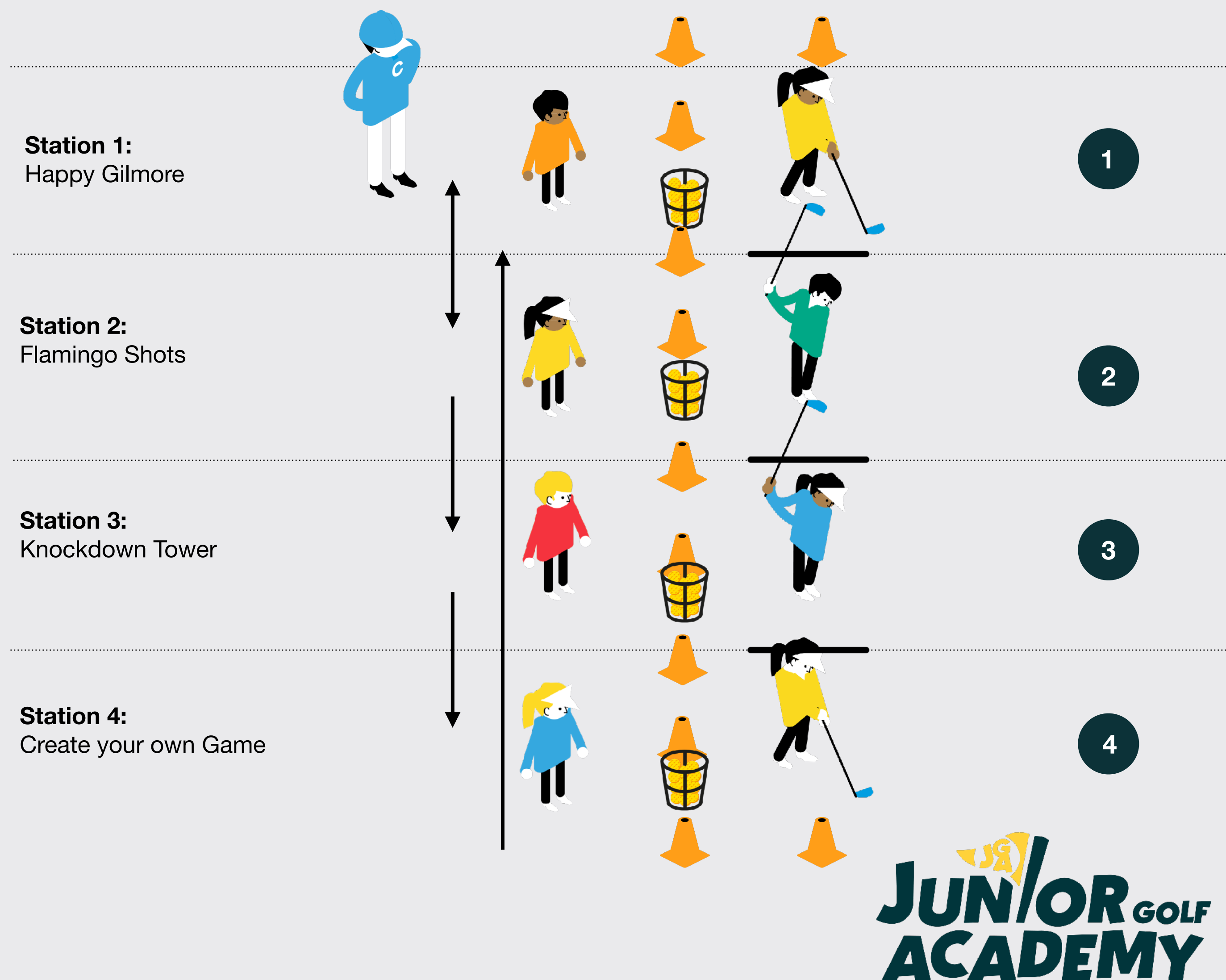
Layout and Setup



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:

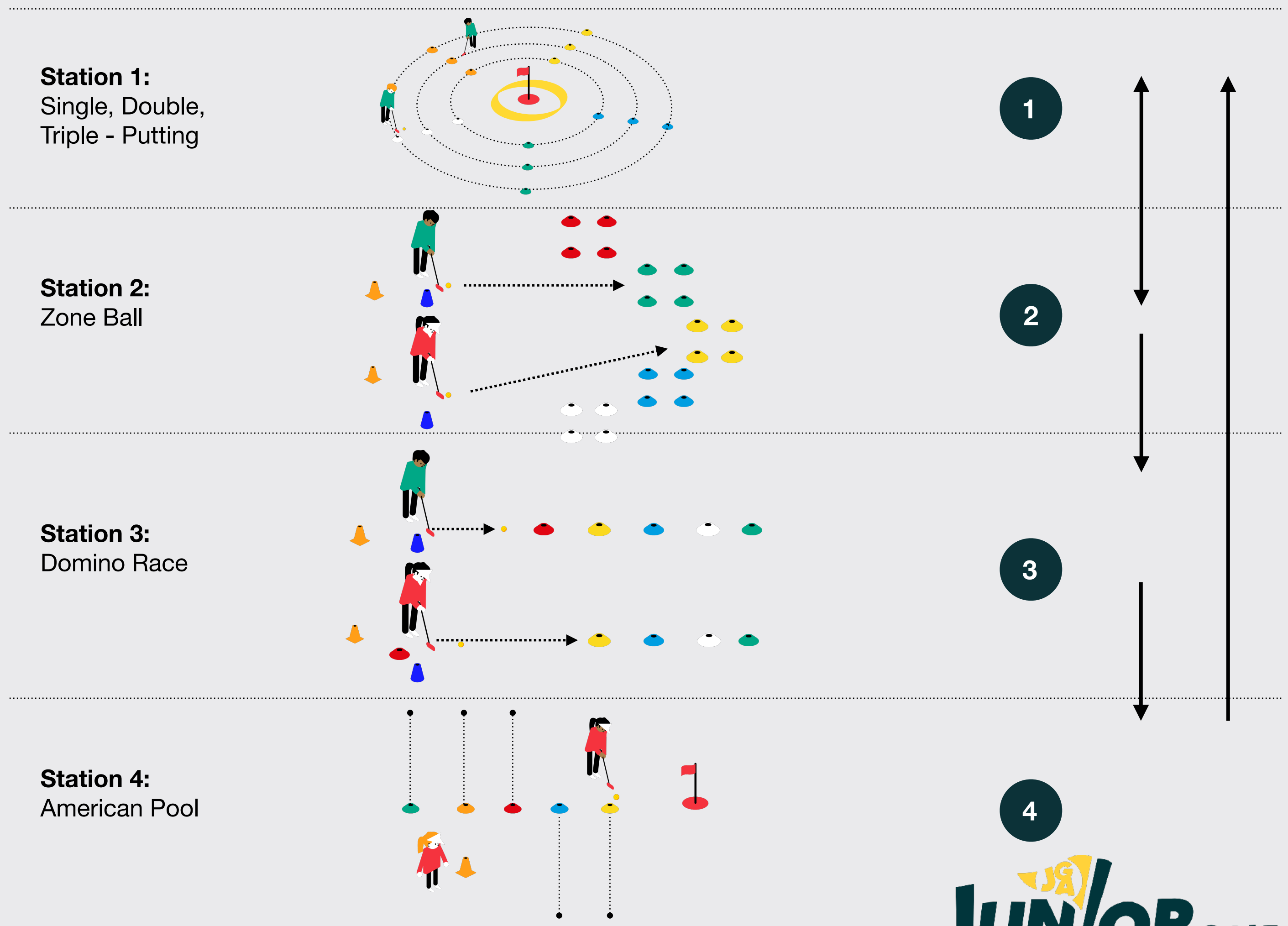
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity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



