

# Around the Green

## Week 15





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# Class Timetable

4 Junior Monthly Class Plans Ages 6-16

## Class Timetable - Week 8

Session Length: 60m | Group Size: 1:6

**Mastering the Game Focus:** On the Green: Scoring

**Whole Child Focus:** Creative: Practice at Home

**Learning the Game Focus:** Orientation: Introducing the Scorecard

**Mastering the Game Challenge:** Scoring Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Cone Collector</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Introducing the Scorecard</li> </ul>
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Practice at Home</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li>10 Pin Bowling</li> <li>Single, Double, Triple</li> <li>Scoring Challenge</li> </ul>

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# Class Timetable - Week 15

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Around the Green:  
Pitching

**Whole Child Focus**  
Social:  
Gratitude

**Learning the Game Focus:**  
Rules and Etiquette:  
The Pitchfork

**Mastering the Game Challenge:**  
Pitching Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	<ul style="list-style-type: none"> <li>Hop Frog Zig-Zag</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>The Pitchfork</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Gratitude</li> </ul>
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games and challenge</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice</li> </ul>	<ul style="list-style-type: none"> <li>Field Goal</li> <li>Crossbar Challenge</li> <li>Pitching Challenge</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Children can complete <i>myProgress</i> Wheel and add stickers where appropriate to the <i>myAcademy</i> folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li><i>myAcademy</i> Folders</li> <li>GLF. Connect <i>myGame+</i></li> </ul>



# Layout and Setup



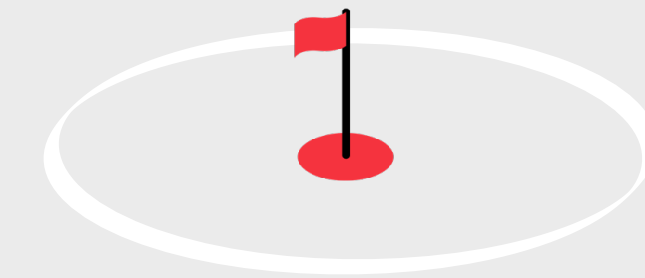
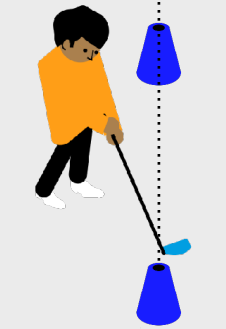


# Class Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Station 1 is the **Challenge Station**. This is where the child, under the supervision of the coach, can attempt the Mastering the Game Challenge to achieve their Achiever Sticker, virtual reward on GLF. Connect and work towards their pins and hats
- Stations 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, away from any form of game or competitive play. Those in the Practice Station rotate with their partner in the Challenge Station. You may decide the layout a technical drill if appropriate for the child
- Children should play in pairs, with stations 1 and 2 being a pair, another pair at station 3 and the last pair at station 4
- Children should rotate around the stations, with each pair spending approximately **8 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- Safety is your top priority when running your class, please remember to;
  - Add your orange safety cones behind each station to identify to the juniors where they are required to stand when not hitting from the hitting station
  - Dividers should be used to identify the hitting stations
  - Baskets should be placed to the side of the golfers and behind the hitting area
  - Juniors should never go in front of the hitting stations to collect a golf ball or golf club
  - Juniors should always exit the hitting stations from the rear by crossing the orange safety cones

