

Junior Monthly Class Plans Ages 4-6

# On the Green

## Week 5



# Class Timetable - Week 5

**Session Length:**  
60mins

**Group Size:**  
1:6

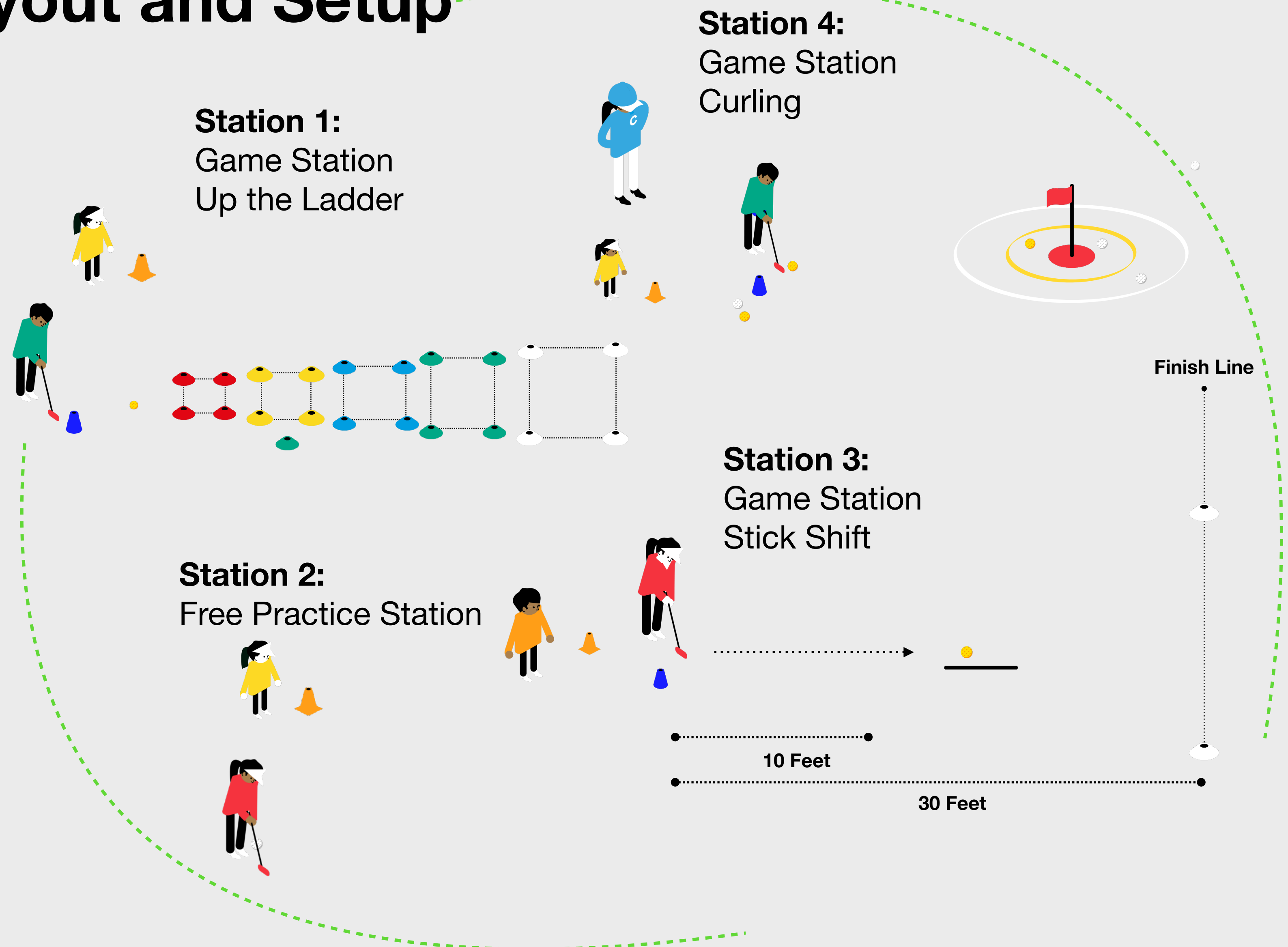
**Mastering the Game Focus:**  
On the Green:  
Long Putts