Physical Literacy





Cross the Pond - JUNIOR CAMP GAMES

How to Play

- This version of the game is based played individually
- The children start evenly spaced around the outside of the pond
- On go, the children run in the same direction around the pond
- On the shout of "cross the pond", children attempt to cross the pond using the hoops or pads to represents the lily pads
- Children are eliminated from the game if they touch the pond or contact another child

Progression Ideas

- Explore FMS movement during the game such as jumping, hopping and skipping
- Increase the size of the pond
- Change the distance between the lily pads
- Reduce the number of lily pads

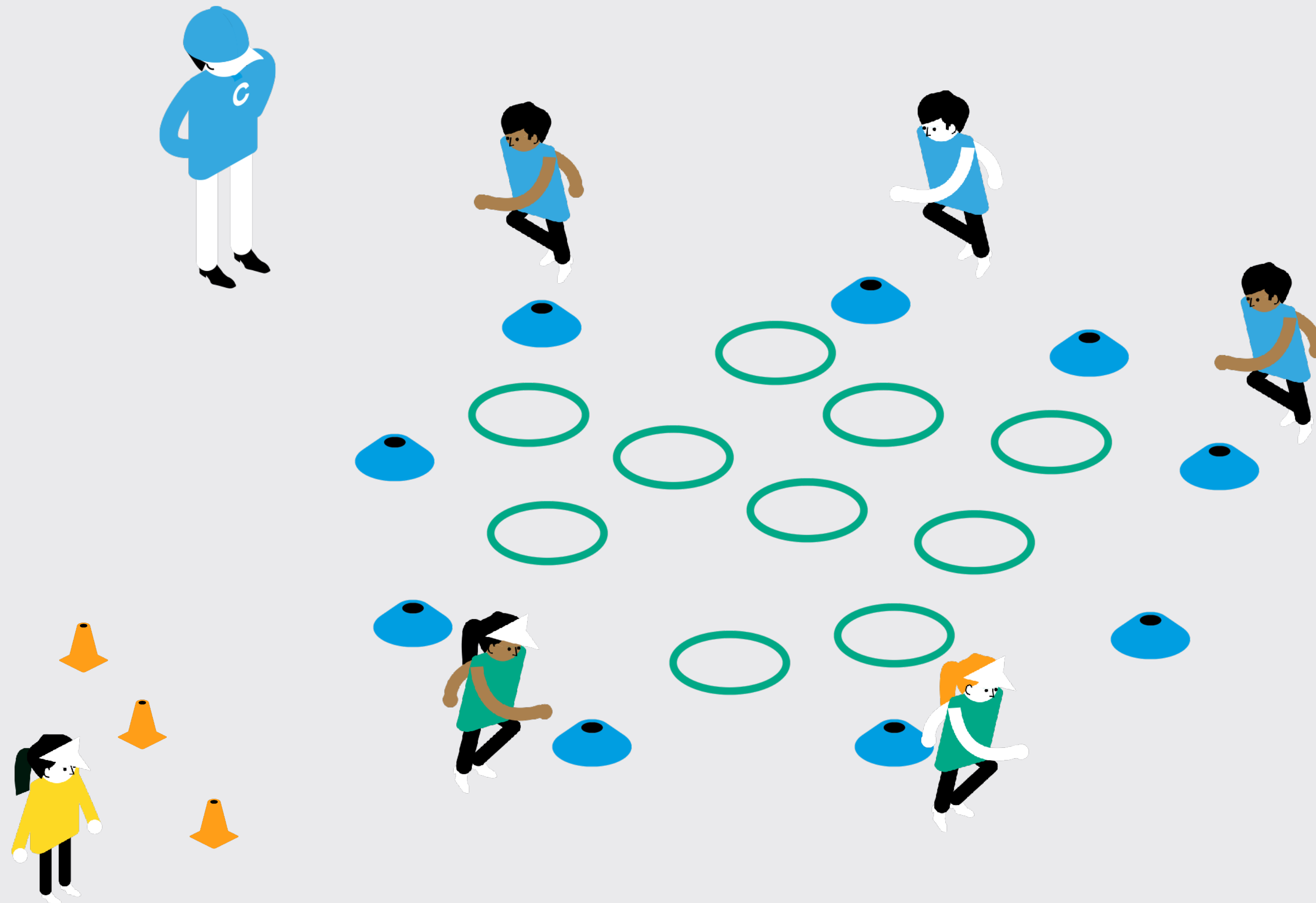
Equipment Needed

Orange Safety Cones

SAFETY

10 cones to mark the outer edge of the pond

10 x Hoops to use as lily pads

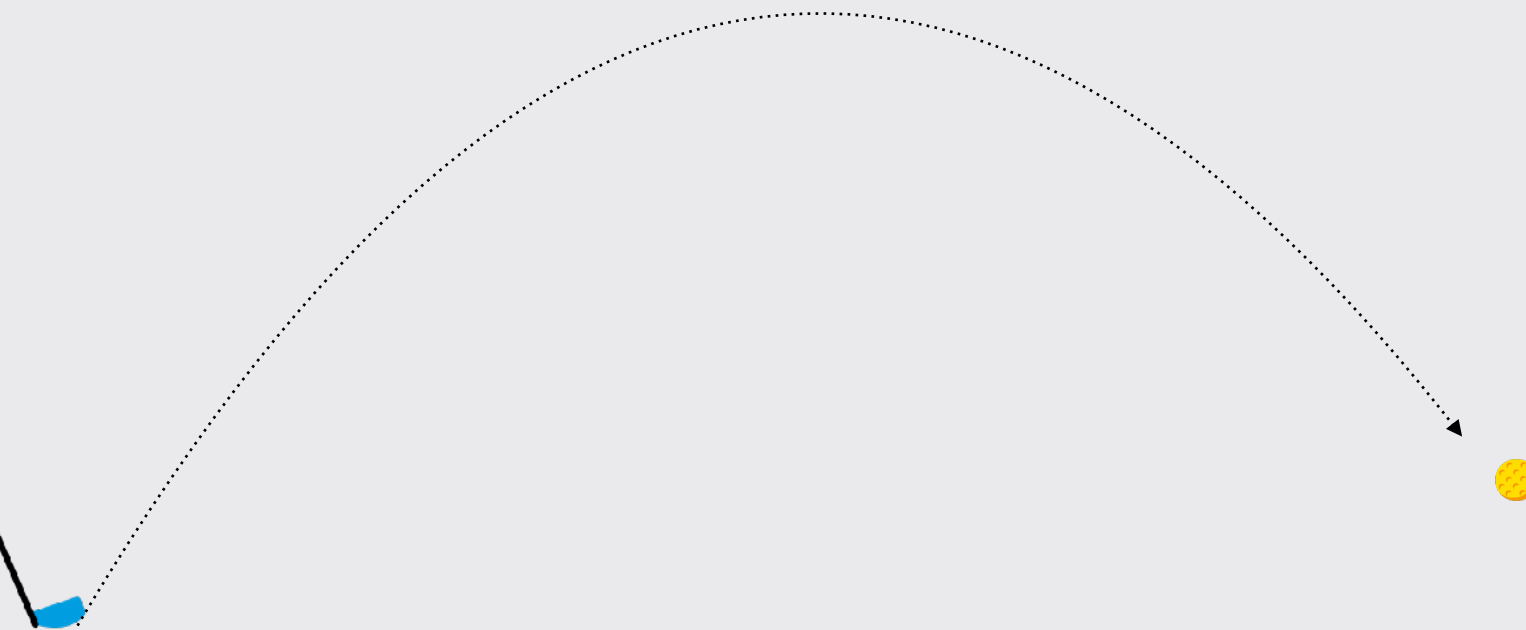
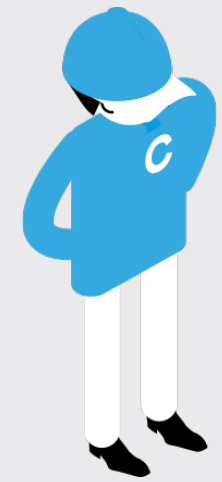


Swing Game Cards





Happy Gilmore



How to Play

- Children take it in turns to try to hit the ball, starting from the first cone. They have to step in to hit the ball
- If the child strikes the ball well they move back to the second cone on their next turn
- The aim is to get to the last cone and strike the ball well

Progression Ideas

- Set a distance target that the children have to hit the ball past
- Set a direction target that the children have to hit the ball between
- Increase the number of cones the children have to start from in their run up to the ball

