

Swing Week 10



Class Timetable - Week 10

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Irons

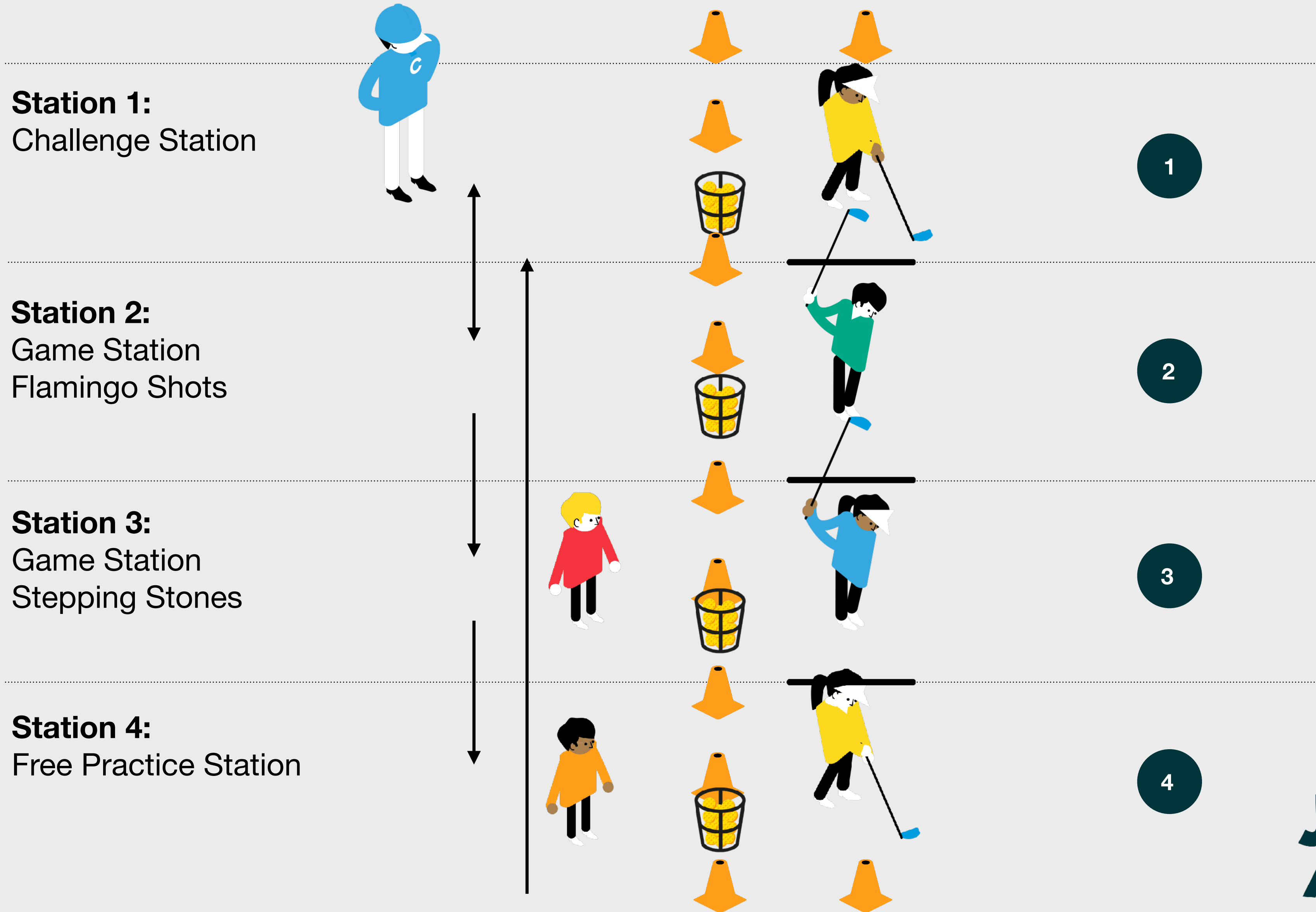
Whole Child Focus
Personal:
Responsibility

