

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

Mastering the Game Challenge:
Bunker 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"> 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 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"> Sand Shots Erase the face Bunker 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

Station 3:
Game Station
Erase the Face



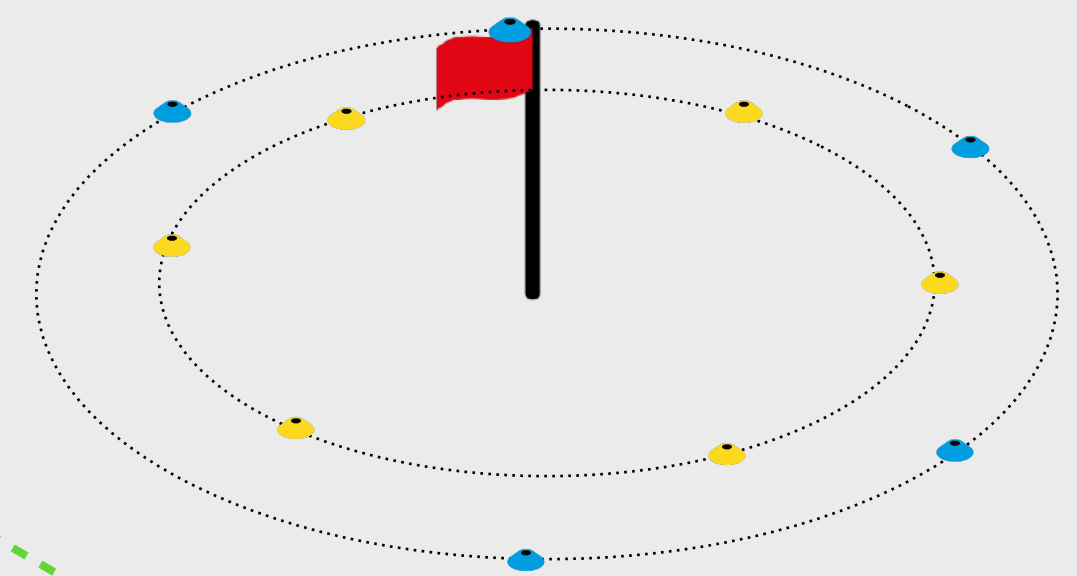
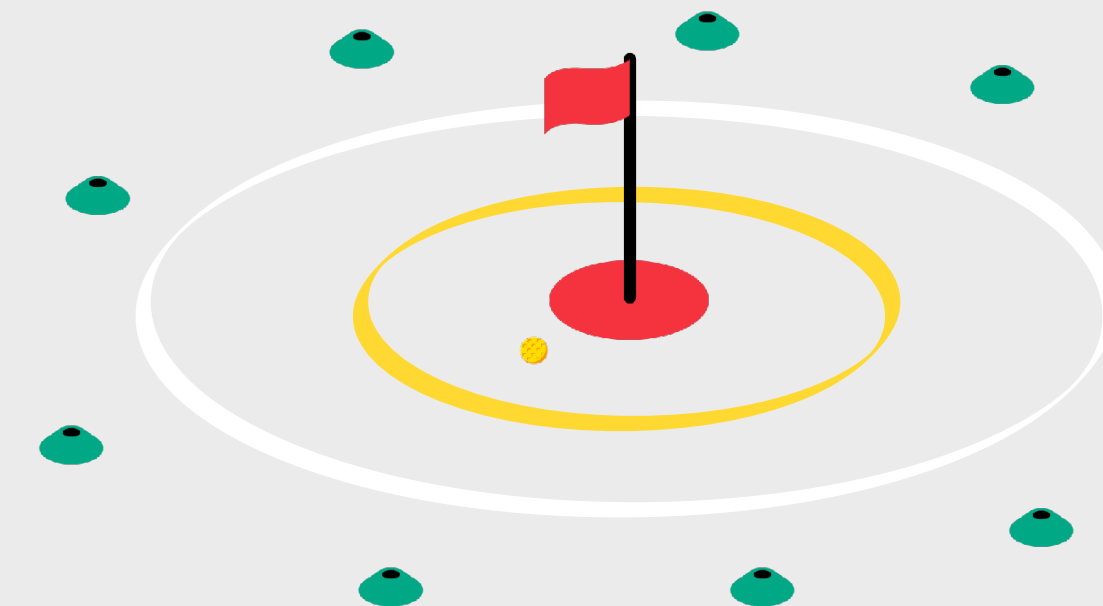
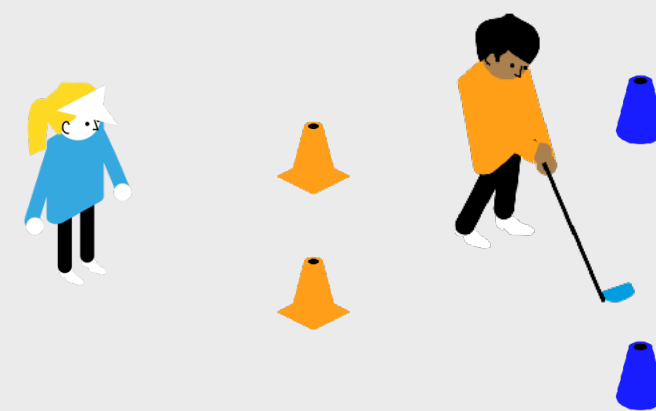
Station 2:
Game Station
Sand Shots