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



1 x Yellow Cone



1 x Green Cones



1 x Blue Cones

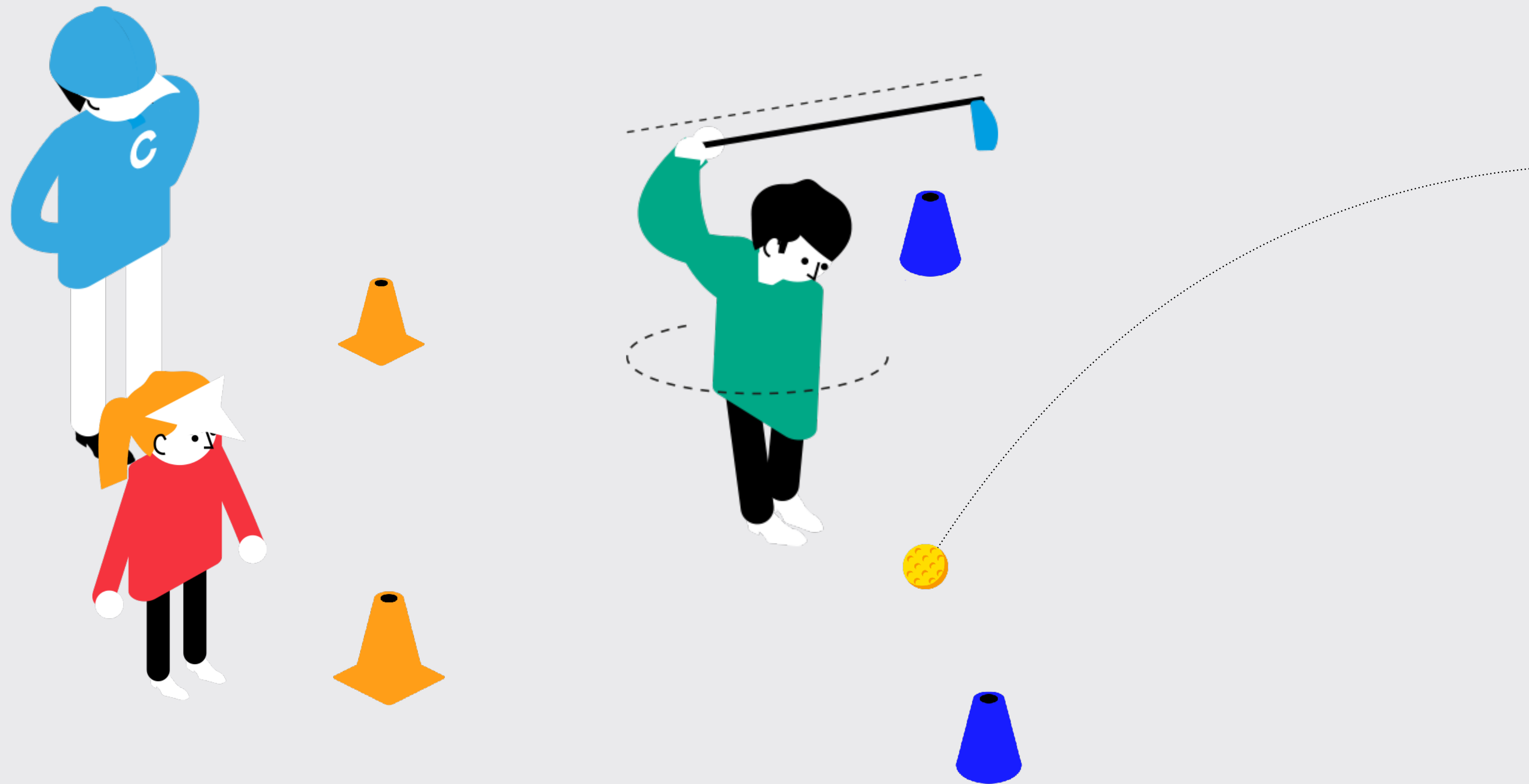


Golf Balls





Flamingo Shots



How to Play

- The children take it in turns to hit shots, whilst keeping their balance
- The challenge is for children to make good contact with the golf ball whilst standing on one foot like a flamingo
- The children should try one shot on each leg, and if they struggle they should try with their feet together

Progression Ideas

- Further difficulty can be added by standing on a noodle
- If the children find the challenge easy then add in direction and distance targets
- Allocate points for hitting certain targets

Learning Outcomes

- Learn to control strike from challenging situations
- Improve balance and coordination by making the initial challenge more difficult

