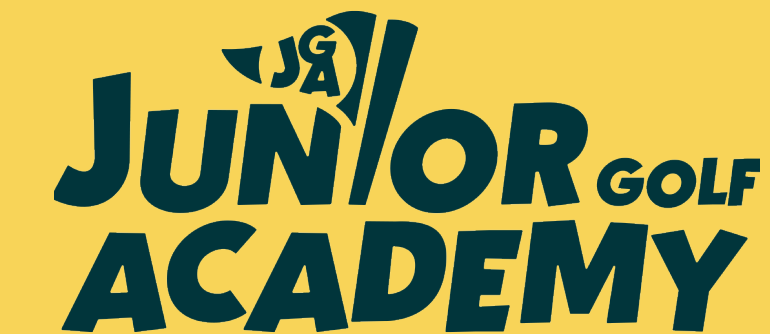


Junior Monthly Class Plans Ages 4-6

On the Green

Week 17



Class Timetable - Week 17

Session Length:
60mins

Group Size:
1:8

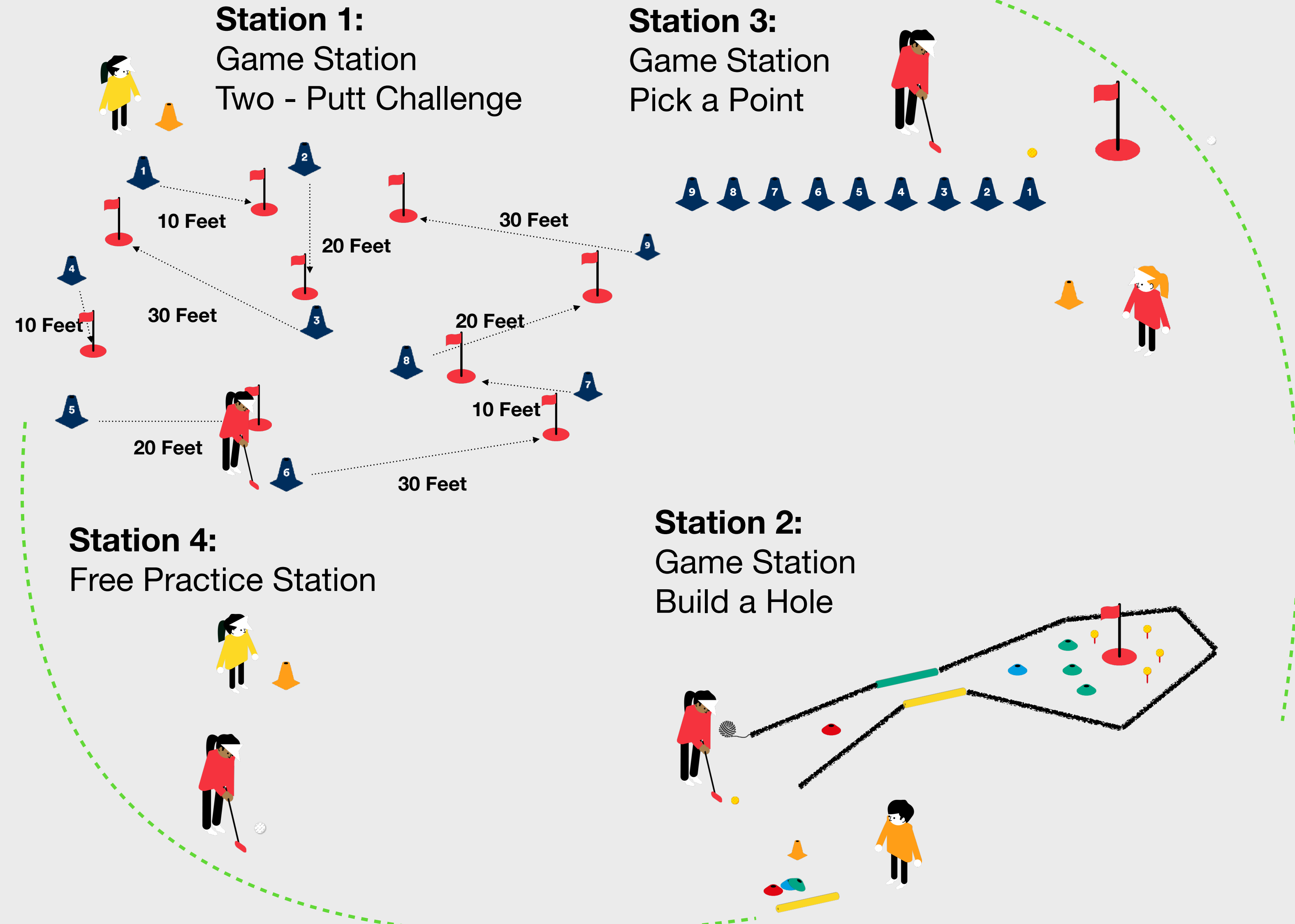
Mastering the Game Focus:
On the Green:
Scoring