**Station 3:**  
Game Station  
Field Goal



**Station 2:**  
Game Station  
Crossbar Challenge



**Station 1:**  
Challenge Station

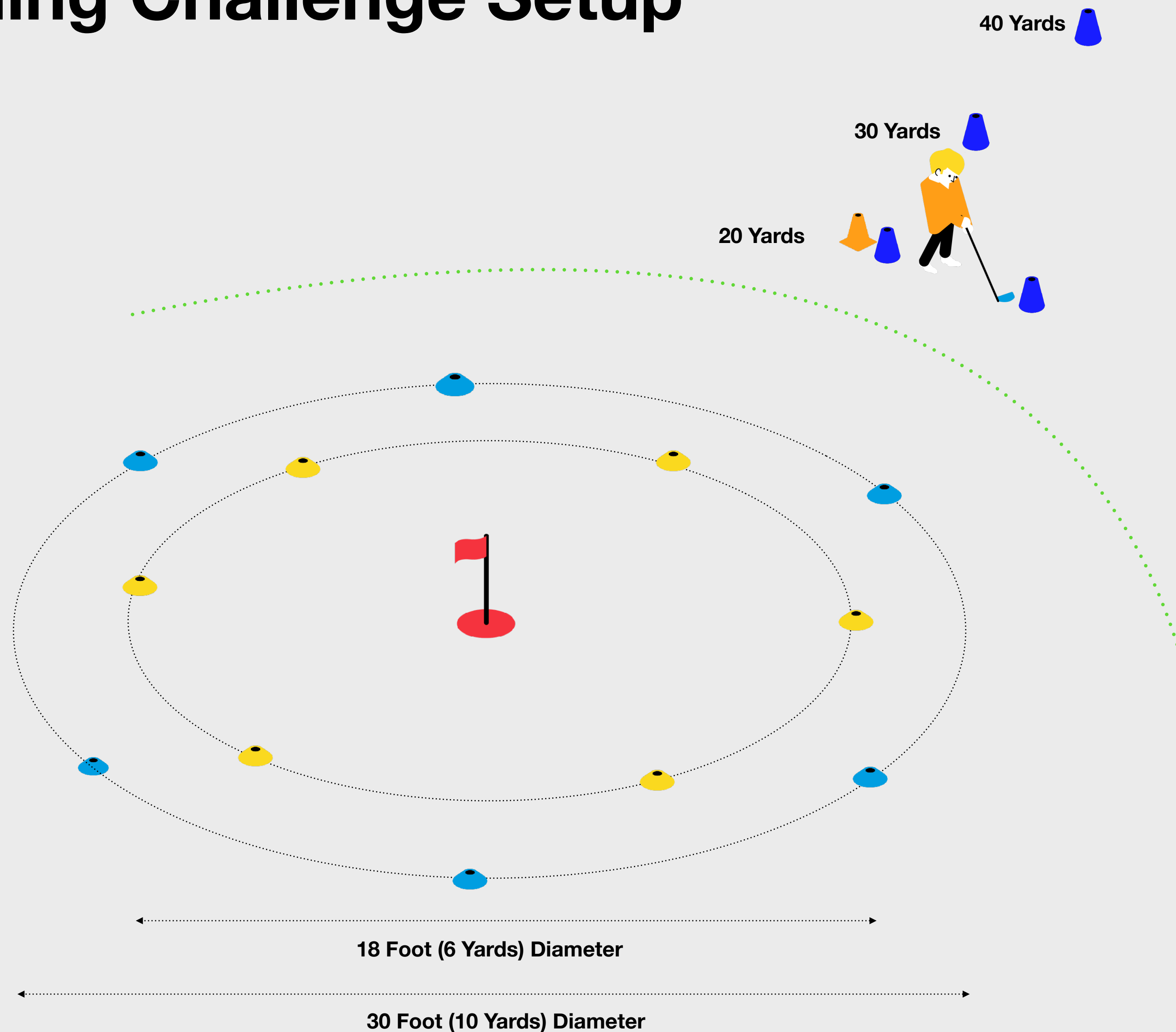


**Station 4:**  
Free Practice Station





# Pitching Challenge Setup



## Setting out the Challenge

- 1 flag should be selected on the green, alignment sticks could be used where this isn't possible
- 2 target circles, marked by cones, are placed around the flag or alignment stick at the diameters in the graphic opposite, 6 yards and 10 yards
- Three starting points are positioned in a row at distances of 20, 30 and 40 yards

## Equipment Required

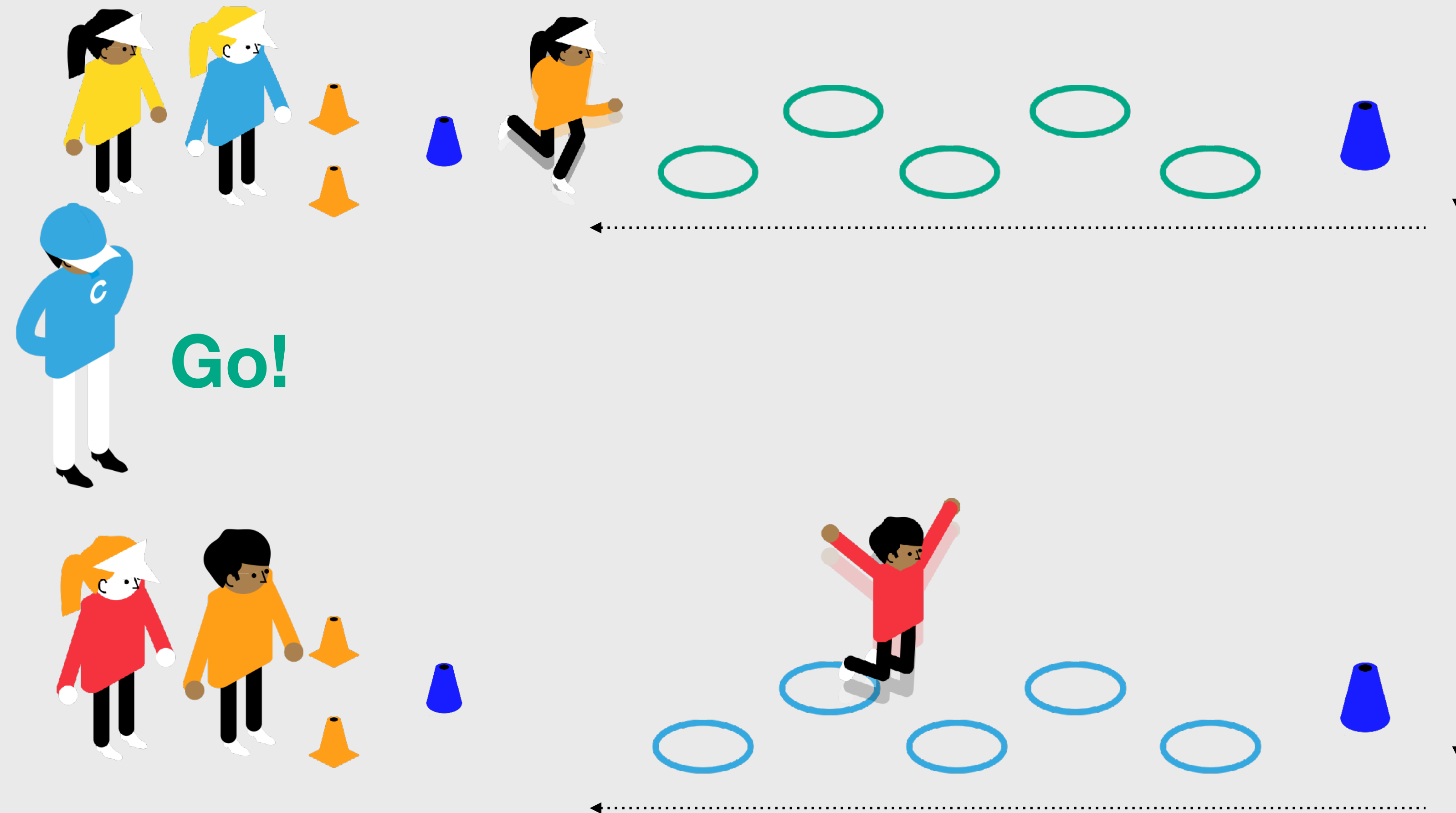
- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Target circles from the equipment bag
- Cones to mark target circles
- Flag
- Alignment Sticks for a flag if this isn't possible



# Physical Literacy Warm Up Game



# Hop Frog Zig-Zag



## 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 jumps with both feet together into each hoop in alternative directions
- The team that wins is the one who gets all players home first

## Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with different fundamental movements such as single leg jumping and alternative leg jumping
- Increase the number of steps of the ladder
- Increase the width of the ladder steps.

## Equipment Needed

Orange Safety Cones

SAFETY

4 x Cones

10 x Hoops





# Fundamental Movement Skills (FMS)



During your Warm Up Game, explore a range of Fundamental Movement Skills (FMS). The children should be encouraged to experiment and develop these movements and you can tailor the difficulty of the specific movement to each child or warm up game.



