

Swing Week 19



Class Timetable - Week 19

Session Length:
60mins

Group Size:
1:8

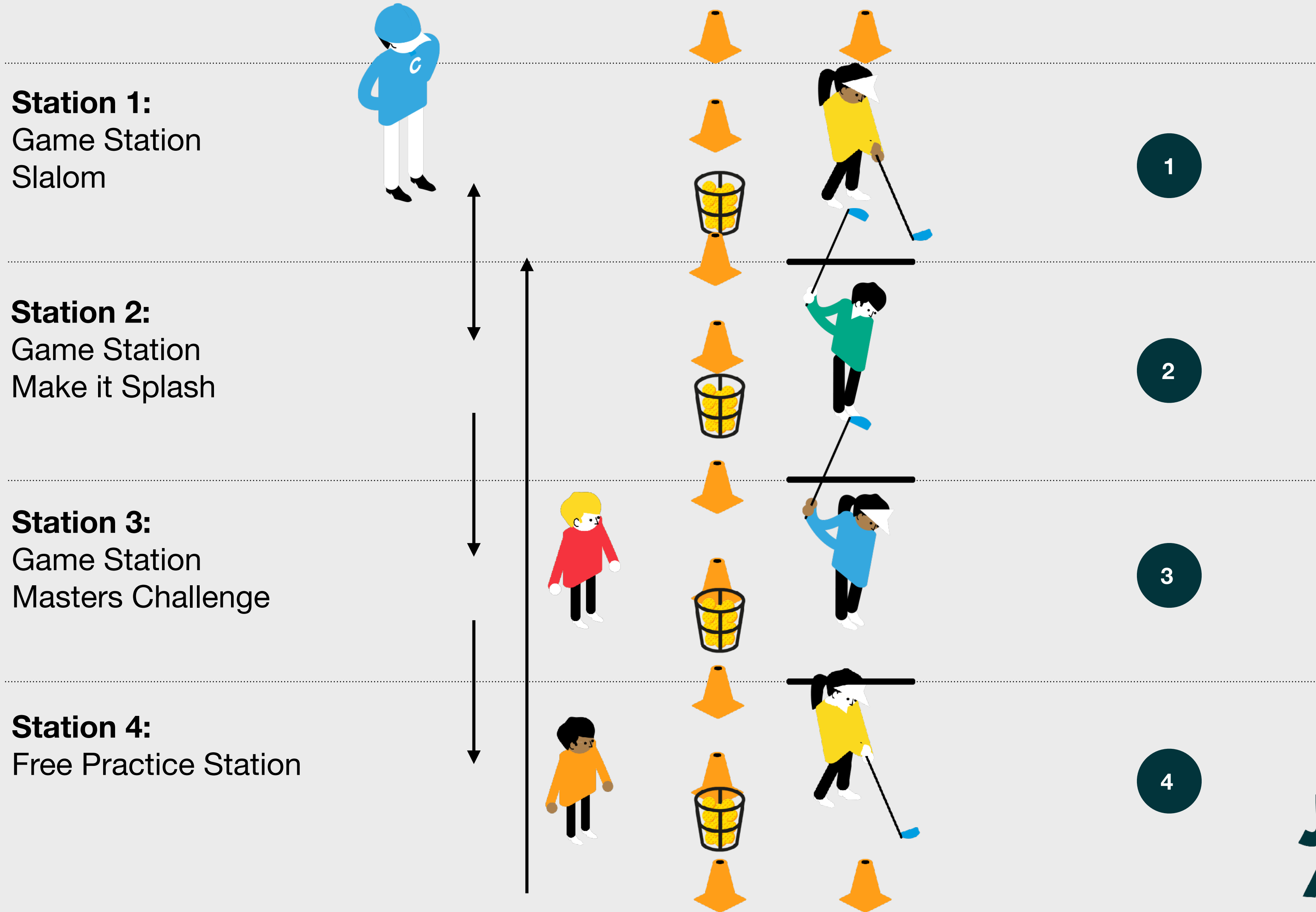
Mastering the Game Focus:
Swing:
Irons

Whole Child Focus
Social:
Trustworthiness

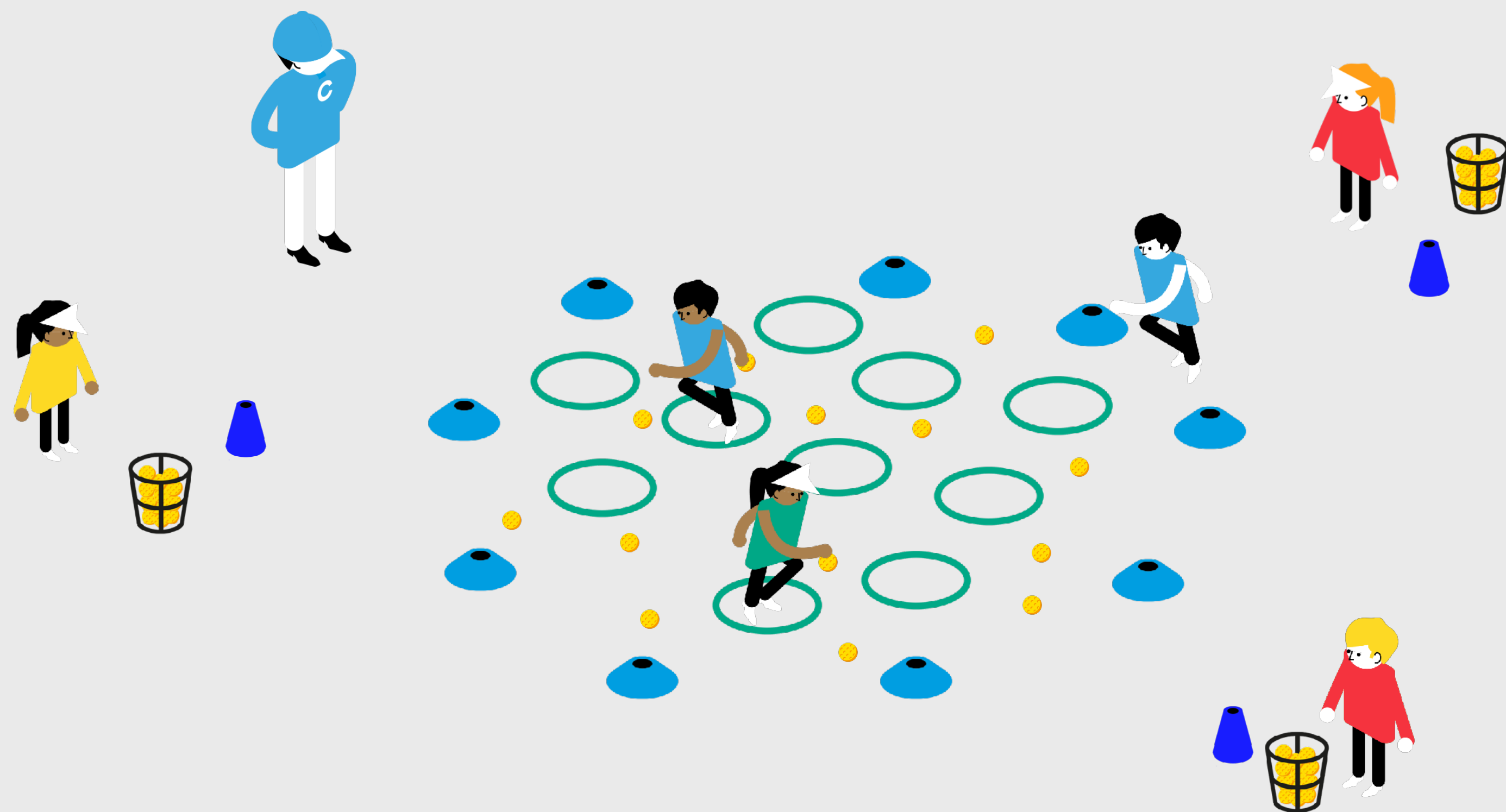
Learning the Game Focus:
Preparing to Play:
Driving Range Warm-Up

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"> Empty the Pond
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"> Driving Range Warm-Up
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"> Trustworthiness
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"> Make it Splash Masters Challenge Slalom
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



Empty the Pond



How to Play

- This game is best played in teams. Split the children into 2 even teams
- The teams start on opposite sides of the pond.
- Players are numbered 1 or 2
- On go, the first player runs into the pond using the lily pads. Each player attempts to collect 1 ball from the pond and return it to their teams' bucket
- If players touch the pond, they must return to the start without a golf ball
- The team that wins is the one who has collected the most golf balls from the pond after all balls have been collected