Whole Child Focus
Cognitive:
Understanding

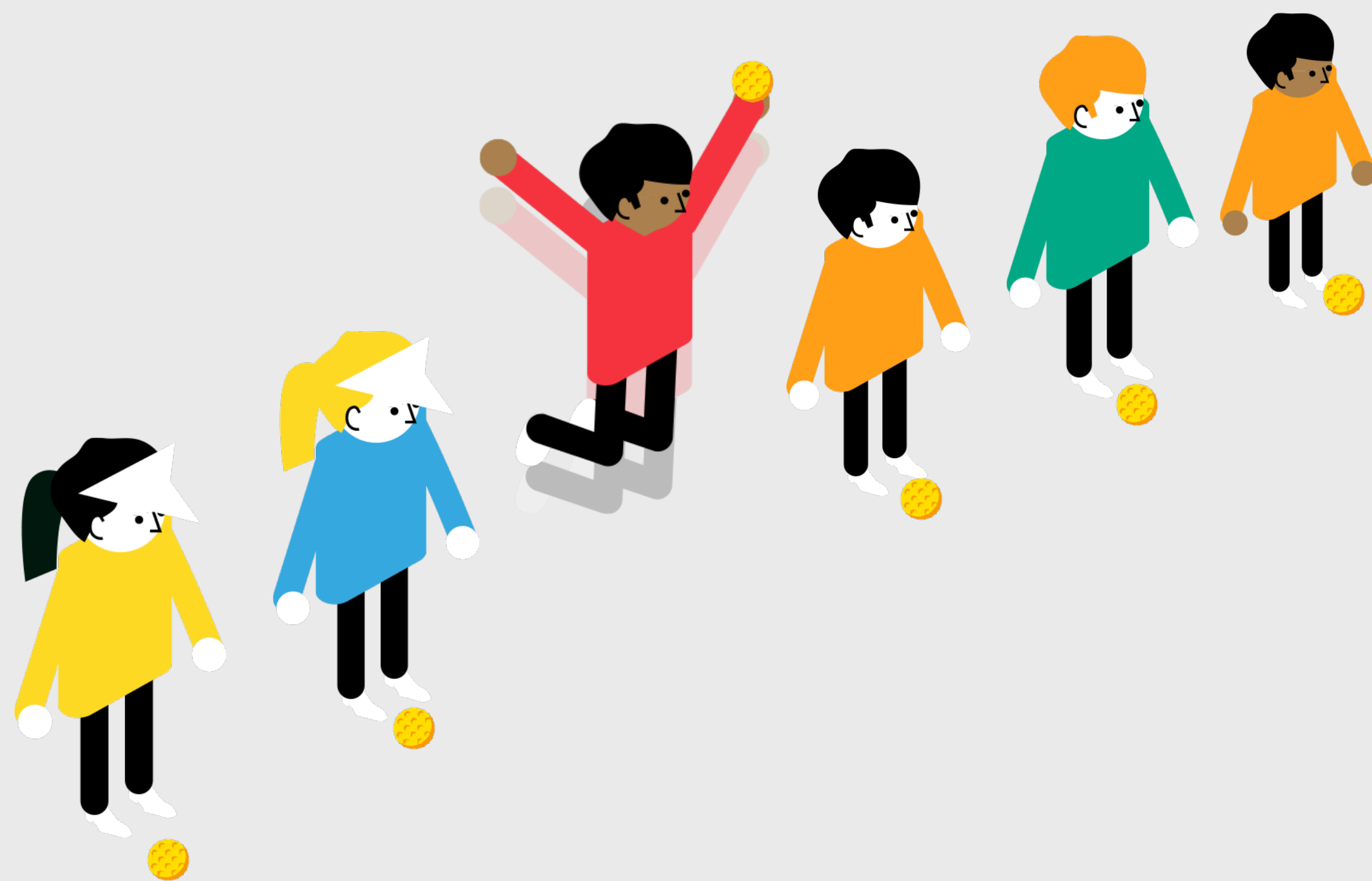
Learning the Game Focus:
Rules and Etiquette:
Where to leave your bag near the
Green?