## Kick

Explore this skill using both feet, different parts of the foot and kicking in the air and on the ground



## Throw

Explore this skill using both arms, underarm and overarm throws as well as at a range of heights



## Skip

Explore this skill using a rope and in dynamic motion at a range of speeds



## Run

Explore this skill at a range of speeds, and going backwards



## Hop

Explore this skill by alternating legs on the spot and in dynamic motion



## Side-step

Explore this skill by alternating sides, touching heels and crossing legs



## Dodge

Explore this skill by getting the child to dodge static and dynamic obstacles at a range of heights



## Jump

Explore this skill by exploring the movement in multiple directions



## Stand on one leg

Explore this skill by exploring balancing on both legs



## Crawl

Explore this skill by exploring using different segments of the body

# The Whole Child





# Social Gratitude

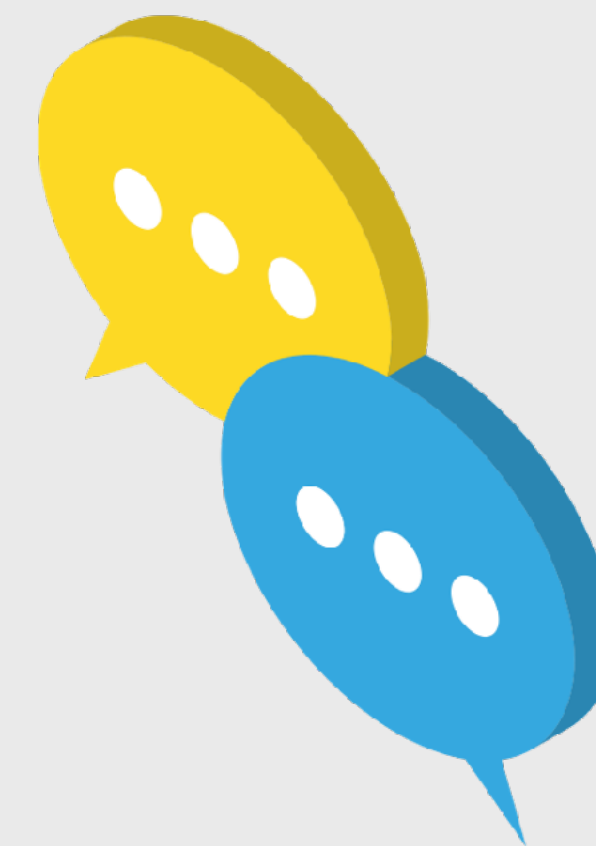
The Whole Child theme this week is to understand what gratitude is and why it is important.

Carry this theme into the class by going round the class and asking the children one thing they are thankful for in golf.

It should be highlighted that the Achiever Award is presented to the child that demonstrates gratitude throughout the session, for example being thankful for the opportunity to play with friends, and for being able to be a part of the club.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the Junior Golf Academy program.

An Achievement Sticker can be added to the myAcademy Folder if applicable to your program.



## Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- “Love that attitude”
- “That’s the attitude we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved

# Learning the Game Focus





# Rules and Etiquette

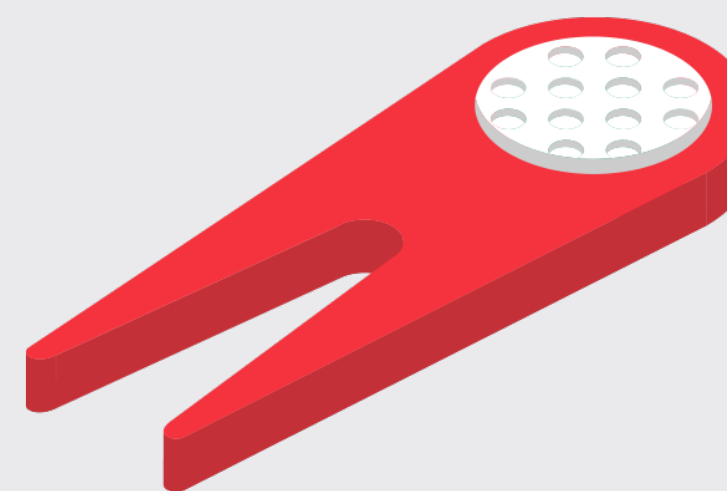
## The Pitchfork

The Learning the Game focus this week is to learn how to use a pitchfork.

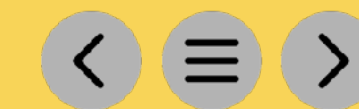
You should make sure children know how to repair their pitchmarks and that it is every golfer's responsibility to look after the golf course.

For more advanced groups, highlight that they should be leading by example and making sure the younger children are also repairing their pitchmarks.

Carry this theme throughout the class and reward any behaviours with an achievement sticker.



**JUNIOR** GOLF  
**ACADEMY**



### Questions to Ask

- Who is responsible for repairing pitchmarks on the green?
- How does a pitchmark happen?
- Should you only repair your own pitchmark?