Progression Ideas

- Increase the size of the pond
- Increase the distance between the lily pads
- Reduce the number of lily pads

Equipment Needed

Orange Safety Cones

SAFETY



3 x Cones



Golf Balls



10 x Hoops



10 x Blue colored cones





Social Trustworthiness

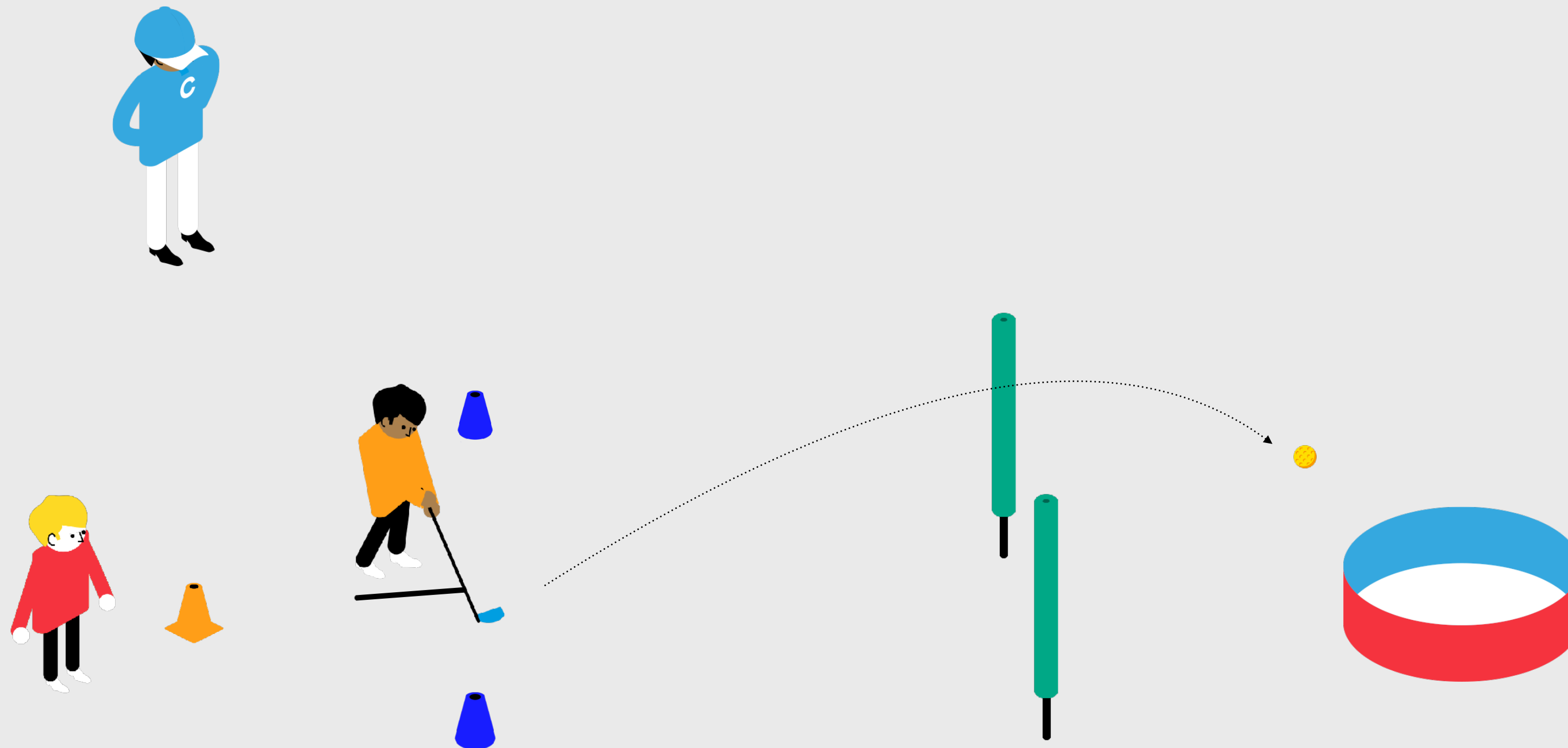
- The Whole Child theme this week is to highlight the importance of trustworthiness. In golf we need to trust our playing partners and caddies.
- Carry this theme into the class by placing an emphasis on the team element of the games and making sure everyone is taking turns.



