

Around the Green

Week 12



Class Timetable - Week 12

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Chipping

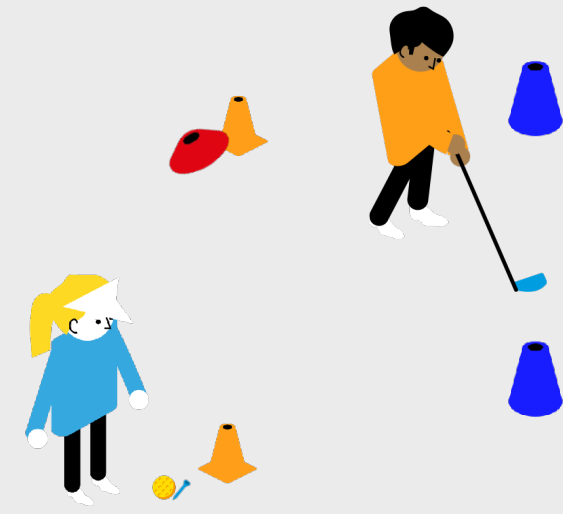
Whole Child Focus
Creative:
Body Language

Learning the Game Focus:
Orientation:
Using different clubs, with different lofts

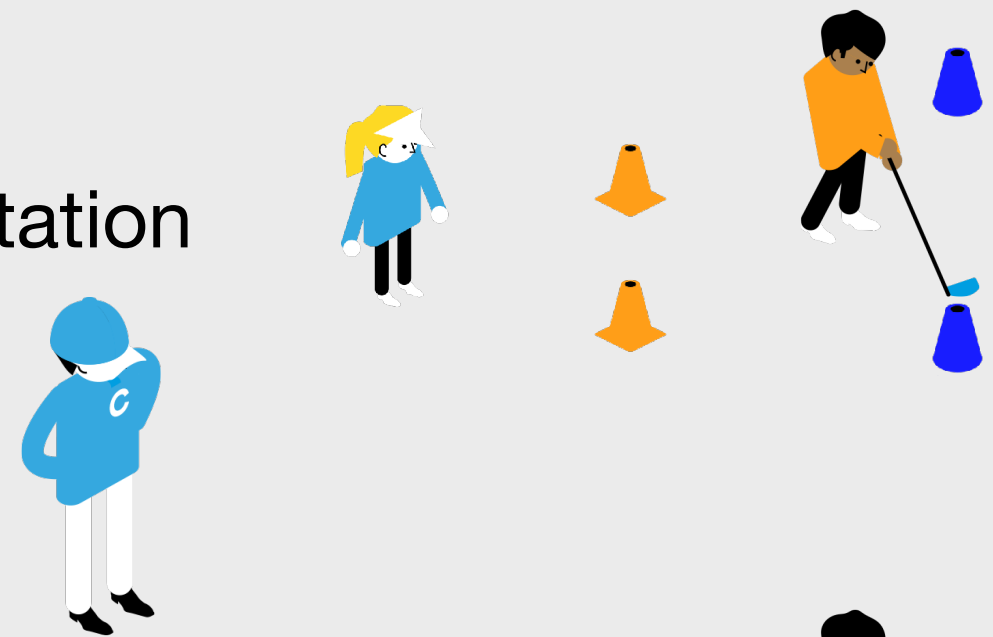
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Hurdles
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"> Using different clubs, with different lofts
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"> Body Language
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"> Cone Crusher Mouse Trap Luck of the Draw
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

