

Junior Monthly Class Plans Ages 4-6

On the Green

Week 11



Class Timetable - Week 11

Session Length:
60mins

Group Size:
1:8

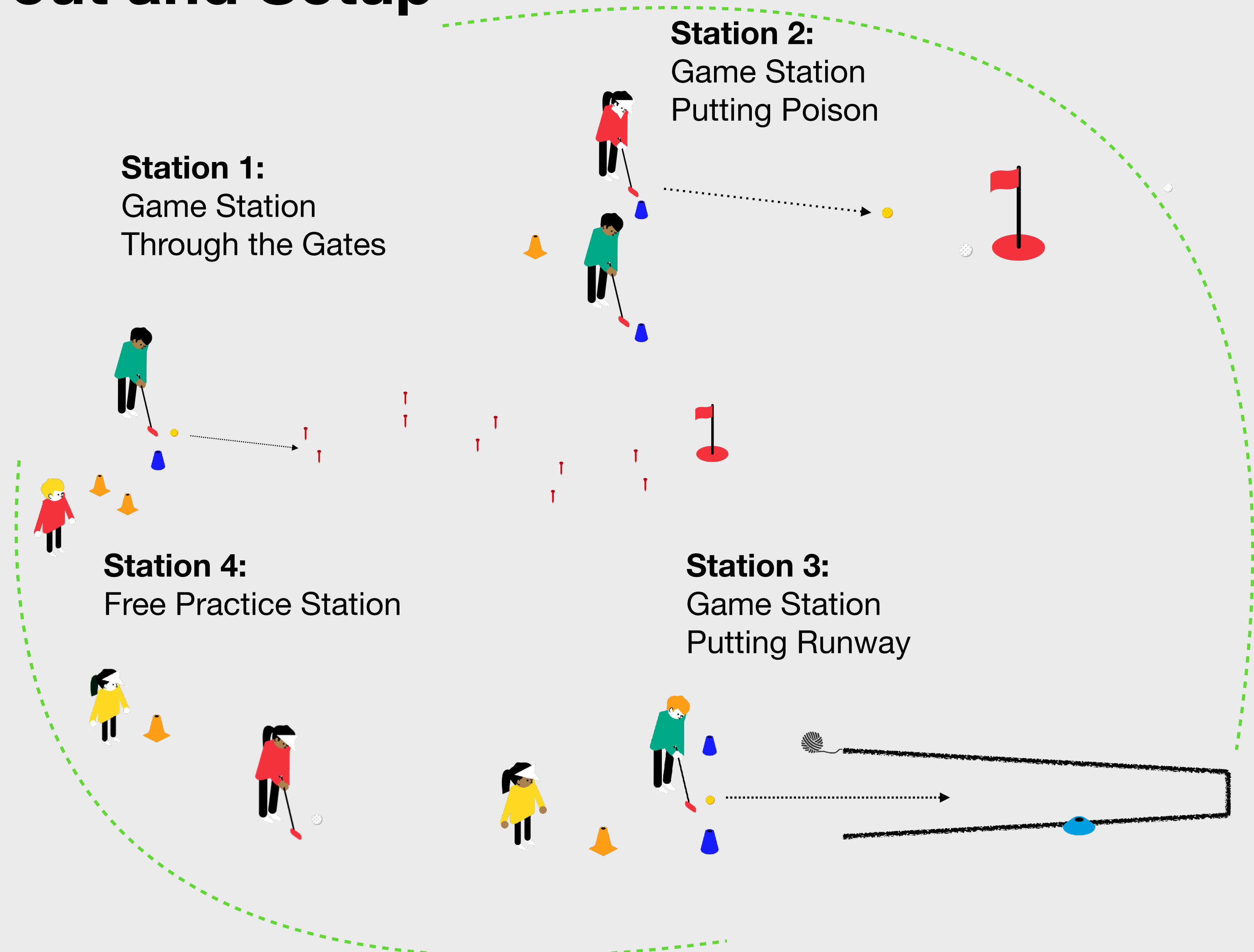
Mastering the Game Focus:
On the Green:
Short Putts