Preparing to Play Driving Range Warm Up

- The Learning the Game focus this week is to teach the children a structured driving range warm up.
- You should advise children on what they need to do in preparation to play, providing them with stretches and a driving range routine will help them to do this.

Make it Splash



How to Play

- Children take it in turns to hit their shots, using the alignment stick to aid their alignment and club face aim
- The aim of the game is to pitch the ball into the pool
- Children score two points for pitching the ball straight into the pool, and one point if it bounces in
- The children aim to score as many points as possible before switching games

Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

Junior Learning Outcomes

- Ability to control distance on a pitch shot
- Ability to control direction

Equipment needed

4 x Orange Safety Cones

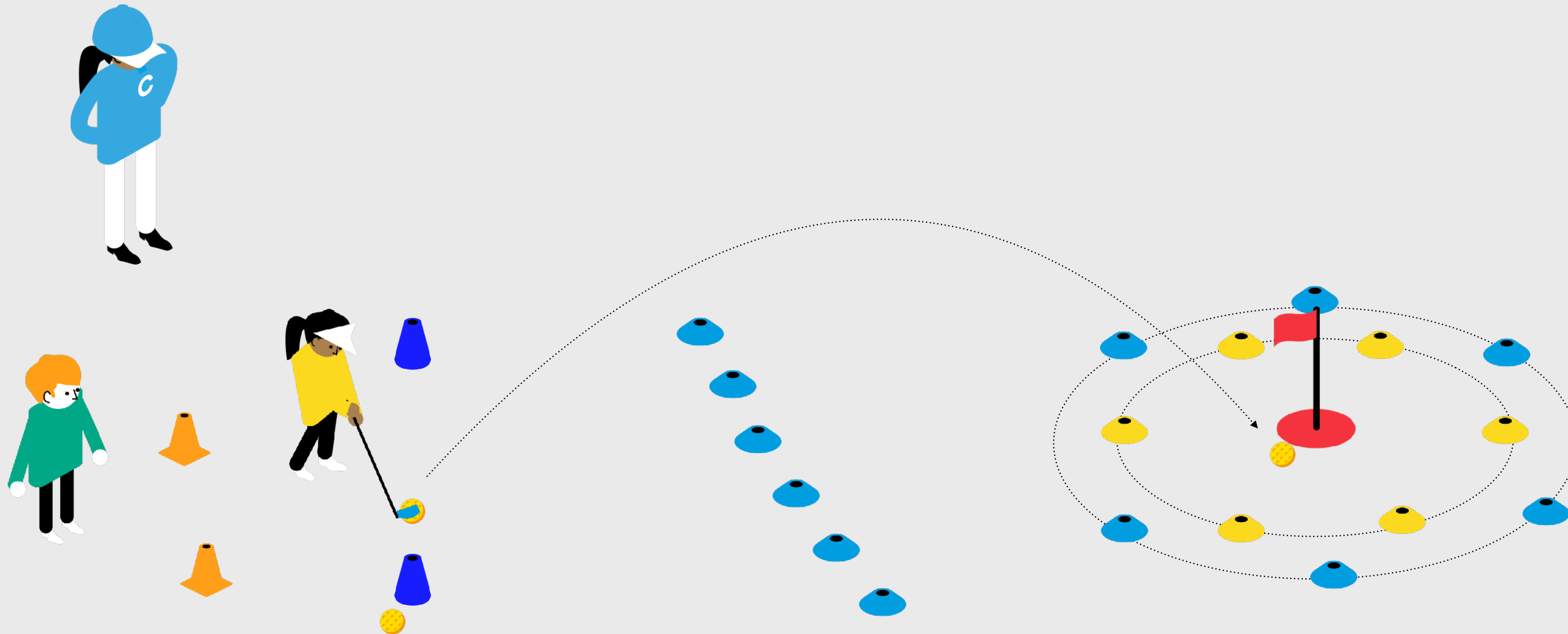
SAFETY

2 Alignment Sticks

2 x Foam Noodles

Pool

The Masters Challenge



How to Play

- Explain how the line of blue cones represents a river, just like the famous 12th hole at The Masters
- Players take it in turns to hit shots over the “river” and into the target circles
- If their ball doesn’t go in the air over the line of blue cones then any points scored do not count
- Players score 2 points for the inner circle and 1 point for the outer circle
- The aim is to score the most points after each player has hit 10 shots