Equipment needed

Orange Safety Cones

SAFETY

2 x Cones

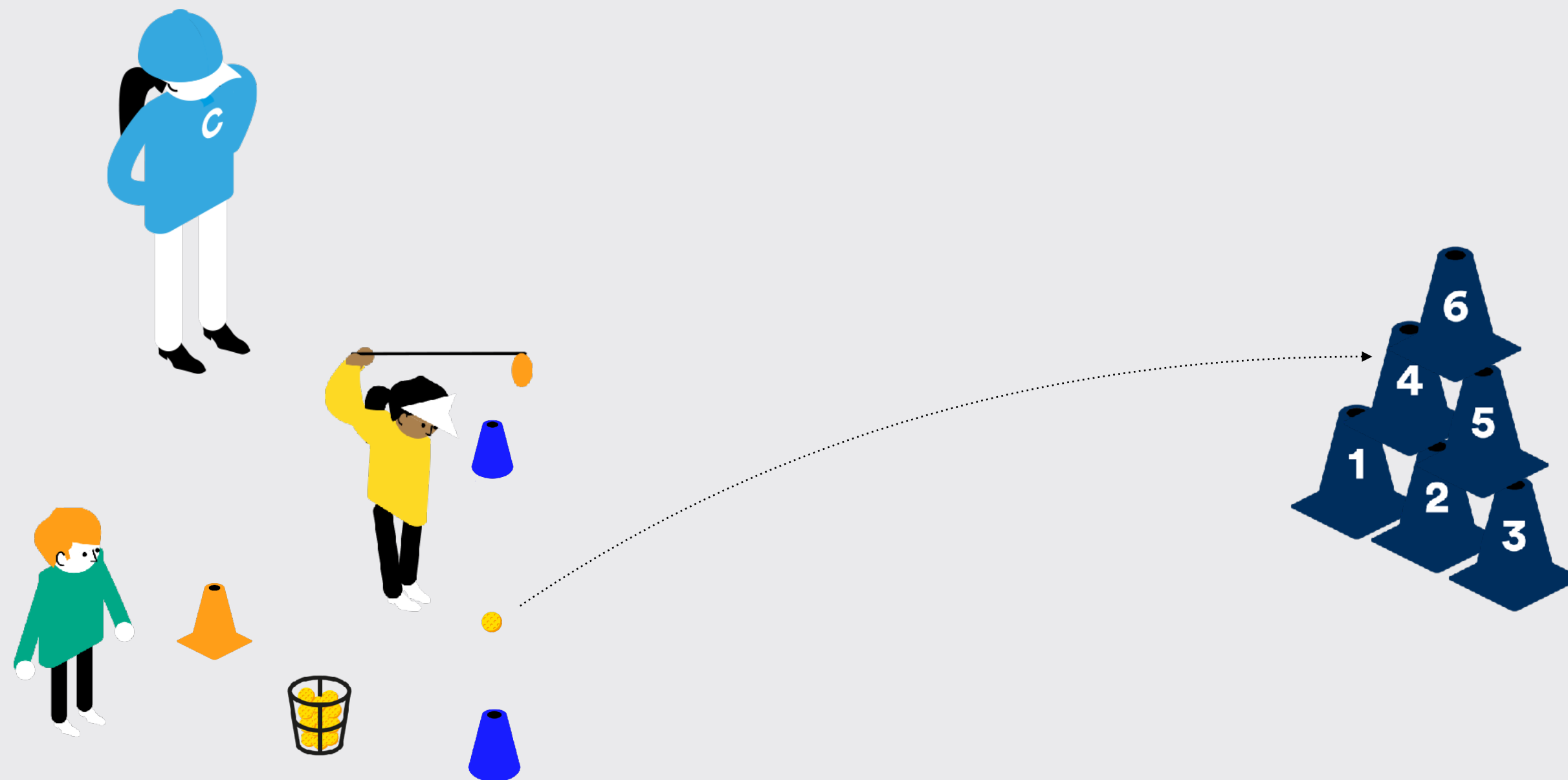
Golf Balls

Spare equipment that may be required for the group attendees.

1 x Foam Noodle



Knockdown Tower - JUNIOR CAMP GAMES



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

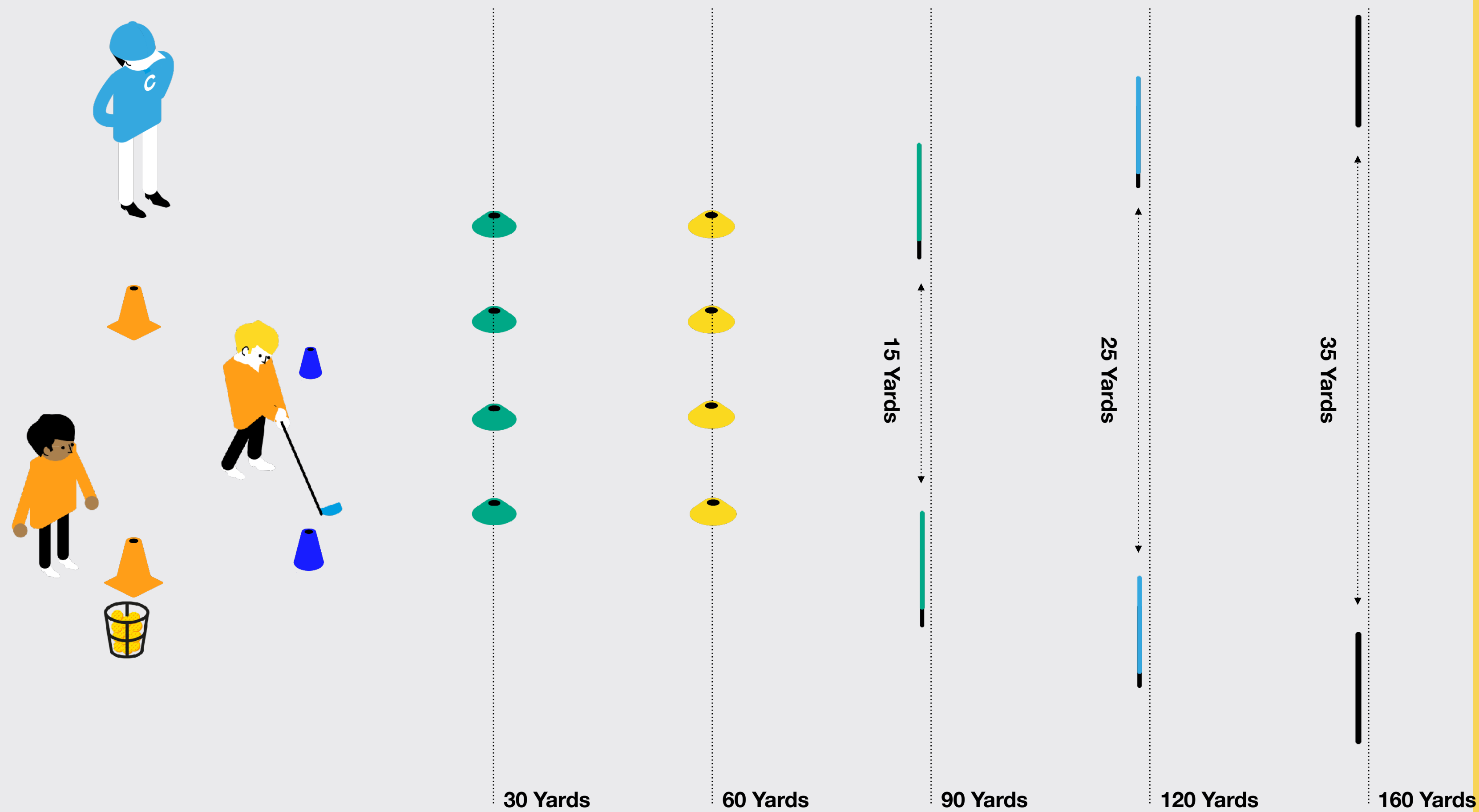


6 x Cones to build a target pyramid





Create Your Own Game



How to Play

- Using the targets that are set out on the outfield, challenge the children to be creative and come up with their own game
- Try not to give too many instructions
- So long as the game is safe, and the children play sensibly they should be allowed the freedom to come up with whatever game they like

Progression Ideas

- Provide more cones, alignment sticks and foam noodles for additional targets

Learning Outcomes

- To encourage creativity in practice and play
- To empower the children to come up with their own rules and play safely, fairly and sensibly