Whole Child Focus
Social:
Praise

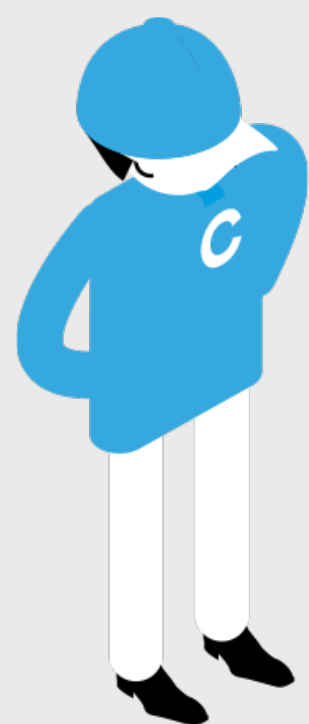
Learning the Game Focus:
Orientation:
The Putter

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"> Connected
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 Putter
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"> Praise
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"> Putting Poison Putting Runway Through the Gates
5 Mins	myAcademy Folder Track and Reward	<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

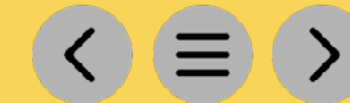
Class Layout and Setup



Connected



JUNIOR GOLF
ACADEMY



How to Play

- This game should be played in pairs
- Each pair is connected by a foam noodle
- The aim is to get from the starting cones to the other side, round the JGA cone and back with out dropping the noodle or touching it with their hands

Progression Ideas

- The pairs gets an extra go to beat their time
- Increase the distance between the cones
- Switch partners and try the game again
- Add penalties for dropping the noodle or touching it with their hands

Equipment Needed

3 x Foam Noodles



3 x Orange safety cones

SAFETY



6 x Cones





Social Praise

- The Whole Child theme this week is to encourage the children to praise each other for their efforts and good shots.
- Carry this theme into the class by going around the group and asking each child which putt from another child impressed them the most during the session.



Orientation The Putter

- The Learning the Game focus this week is to educate the children about the different parts of the putter and how the design will help children to putt more effectively.
- You should explain why the putter is designed as such and highlight the alignment aids that will help the children to aim.

Putting Poison



How to Play

- Children take it in turns to hit their putts
- The aim is for the child to hole their putt to become the “poison” so that they can eliminate the other players from the game
- The player becomes poison if they hole their putt, and they then get another turn to putt
- The player who is poison then attempts to hit the other player’s ball in order to eliminate them
- The winner is the player who eliminates all other players

Progression Ideas

- Increase or decrease the starting distance

Learning Outcomes

- Short and middle distance putting skills
- Consistency of direction and distance control