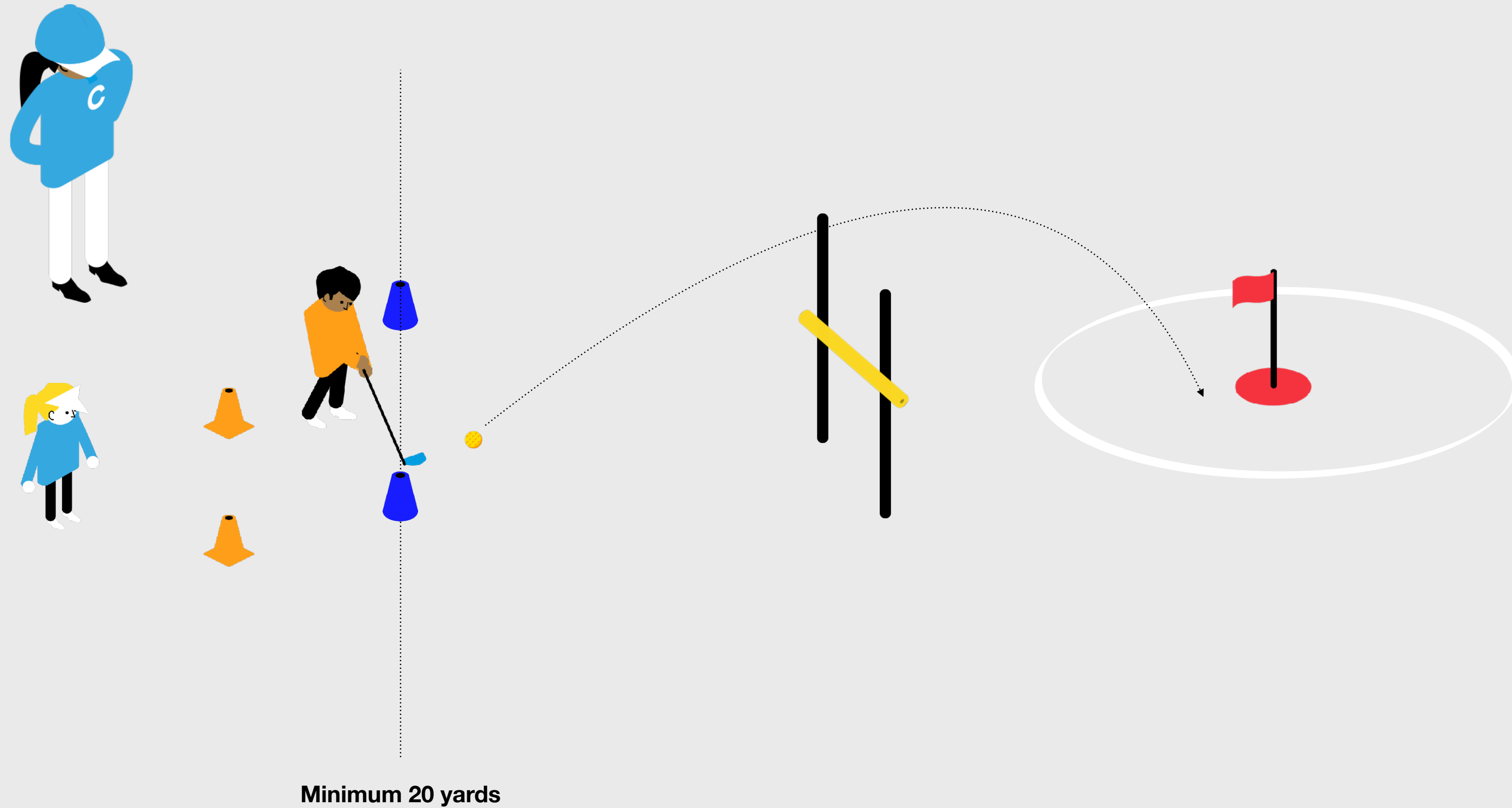
# Mastering the Game Cards







# Field Goal



## How to Play

- Players work as a team to accumulate the most points possible
- Nominate a player to play first.
- The first player attempts their shot and aims to get the ball through the posts to score a field goal
- If the player gets the ball through the posts they score 3 points. If they land the ball into the target circle too they score a touchdown, and a further 6 points
- The team reports their score at the end of the time allowed

## Progression Ideas

- Vary the starting point from around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circle
- Change the distance between the starting position and the posts

## Equipment needed

Orange safety cones

SAFETY

10 ft target circle

2 x Foam Noodles

2 x Alignment Stick

# Crossbar Challenge



## How to Play

- Set a target score for the children to achieve
- The first child attempts to either throw or hit their shot to hit the foam noodle (crossbar)
- The children receive 1 point for hitting the crossbar with a throw, and 2 points with a golf shot
- Players take it in turns, until both have hit 10 shots, the aim is to achieve the target score as a team

## Progression Ideas

- Vary the distance to the crossbar
- Make multiple crossbars
- Specify which club to use

## Learning Outcomes

- Learn to control the distance the ball travels
- Understand how different trajectories can be successful

## Equipment needed

### Orange Safety Cones

SAFETY

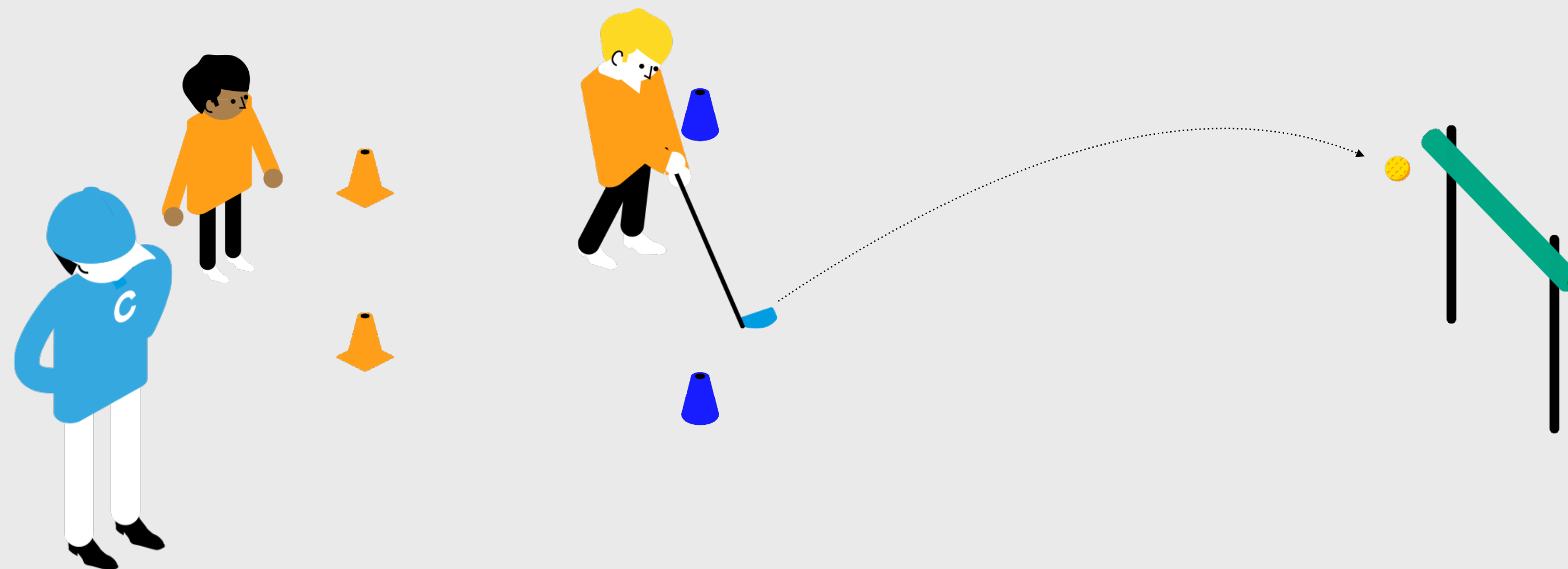
### Cones to mark out hitting stations

### 1 x Foam Noodles

### 2 x Alignment Sticks

Spare equipment that may be required for the group attendees.