Equipment needed

2 x Orange Safety Cones

SAFETY

2 x Cones

Golf Balls

6 x Alignment Sticks to mark the target fairway

6 x Foam Noodles to mark the target fairway

6 x Colored Cones to mark the 30 yard distance line

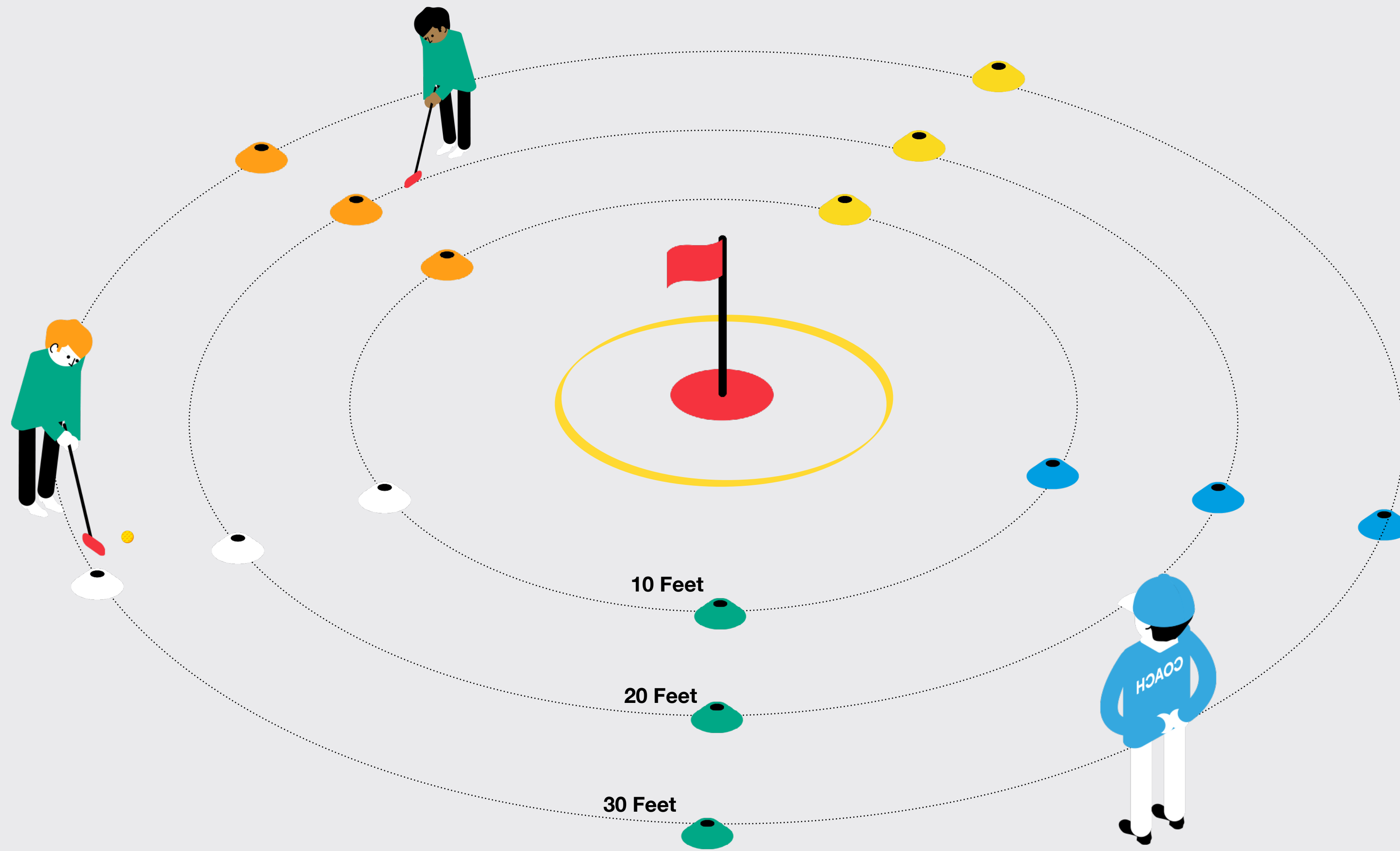
6 x Colored Cones to mark the 60 yard distance line