**Whole Child Focus**  
Cognitive:  
Your Goals

**Learning the Game Focus:**  
Preparing to Play:  
Why should we warm up?

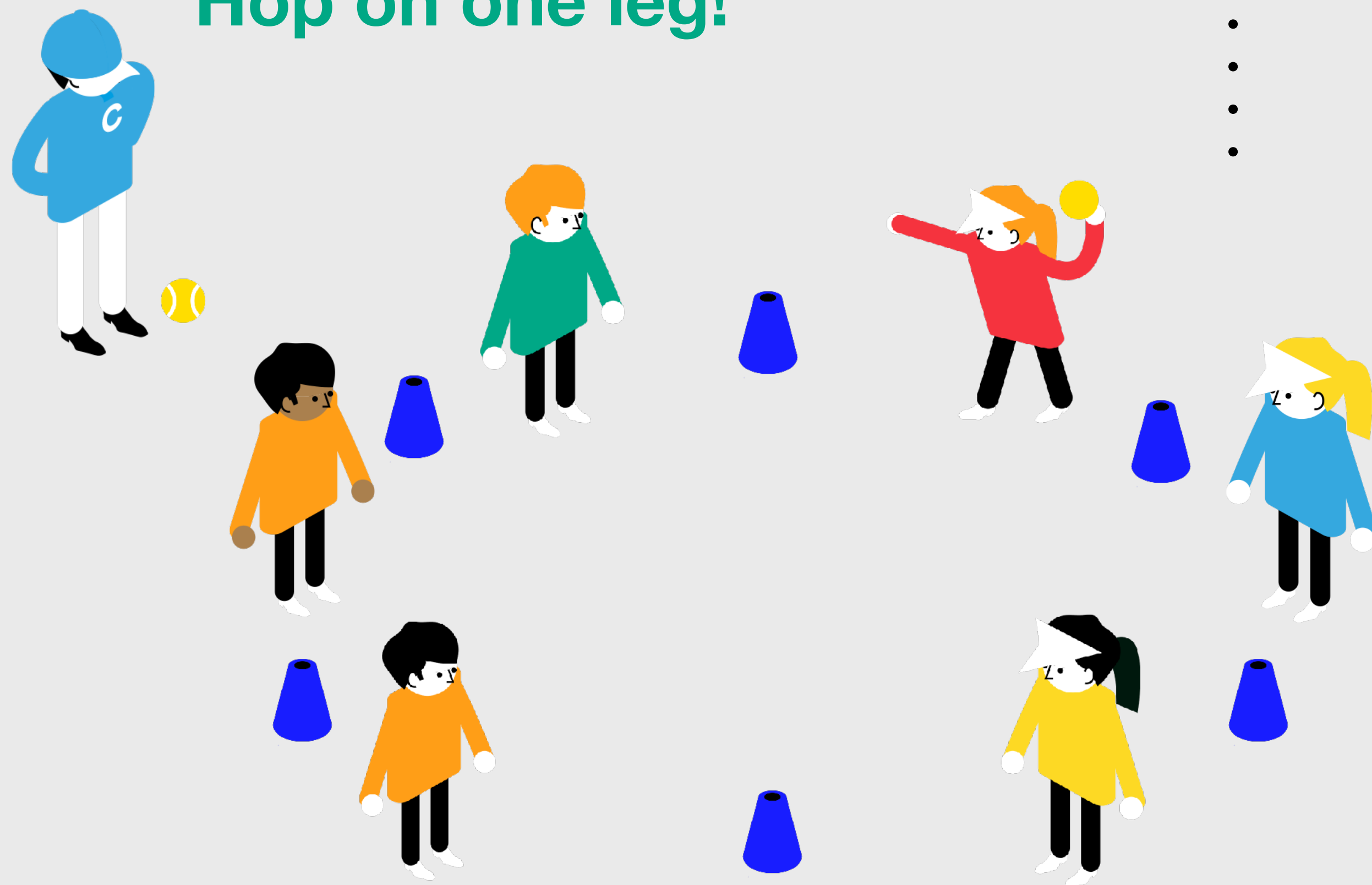
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams 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>Ball Toss</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>Why should we warm up?</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>Your Goals</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, tasks and challenges</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Curling</li> <li>Stick Shift</li> <li>Up the Ladder</li> </ul>
5 Mins	myAcademy Folder Track	<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>Present the Achiever Award to a student in front of the parents and the group</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> </ul>

