

Swing Week 7



Class Timetable - Week 7

Session Length:
60mins

Group Size:
1:6

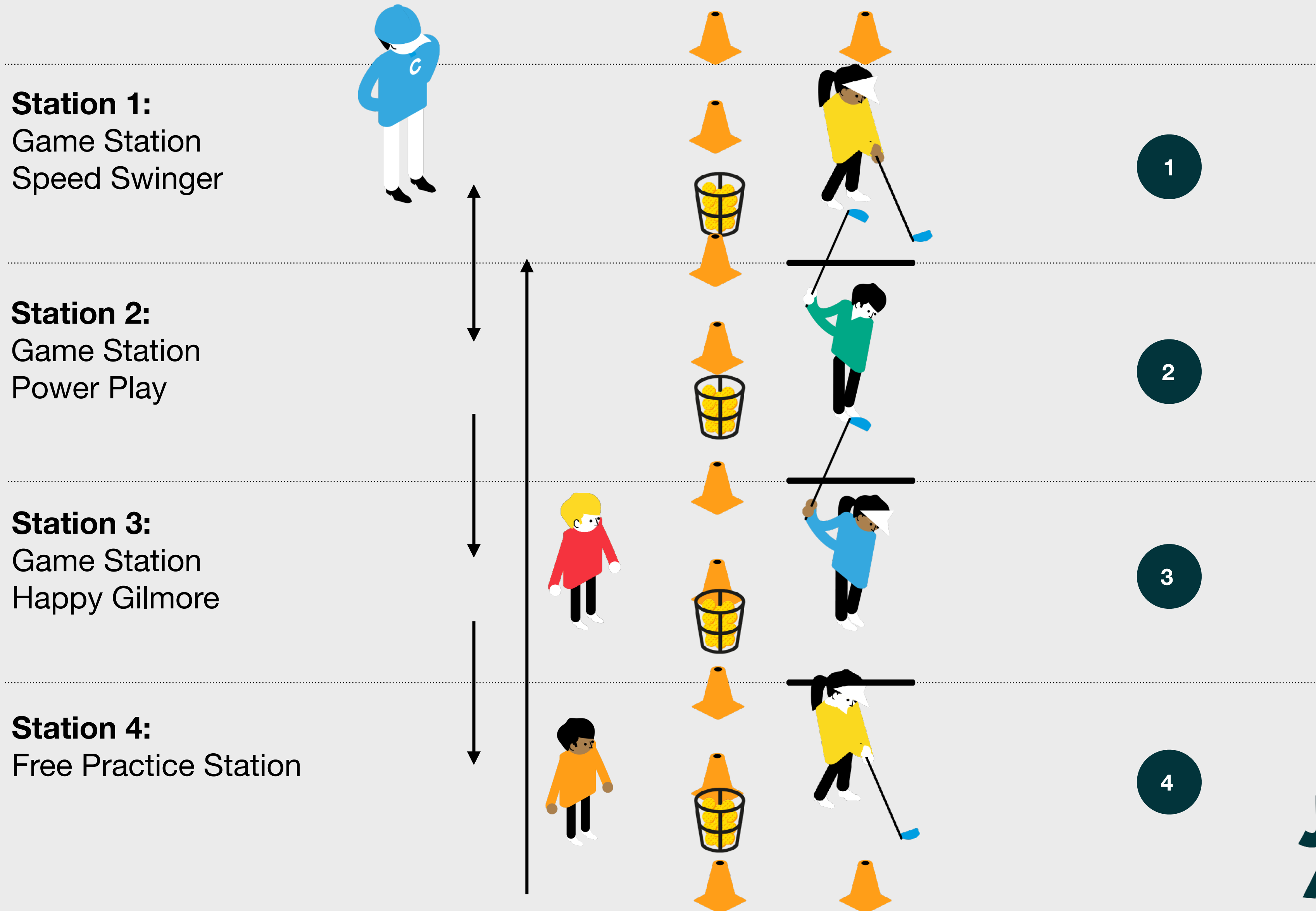
Mastering the Game Focus:
Swing:
Driver

Whole Child Focus
Social:
Appreciation

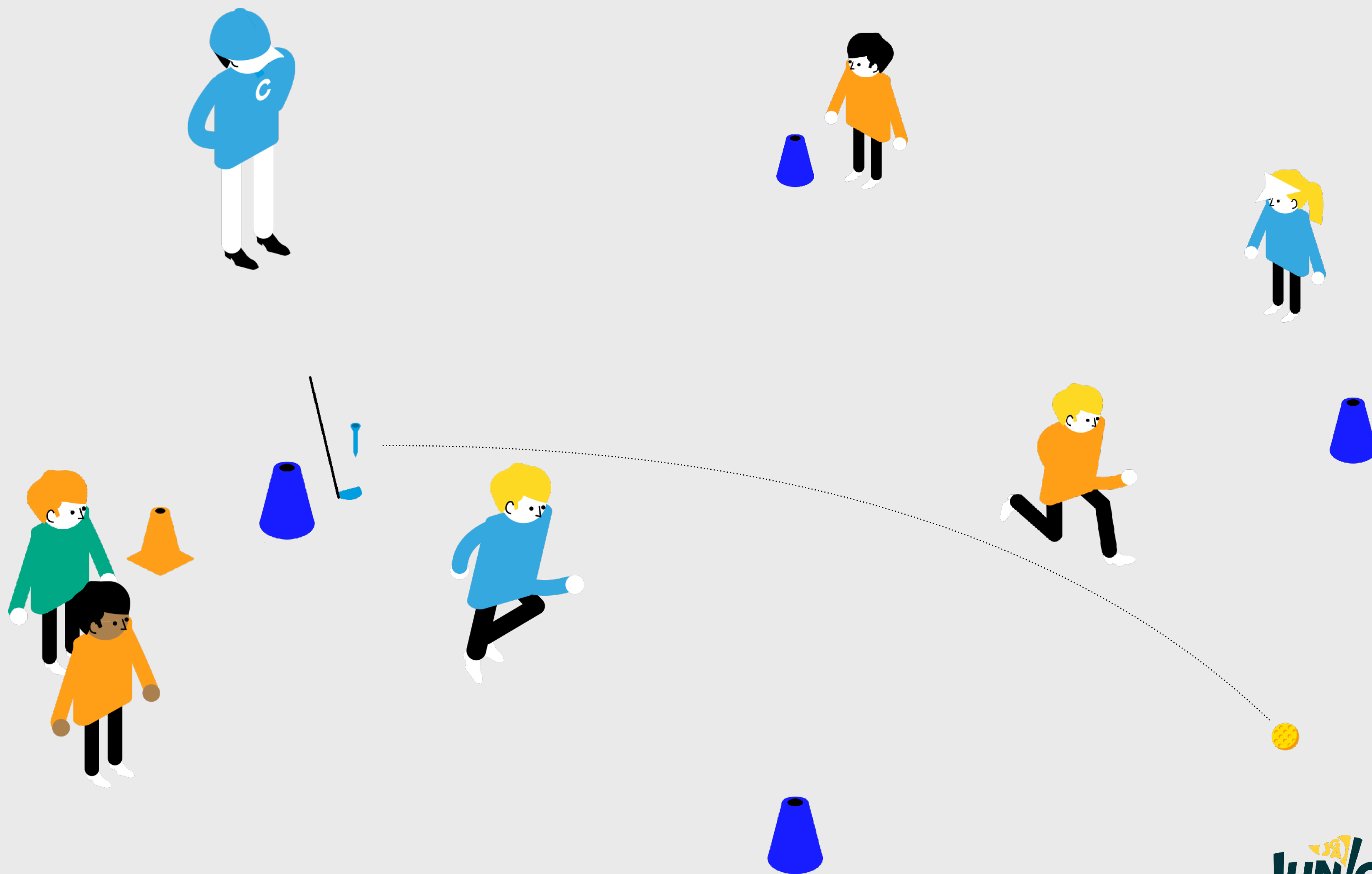
Learning the Game Focus:
Rules and Etiquette:
The Tee

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and 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 and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Golf Baseball
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Introduce to the group the Learning the Game focus of the class 	<ul style="list-style-type: none"> The Tee
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> Introduce to the group the Whole Child focus of the class 	<ul style="list-style-type: none"> Appreciation
35 Mins	Mastering the Game Focus	<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 on the Mastering the Game learning outcomes Children can attempt the Challenge in pairs Children rotate around the stations Opportunity for free practice if appropriate 	<ul style="list-style-type: none"> Power Play Happy Gilmore Speed Swinger
5 Mins	myAcademy Folder Track	<ul style="list-style-type: none"> Recap Mastering the Game and Learning the Game Focus from the session to check for understanding Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