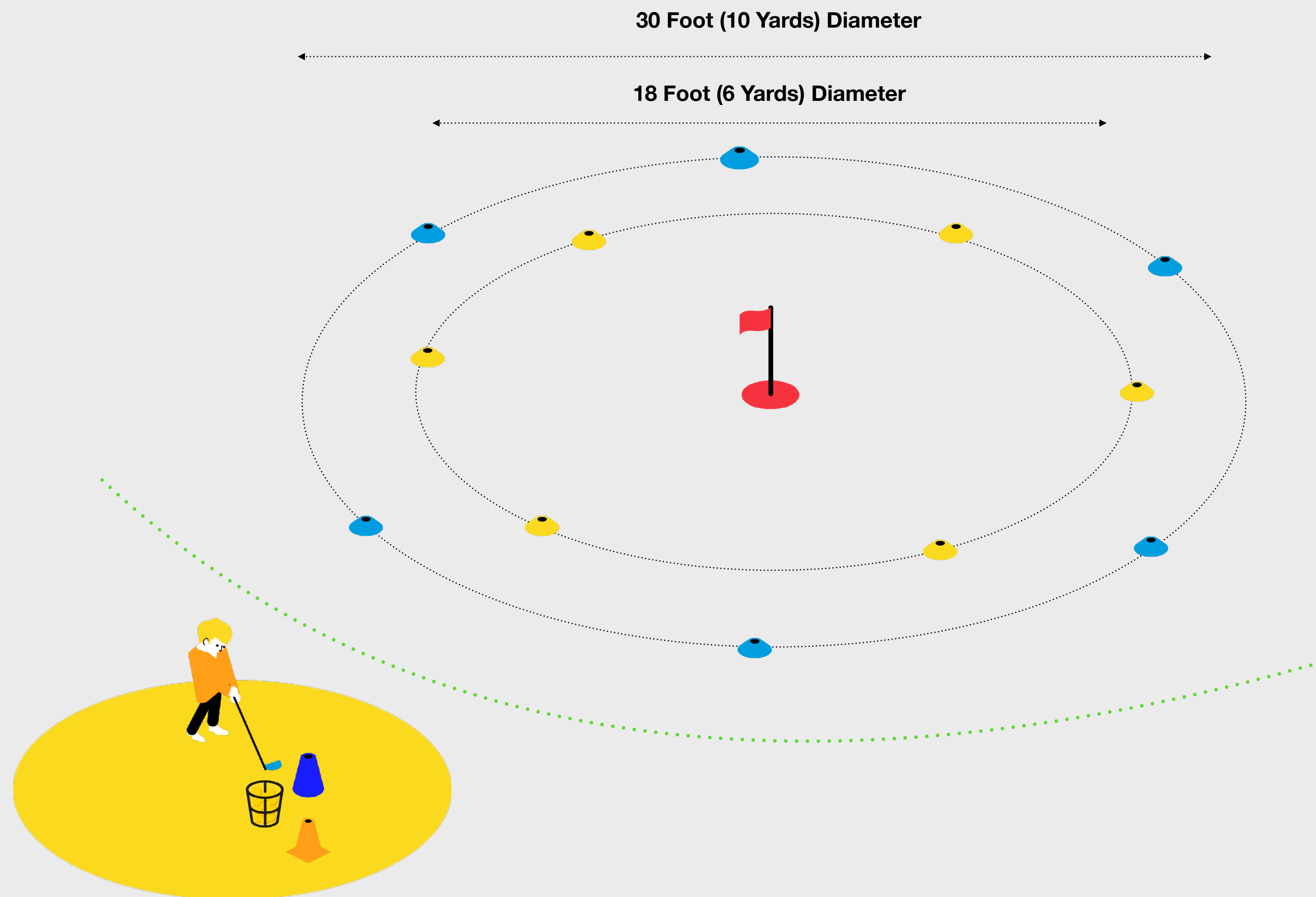
Station 1:
Challenge Station



Station 4:
Free Practice Station



Bunker Play Challenge Setup



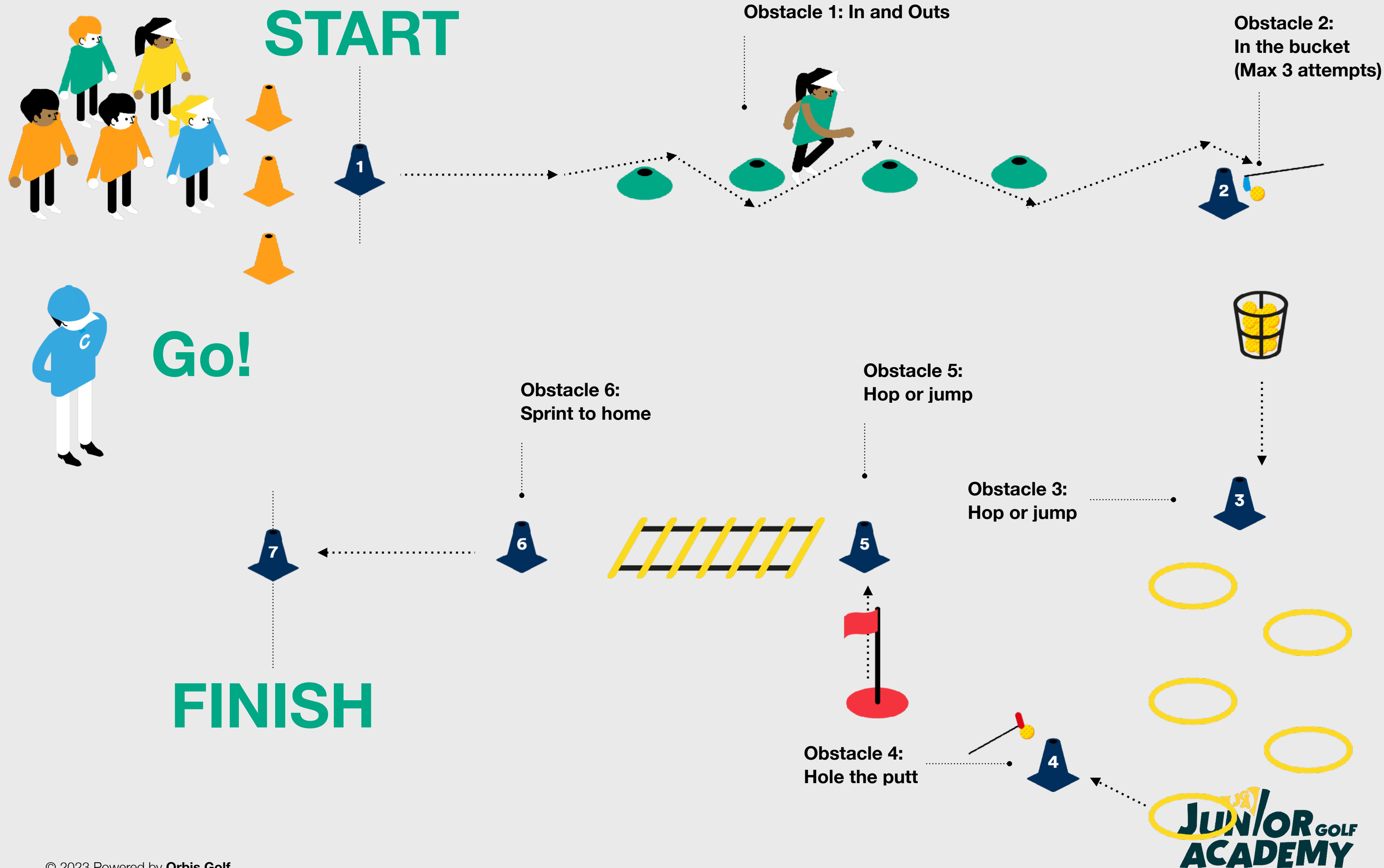
Setting out the Challenge

- 1 flag should be selected on the green. Alignment sticks could be used where this isn't possible
- 2 target circles are placed around each of these targets at the diameters in the graphic opposite
- One starting position is marked in the bunker using cones

Equipment Required

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

Obstacle Course



How to Play

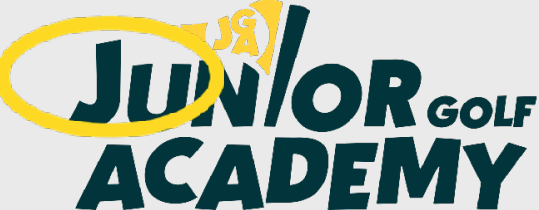
- This game can be played individually or in teams
- Split into even teams or nominate players 1-6 if playing individually
- Player number 1 starts with their hand touching the start cone
- On go, the stop watch is started and the child attempts the obstacle course
- The stopwatch is stopped when the 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 |  | | Colored Cones |  |
| 1 x Wedge & 1 x Putter |  | | Hoops |  |
| Golf Balls |  | | Ladder |  |