Learning the Game Focus:
Orientation:
Irons - Different Parts of the Club

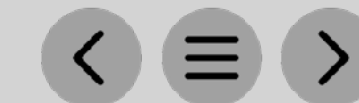
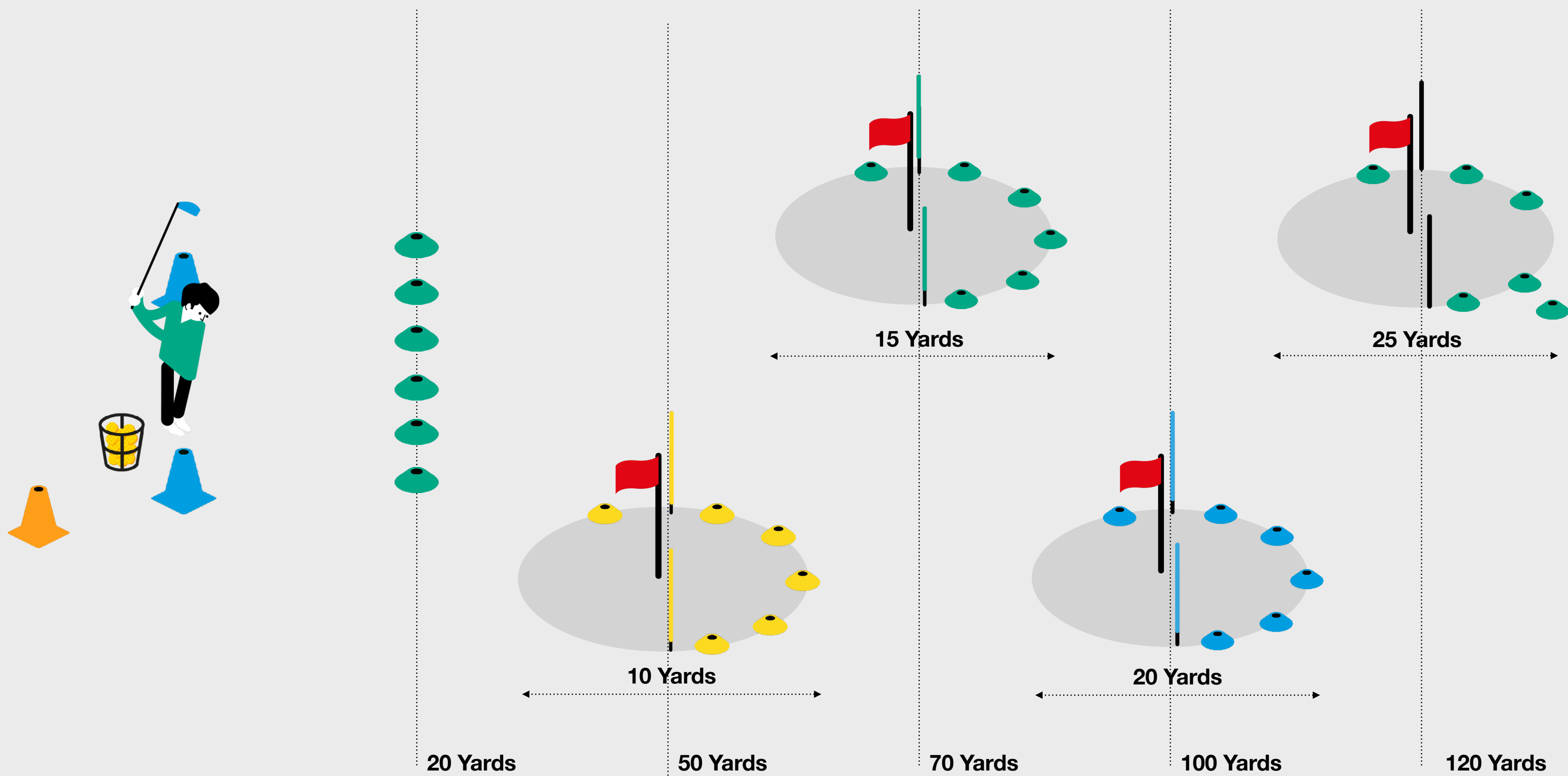
Mastering the Game Challenge:
Iron Challenge

