

Around the Green

Week 18



Class Timetable - Week 18

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Bunker Play

Whole Child Focus
Personal:
Integrity

Learning the Game Focus:
Orientation:
Sand Wedge, Loft and Bounce

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"> Obstacle Course
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"> Sand Wedge, Loft and Bounce
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"> Integrity
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"> Sand Shots Erase the face Bullseye
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 2:
Game Station
Sand Shots



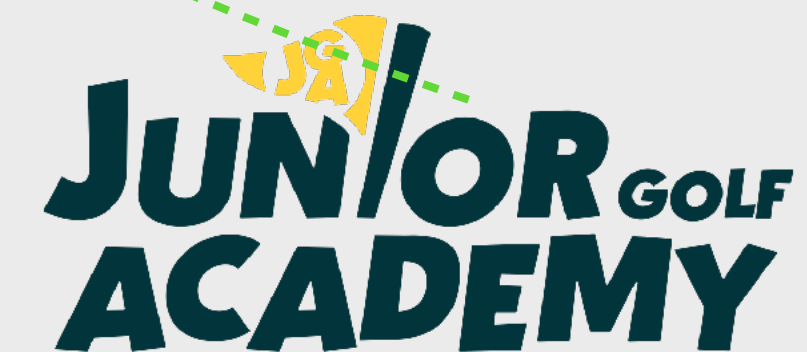
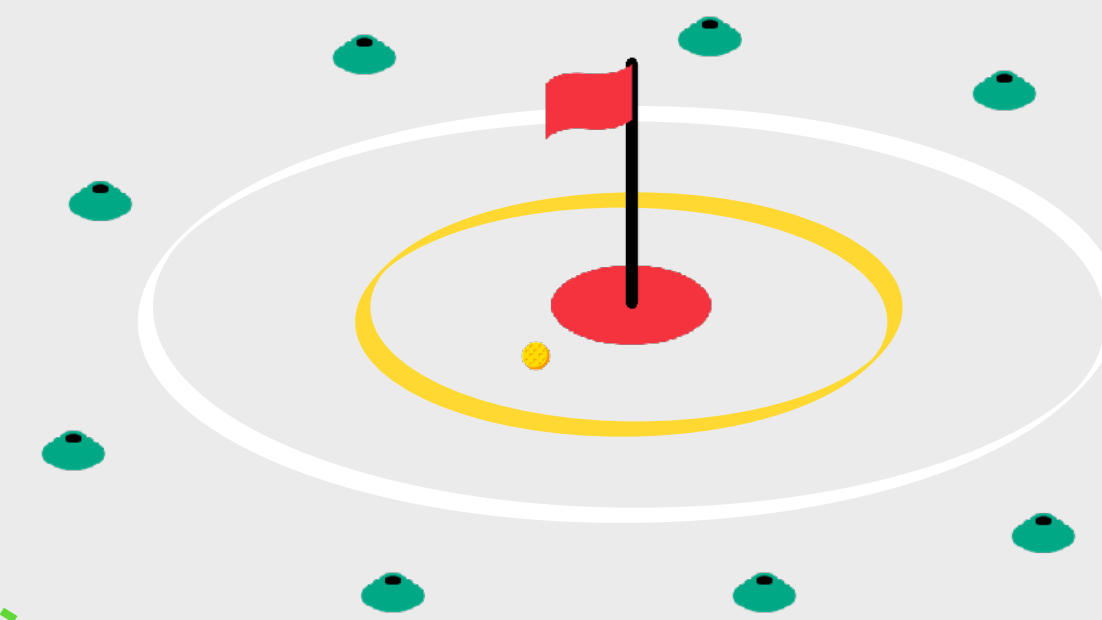
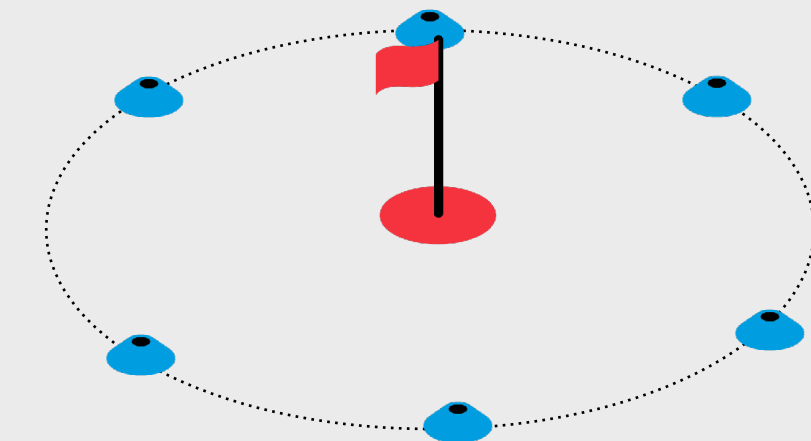
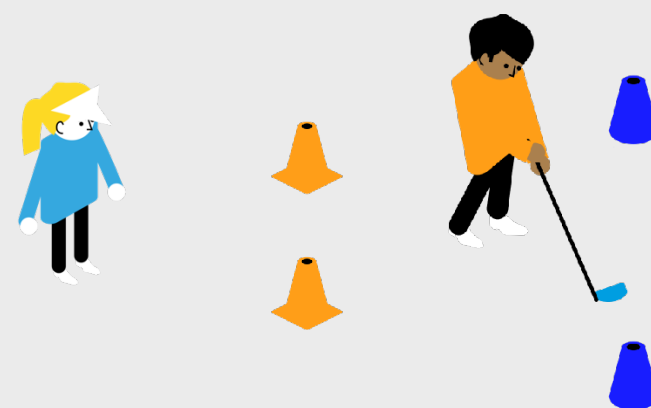
Station 3:
Game Station
Erase the Face