Class Layout and Setup



Golf Baseball



JUNIOR GOLF
ACADEMY



How to Play

- This game is best played in two teams. Split the children evenly.
- One team starts as the fielders and one team starts as the hitters. The hitting team number themselves and the fielding team disperse to the outfield and bases.
- Player number 1 plays first and gets 3 attempts before 'striking out'. When the player strikes the ball, they immediately drop the club and run to first base.
- Players attempt to get round the bases in one go to score a 1 point. Players who make it round but stop at a base score half a point.
- Players swap over once all hitters have struck out, been caught or didn't make it to a base.

Progression Ideas

- Reduce the number of attempts before striking out.

Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



Golf Wedge



Soft Ball





Social Appreciation

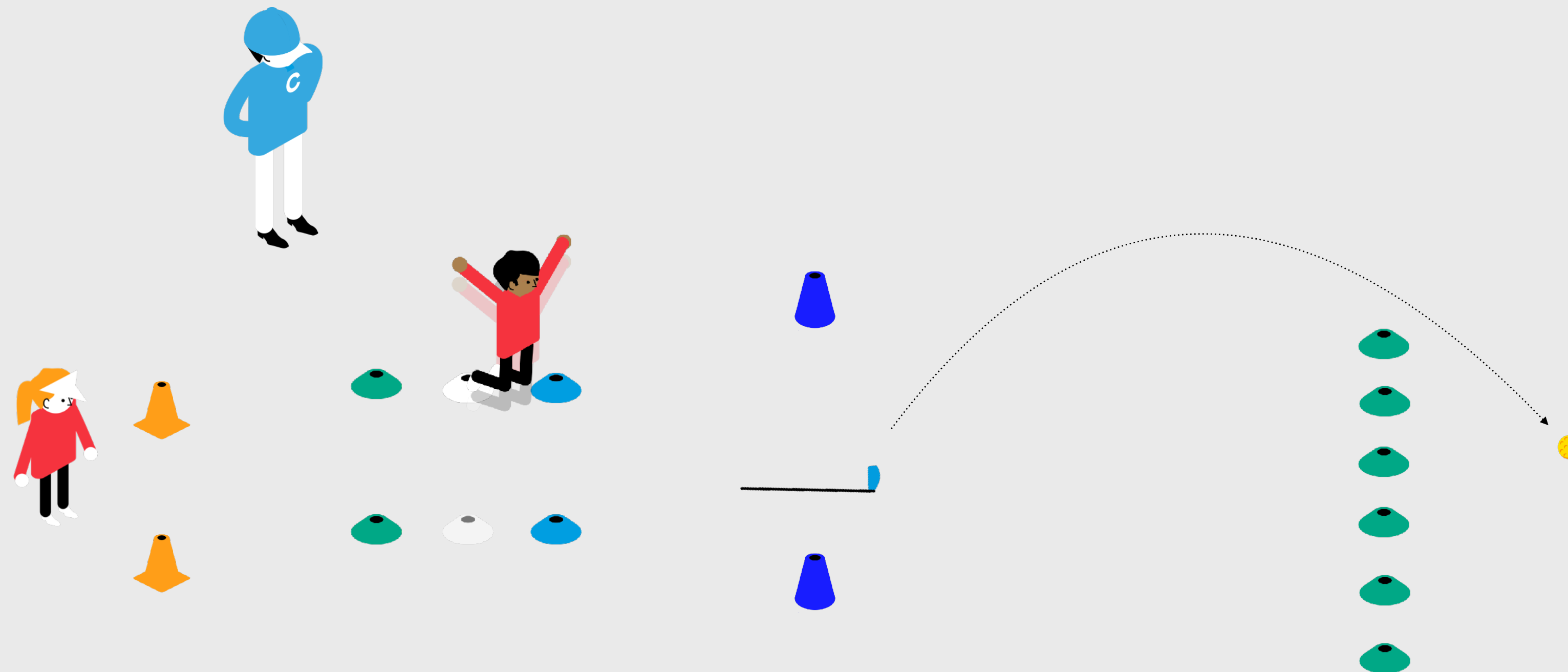
- The Whole Child theme this week is about showing appreciation, this could be to your playing partners, your parents, or even your coach.