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"> Fairway Run
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"> Introducing Yourself
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"> Responsibility
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games and challenge 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 	<ul style="list-style-type: none"> Flamingo Shots Stepping Stones The Iron Challenge
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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 The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app Present the Achiever Award to a student in front of the parents and the group Award any Pins and Hats that may have been achieved 	<ul style="list-style-type: none"> myAcademy Folders GLF. Connect myGame+

Class Layout and Setup



Irons Challenge Setup



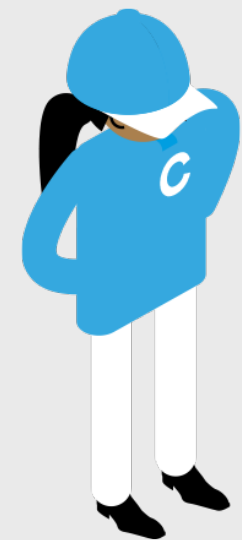
Equipment Needed

- Orange safety cones for a safety line
- Cones to mark out the necessary hitting stations
- Cones to mark the target zones if foam noodles aren't available
- Alignment Sticks
- Flag (if available)
- Foam Noodles

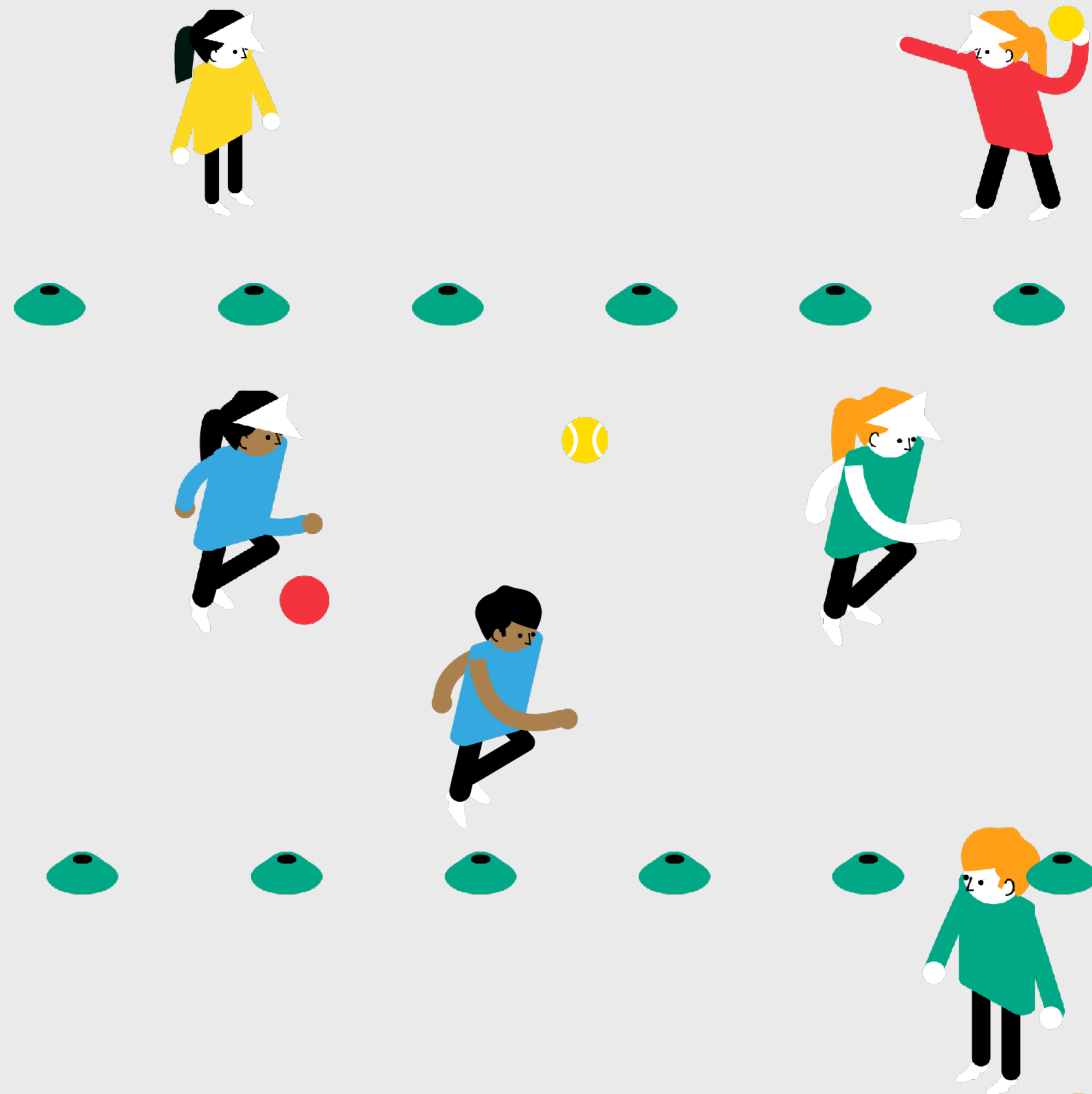
Setting out the Challenge

- Foam Noodles placed onto the alignment sticks should be used to mark the perimeter of the target zones either side of the flag
- Alignment sticks should be used to mark the target when a flag isn't possible
- Green Cones should be used to mark the target lines for the level 2 challenge
- Set out all the markers to enable every child to attempt their challenges in the class

Fairway Run



Go!



**JUNIOR GOLF
ACADEMY**



How to Play

- This game is best played in two team. Split the children into even teams.
- 1 team starts on one side of the centre line and the other team starts on the opposite side.
- The team nominated by the coach starts with the 3 soft balls
- The team attempts to throw the soft balls waist height and hit the players on the opposing team
- When a player is hit they drop out of the game
- If a ball is caught, then any players out of the game can be re-introduced or the throwing players drops out
- The winning team is the team with players left in the playing area

Progression Ideas

- Decrease the size of the playing area
- Increase the number of softballs
- Play the game with different movement skills such as rolling the balls or nominating the arm the throw with