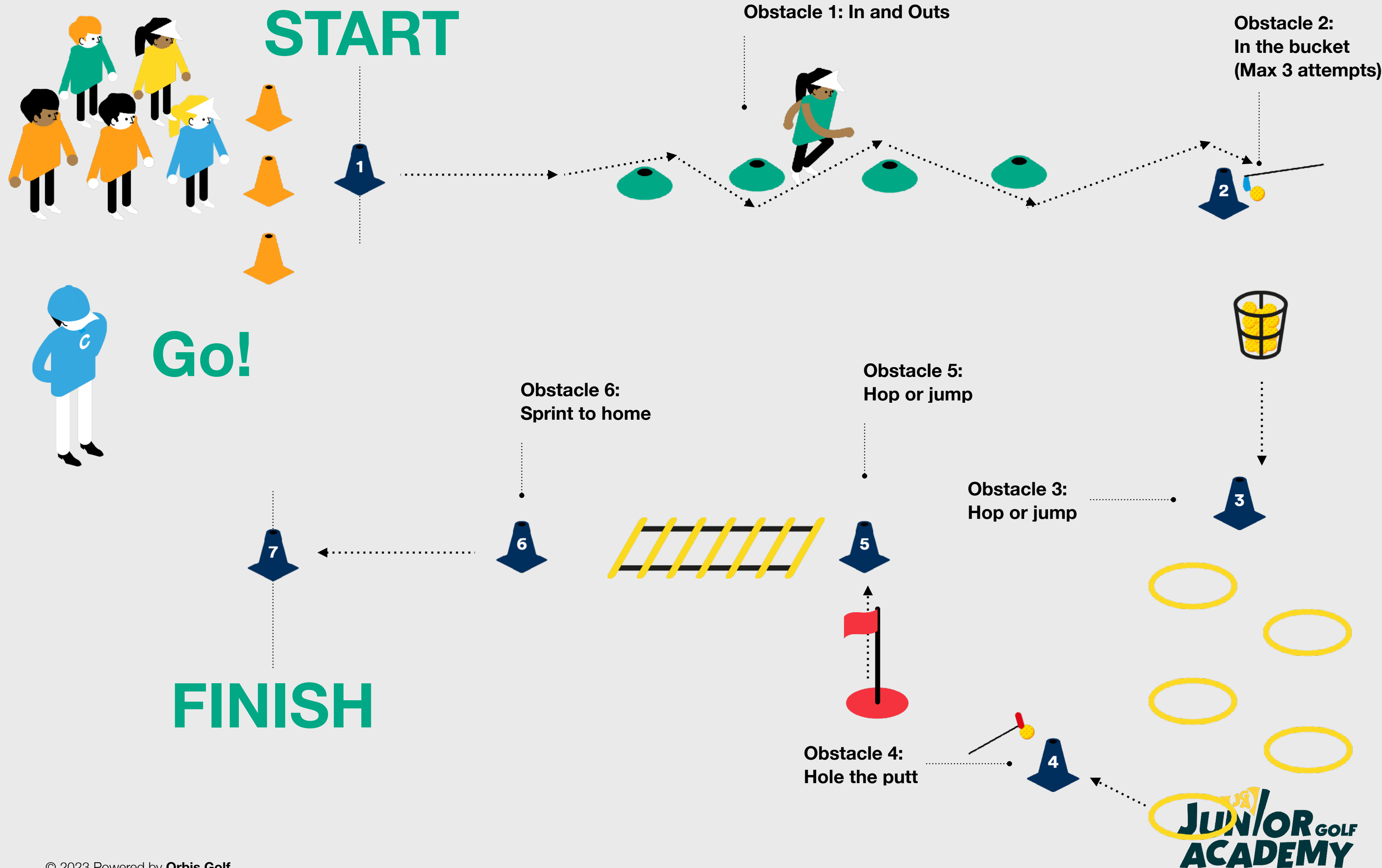
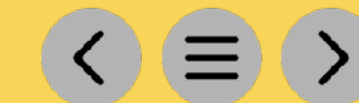
Station 1:
Game Station
Bullseye



