

Swing Week 13



Class Timetable - Week 13

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Fairway Woods

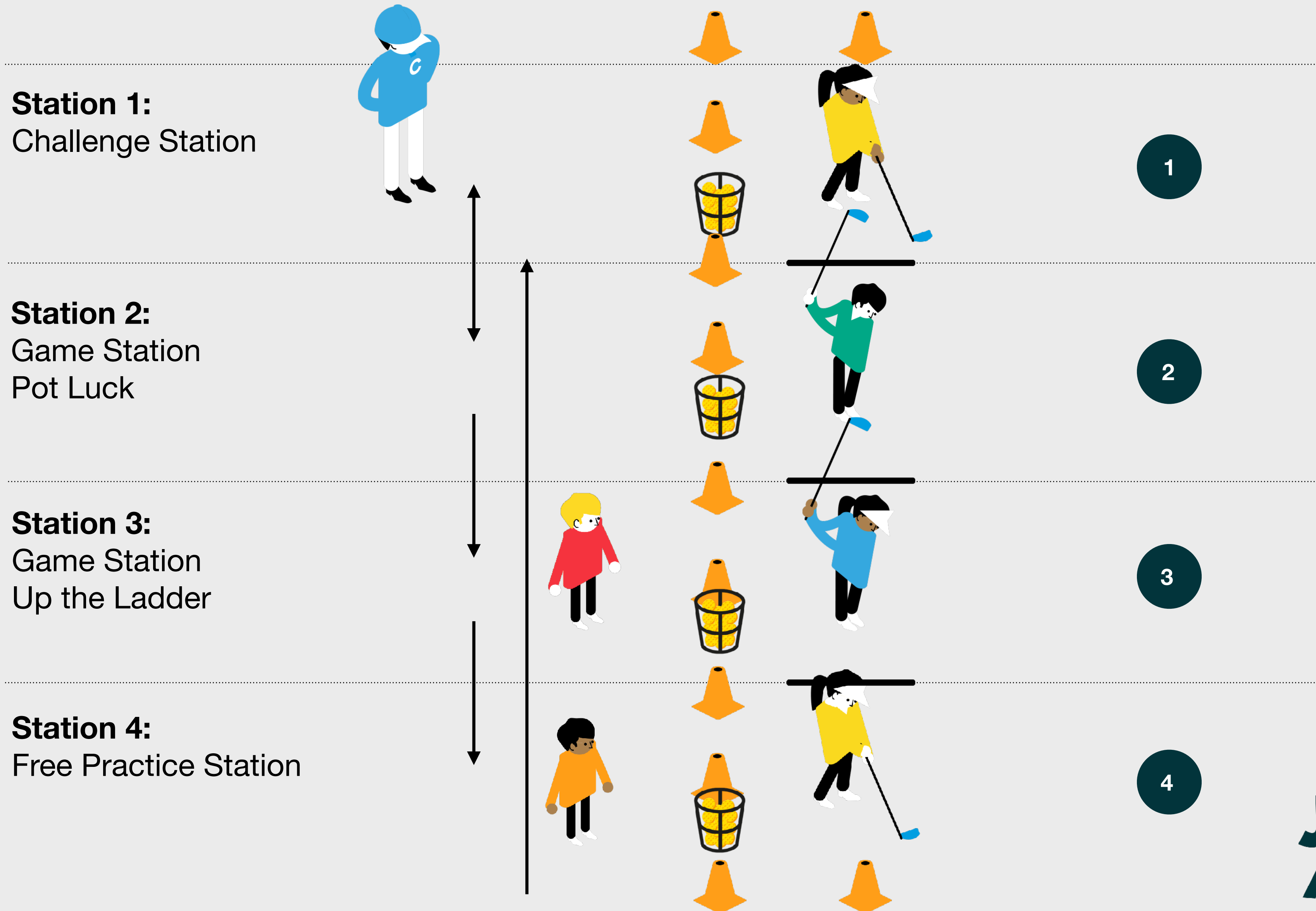
Whole Child Focus