On the Green Game Cards





Single, Double, Triple - Putting



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

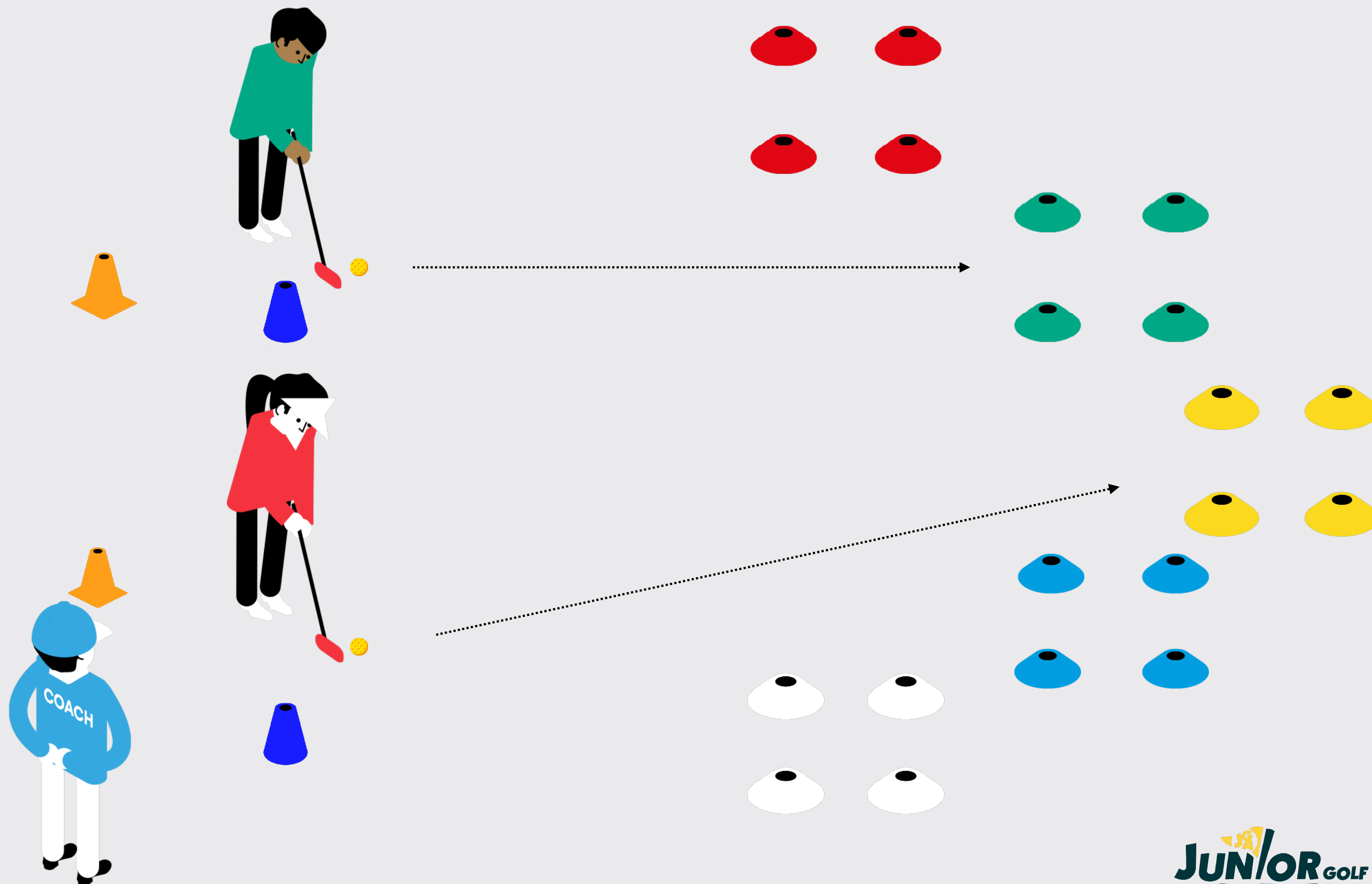


6 foot diameter target ring





Zone Ball



How to Play

- Children take it turns to putt from their station and the aim is to finish the ball within a coloured zone from their putt.
- The zones marked out by cones are worth a different amount of points
 Red = 1 point - White = 1 point - Blue = 2 points - Green = 2 points - Yellow = 5 points

Progression Ideas

- Change the distance between the starting cone and the target cones
- Change the size of the targets

Learning Outcomes