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"> Heads, Shoulders, Knees and Toes
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"> Where to leave your bag near the Green?
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"> Understanding
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"> Build a Hole Pick a Point Two - Putt Challenge
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

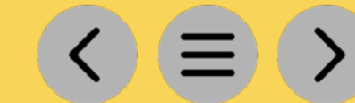
Class Layout and Setup



Head, Shoulders, Knees and Toes



5!



How to Play

Each child has a golf ball that they place at their feet. The coach calls out a number between 1 and 5. If the coach calls "1" the juniors have to place their hands on their head. If "2" is called, the juniors have to place their hands on their shoulders, "3" is knees, "4" is feet and if the coach calls "5" the children need to pick up the ball and jump into the air.

The coach should call slowly at first, then faster and faster before finishing the round by calling "5".

The winner is the first child to pick up their ball and jump into the air!

Progression Ideas

- Allow the children to call the numbers
- Add in additional actions with more numbers

Equipment Needed

Golf Balls





Cognitive Understanding

- The Whole Child theme this week is to make sure all children feel comfortable asking questions to make sure they fully understand the concept they are learning.
- Carry this theme into the class by asking each child if there is anything they are struggling to understand anything from the sessions.

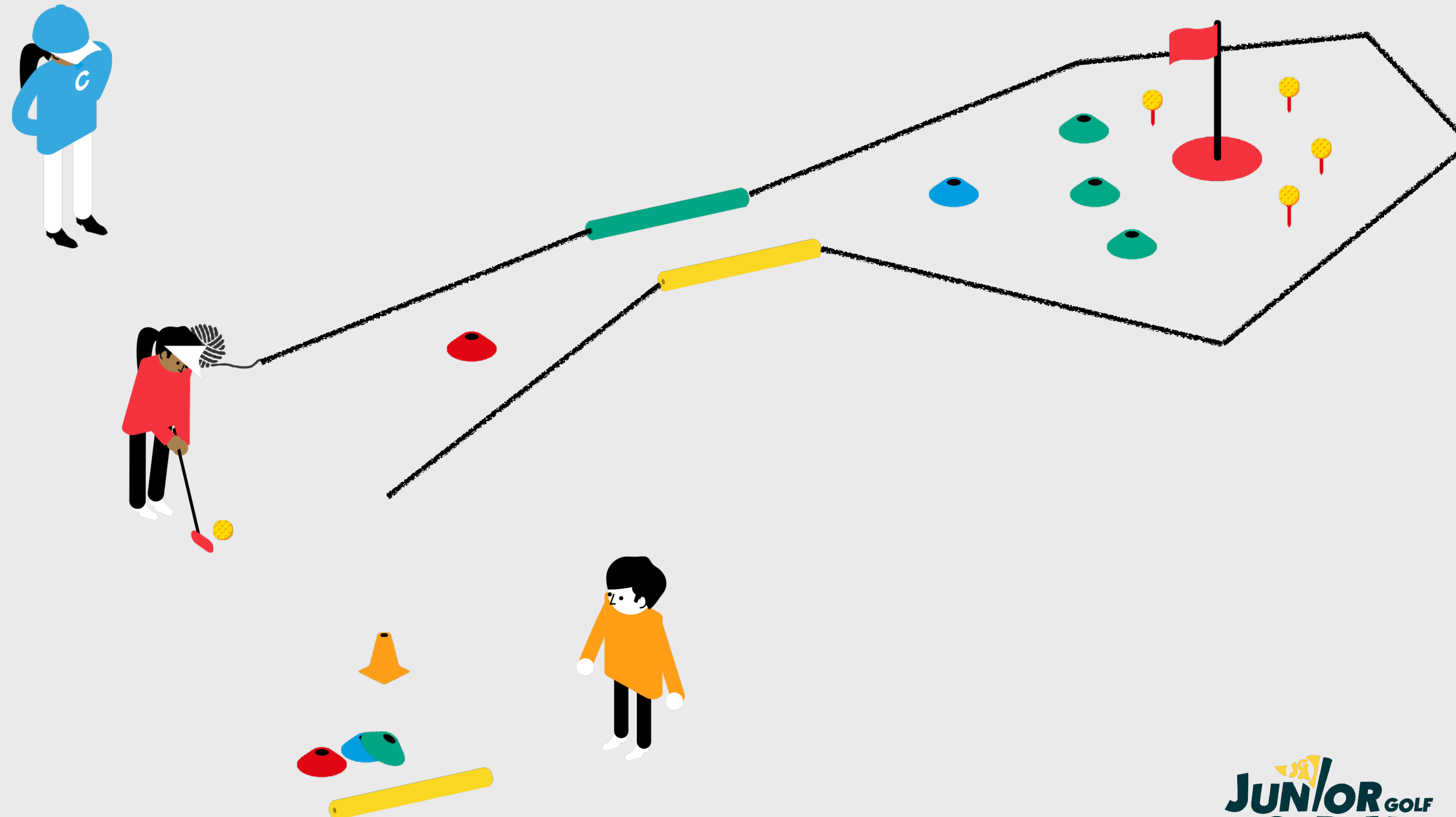


Rules and Etiquette

Where to leave your bag near the green

- The Learning the Game focus this week is learning about where to put your golf bag when you are near the green.
- You should highlight to the children that they should leave their bag between the hole and the next tee, so they can minimise the time it takes to move off the green once they've finished a hole, allowing the group behind to play.

Build a Hole



How to Play

- Children work together to create their own putting hole
- Encourage use of all the equipment and allow the players to come up with their own rules
- Make sure they leave enough time to play their hole before switching to the next game

Junior Progression Ideas

- Introduce additional rules, for example an out of bounds area
- Add or remove equipment

Learning Outcomes

- This game is great for encouraging creativity and teamwork
- Depending on the hole that the children build, and the rules they introduce, the game can be linked back to the required skills needed to complete the hole in the least number of shots