Station 3:
Game Station
Cone Crusher



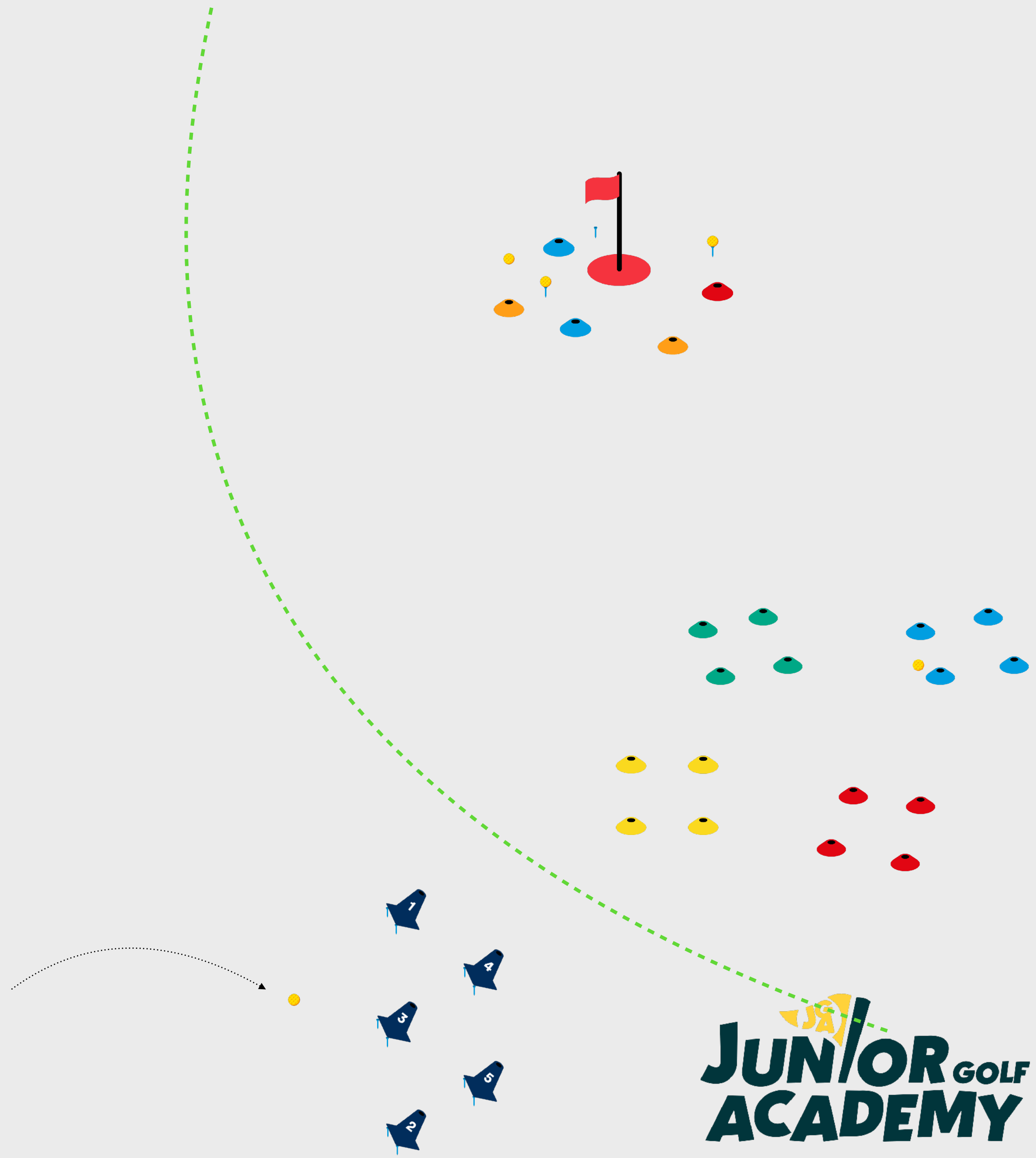
Station 4:
Free Practice Station



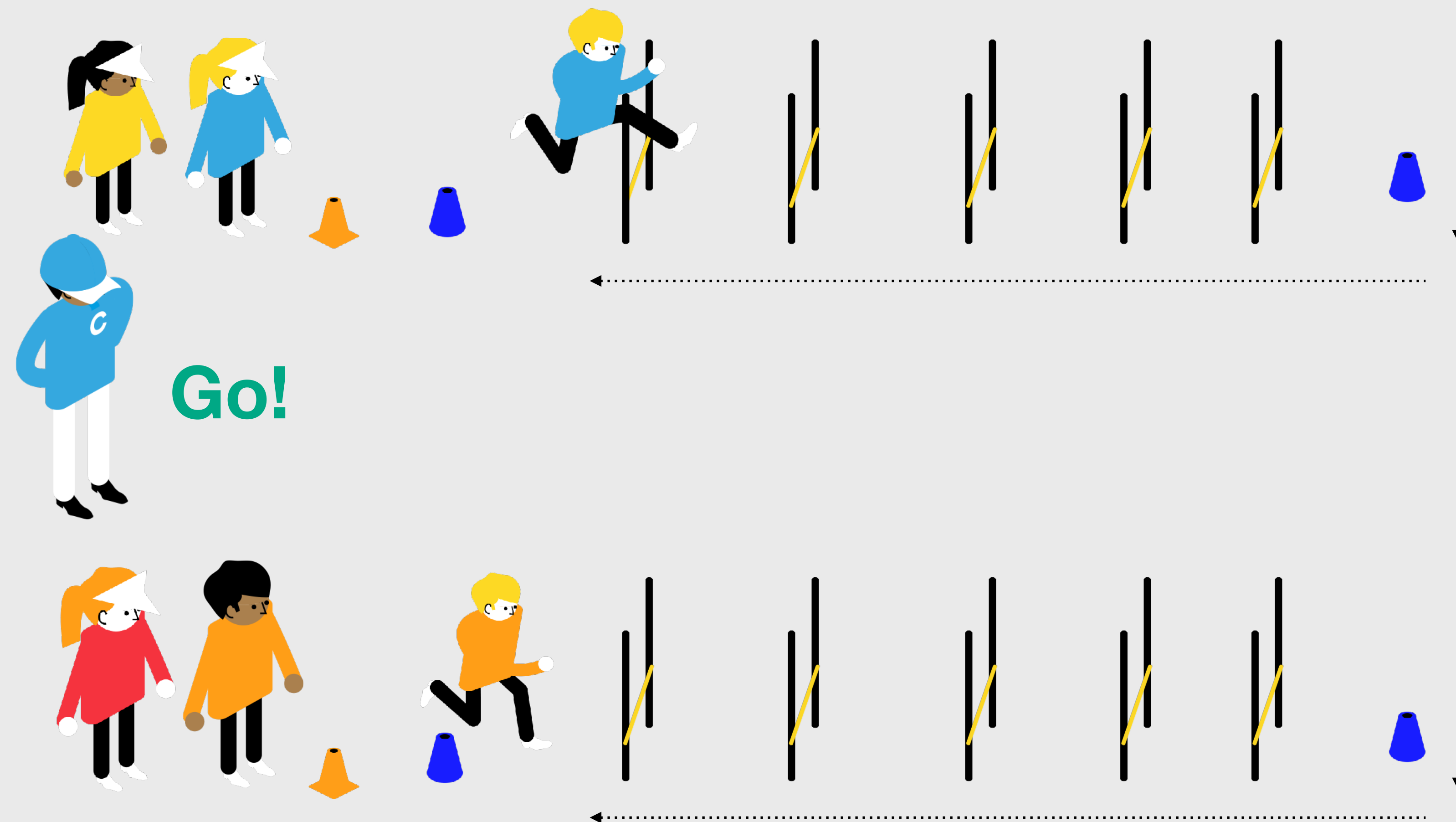
Station 1:
Game Station
Luck of the Draw



Station 2:
Game Station
Mouse Trap



Hurdles



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child attempts to step or hurdle over the 5 hurdles, around the end cone and back to the start
- Once the first player returns the next player on the team goes
- The team that wins is the one who gets all players home first

Progression Ideas

- Add extra goes for each child
- Raise the height of the hurdles
- Introduce different FMS skills such as jumping, or hopping
- Raise the foam noodles all the way up and play Limbo as an alternative