# Class Layout and Setup



# Ball Toss

## Hop on one leg!



## Coach commands

- Hop on one leg
- Switch legs
- Throw low
- Throw high
- Step left
- Step right
- Changeover
- Jog on the spot
- Hop on one leg
- Stand on one leg
- One arm catching



## How to Play

- This game is played individually. Children form a small circle an even distance apart. Each child starts with 3 points.
- One child starts with the ball, and the aim is to throw the ball to another child directly at stomach height. When throwing the ball, the aim is attempts to throw that the other child can catch.
- If the ball is dropped, the player loses a point. If a player throw the ball out of reach of a player, they lose a point.
- When a child loses all of their points, they exit the game and the game continues until one player is left.

## Progression Ideas

- Increase the distance between each child
- Increase the size of the circle
- Add multiple balls into the game.
- Decrease the size of the ball
- Use faster and more advanced coach commands during the game

## Equipment Needed

Cones to mark the edge of the circle



Soft Balls





## Cognitive Your Goals

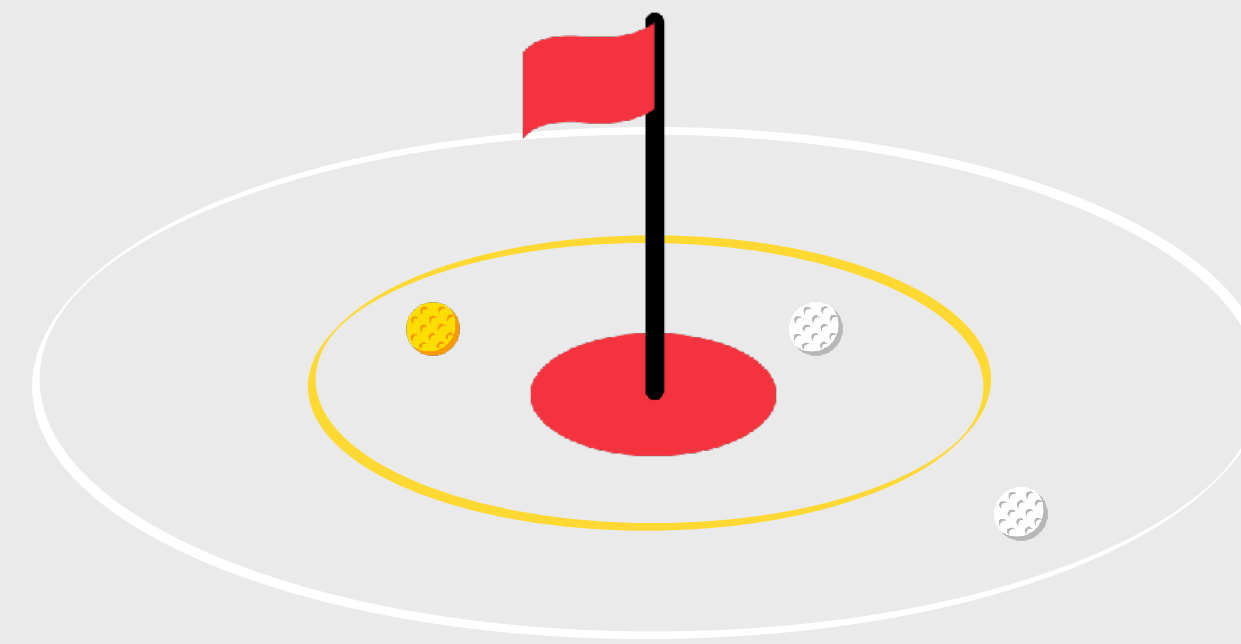
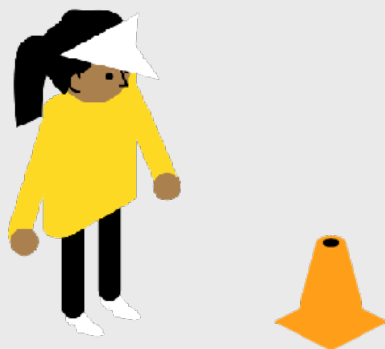
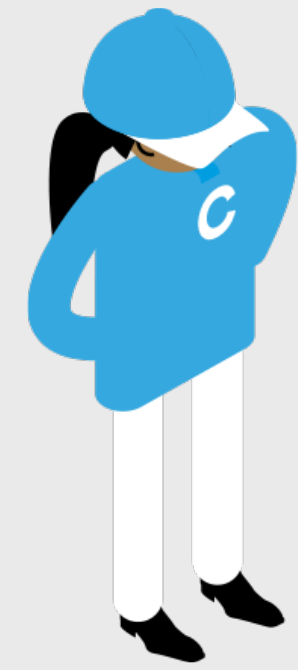
- The Whole Child theme this week is to encourage the children to set some goals for their golf.



