

Junior Monthly Class Plans Ages 4-6

# On the Green

## Week 2



# Class Timetable - Week 2

**Session Length:**  
60mins

**Group Size:**  
1:6

**Mastering the Game Focus:**  
On the Green:  
Short Putts

**Whole Child Focus**  
Personal:  
Positivity

**Learning the Game Focus:**  
Orientation:  
The Clubhouse

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>Fill the Bucket</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>The Clubhouse</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>Positivity</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>Cat and Mouse</li> <li>Domino Race</li> <li>Pick a Point</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 myProgress Wheel and add stickers where appropriate to the myAcademy 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>myAcademy Folders</li> <li>GLF. Connect myGame+</li> </ul>

# Class Layout and Setup

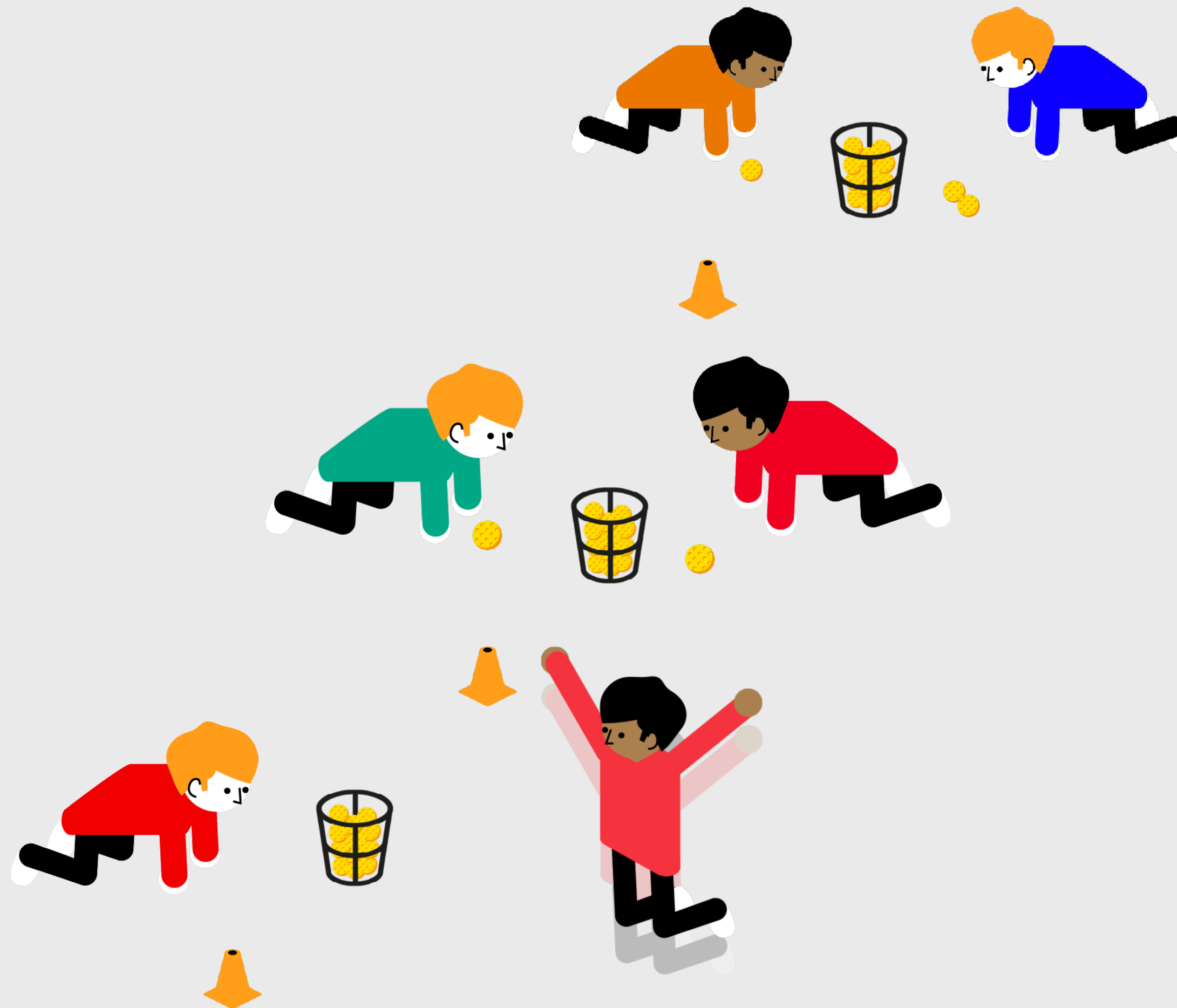
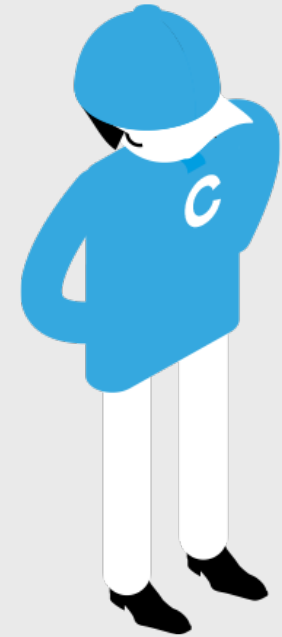
**Station 1:**  
Game Station  
Pick a Point

