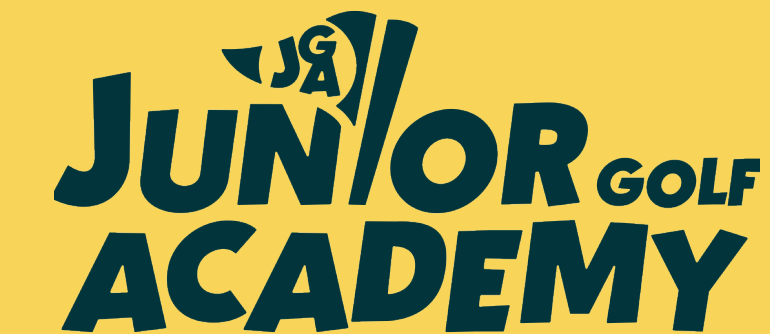


Junior Monthly Class Plans Ages 4-6

On the Green

Week 17



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- 10 **The Whole Child Focus**
- 12 **Learning the Game Focus**
- 15 **Mastering the Game Cards**



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"> 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 	
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"> Cone Collector
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"> Introducing the Scorecard
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"> Practice at Home
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"> 10 Pin Bowling Single, Double, Triple Scoring Challenge

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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

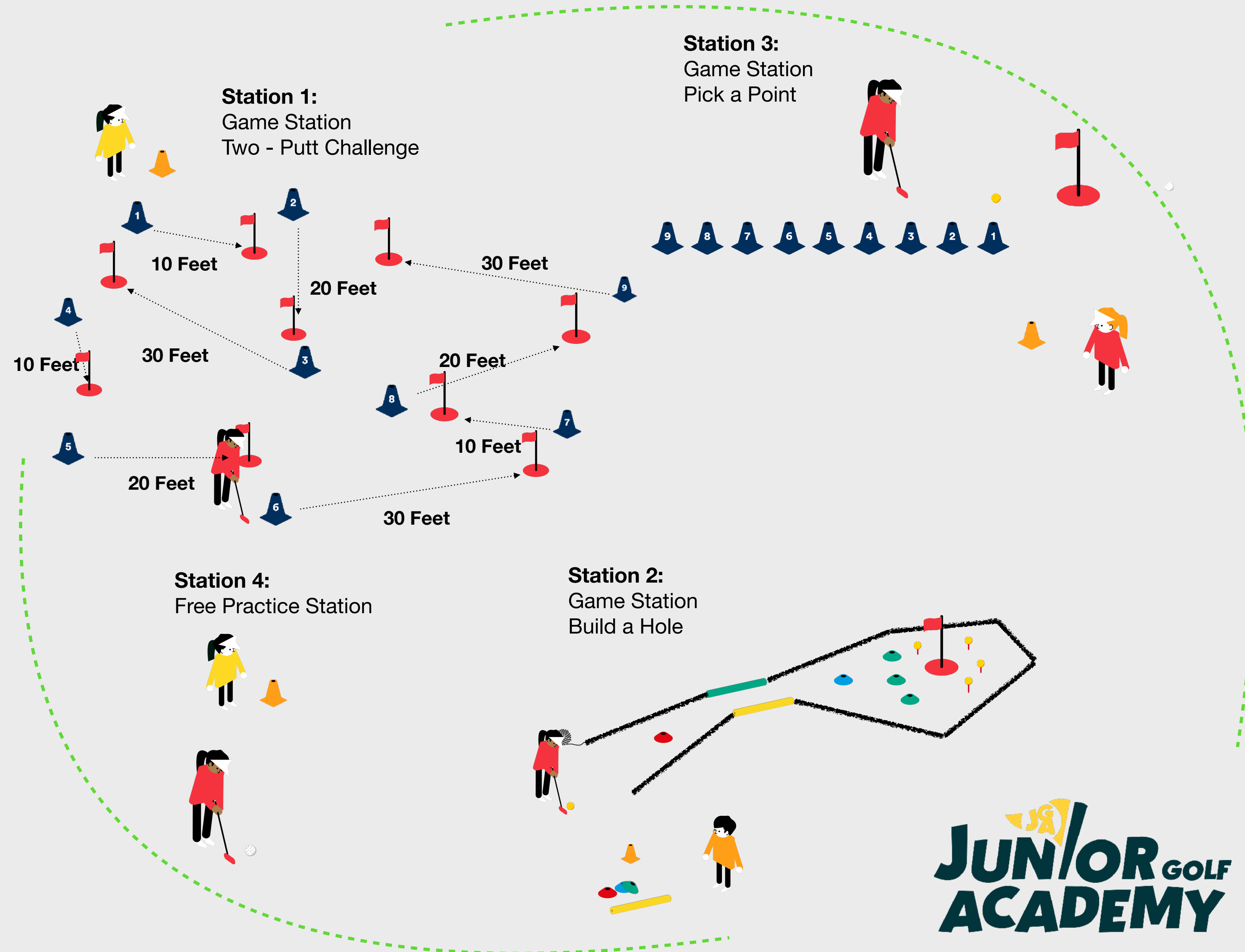
Layout and Setup



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:

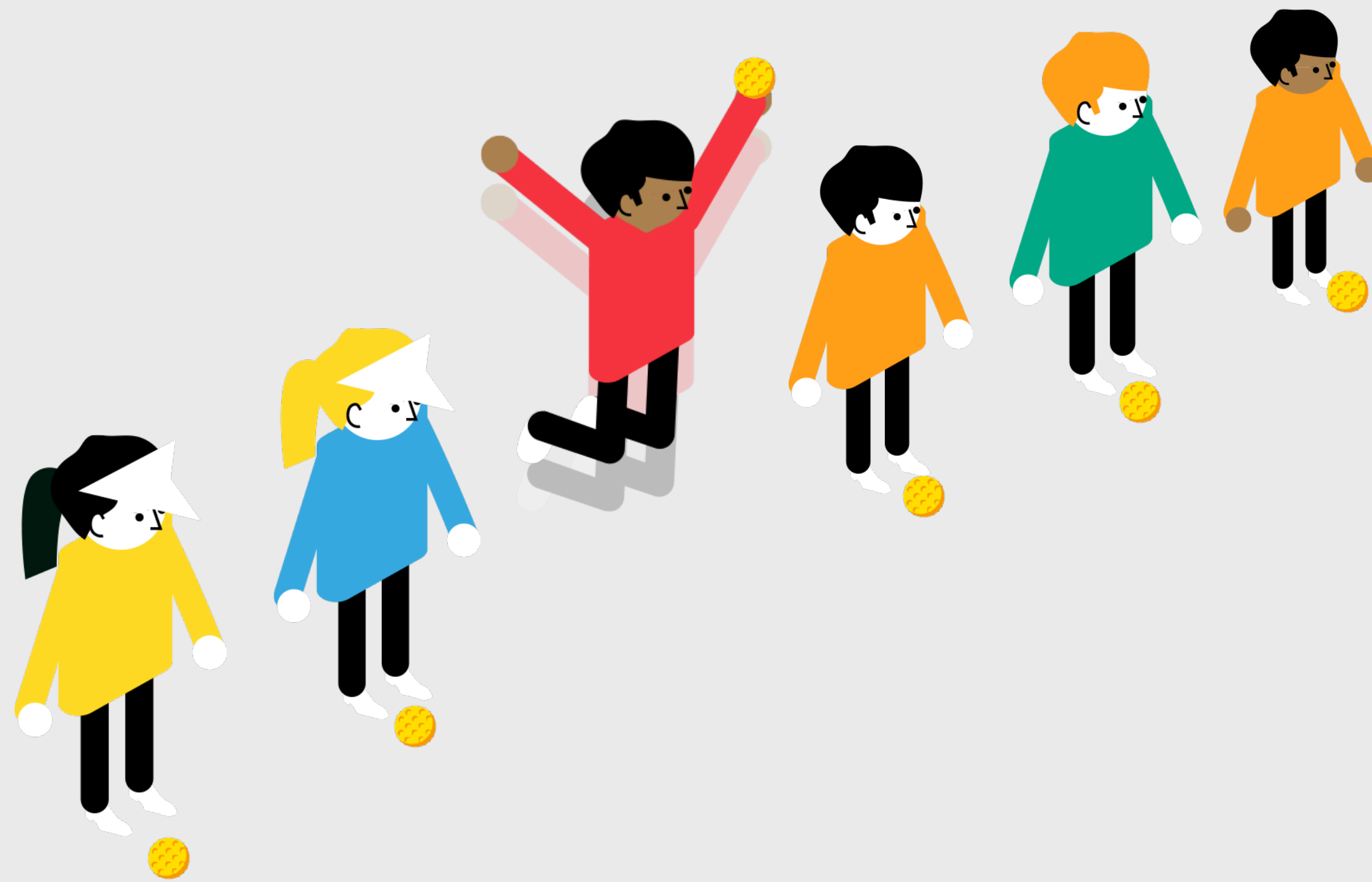
- Stations 1, 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, away from any form of game or competitive play. You may decide the lay out 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