## Preparing to Play Why should we warm-up?

- The Learning the Game focus this week is about warming up before a round and why it is important.
- You should highlight to your juniors that by going through a warm-up they will be more prepared to play which will help improve their performance.
- For more advanced groups take the time to discuss a warm-up routine and include both mental and physical preparations.

# 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

SAFETY

### Cones to mark out the necessary hitting station

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

### 3 x Yellow Golf Balls

### 3 x White Golf Balls

### 10 x Yellow Colored Cones for Middle 6 Yard Target Circle

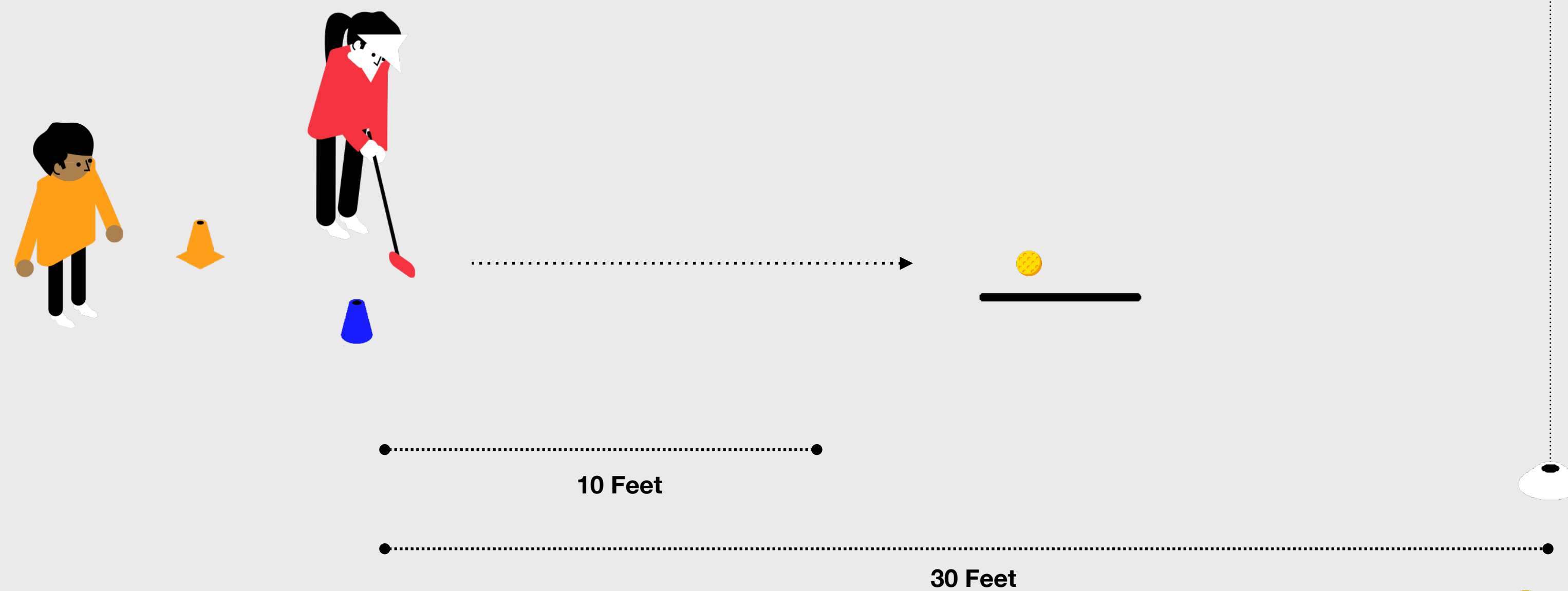
### 10 x Blue Colored Cones for Outer 10 Yard Target Circle