Rules and Etiquette The Tee

- The Learning the Game focus this week is to learn how to use a Tee.
- You should make sure children know when and where they can use a tee on the golf course.
- For more advanced groups, highlight that different tee heights can produce different shot types and this can be used to their advantage when playing.

Power Play



How to Play

- Children take it in turns to do a standing long jump from the first set of cones, seeing if they can jump past the next two sets of cones
- After jumping as far as possible they then try to hit the ball as far as possible
- The children take it in turns to do this, each time trying to beat their personal best long jump, and furthest shot

Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest

Learning Outcomes

- Improve strength and power
- Learn how improving different movement skills can improve their golf shots

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out hitting stations

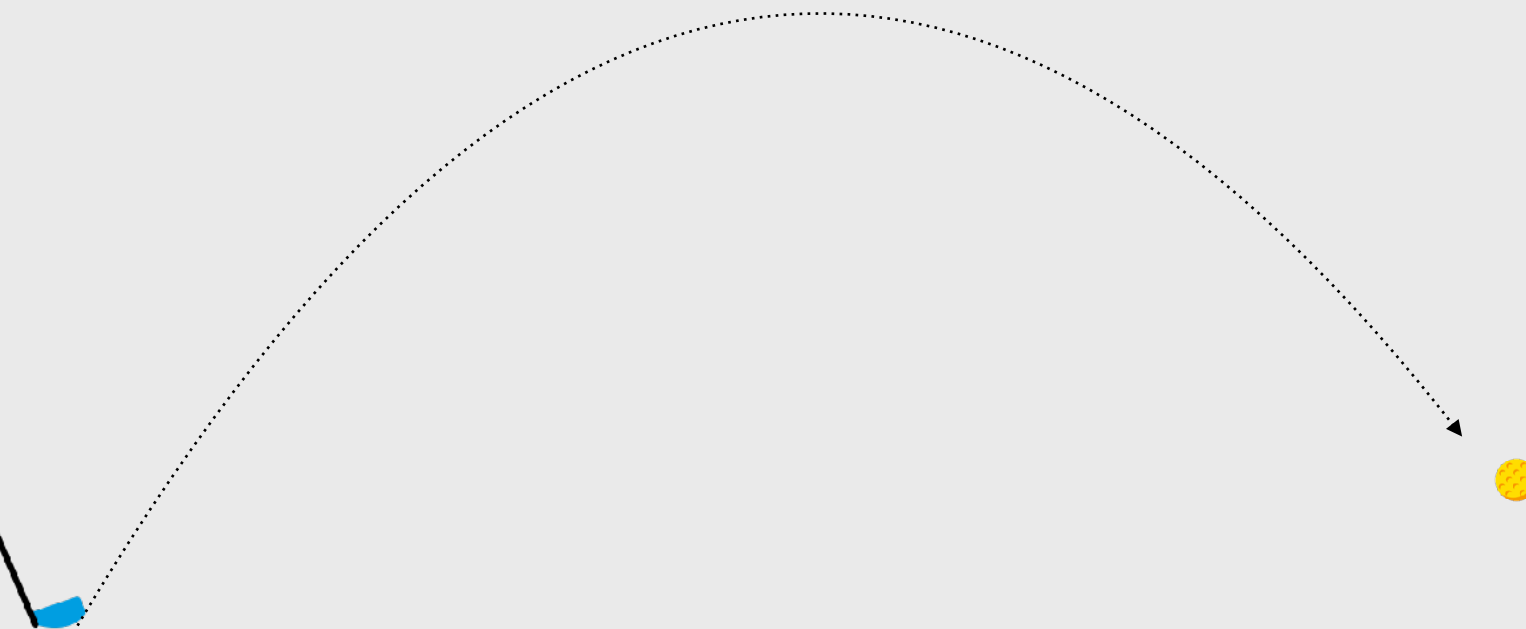
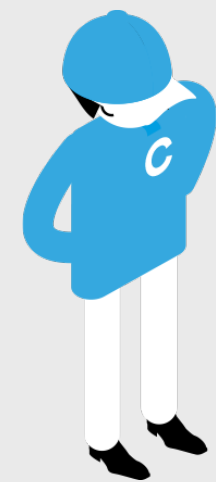
2 x Foam Noodles

2 x Alignment Sticks

Golf Balls

Spare equipment that may be required for the group attendees.