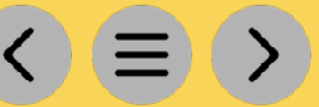
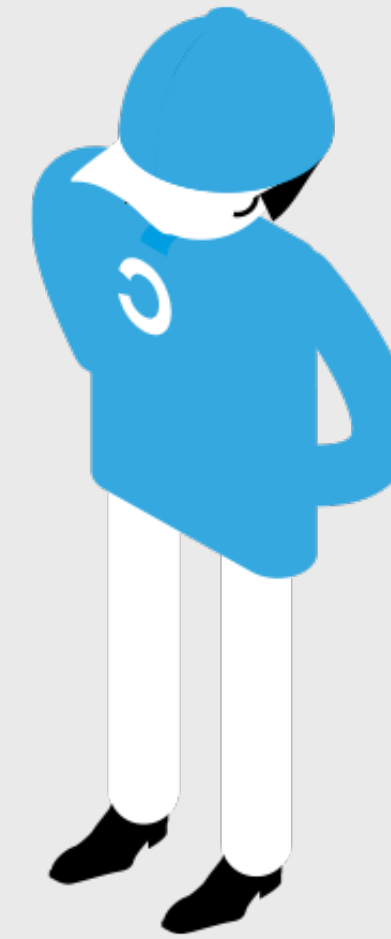
Physical Literacy Warm Up Game



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



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



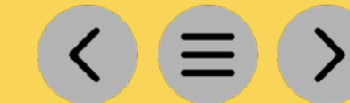
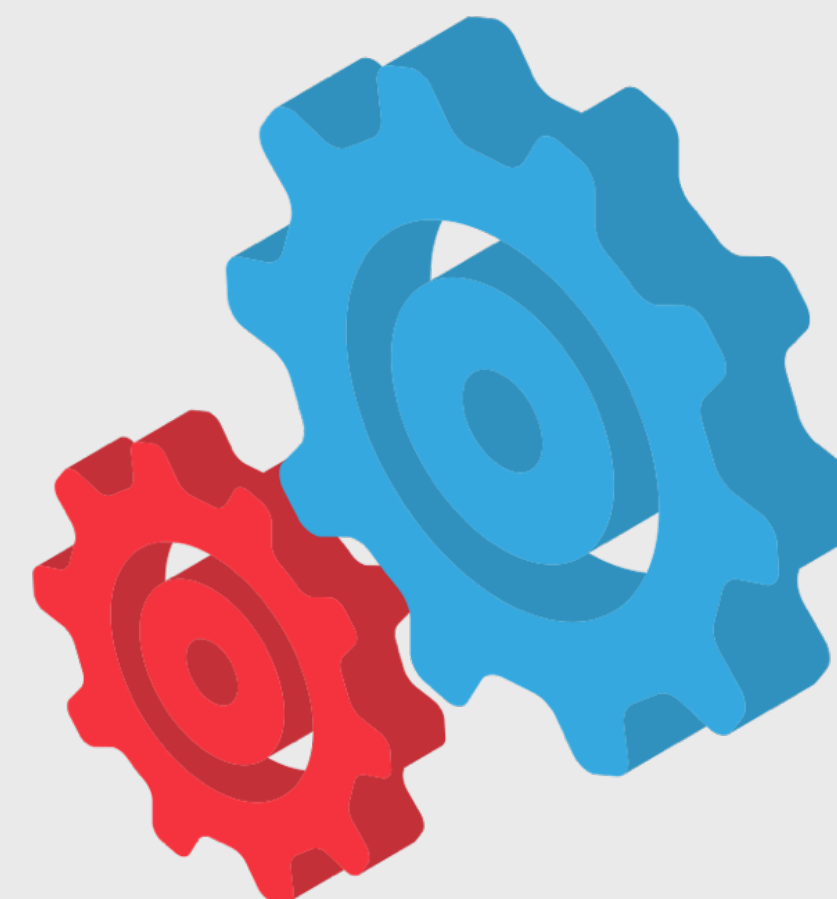
Cognitive Understanding