**Station 2:**  
Free Practice Station

**Station 4:**  
Game Station  
Domino Race

**Station 3:**  
Game Station  
Cat and Mouse

# Fill the Bucket



## How to Play

- This game is best played in pairs
- The children start either side of their team's bucket, with 10 balls each on the floor next to the bucket
- On go, from a raised plank position, the children have to pick the balls up from the ground and put them into the bucket
- The team that wins is the one that fills their bucket first and jumps up

## Progression Ideas

- Experiment with different poses, holding a squat position, balancing on one leg, etc
- Increase or decrease the number of golf balls for each player
- Introduce a distance between the balls and the bucket so the player has to crawl or travel using a different FMS

## Equipment Needed

Orange Safety Cones

SAFETY



3 x Baskets



10 x Golf balls per child





## Personal Positivity

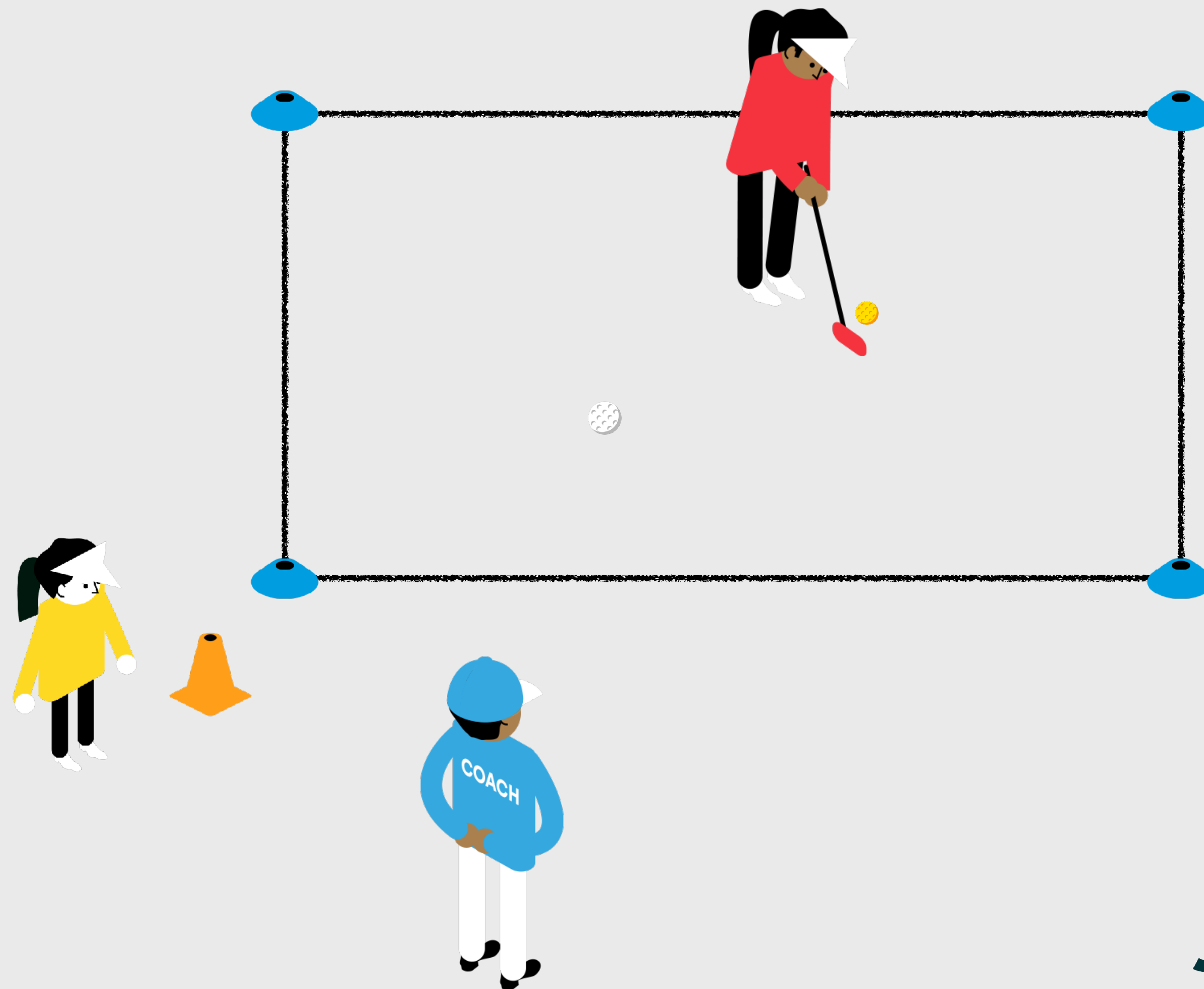
- The Whole Child theme this week is about a positive attitude, to ensure a positive outlook despite some of the challenges golf can throw at us.



## Orientation The Clubhouse

- The Learning the Game focus this week is to introduce the children to the Clubhouse and people that they might meet at the course.
- You should make sure children know where to go and how to behave when at the golf course and the club, so that they will be able to enjoy themselves at the club, and not feel out of place or get told off for misbehaving.
- For more advanced groups introduce them to some of the jobs that are available at the golf club, and the hard work that goes into preparing the course.

# Cat and Mouse



## How to Play

- Nominate one player as the cat and one player as the mouse. The mouse plays first and attempts to putt their ball anywhere inside the box. The ball must remain in the box
- The cat plays next and attempts to putt their ball and hit the mouse
- If the cat misses, the mouse plays next and putts their ball to another place in the box
- The game continues until the cat catches the mouse by hitting the cat or the mouse escapes when the cat escapes the box
- The players take it in turns to be the cat

## Progression Ideas

- Play as a matchplay game
- Change the size of the box
- Introduce a sloped surface when playing the game
- Add in obstacles, other cones that the players need to putt around
- Play the game in teams with multiple cats and mice

## Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Improves accuracy as the ball is a smaller target
- Develops strategic thinking, planning ahead for the next shot