Station 2:
Free Practice Station



Obstacle Course





How to Play

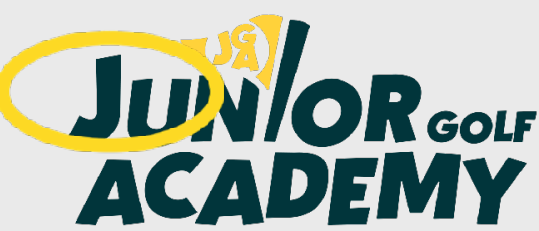
- This game can be played individually or in teams
- Split into even teams or nominate players 1-6 if playing individually
- Player number 1 starts with their hand touching the start cone
- On go, the stop watch is started and the child attempts the obstacle course
- The stopwatch is stopped when the child reaches the finish line
- The winner is the child who gets round the obstacle course fastest

Progression Ideas

- The child gets an extra go to beat their time
- Increase the difficulty of the movement stations
- Increase the entire length of the course
- Add penalty seconds if the child incorrectly completes an obstacle
- Increase the difficulty of the golf stations

Equipment Needed

2 x Orange Safety Cones		SAFETY	Alignment Sticks	
7 x Numbered Cones		1	Colored Cones	
1 x Wedge & 1 x Putter			Hoops	
Golf Balls			Ladder	