### 8 x Green Colored Cones for Inner 3 Yard Target Circle

# Stick Shift



Finish Line



## How to Play

- The children are working together to move the alignment stick from its starting point 10 feet away, to the finish line
- The children take it in turns to hit a putt towards the alignment stick
- The aim is to get the ball to stop within the length of the alignment stick. If they are successful they get to move the alignment stick one length further on
- If the player is not successful in putting the ball inside the length of the alignment stick they have to try again when it is their turn
- The team complete the game when they get the alignment stick past the finish line

## Progression Ideas

- Increase or decrease the starting distance and the finish line distance
- Add in a rule whereby the player has to move the alignment stick back one distance if they are not successful

## Learning Outcomes

- The primary learning outcome is control of distance
- Consistency of distance control

## Equipment needed

### Orange Safety Cones

SAFETY

2 x Cones to mark out the necessary hitting stations.

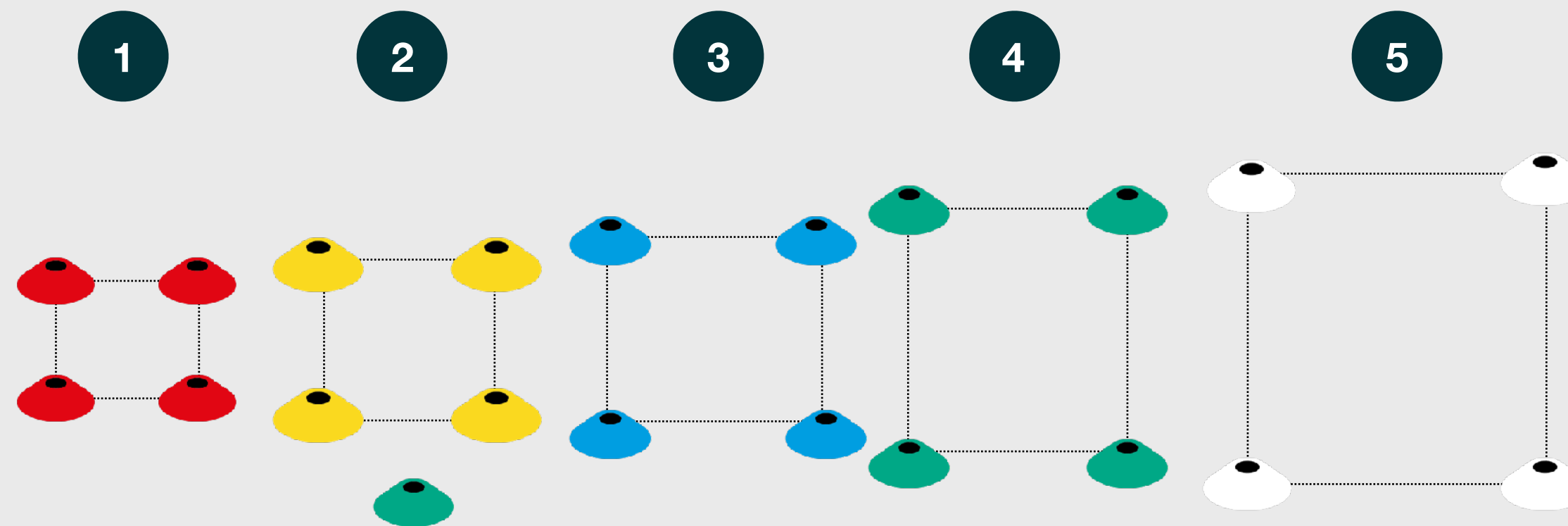
