

# Swing Week 1



# Class Timetable - Week 1

**Session Length:**  
60mins

**Group Size:**  
1:6

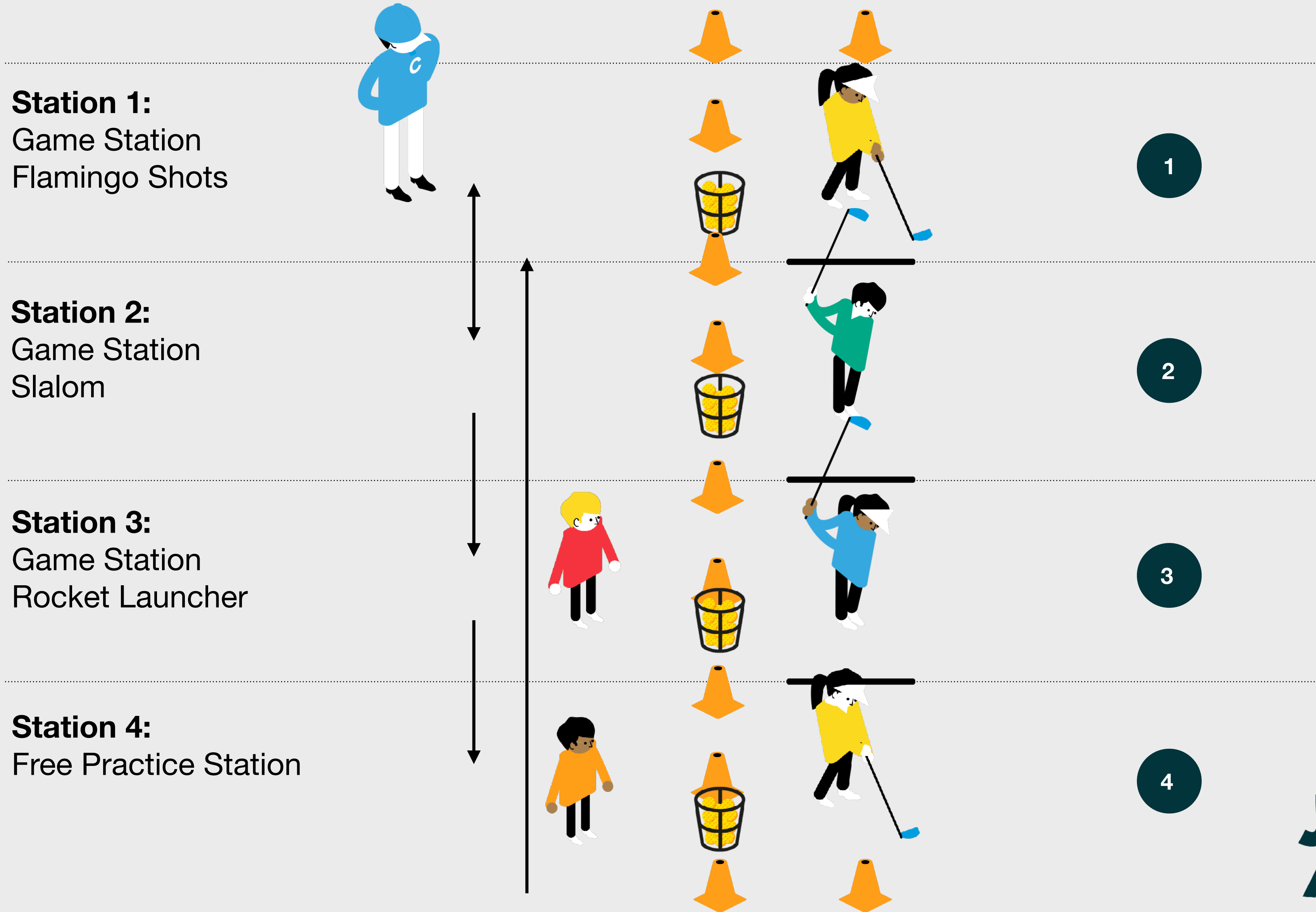
**Mastering the Game Focus:**  
Swing:  
Irons

**Whole Child Focus**  
Cognitive:  
Beginners Mindset

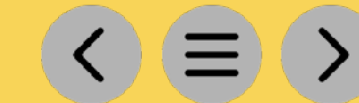
**Learning the Game Focus:**  
Rules and Etiquette:  
Introducing Yourself