Equipment Needed

4 x Orange Safety Cones

SAFETY



4 x Cones to mark starting positions and end cones



10 x Foam Noodles



20 x Alignment Sticks



JUNIOR GOLF
ACADEMY



Creative Body Language

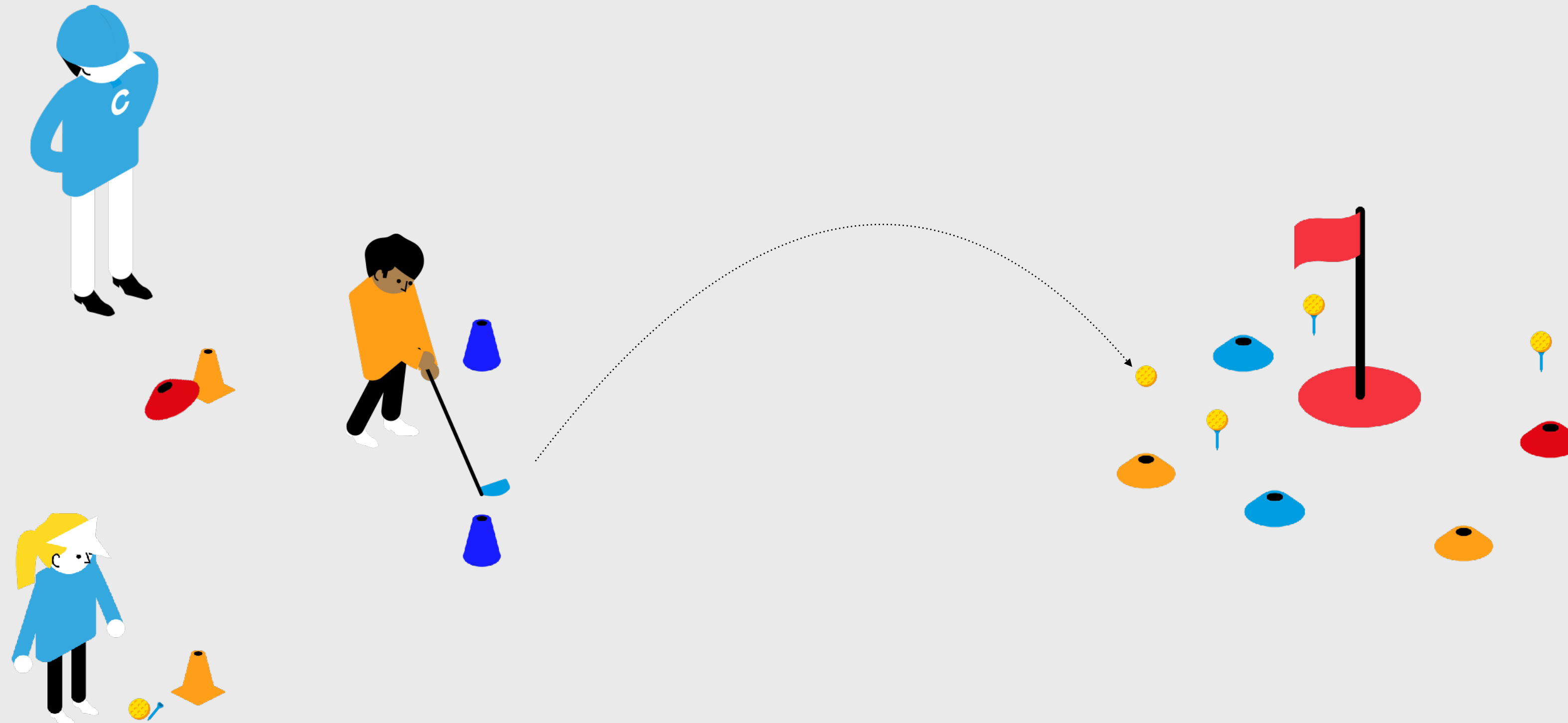
- The Whole Child theme this week is to highlight the importance of positive body language.
- Carry this theme into the class by explaining the children the importance of standing tall or keeping your head up after a poor shot. Reiterate that this behaviour can help to raise your spirits and improve your performance on the next shots.



Orientation Using different clubs, with different lofts

- The Learning the Game focus this week is learning about different lofts and the influence on trajectory.
- You should highlight to your juniors that they can practice with different clubs to try to hit the ball different heights and the effect on the ball once it lands

Cone Crusher



How to Play

- Allocate points for each of the targets. For example, 5 points for the holing out, 2 points for hitting a ball and 1 point for hitting a cone
- Children take it in turns to hit their chip shot and attempt to hit one of the targets
- If the child is successful they collect their ball and the target they hit and bring it back to the safety cones
- If they miss they should just collect their ball and it's the next player's turn
- Each player has 10 shots to hit as many targets as possible and score as many points as possible for their team
- At the end of the lesson see which team scored the most points for this game

Progression Ideas

- Add or remove targets
- Vary the size of the gaps between targets
- Vary the starting point from around the green
- Add penalty points if the children hit a particular cone (the red cone, for example)
- Add a line behind the hole, which if the ball travels over then the child has to put back one of the targets they have hit

Learning Outcomes

- Controlling direction and distance on a chip shot
- Working together to collect the targets and choose which targets to aim for