Cognitive:
Coachable

Learning the Game Focus:
Rules and Etiquette:
The Woods

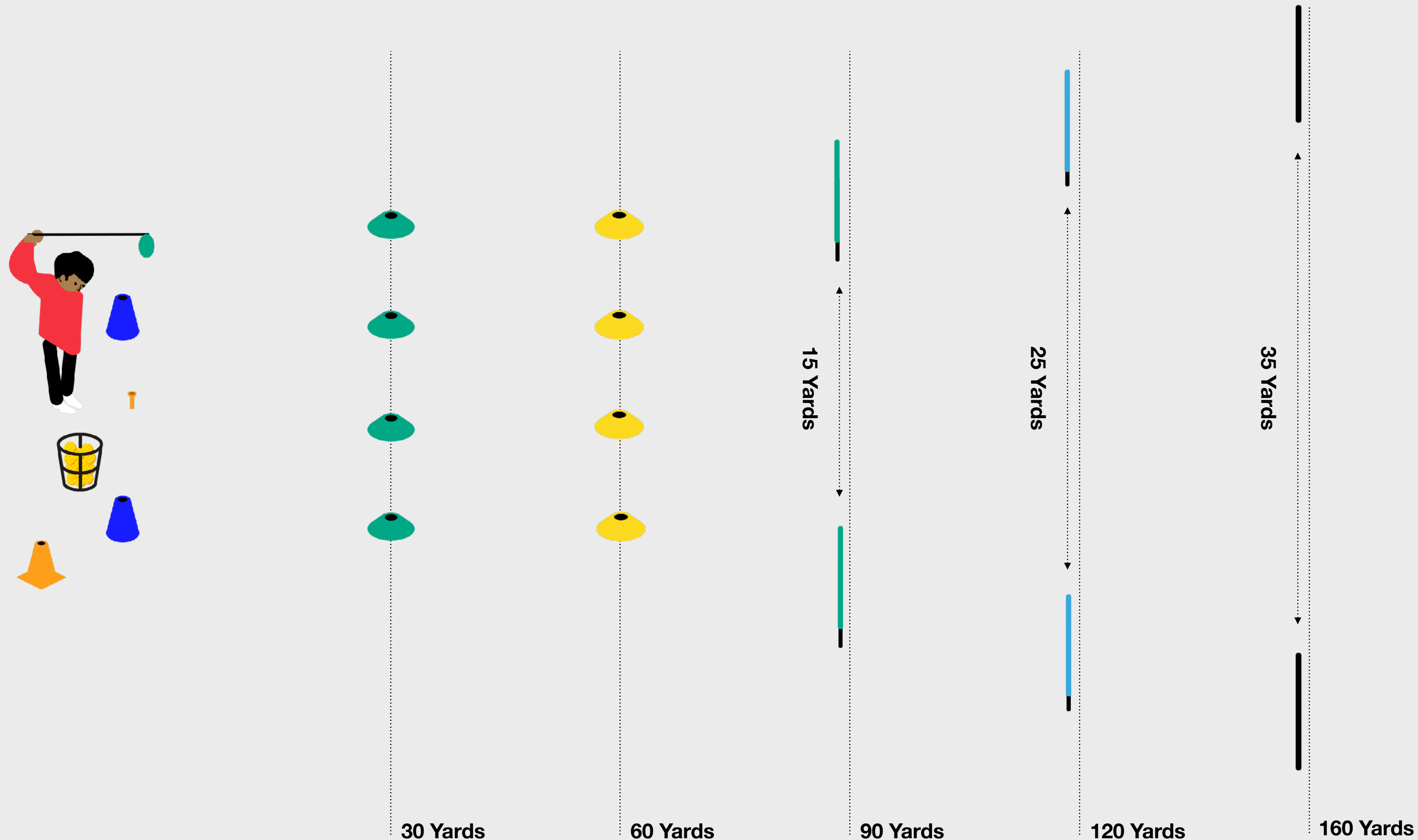
Mastering the Game Challenge:
Fairway Wood Challenge