### Golf Balls



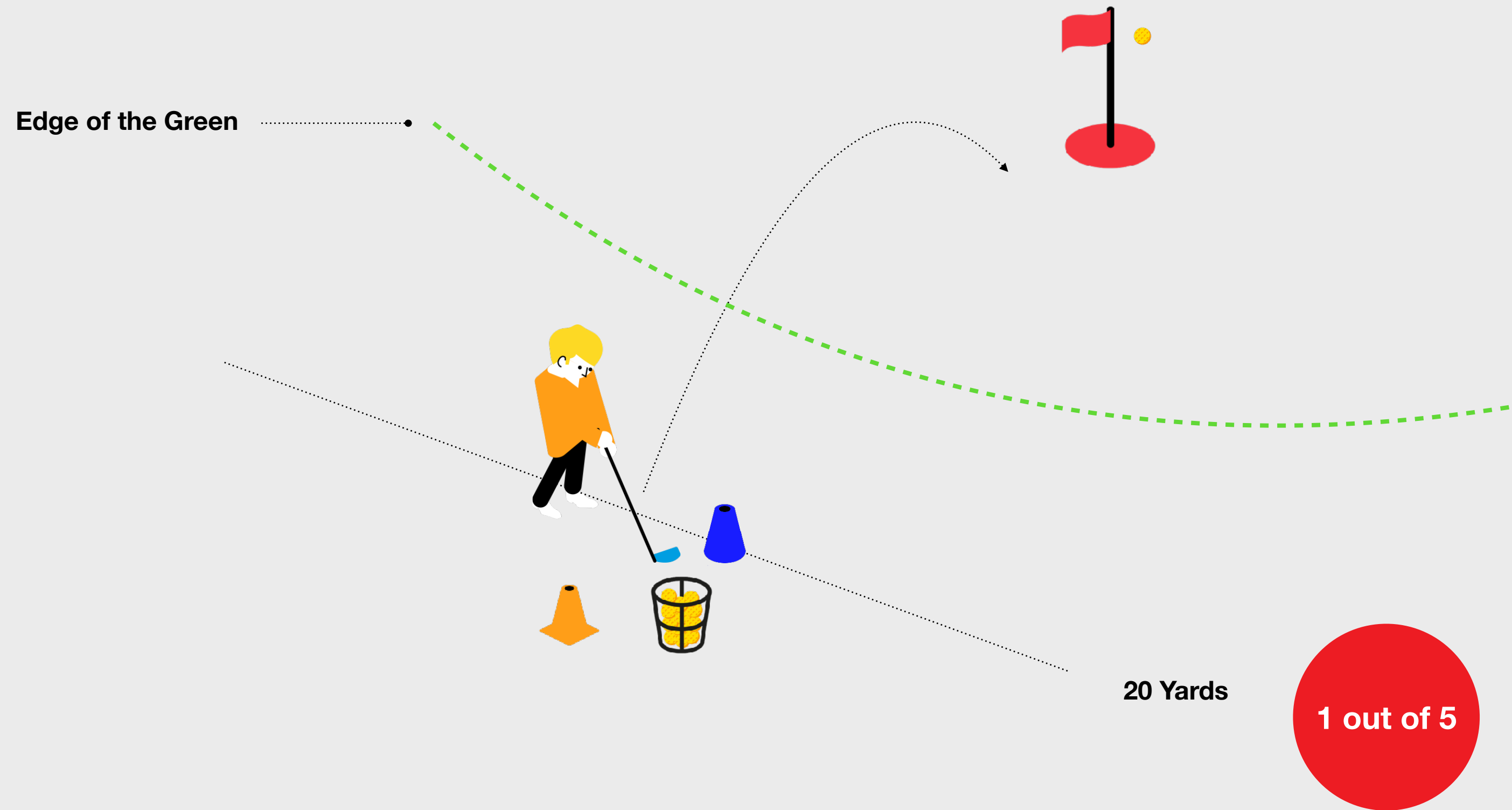


# Mastering the Game Challenge Cards





# Pitching Challenge



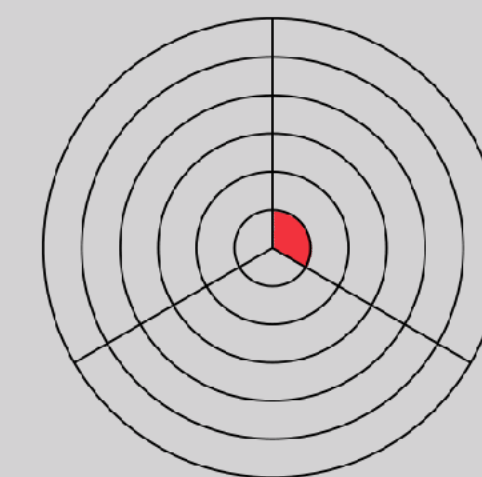
## The Challenge

To complete the Level 1 Challenge within the Pitching skill element, the child needs to get 1 shot out of 5 anywhere on the green. The shot does not need to land on the green.

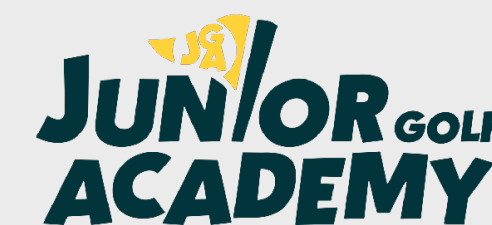
## What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Pitching