Equipment needed

1 x Orange safety cone

SAFETY



Colored cones



Foam Noodles



String



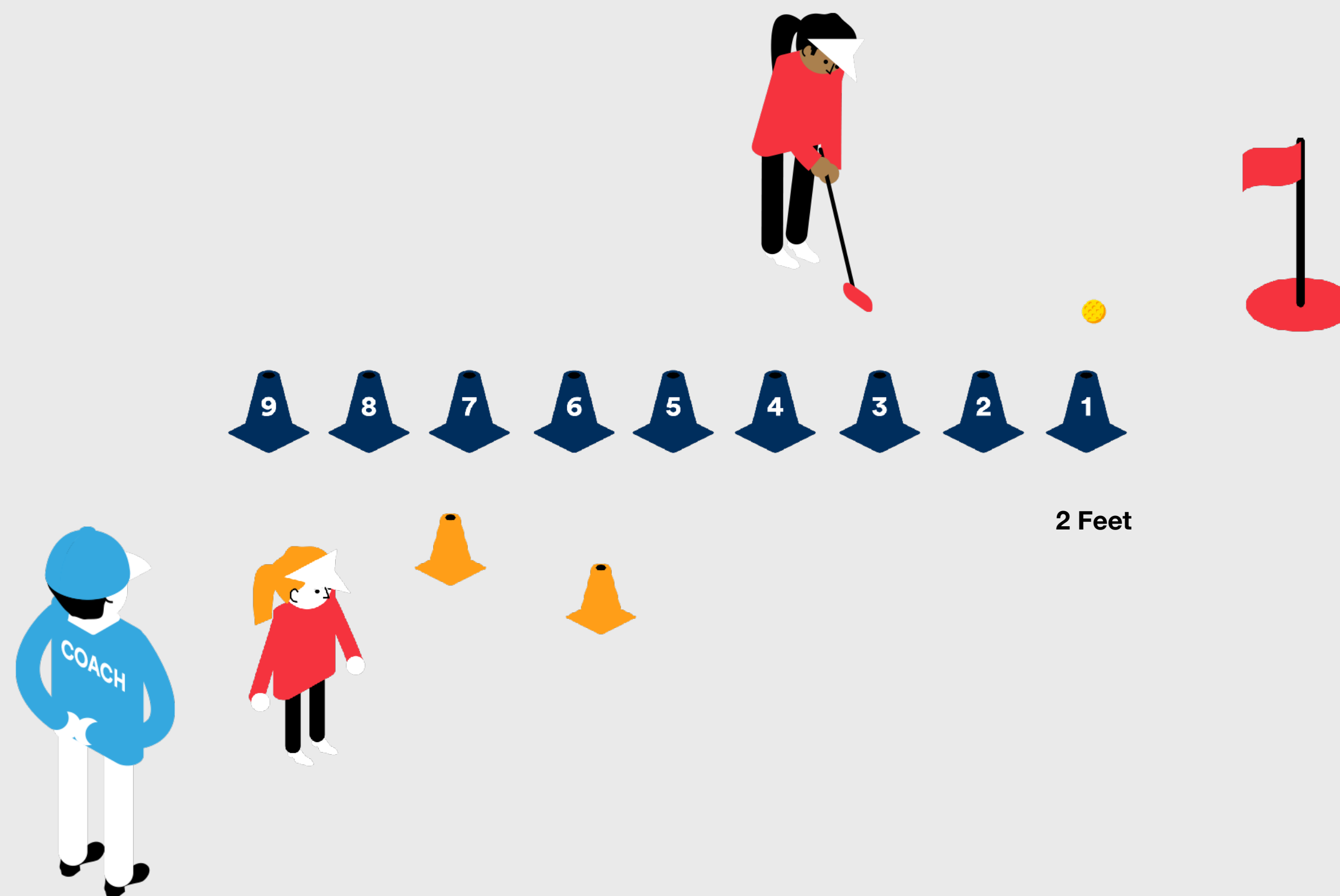
Tees



Golf balls



Pick a Point



How to Play

- Place the first cone two feet from the hole, and then each cone in order with one foot between each one
- Nominate a child to play first. Each child has five putts to score as many points as possible
- The child chooses a starting position, and if they putt the ball successfully they will score as many points as the number on the cone
- Children take it in turns to putt
- The child who wins is the one who scores the most points out of their five putts

Progression Ideas

- Change the distance between the starting cone and the hole
- Change the distance between each of the cones
- Attempt the game on a sloped surface

Learning Outcomes

- A great game to introduce the concept of risk and reward, along with improving accuracy and distance control