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"> Tee it Up Challenge
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 Woods
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"> Coachable
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"> Pot Luck Up the Ladder Fairway Wood 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



Fairway Woods Challenge Setup



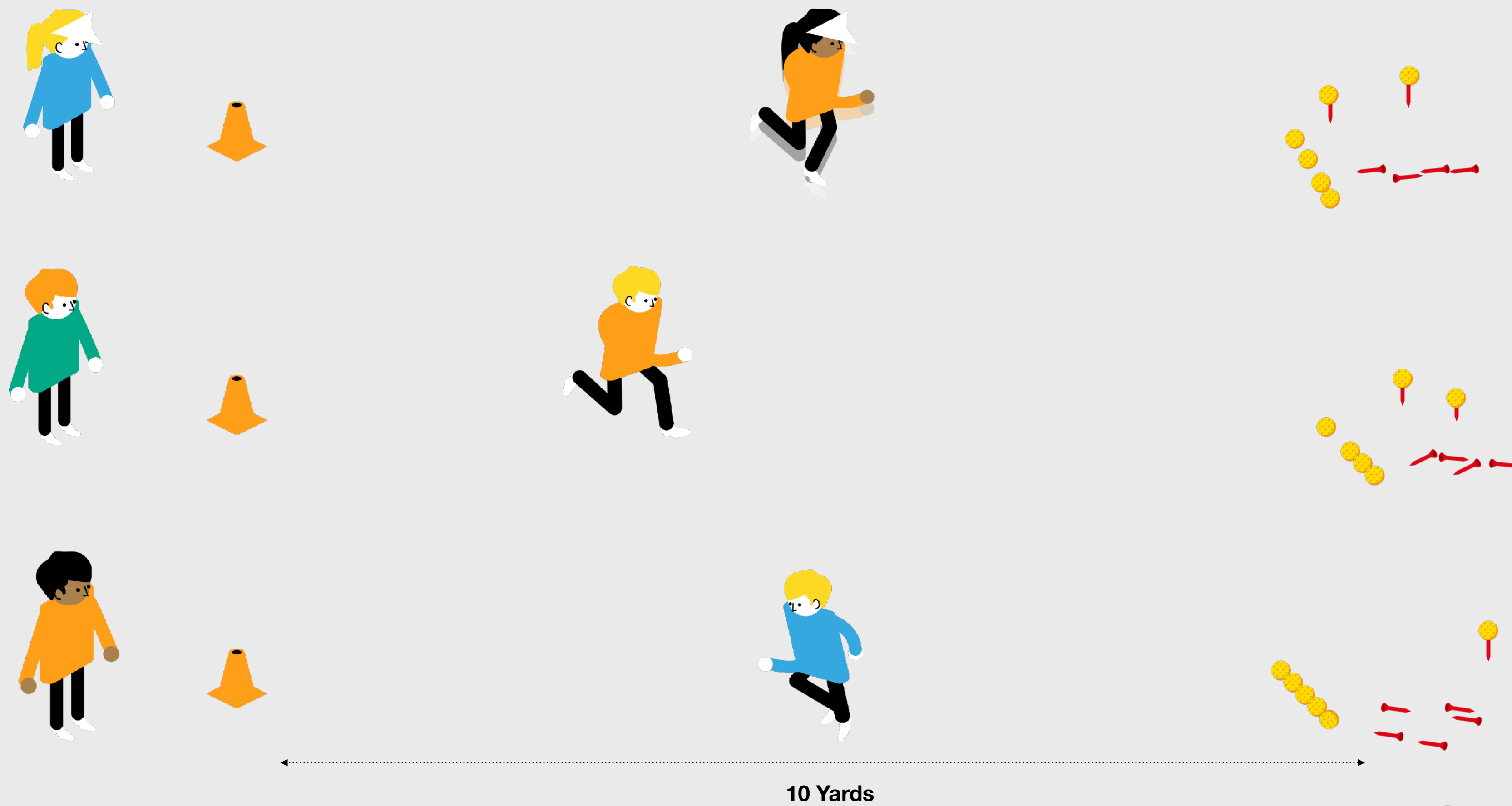
Equipment Needed

- Orange safety cones for a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines for the level 2 and 3 challenges
- Alignment Sticks with a foam noodle on top to mark out the target gates