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and 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 and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	<ul style="list-style-type: none"> <li>Relay Race, In and Outs</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Introducing Yourself</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Beginners Mindset</li> </ul>
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Slalom</li> <li>Rocket Launcher</li> <li>Flamingo Shots</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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>Children can complete <i>myProgress</i> Wheel and add stickers where appropriate to the <i>myAcademy</i> folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li><i>myAcademy</i> Folders</li> <li>GLF. Connect <i>myGame+</i></li> </ul>

# Class Layout and Setup



# Relay Race In and Outs



## 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 races to the end cone, weaving in and out of the cones, runs around the end cone and back tagging the next player
- The team that wins is the team that 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 a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

## Equipment Needed

### Orange Safety Cones

SAFETY



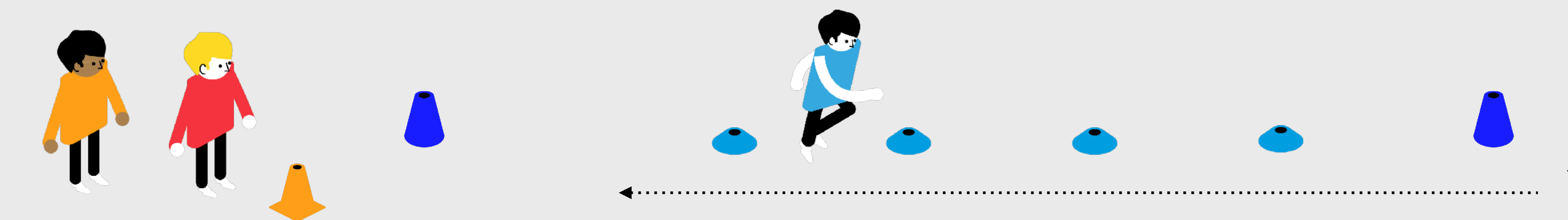
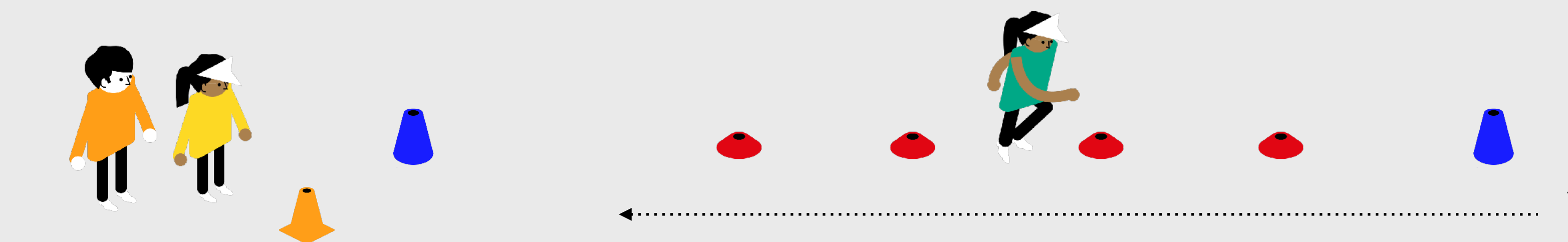
### 4 x Cones