Equipment Needed

Cones to mark the edge of the tunnel



Soft Balls





Personal Responsibility

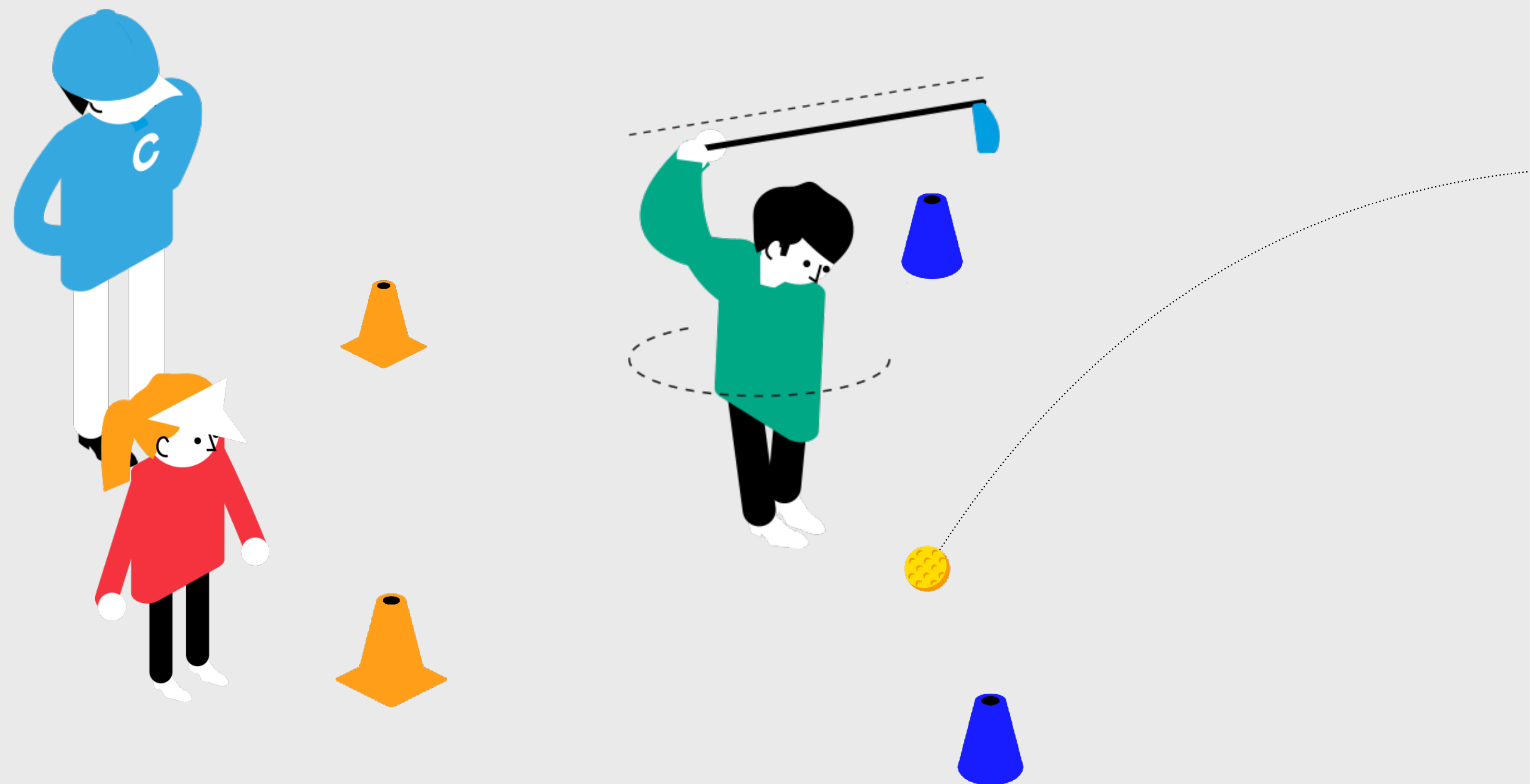
- The Whole Child theme this week is to encourage children to take responsibility, for their shot selection, for their equipment and their behaviour.
- Carry this theme into the class by asking the children to organise themselves into their own pairs and help tidy up the equipment after the session.



Orientation Irons - Different Parts of the Club

- The Learning the Game focus this week is to educate the children about the different parts of the iron and how the design will help children to hit the ball effectively.
- You should also introduce the children to the concept of a full set of irons and how they can each be implemented for a specific purpose on the course.

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



Stepping Stones



How to Play

- Child number 1 starts and attempts to hit their shot onto the green
- If the child hits it onto the green, then the child moves the white cone to the first colored cone (stepping stone). If the child misses, the cone stays where it is
- The next child attempts their shot and moves the cone if successful
- The children complete the challenge if they manage to get the white cone to the end before it is time to switch games

Progression Ideas

- Vary the size of the green
- Vary the distance between the tee box and the green
- Add Hazards to act as a penalty
- Add additional targets to increase the number of moves up the stepping stones