Equipment needed

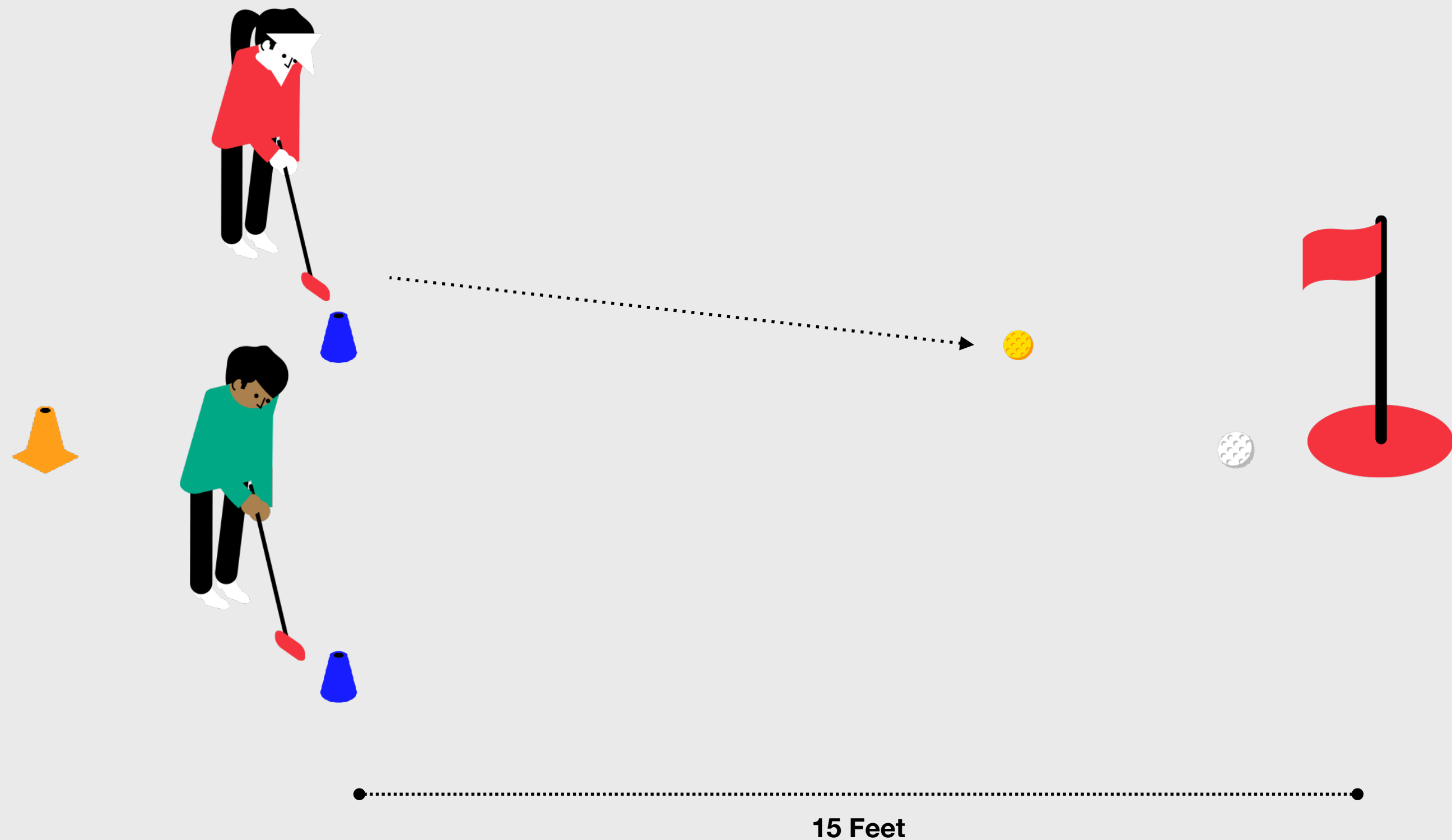
Orange Safety Cones

SAFETY

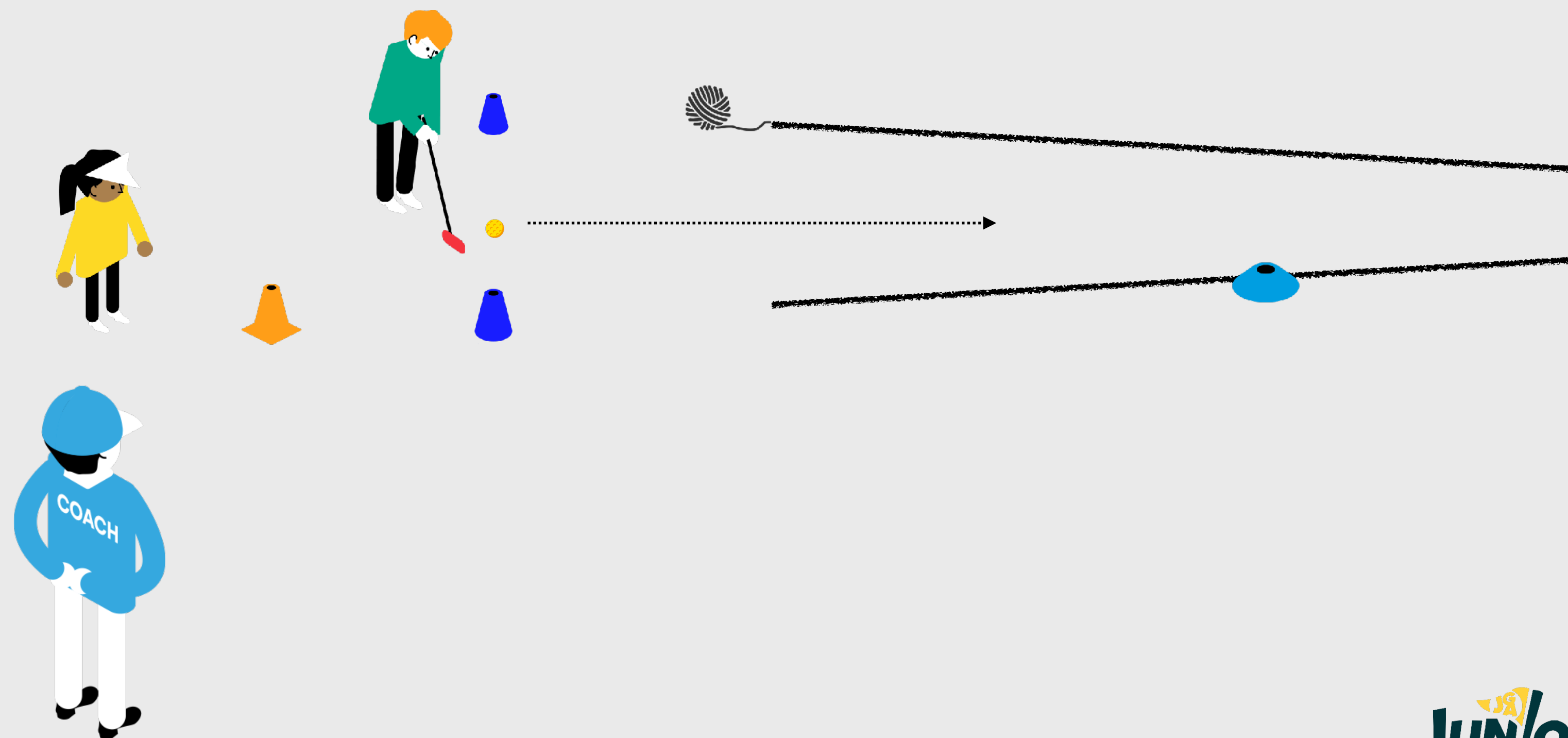
2 x Cones to mark out the necessary hitting stations.

Spare equipment that may be required for the group attendees.

2 x Golf balls



Putting Runway



How to Play

- Children take it in turns and attempt to putt their ball down the runway
- If the ball runs outside of the runway they place a cone at the point that it rolled over the string
- The aim of the game is to hit a putt that stays on the runway to the end of the string

Progression Ideas

- Change the width of the runway
- Change the length of the runway
- Introduce a sloped surface when playing the game
- Introduce a rule where the player must not hit the ball off the end of the runway

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore green reading skills

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



1 x Colored Cone



Spare equipment that may be required for the group attendees.