### 4 x Red coloured cones



### 4 x Blue coloured cones





## Cognitive Beginners Mindset

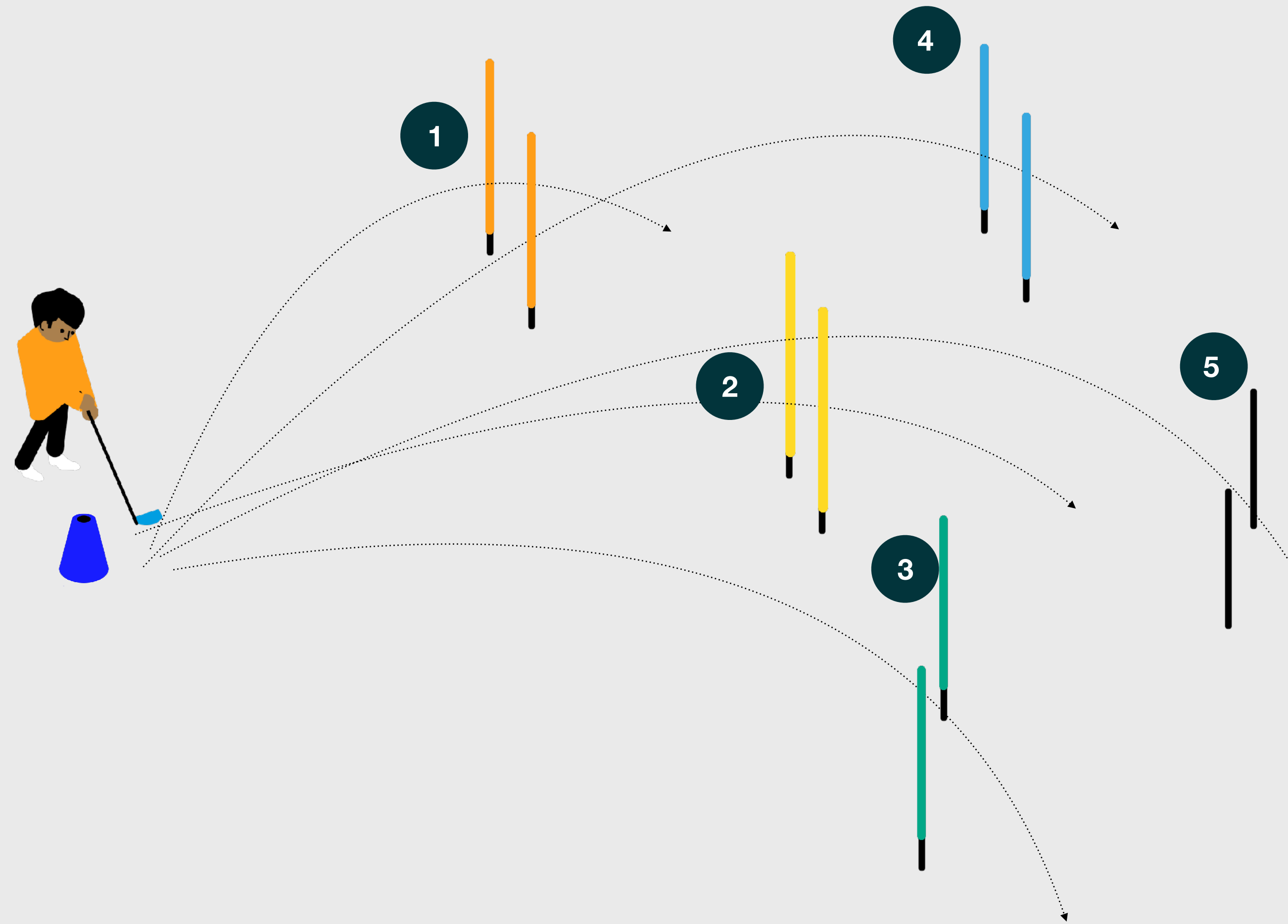
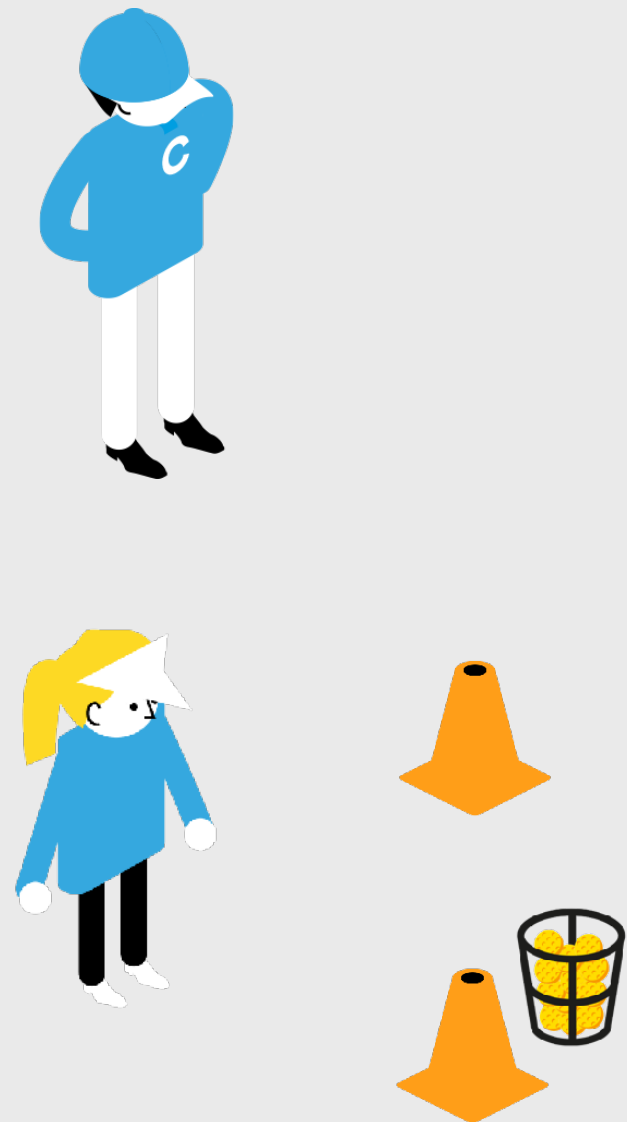
- The Whole Child theme this week is to learn to have a beginners mindset when approaching the games and challenges.