Personal Integrity

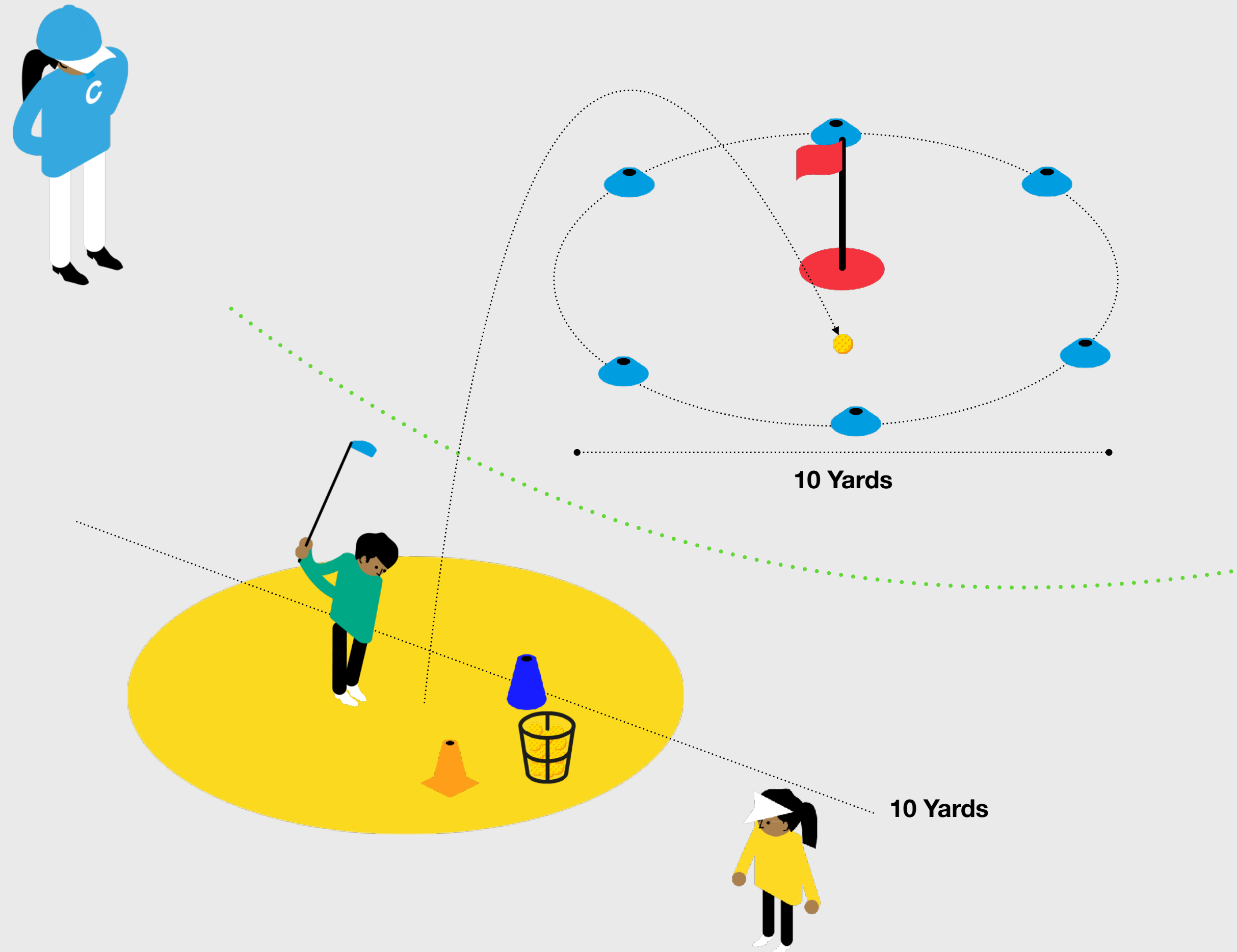
- The Whole Child theme this week is to highlight the importance of integrity, being honest and maintaining your moral principles.
- Carry this theme into the class by encouraging all the children to be honest with their challenge scores because it will be more rewarding to complete them truthfully.



Orientation Sand Wedge, Loft and Bounce

- The Learning the Game focus this week is about understanding the Sand Wedge, in particular the loft on the club and what the bounce of the club is.
- You should highlight to your juniors, through questioning, how the bounce on a club works, why the loft is important and how you can use other clubs to hit bunker shots.

Sand Shots



How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their five shots, in a row, without stopping their swing
- Players score a point for getting the ball out of the bunker first time, and 2 points if they get it into the circle
- Players hit 5 shots each to get a total score for the round
- The aim is to beat your team's best score each time

Progression Ideas

- Vary the starting point in the bunker
- Vary the club that is being used
- Add additional points for getting the ball inside target circle

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



Colored Cones for Target Circles



Spare equipment that may be required for the group attendees.



Golf Balls



Erase the Face



How to Play

- Children take it in turns to draw a smiley face in the bunker
- The aim of the games to try and erase the face in one shot with your most lofted club
- Children are then asked what is missing... The nose!
- Children add the ball (the nose) to the face, and try to erase the face once more
- The challenge is complete when the children erase the face and successfully accomplish

Progression Ideas

- Add in a target on the green
- Aim to hit a certain number of shots out of the bunker in a row