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.

It should be highlighted that the Achiever Award is presented to the child that speaks up and asks questions to ensure understanding.

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

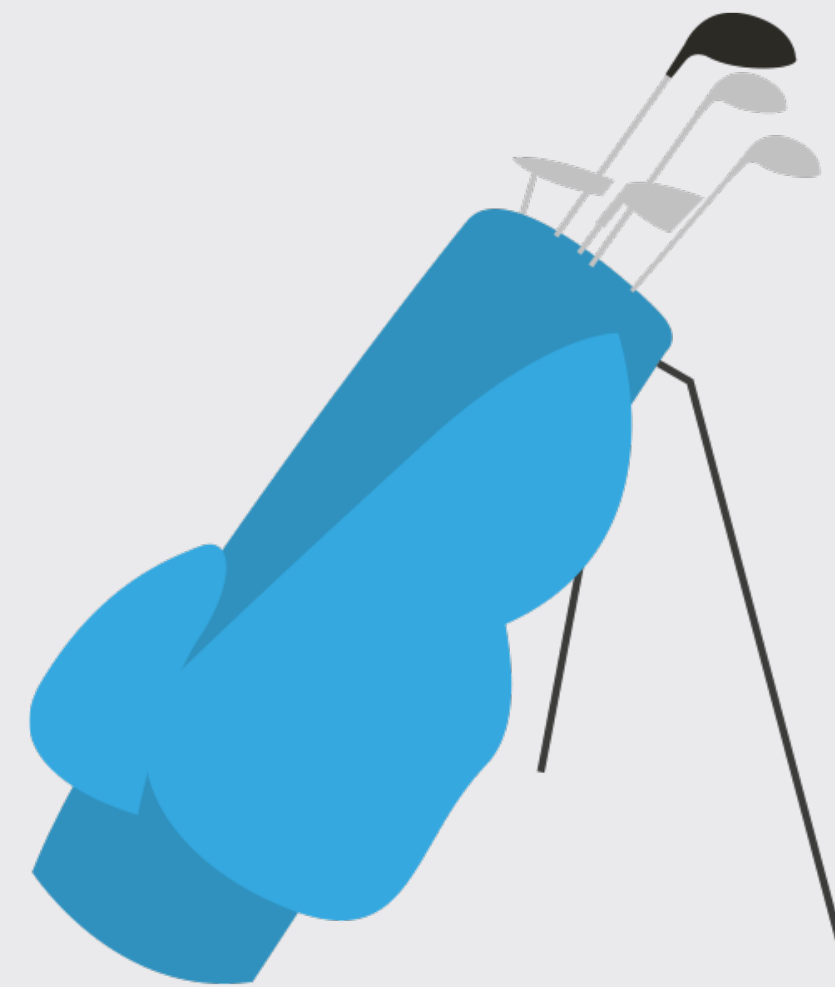
Where to leave your bag near the green

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.

Be sure to ask for understanding of why this is important, so they are able to comprehend the reason for doing this.