## Rules and Etiquette Introducing Yourself

- The Learning the Game focus this week is to learn how to introduce yourself confidently and respectfully to your playing partners and members at the club.
- You should highlight to the children how important it is to introduce yourself well, with confidence and respect.
- Make sure children understand that first impressions are really important, and by making a good first impression you will start to build a great friendship with that person.
- Outline to the children that it is common in golf for players to shake hands prior to play on the 1st tee and then at the end of the round.

# Slalom



## How to Play

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order
- When a child hits the ball through the gate they move to the next gate
- The children take it in turns to hit their shots
- The winner is the child who gets their ball through the final gate first

## Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets at each gate
- Change the width of the target gates
- Introduce a rule whereby the child has a certain number of attempts before moving back a gate or back to the start

## Equipment needed

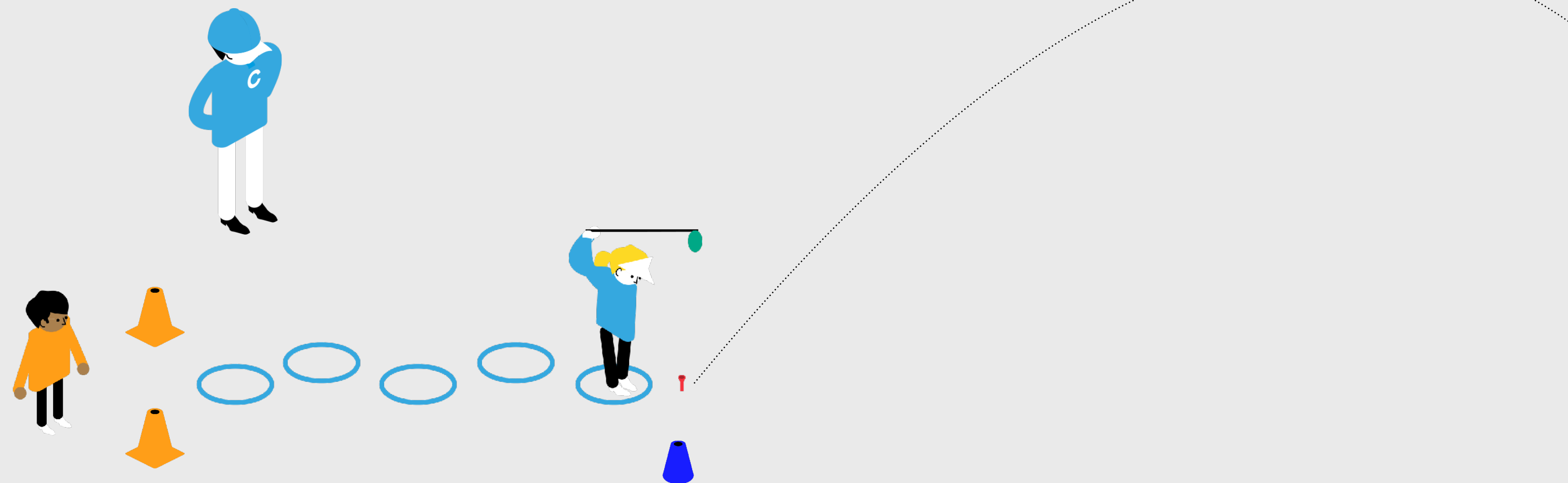
4 x Orange Safety Cones

SAFETY

10 x Alignment Sticks

10 x Foam Noodles

# Rocket Launcher



## How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1...”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

## Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

## Equipment needed

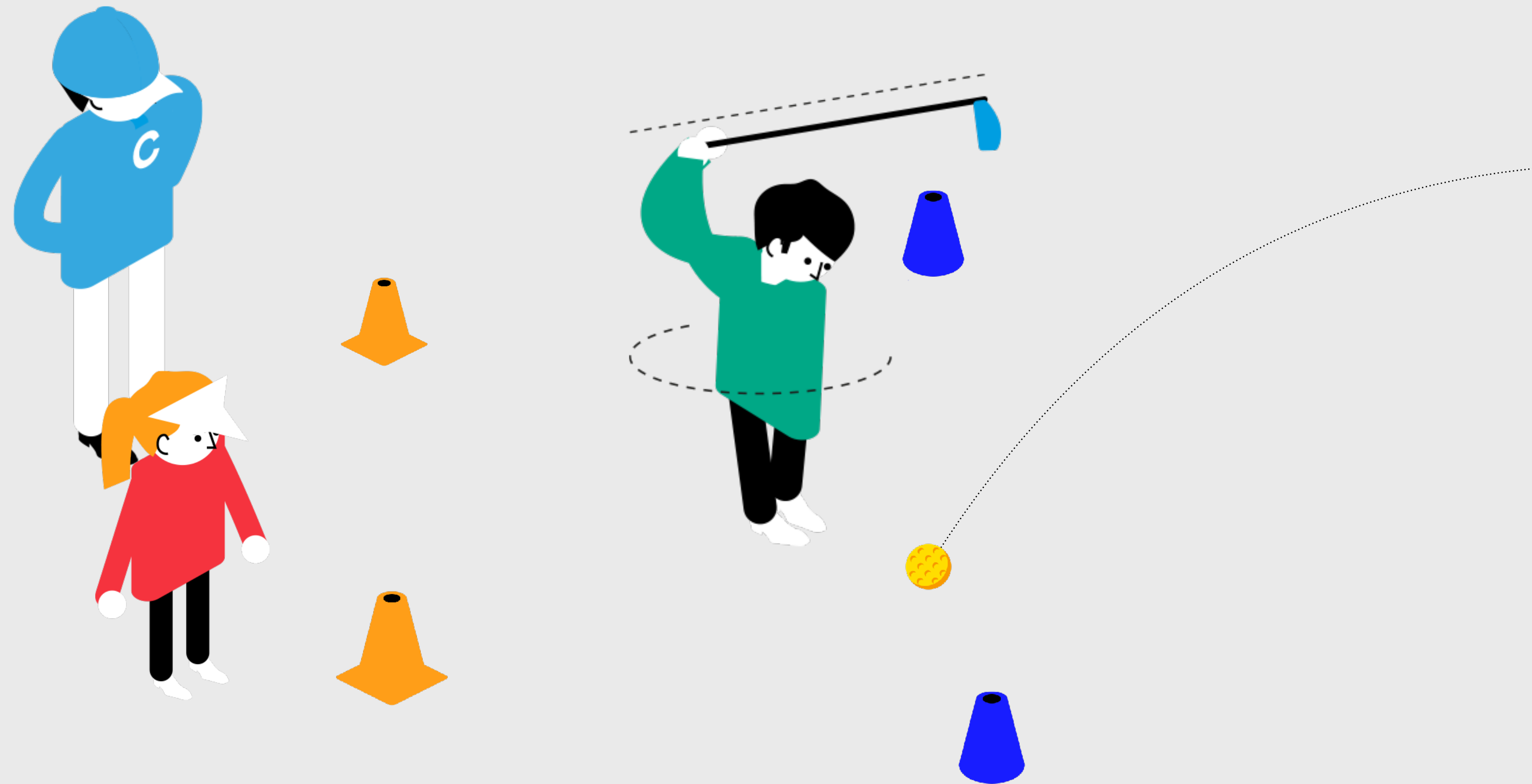
4 x Orange Safety Cones

SAFETY

Hoops



# 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