# Pitching Challenge



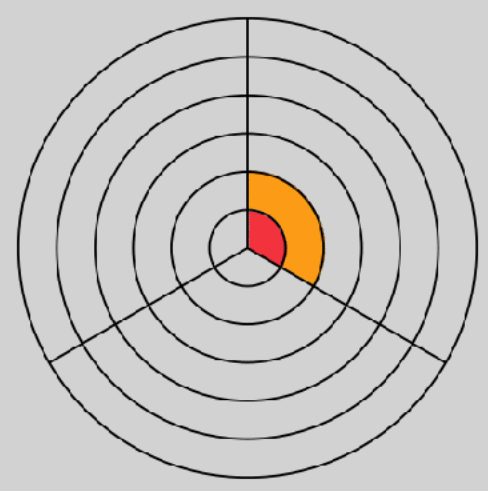
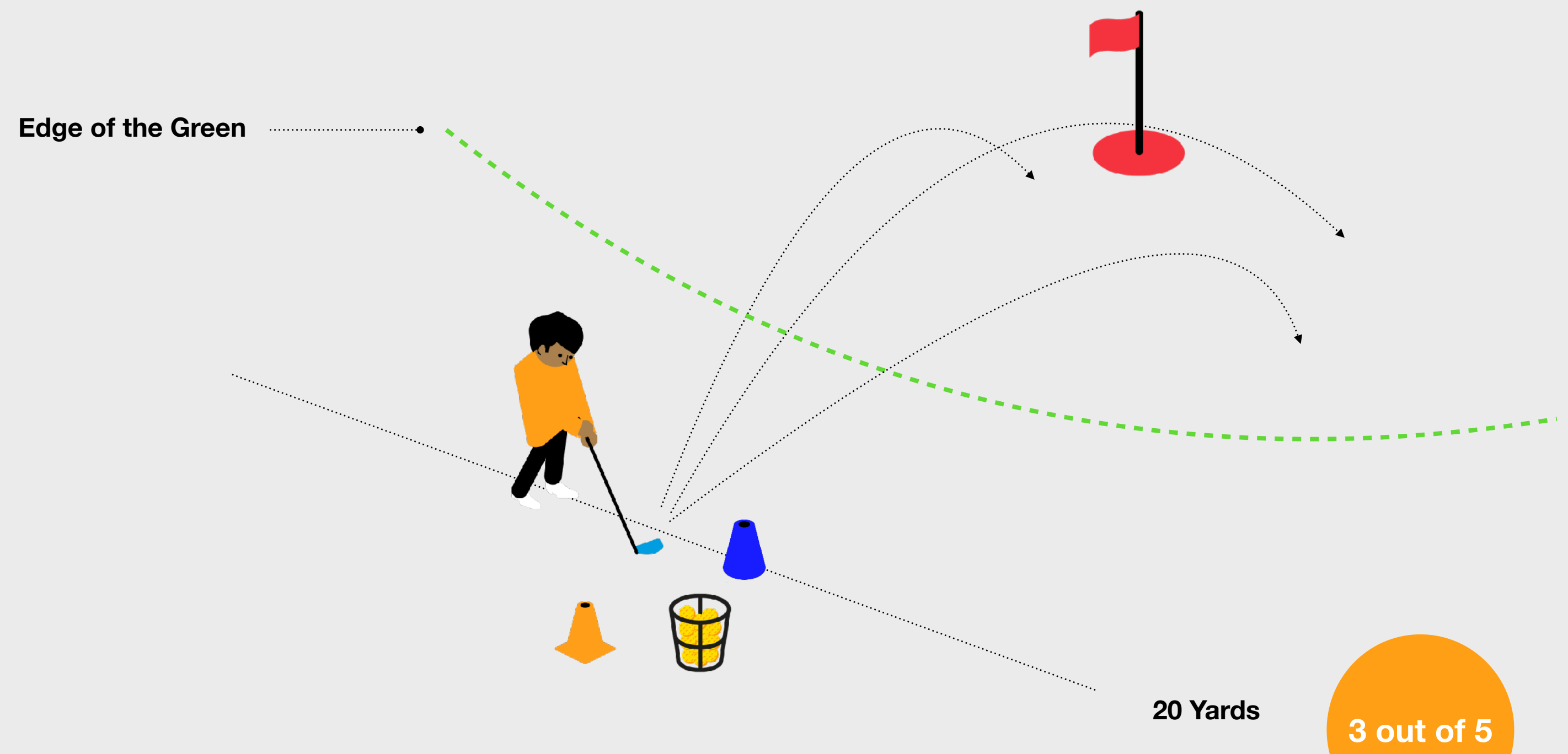
### The Challenge

To complete the Level 2 Challenge within the Pitching skill element, the child needs to get 3 shot out of 5 shots anywhere on the green from 20 yards. The shots do not need to land on the green but the child should demonstrate control.

### What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame* Wheel in their junior folder. They can also add a Sticker to the correct level tracker sheet.

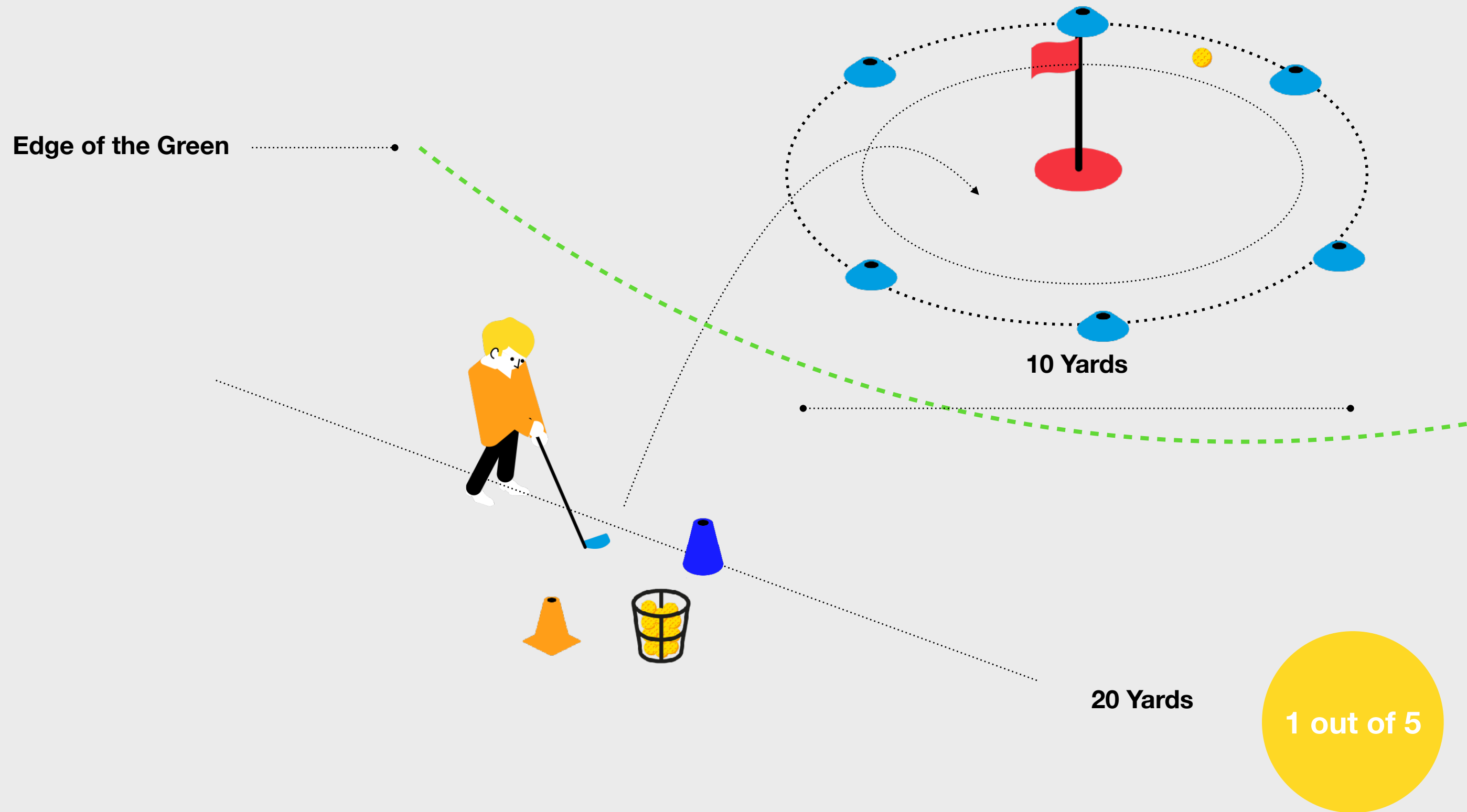
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Pitching