Equipment needed

2 x Orange Safety Cones

SAFETY



9 x Numbered Cones



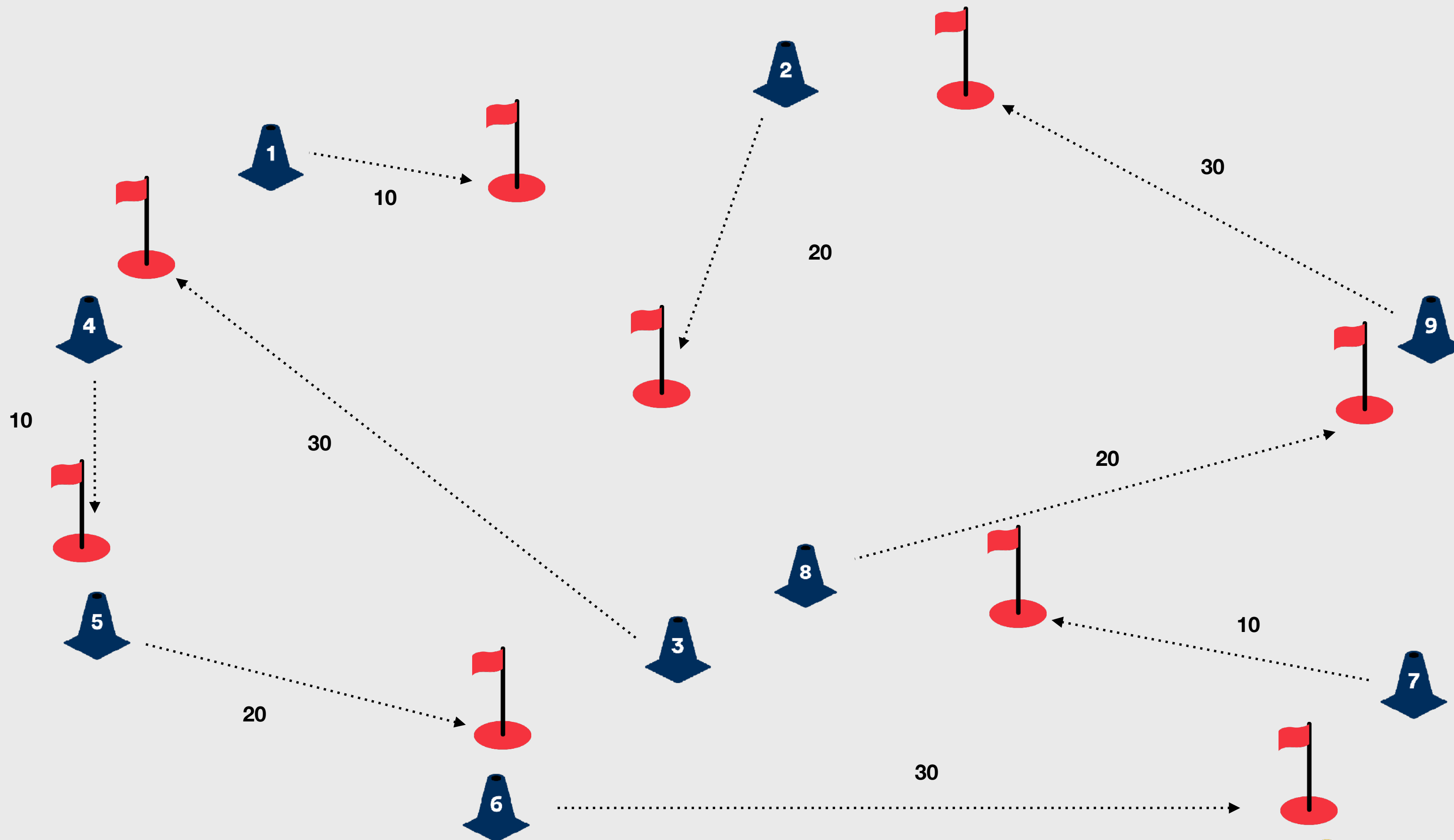
Golf Balls



Spare equipment that may be required for the group attendees.



Two Putt Challenge



How to Play

- The aim of the game is two putt each hole
- Children take it in turns to play the hole and if they two putt they are able to move onto the next hole
- The player who wins is the one who two putts all the holes

Progression Ideas

- Change how many holes the children have to play
- Change the distance of each of the holes depending on the ability of the children
- Attempt the game on a sloped surface

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills
- This game will develop the art of scoring

Equipment needed

Orange safety cones

SAFETY



9 x Numbered cones



Golf Balls



Spare equipment that may be required for the group attendees.



Flags