Setting out the Challenge

- Use cones to mark out the carry distance lines for the level 2 and 3 challenges
- Alignment sticks with foam noodles should be used to measure the gates for the level 4-6 challenges at the target distances and widths
- Set out all the markers to enable every child to attempt their challenges in the class

Tee It Up Challenge



How to Play

- Each team has 6 tees and 6 golf balls that are placed on the ground 10 yards from their safety cone
- When the Coach shout “Go!” the first player on each team runs forward and tees the ball up
- They run back and once they pass the safety cone their teammate can run and tee up the next ball
- The winners are the team that make it back to their safety cone with all the balls teed up properly

Progression Ideas

- Increase or decrease the gap between the safety cones and the tees and balls
- Experiment with different FMS, for example hopping or skipping

Equipment Needed

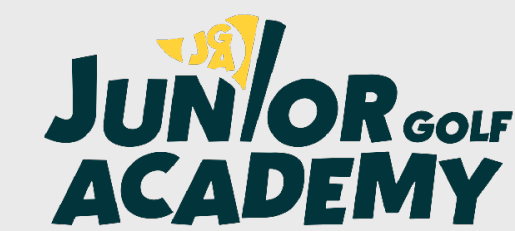
3 x Orange Safety Cones



Golf Balls



Tees





Cognitive Coachable

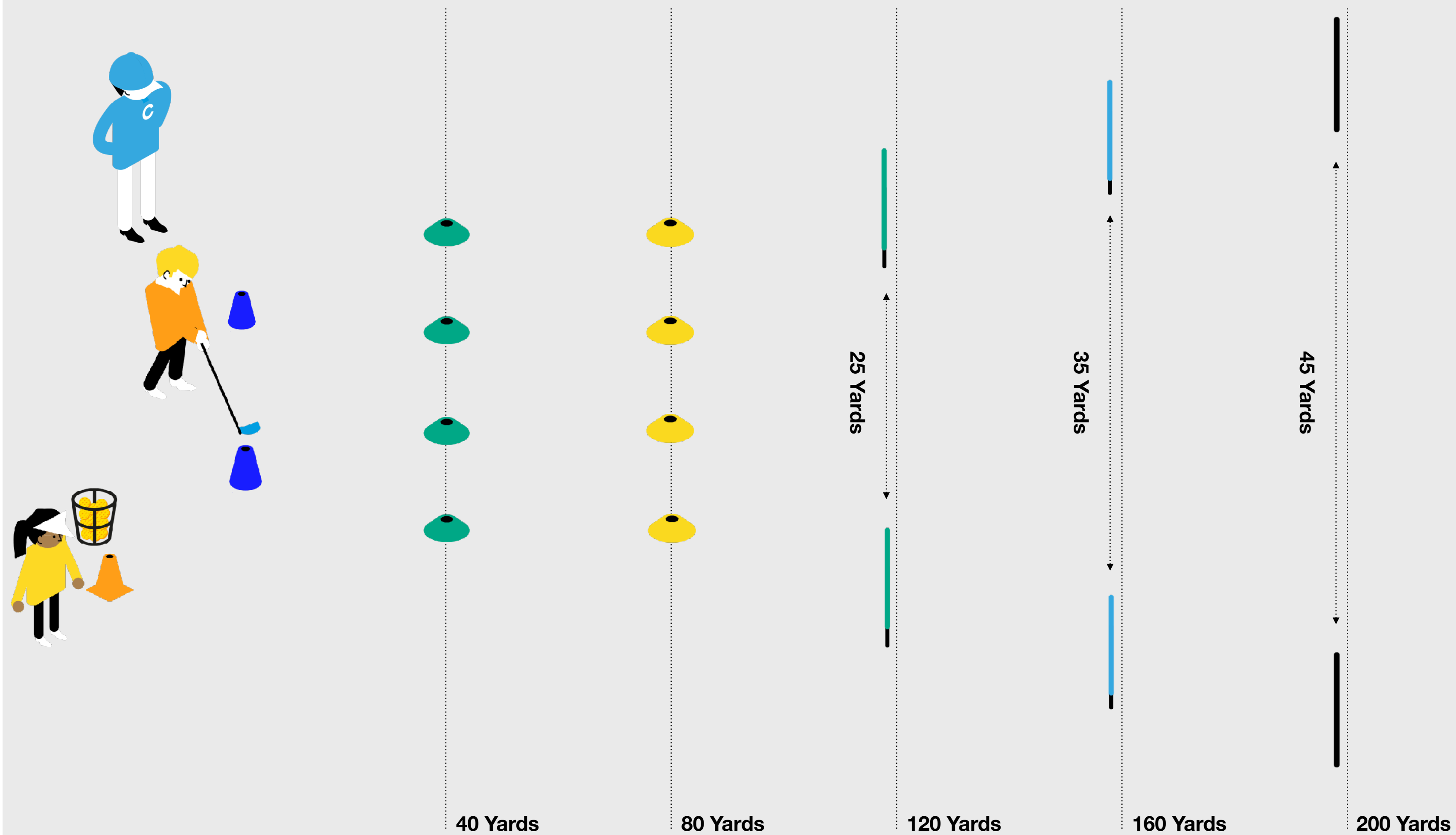
- The Whole Child theme this week is to encourage the children to demonstrate characteristics of a person who is coachable, open to trying new things and is not afraid to fail.
- Carry this theme into the class by paying closer attention to the free practice station and helping the children with their technique more closely.