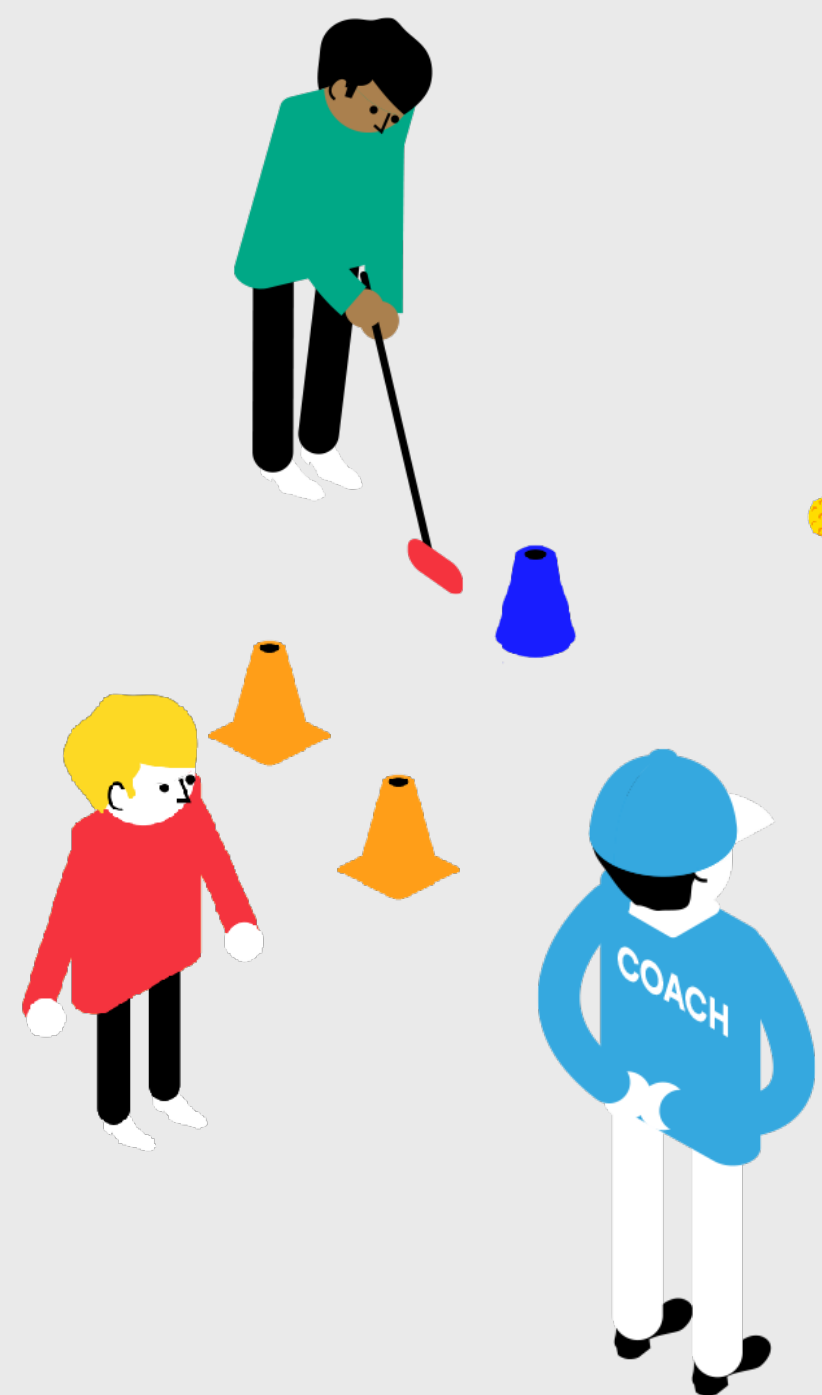
Spare equipment that may be required for the group attendees.

1 x Golf ball

1 x Alignment Sticks

2 x White cones for the finish line

# Up the Ladder



## How to Play

- Nominate a child to play first. The child attempts to hit their putt into the nearest but smallest target box
- If the child successfully gets the ball into the target box, they place the team's colored cone opposite the next target box
- The children take it in turns to putt the ball into the target boxes
- The game continues until the team gets their ball into the final box

## Progression Ideas

- Change the distance between the starting cone and first box
- Change the distance between each of the target boxes
- Reduce the size of the target boxes
- Attempt the game on a sloped surface
- Limit the number of attempts on each box or limit the number of attempts to the corresponding box

## Learning Outcomes

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

## 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.

### Golf Balls

4 x Red Colored Cones

4 x Yellow Colored Cones

4 x Blue Colored Cones

4 x Green Colored Cones

4 x White Colored Cones