Learning Outcomes

- Ability to hit a successful bunker shot

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



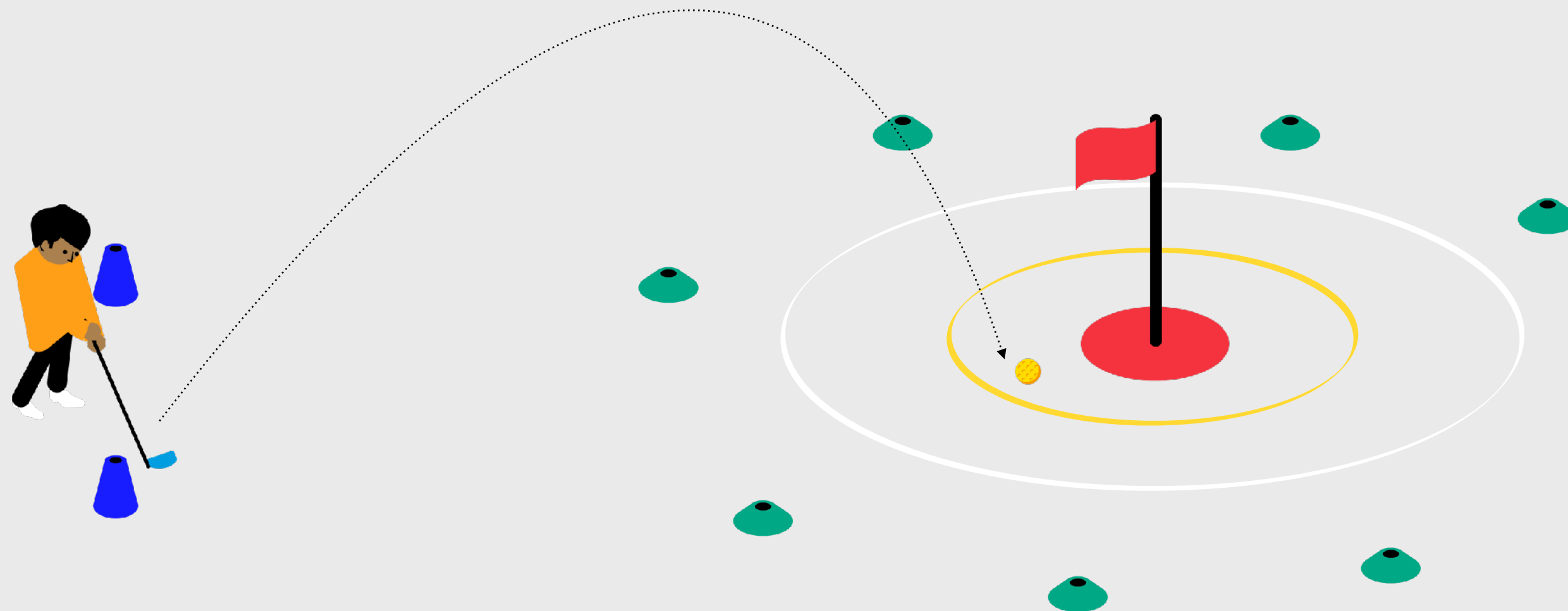
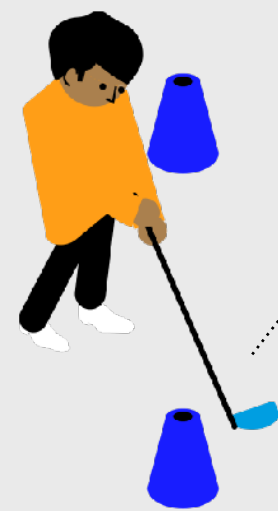
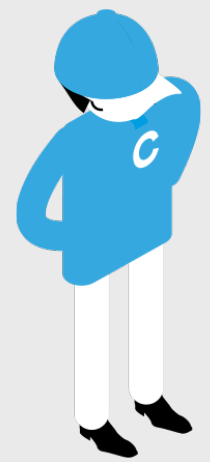
Spare equipment that may be required for the group attendees.



Golf Balls



Bullseye



How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- The team try to score the most points from their 10 shots, and then try to beat that score on the next go

Progression Ideas

- Change the size of the target circles
- Vary the starting point from around the green
- Introduce a rule that the ball must land over the fringe to count
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



Spare equipment that may be required for the group attendees.



Golf Balls



1 x 6 feet Target Circle



1 x 10 feet Target Circles



10 x Green Colored Cones for Outer 12 feet Target Circle