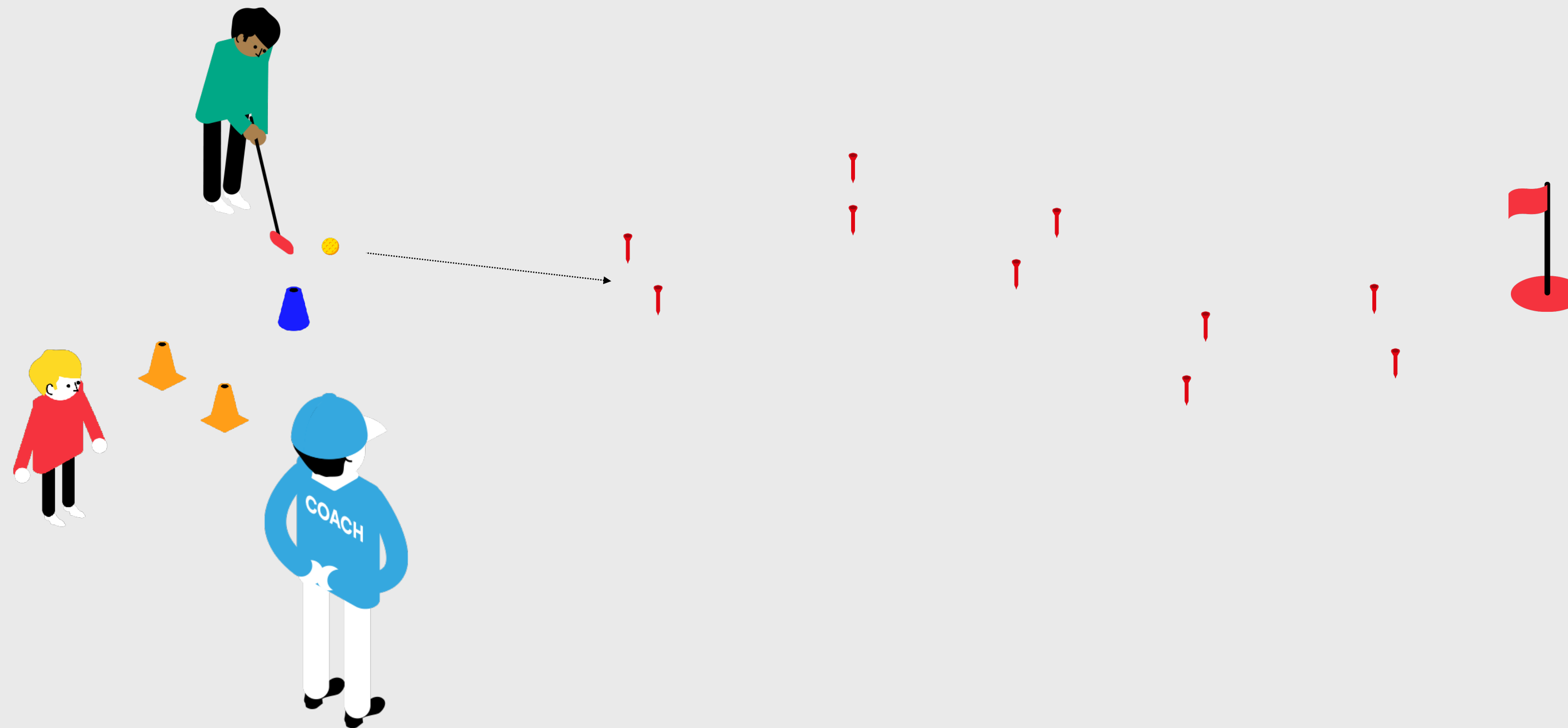
4 x Tees and string to create the runway



Golf Balls



Through the Gates



How to Play

- Players take it in turns to hit the ball
- The aim is to get the ball through each of the gates in turn and then putt it into the hole
- If misses a gate they have to putt it back and get it through the correct direction
- The team should count how many putts it takes them to get the ball into the hole and then try to beat that score

Progression Ideas

- Change the distance between the starting cone and first gate
- Change the distance between each of the gates
- Reduce the size of the gates
- Attempt the game on a sloped surface
- Place a ball on each of the tees and introduce a rule that if the team knock a ball off they have to start again

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore green reading skills and understanding the impact of slopes on the roll of the ball

Equipment needed

Orange Safety Cones

SAFETY

Tee Pegs

2 Colour Cones or Markers

2 x Cones to mark the starting point