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



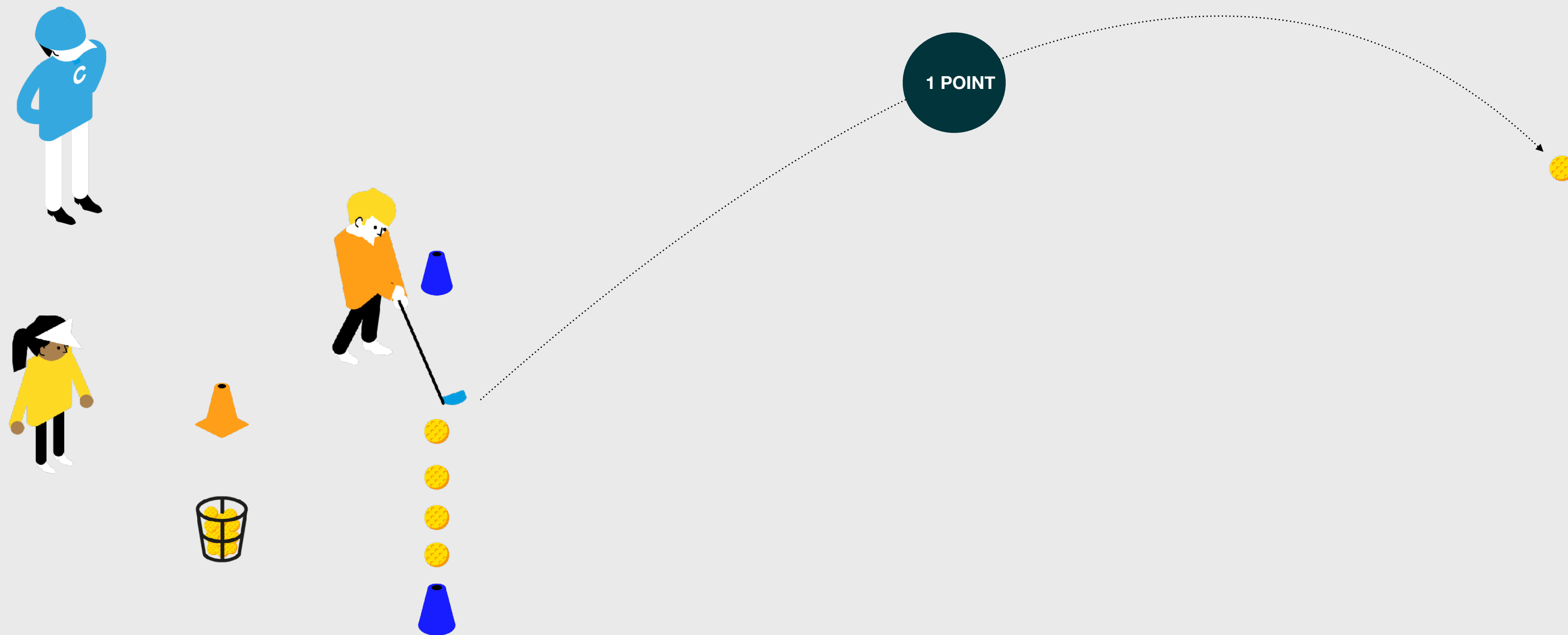
Golf Balls



Spare equipment that may be required for the group attendees.



Speed Swinger



How to Play

- Set 5 balls up on tees in a line within the hitting station
- The challenge is to hit each ball without stopping, improving coordination and speed
- The child scores 1 point for hitting the ball high, 1 point for hitting it far, and 1 point for hitting it straight
- The child that gets the most points from their 5 shots wins

Progression Ideas

- Pre-determine the distance the child has to hit the ball
- Add in more balls
- Add in target gates that the children have to hit the ball through to score a point

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out the necessary hitting stations

Spare equipment that may be required for the group attendees.

Golf Balls