## Equipment needed

### Orange Safety Cones

SAFETY



### String and 4 x Tees to create the playing area



### Cones to mark the corners or to add in as obstacles



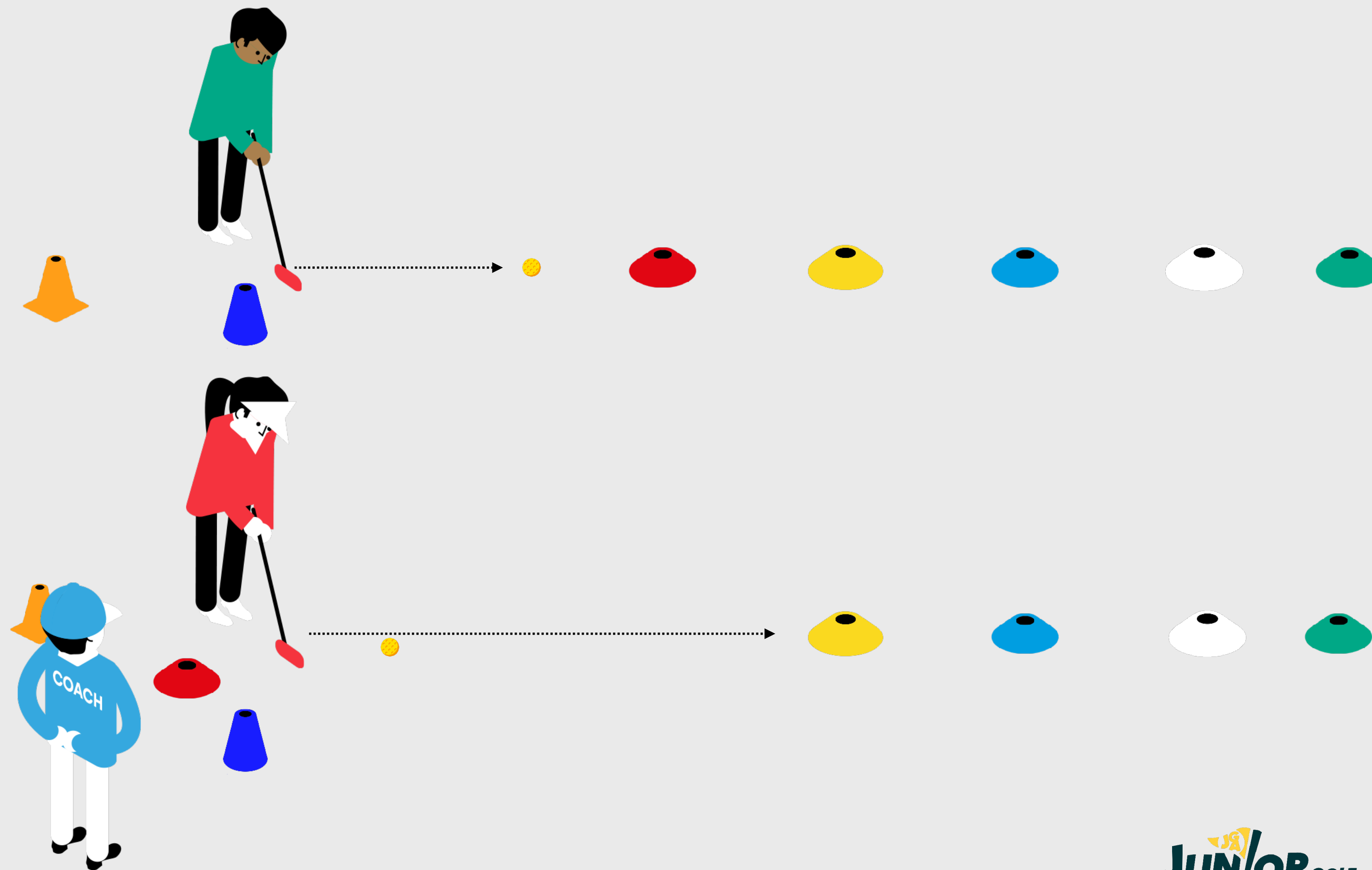
### 2 x Golf Balls of different colours



### Spare equipment that may be required for the group attendees.



# 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



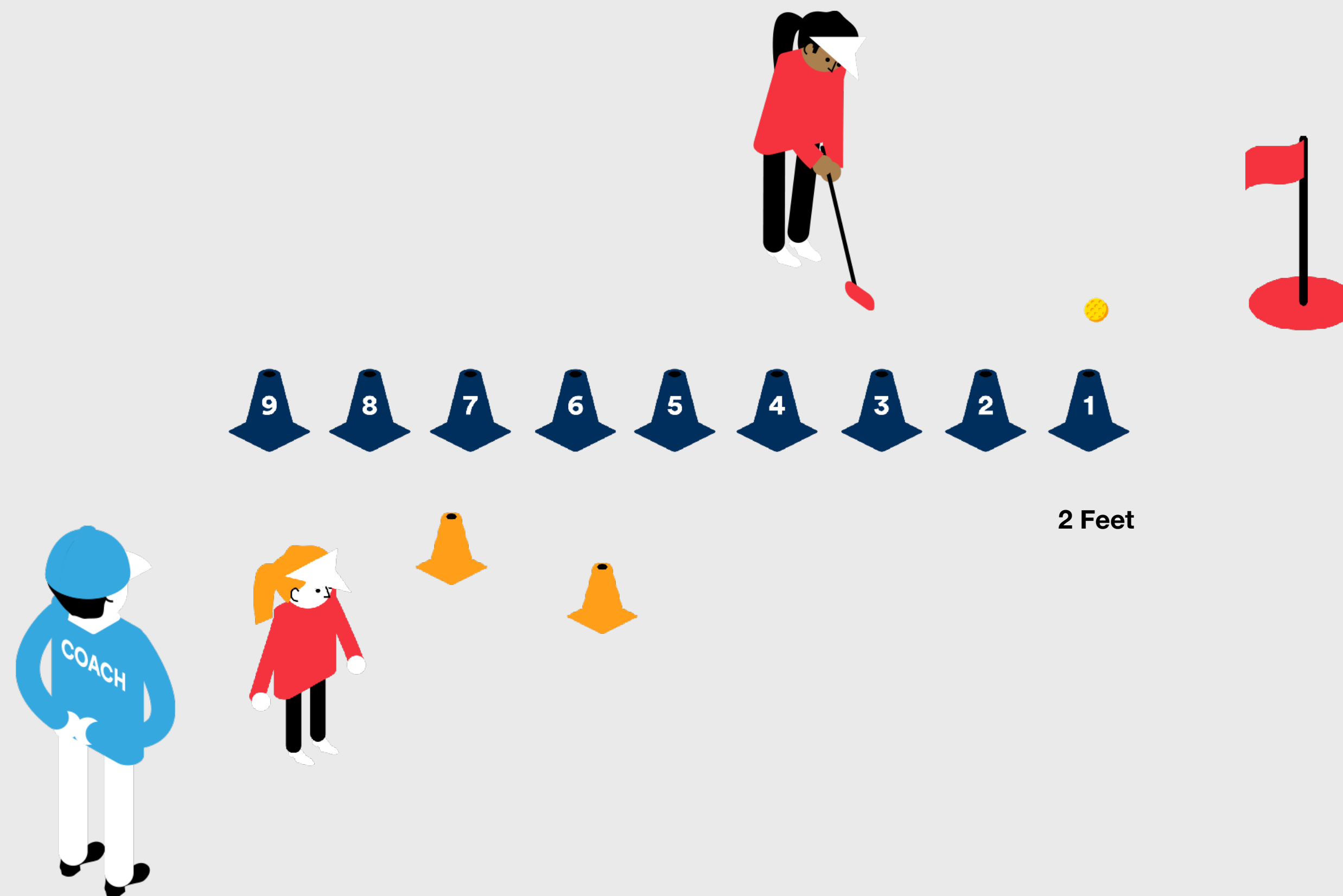
2 x White cones



2 x Starting Cones



# Pick a Point



## How to Play

- Place the first cone two feet from the hole, and then each cone in order with one foot between each one
- Nominate a child to play first. Each child has five putts to score as many points as possible
- The child chooses a starting position, and if they putt the ball successfully they will score as many points as the number on the cone
- Children take it in turns to putt
- The child who wins is the one who scores the most points out of their five putts

## Progression Ideas

- Change the distance between the starting cone and the hole
- Change the distance between each of the cones
- Attempt the game on a sloped surface

## Learning Outcomes

- A great game to introduce the concept of risk and reward, along with improving accuracy and distance control

## Equipment needed

2 x Orange Safety Cones

SAFETY

9 x Numbered Cones

1

Golf Balls



Spare equipment that may be required for the group attendees.