# Pitching Challenge



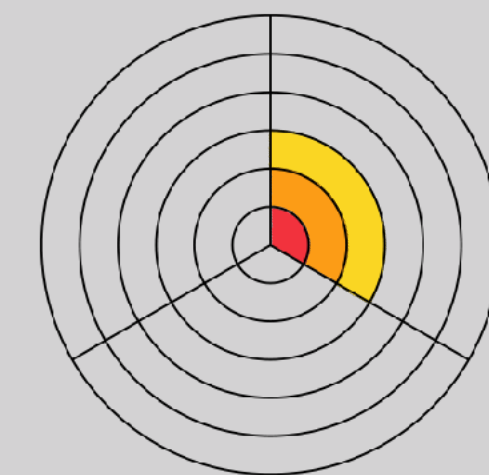
## The Challenge

To complete the Level 3 Challenge within the Pitching skill element, the child needs to hit 1 out of 5 shots from 20 yards to finish within a 10 yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the green.

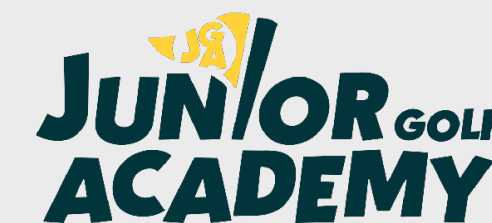
## What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Pitching





# Pitching Challenge



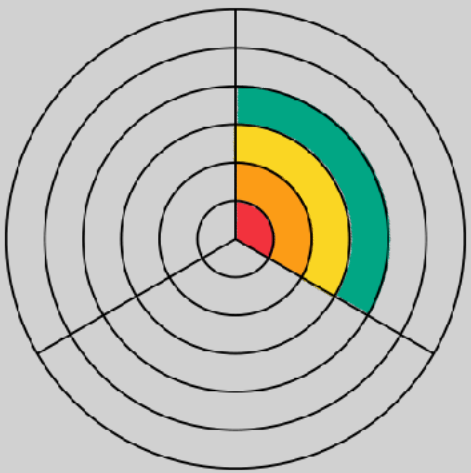
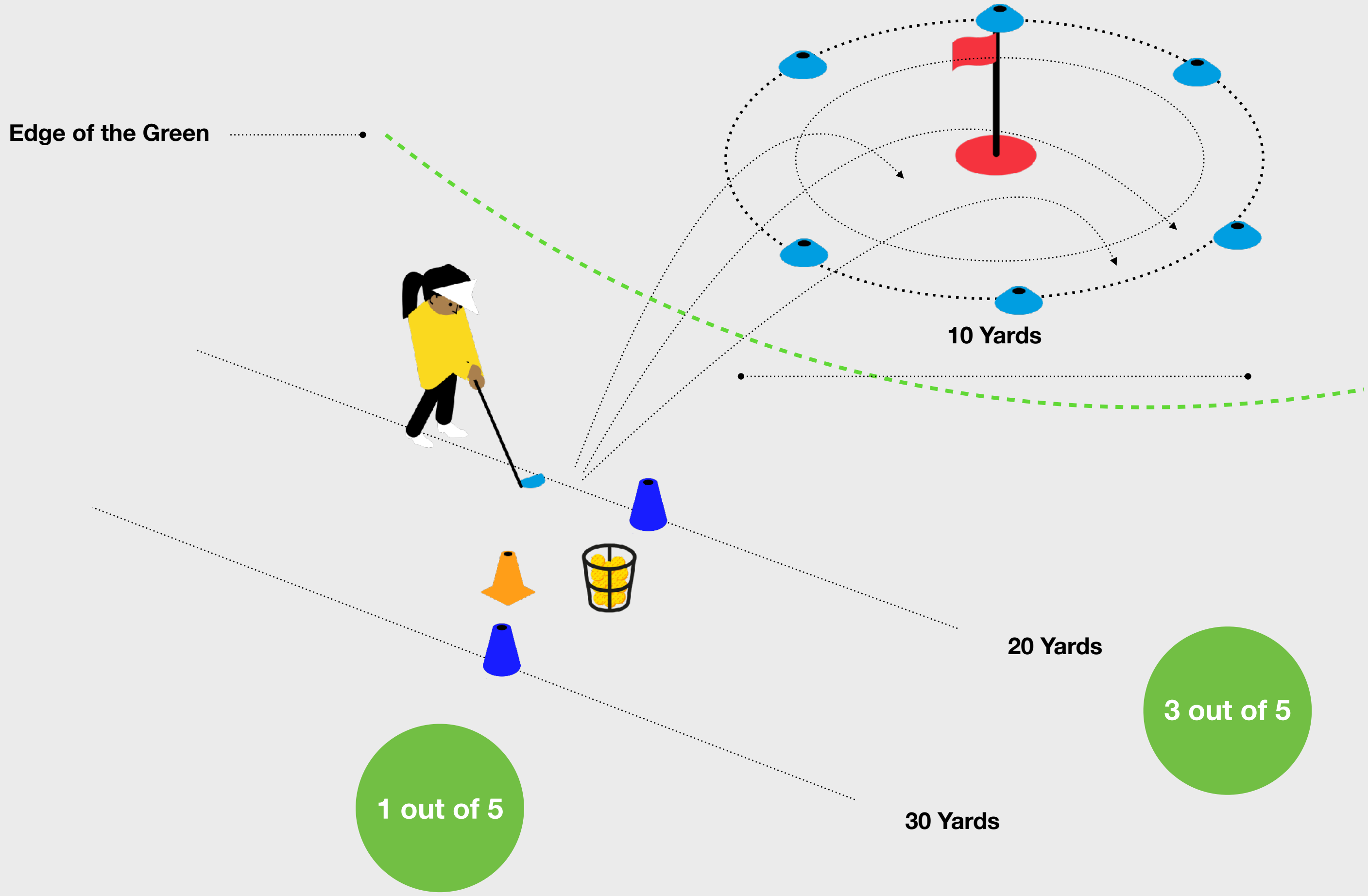
### The Challenge

To complete the Level 4 Challenge within the Pitching skill element, the child needs to hit 3 out of 5 shots from 20 yards and 1 out of 5 shots from 30 yards within a 10-yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the hole.