Orientation The Woods

- The Learning the Game focus this week is to introduce the Wood and how it differs from other clubs in the bag.
- In addition to fairway woods, mention hybrids and the purpose of each on the course.

Pot Luck



How to Play

- Players take in turns to pull a playing card from the deck of cards
- The number on the card dictates how many shots the player can take to complete their challenge (Picture cards count as 10)
- If the player completes their challenge within the designated number of shots they score 1 point
- The first player to score 5 points wins the game

Progression Ideas

- Add in special rules for certain playing cards
- Allow the players to come up with their own rules

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out the necessary hitting stations

Deck of playing cards

Spare equipment that may be required for the group attendees.

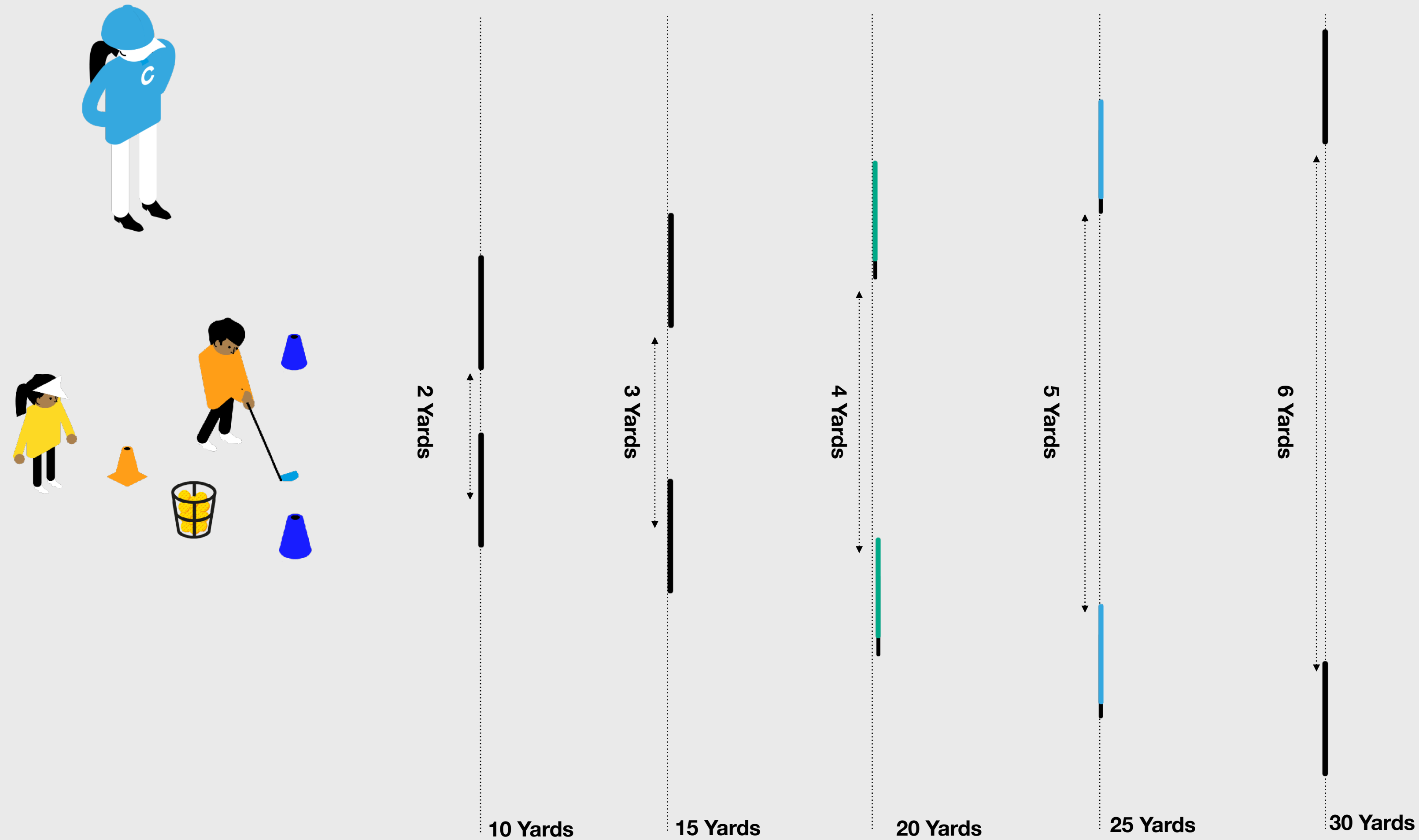
Golf Balls

6 x Alignment Sticks

6 x Foam Noodles

Variety of colored cones for 40 yard and 80 yard lines

Up the Ladder



How to Play

- Players attempt to work their way up the ladder in order, starting by trying to hit their shots through the nearest gate
- If a child misses, the team remain on that gate
- If a child successfully hits the ball through the gate, they progress to the next step of the ladder
- The game is complete when the team have completed every step of the ladder in order

Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets to hit the ball through the gate
- Change the width of the target gates
- Introduce a rule where the ball must fly through the air and through the gate