Personal Integrity

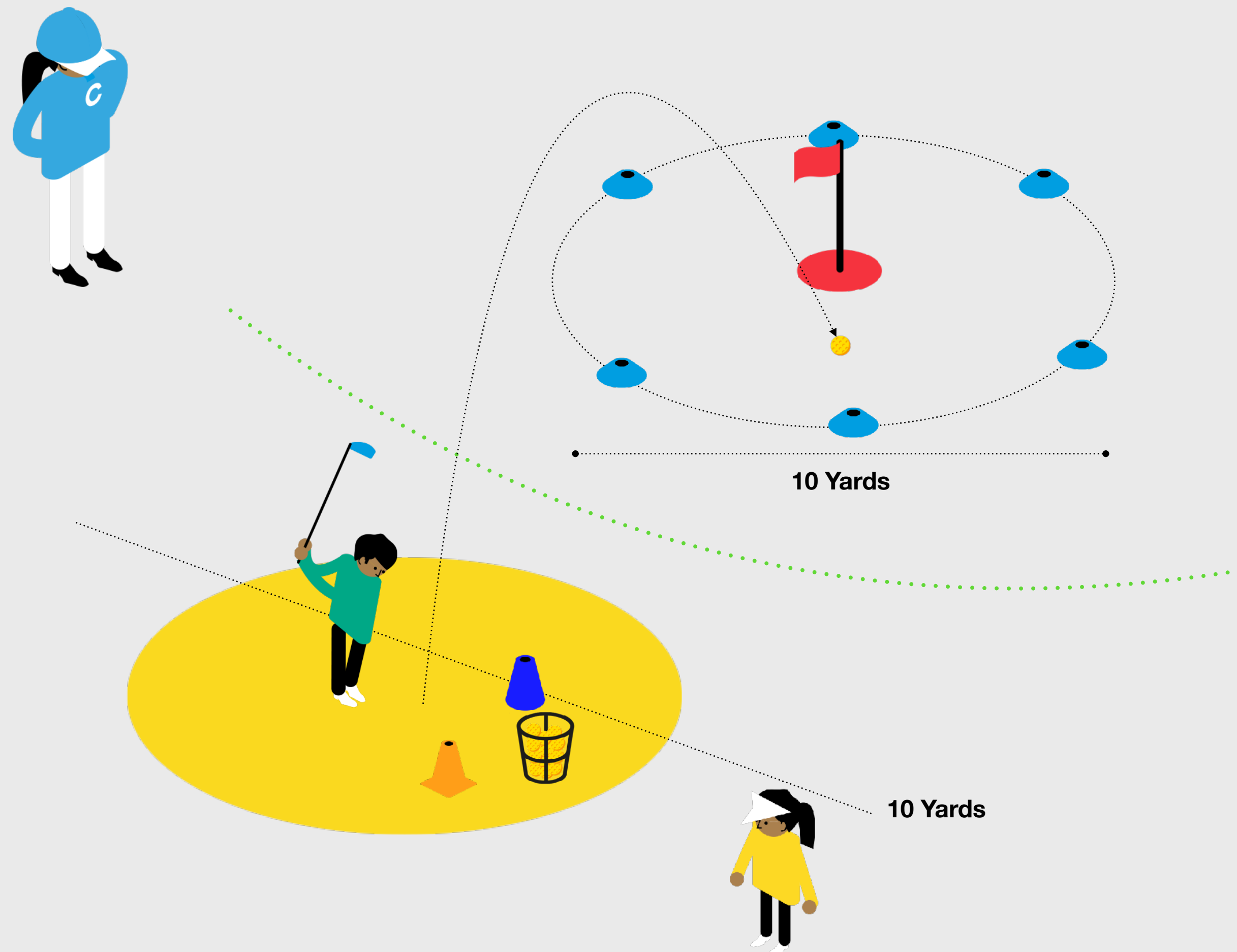
- The Whole Child theme this week is to highlight the importance of integrity, being honest and maintaining your moral principles.
- Carry this theme into the class by encouraging all the children to be honest with their challenge scores because it will be more rewarding to complete them truthfully.