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

Equipment needed

Orange Safety Cones

SAFETY

4 x Blue cones

4 x Green cones

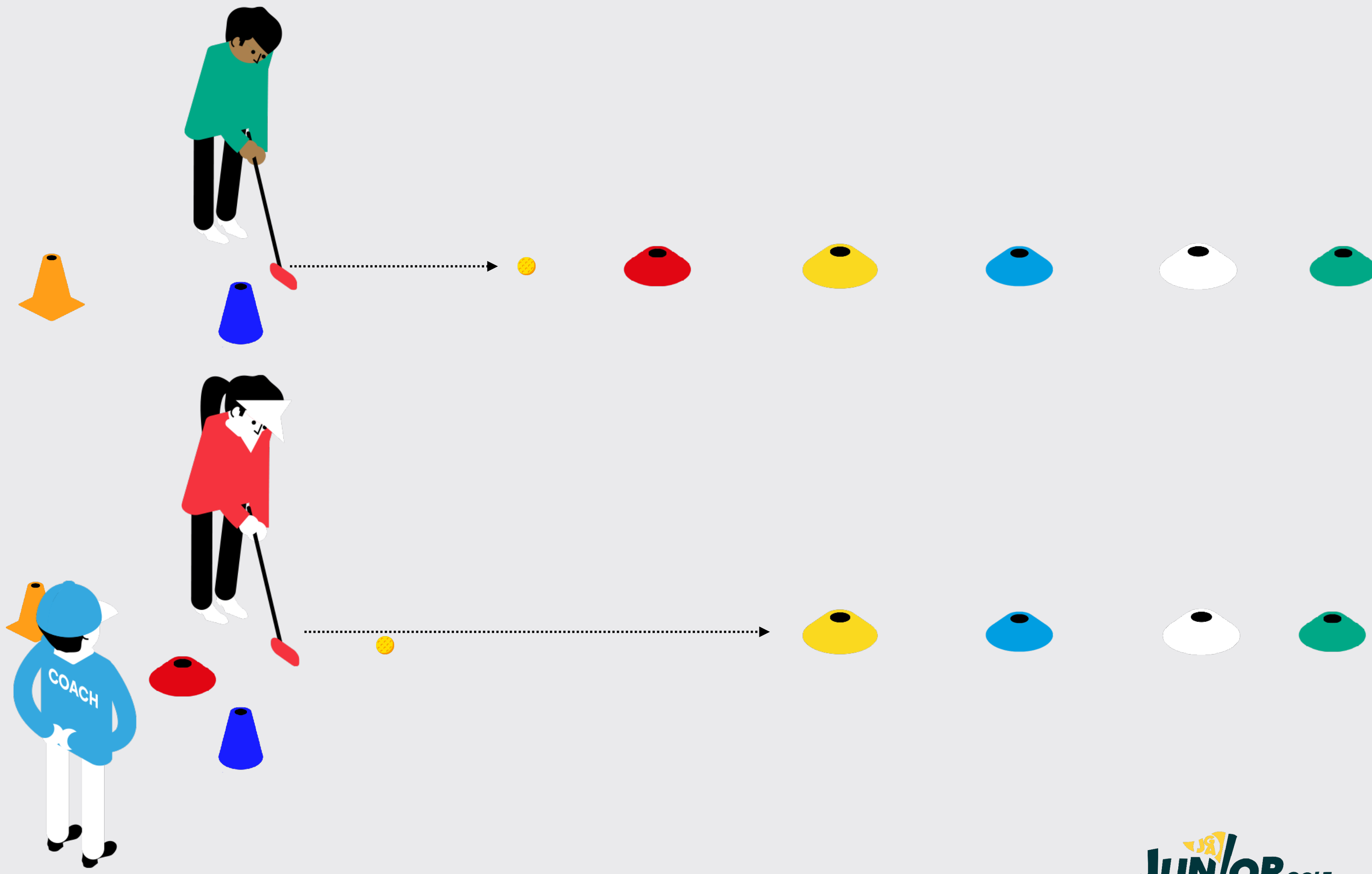
4 x Yellow cones

4 x Red cones

4 x White cones

2 x Starting Cones

Domino Race



How to Play

- Each player is nominated a line of colored cones and a starting point
- Each player hits their first putt and attempts to hit the first colored cone. If the player misses, they return to the start and tries again
- When a player successfully hits the cone, they pick the cone up and bring it back to the start
- The player who wins is the one who hits every cone in order