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



JUNIOR GOLF
ACADEMY



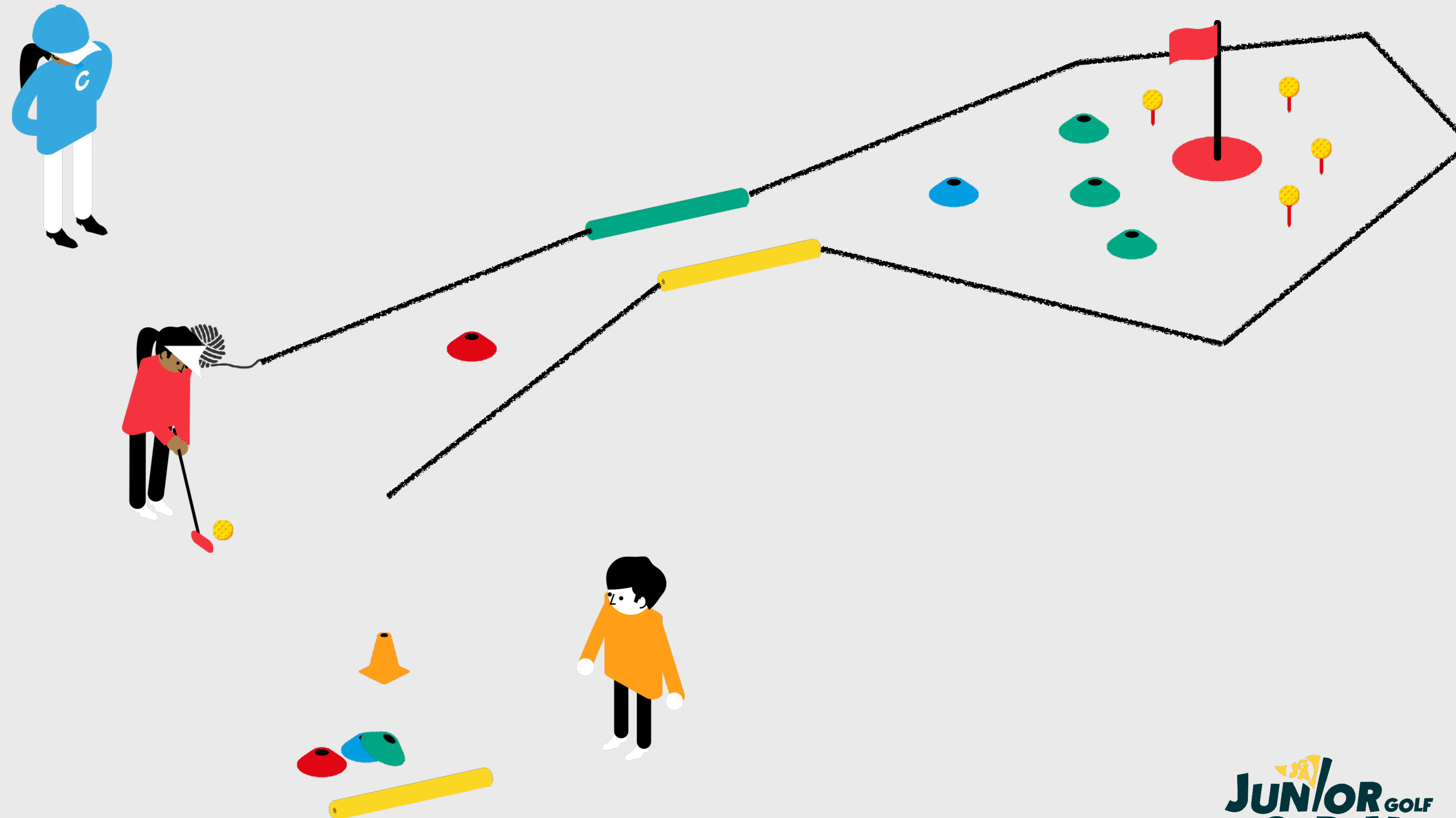
Questions to Ask

- Where should you leave your golf bag when you're about to putt out?
- Why is it important to leave your golf bag in a place that is easy and quick to leave the green?