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark starting position

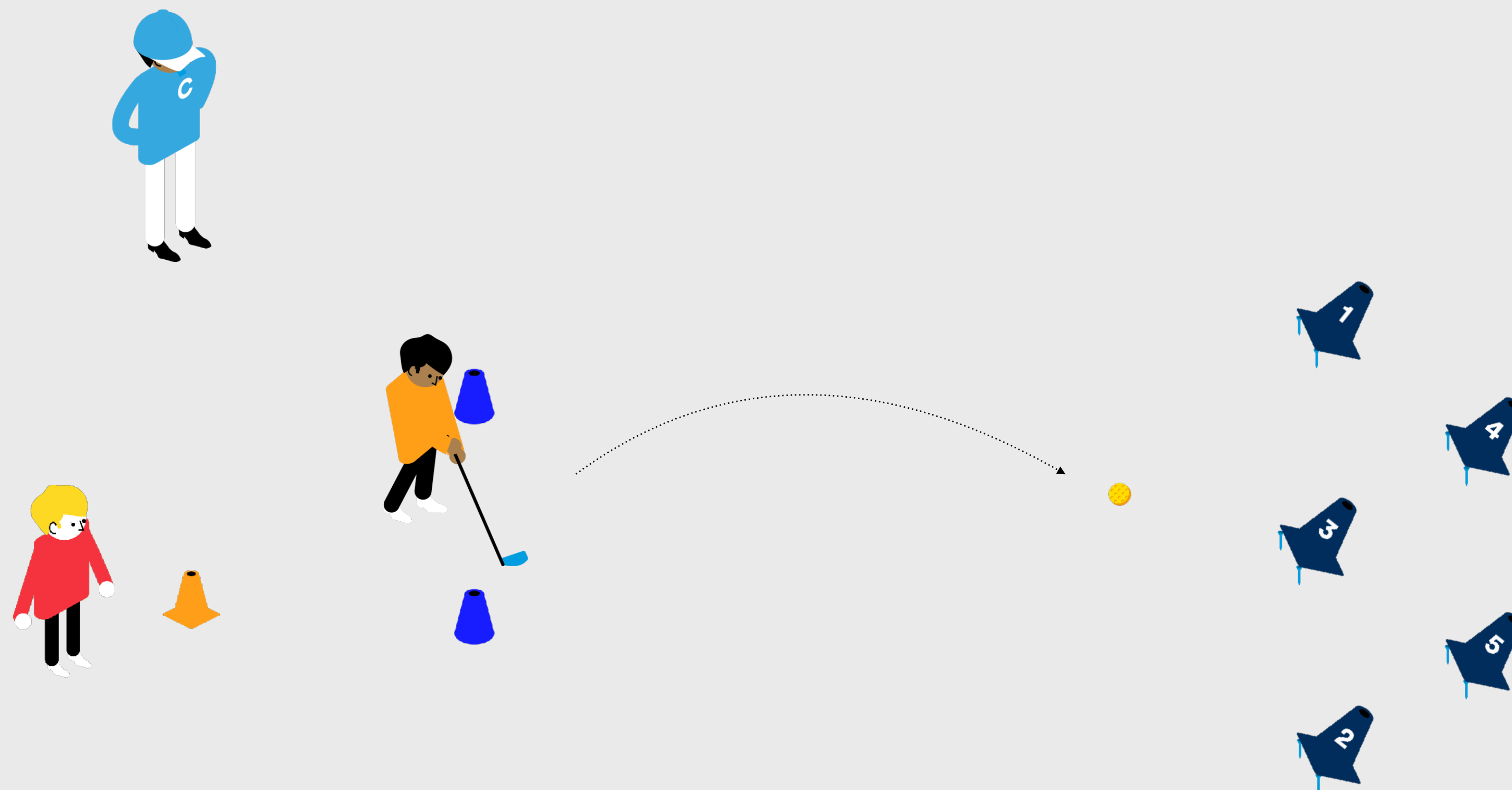
Cones for the targets

Tees and balls for the targets

Spare equipment that may be required for the group attendees.

Golf Balls

Mouse Trap



How to Play

- Children take it in turns to hit their chip shot towards the cones that have been propped up with tees
- The aim of the game is to knock the cone so it traps the golf ball
- The children take it in turns to hit their shots
- The challenge is complete when the team manage to trap all the balls using the cones available

Progression Ideas

- Vary the distance of the chip shot
- Add or reduced the number of traps
- Let the children roll the ball to trap it if chipping is too difficult

Learning Outcomes

- Ability to control distance on a chip shot
- Ability to control direction

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark starting position

5 x Crush It cones and tees for the mouse traps

Spare equipment that may be required for the group attendees.

Golf Balls

Luck of the Draw



How to Play

- Players take it in turns to pick a colored card from a Crush It cone
- Whichever color is picked the player must try to hit the ball into that colored square
- If the player successfully hits their shot into the designated square they score a point
- The team have to try to accumulate as many points as possible before switching games

Progression Ideas

- Move the squares further away
- Make the size of the squares smaller or bigger
- Instead of the squares use the gates as targets

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x printed "Luck of the Draw" sheet



4 x Yellow Cones



4 x Red Cones



4 x Green Cones



4 x Blue Cones



Golf Balls