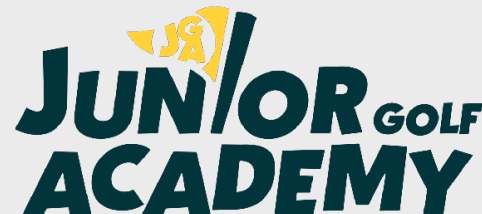
### What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

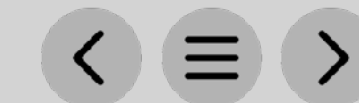
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Pitching



# Pitching Challenge



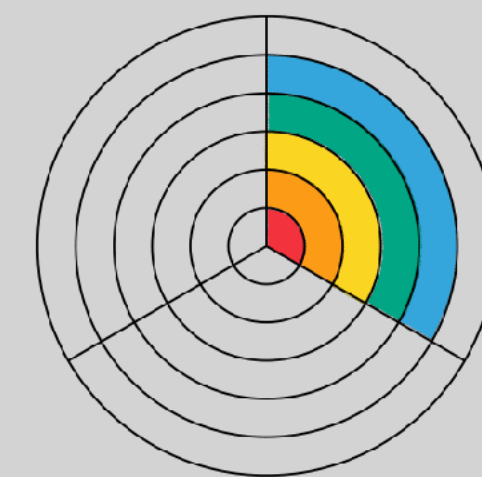
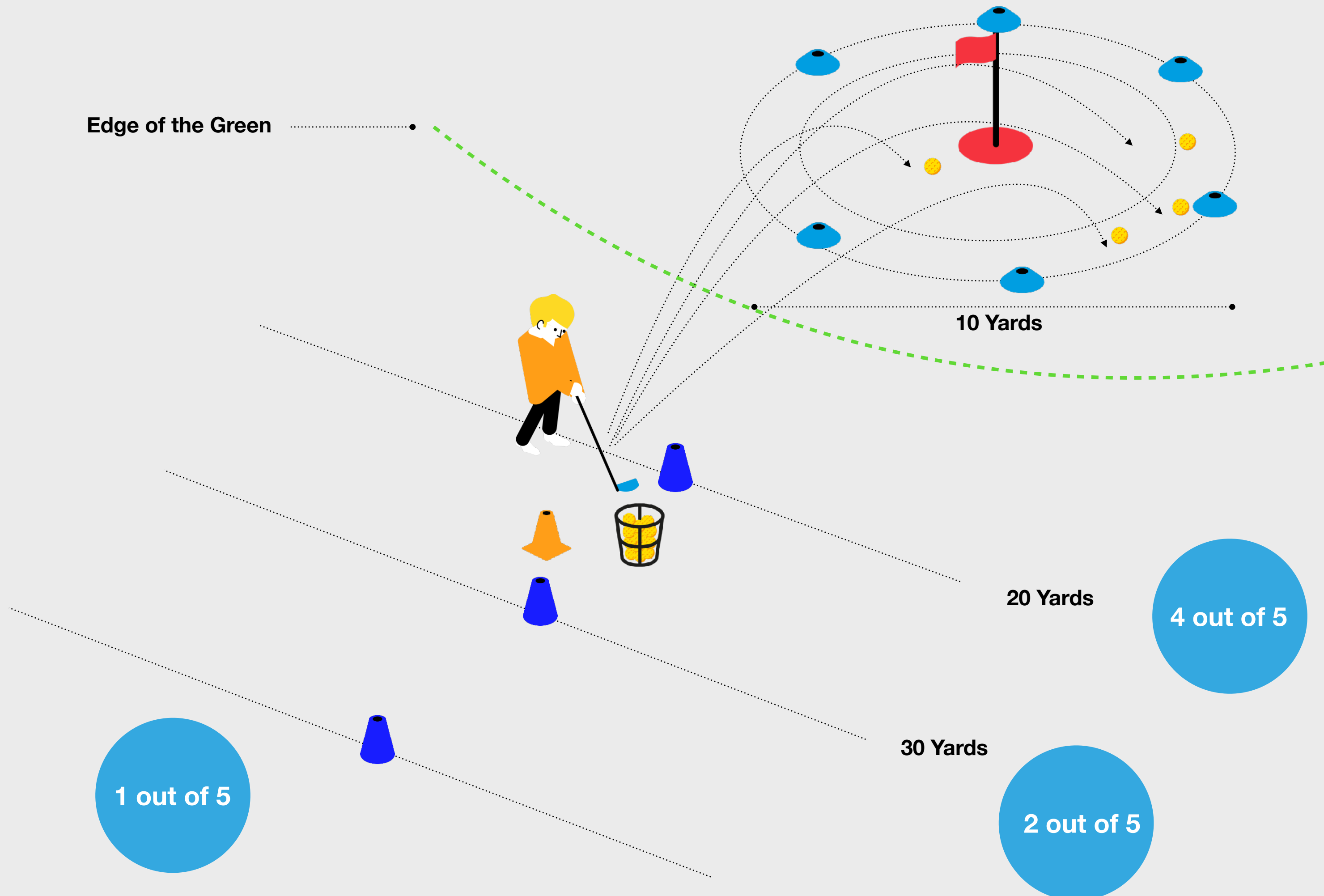
## The Challenge

To complete the Level 5 Challenge within the Pitching skill element, the child needs to hit 4 out of 5 shots from 20 yards, 2 out of 5 shots from 30 yards and 1 out of 5 shots from 40 yards to finish within a 10 yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the green.

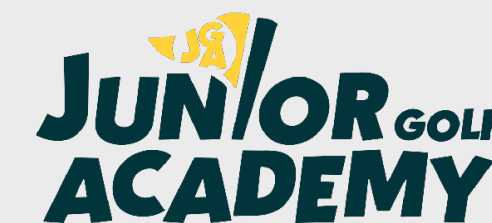
## What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Pitching





# Pitching Challenge



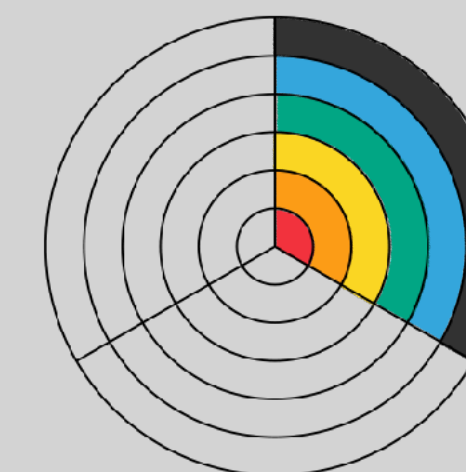
## The Challenge

To complete the Black Sticker Challenge within the Pitching skill element, the child needs to hit 4 out of 5 from 20 yards, 3 out of 5 from 30 yards and 2 out of 5 from 40 yards to finish within a 6-yard diameter circle. All attempts should come to rest on the green and the ball should land on the green.

## What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Pitching