Mastering the Game Cards



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

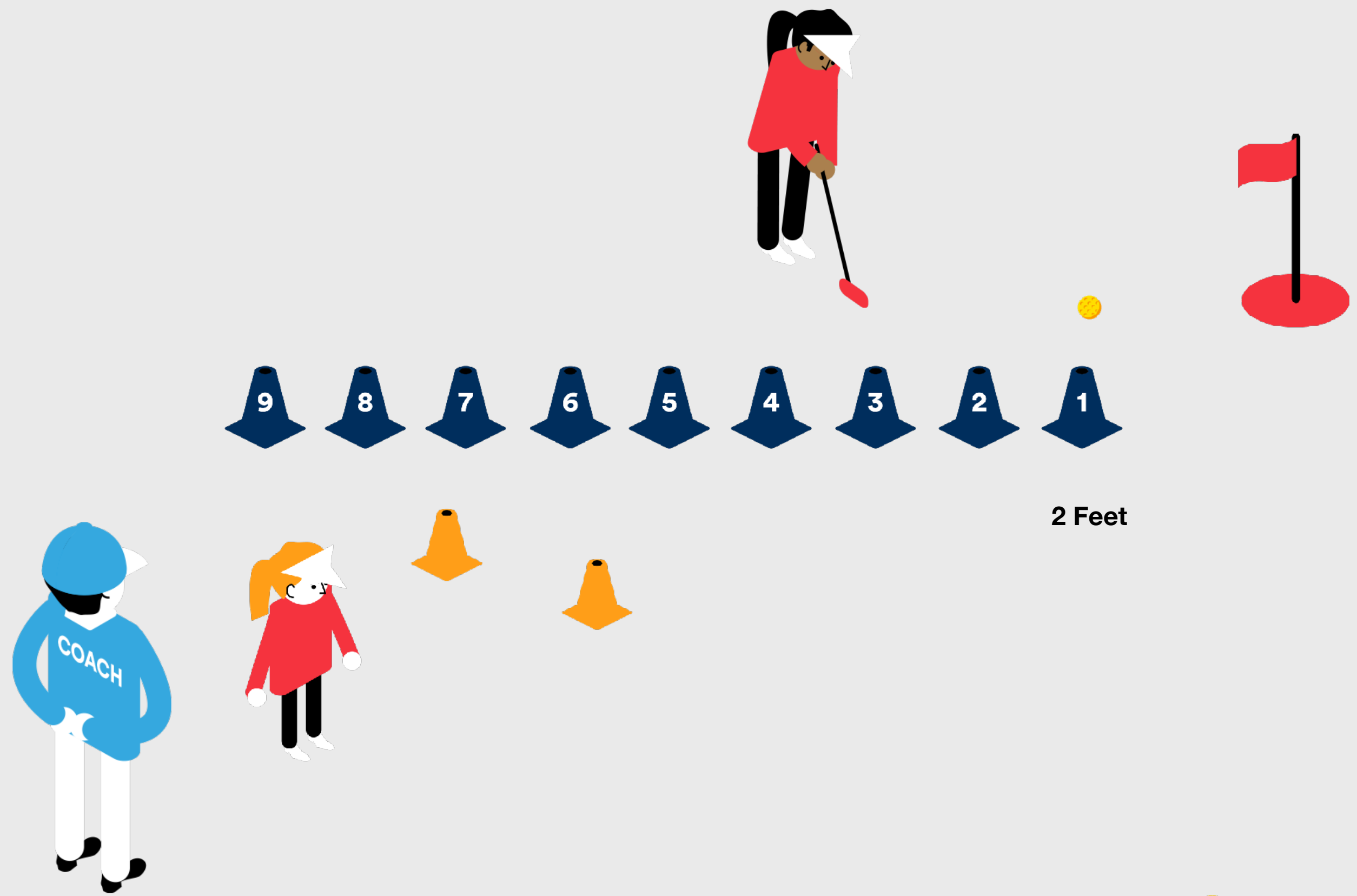


Golf balls





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

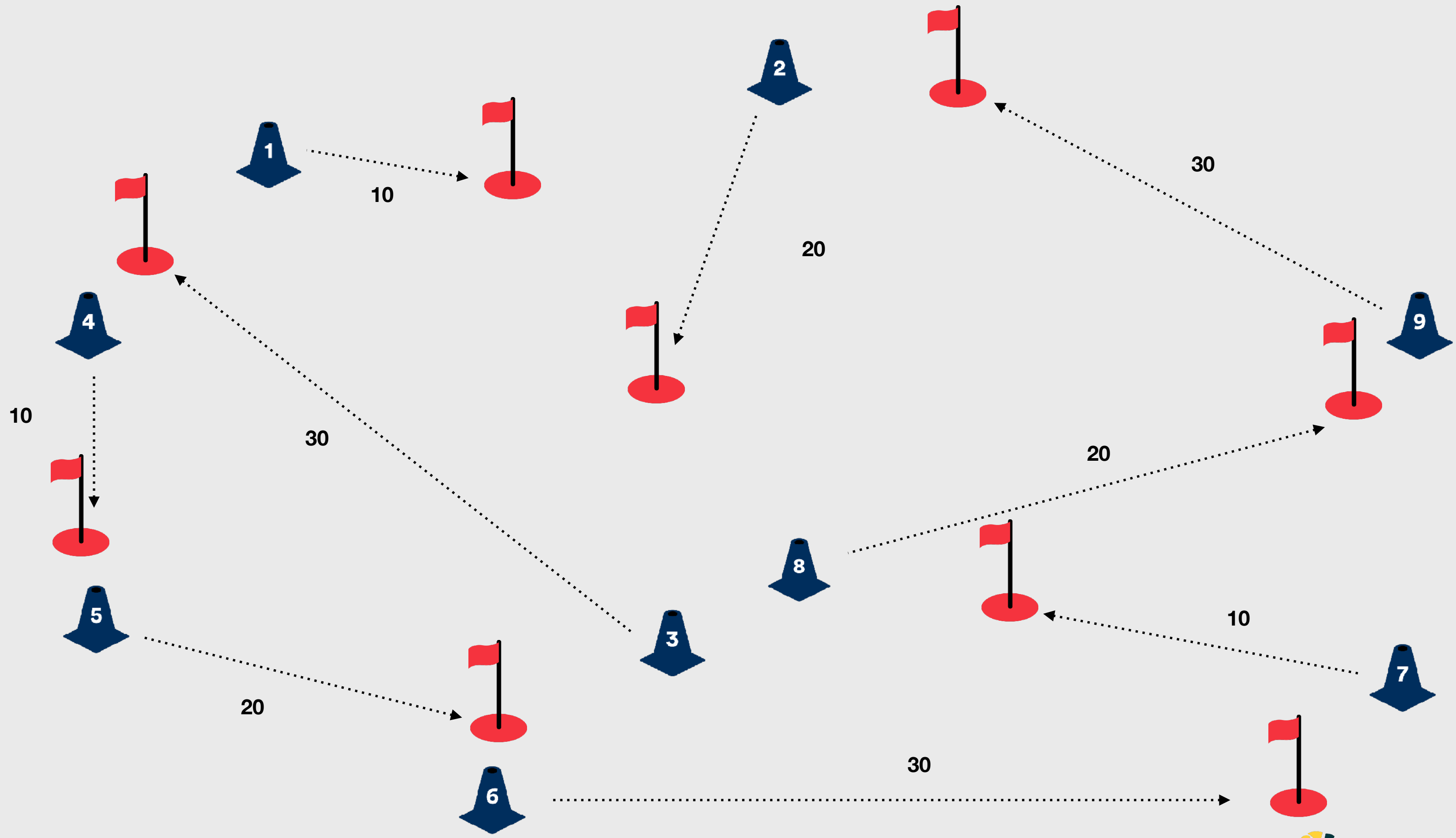
Equipment needed

- 2 x Orange Safety Cones 
- 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 ho 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 
- 9 x Numbered cones 
- Golf Balls 
- Spare equipment that may be required for the group attendees. 
- Flags 