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



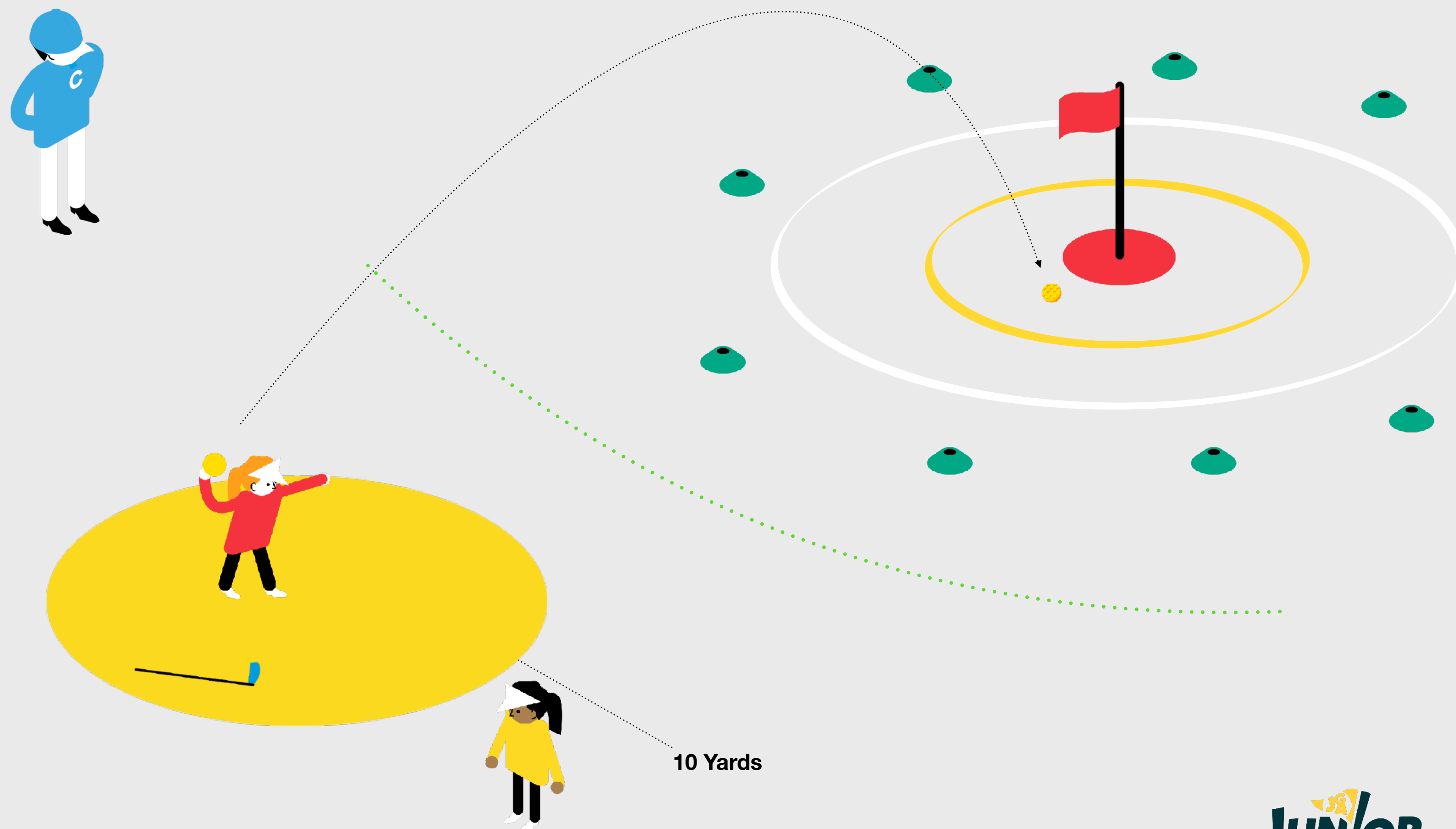
Spare equipment that may be required for the group attendees.



Golf Balls



Throw then Chip



How to Play

- Give the target circles different points
- Each child has 5 throws and 5 bunker shots
- The aim is to accumulate as many points as possible as a team, based on where the ball finishes
- The pair should try to beat their personal best score each time

Progression Ideas

- Change the size of the target circles
- Introduce a rule that the ball must land over the fringe to count