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



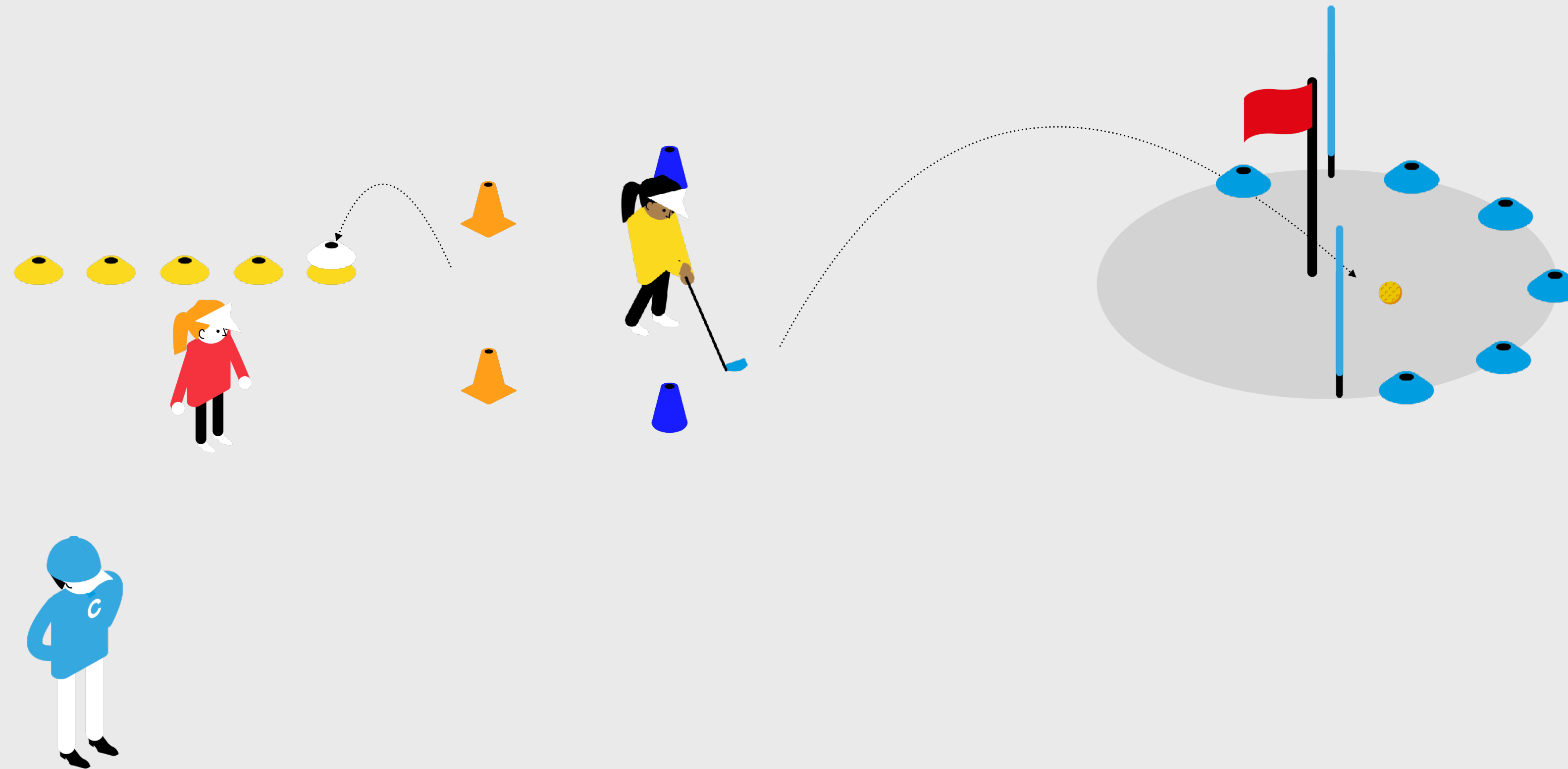
5 x Yellow Cones



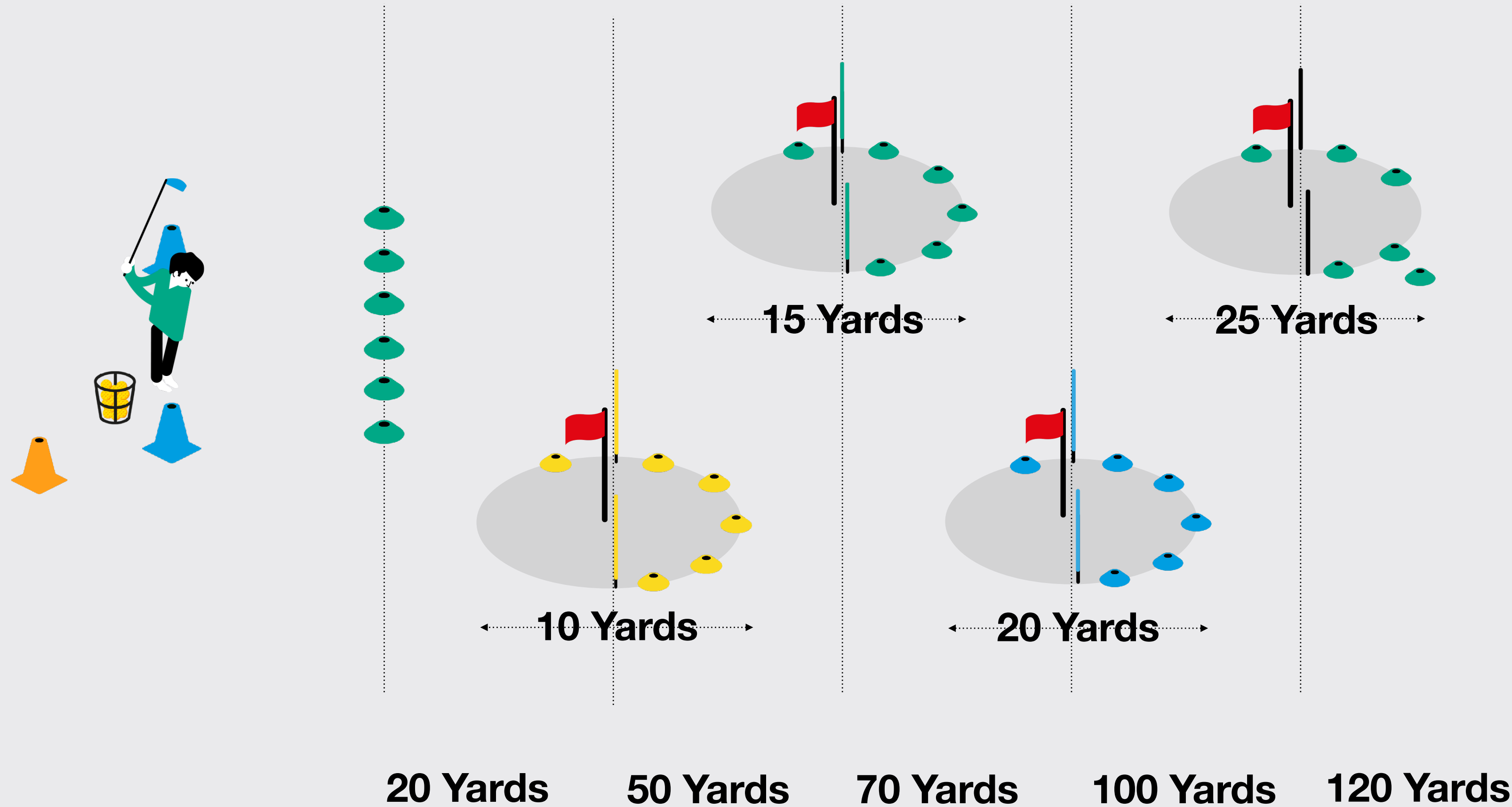
Golf Balls



Spare equipment that may be required for the group attendees.



Iron Challenges



Attempting the Challenge

- Juniors have 5 attempts at the Challenge
- Juniors should attempt the Challenge for the level they are aiming to complete
- Juniors get 1 point for every successful attempt for the team challenge

The Challenges

- 1** Juniors complete this Level 1 Challenge by hitting 3 shots in the air with an Iron. They have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a
- 2** Juniors complete this Level 2 Challenge by hitting 3 shots in the air with an Iron. The ball must carry a minimum of 20 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 3** Juniors complete this Level 3 Challenge by hitting 3 shots where the ball must finish within a 10-yard circle surrounding a flag that is 50 yards away. They have 5 attempts and this challenge can be attempted off a tee.
- 4** Juniors complete this Level 4 Challenge by hitting 3 shots with the ball coming to rest within a 15-yard circle surrounding a flag that is 70 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 5** Juniors complete this Level 5 Challenge by hitting 4 shots where the ball must finish within a 20-yard circle surrounding a flag that is 100 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 6** Juniors complete this Level 6 Challenge by hitting 5 shots where the ball must finish within a 25-yard circle surrounding a flag that is 120 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.