Progression Ideas

- Change the distance between the starting cone and the target cones
- Change the size of the targets
- Introduce a sloped surface when playing the game
- Introduce a rule where the player must return the cone after a certain number of attempts
- Alternate the direction of each cone

Learning Outcomes

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

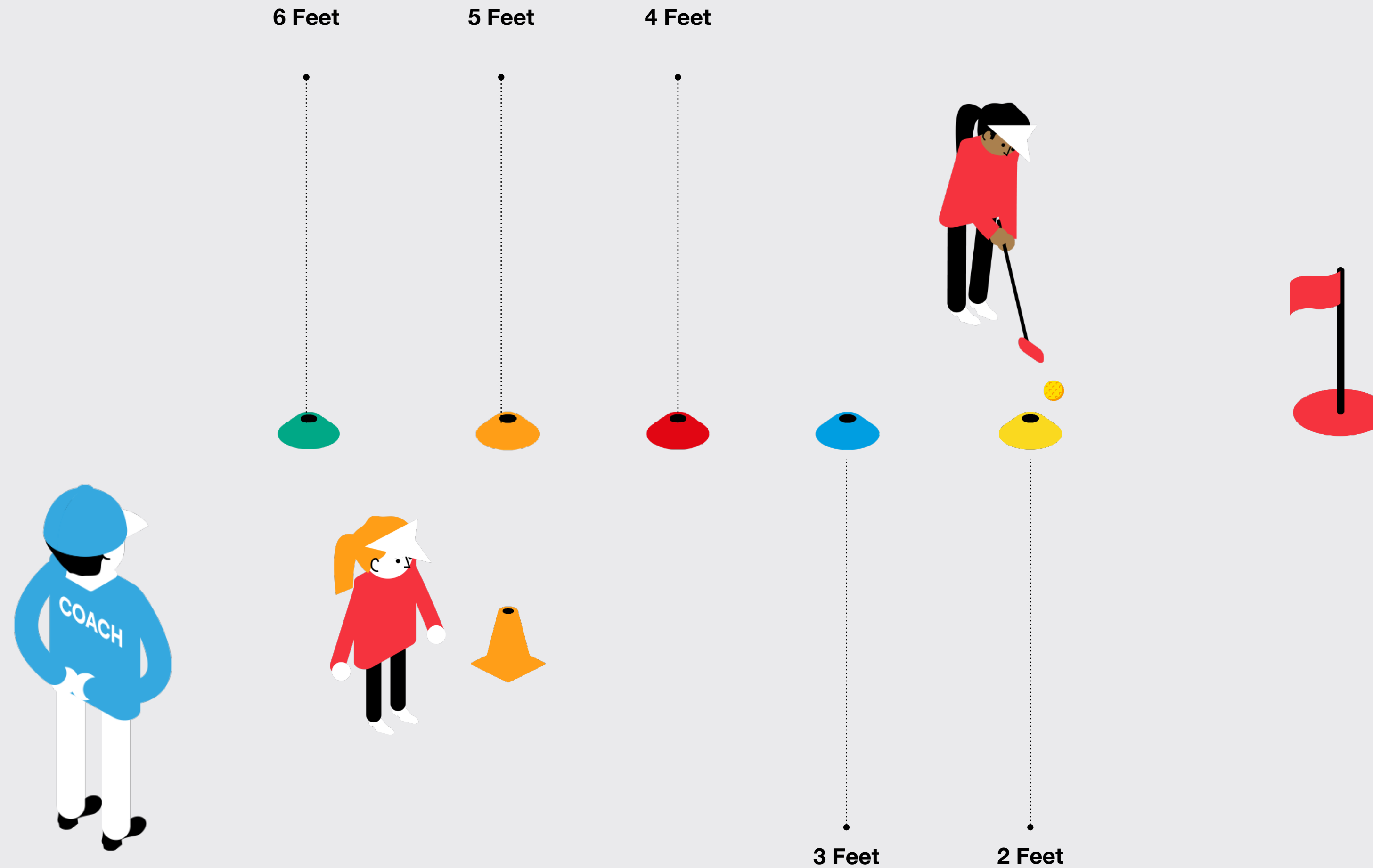
Equipment needed

Orange Safety Cones	SAFETY
2 x Blue cones	
2 x Green cones	
2 x Yellow cones	
2 x Orange cones	
2 x White cones	
2 x Starting Cones	





American Pool - JUNIOR CAMP GAMES



How to Play

- Children take it in turns to putt from the first cone
- If successful, they can move back to the next cone, and continue until they miss a putt
- The challenge is to hole a putt from each of the different colored cones before your playing partner does
- Each time the children have to start again from the first cone

Progression Ideas

- Change the distances the cones are set at depending on the ability level of the children in the group
- Add in more cones to make the challenge more difficult

Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Coping with increased pressure as the child progresses down the line of cones
- Perseverance is required as this game can become quite frustrating

Equipment needed

Orange safety cone

SAFETY

5 x different colored cones to represent the different color balls in American Pool

1 x Golf ball per player

Spare equipment that may be required for the group attendees.