Equipment needed

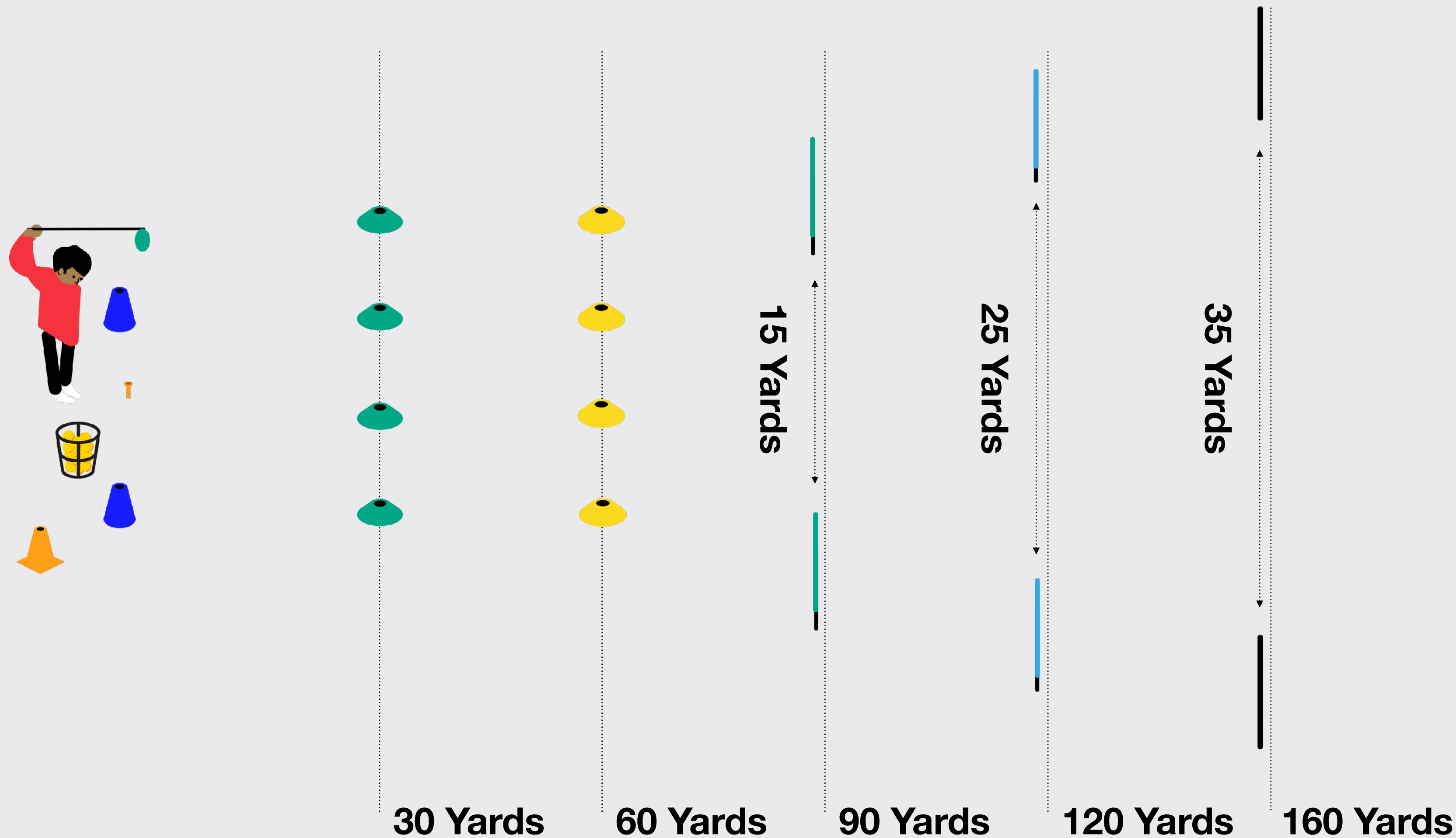
Orange Safety Cones

SAFETY

10 x Alignment Sticks

10 x Foam Noodles

Fairway Wood Challenge



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 hit 2 shots in the air using a Fairway Wood. They have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a tee.
- 2** Juniors hit 2 shots in the air using a Fairway Wood. The ball must carry a minimum of 30 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 3** Juniors hit 3 shots in the air using a Fairway Wood. The ball must carry a minimum distance of 60 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 4** Juniors hit 2 shots 90 yards with a Fairway Wood. The ball needs to finish through the 15-yard-wide gate. They have 5 attempts and this challenge must be attempted with the ball on the ground.
- 5** Juniors hit 3 shots 120 yards with a Fairway Wood. The ball needs to finish through the 25-yard-wide gate. They have 5 attempts and this challenge must be attempted with the ball on the ground.
- 6** Juniors hit 4 shots 160 yards with a Fairway Wood. The ball needs to finish through the 35-yard-wide gate. They have 5 attempts and this challenge must be completed on the ground.