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



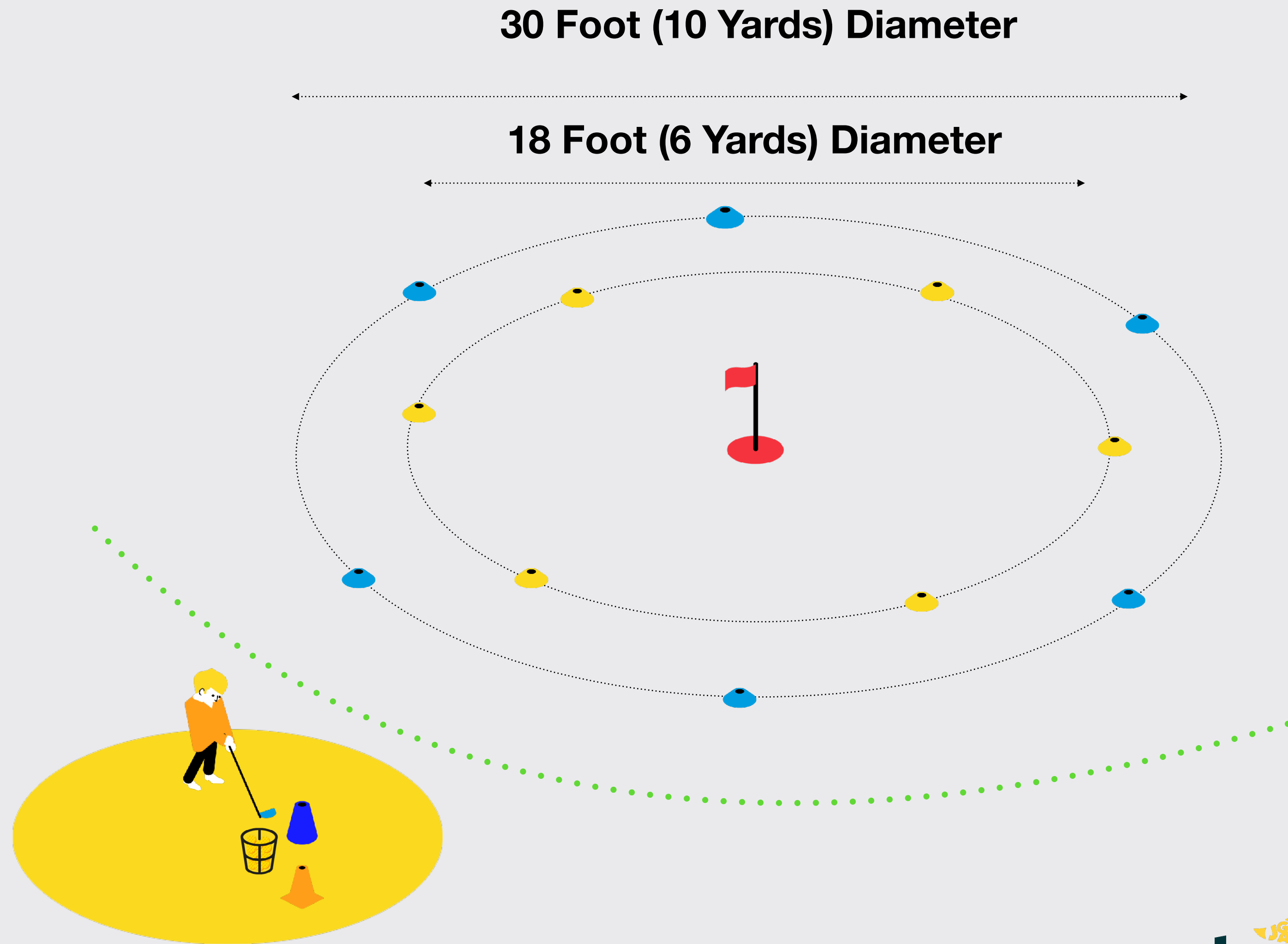
1 x 10 feet Target Circles



10 x Green Colored Cones for Outer 12 feet Target Circle



Bunker Play Challenges



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 Complete this Level 1 Challenge by making contact with the ball twice. You have 5 attempts and the ball does not need to leave the bunker.
- 2 Complete this Level 2 Challenge by hitting 1 ball out of the bunker. You have 5 attempts and you must make contact with the ball on all attempts.
- 3 Complete this Level 3 Challenge by hitting 3 balls on the green 3 times. You have 5 attempts and all attempts must finish out of the bunker.
- 4 Complete this Level 4 Challenge by hitting 2 balls within a 10-yard circle. You have 5 attempts and all attempts must finish out of the bunker.
- 5 Complete this Level 5 Challenge by hitting 3 balls within a 10-yard circle. You have 5 attempts and all attempts must finish on the green.
- 6 Complete this Level 6 Challenge by hitting 2 balls within a 6-yard circle. You have 5 attempts and all attempts must finish within a 10 yard diameter circle.