Progression Ideas

- Vary the distance to carry the ball over the river
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circles
- Change the distance between the starting position and the target circles

Equipment needed

4 x Orange Safety Cones

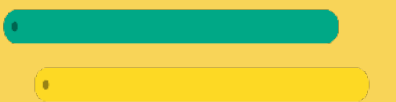
SAFETY



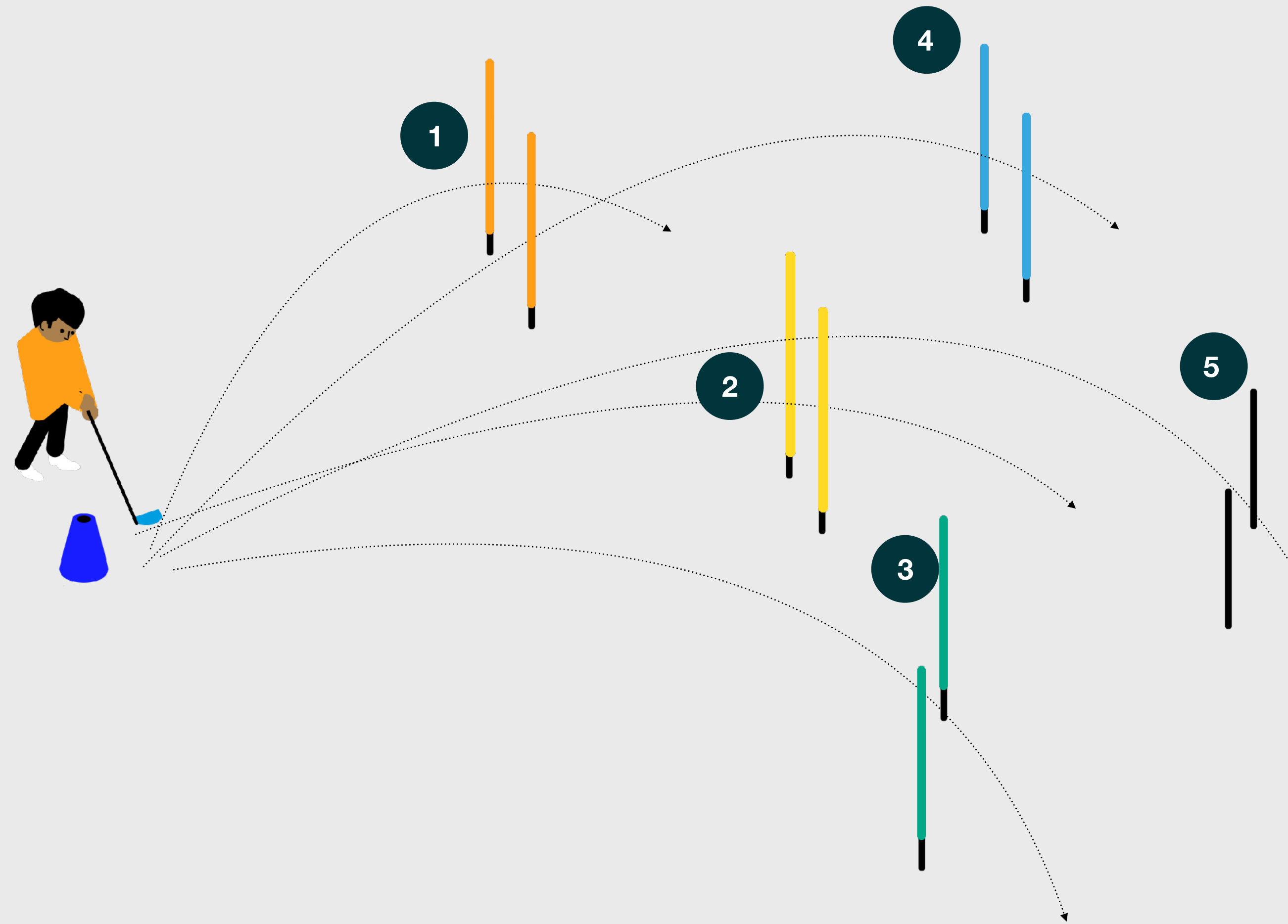
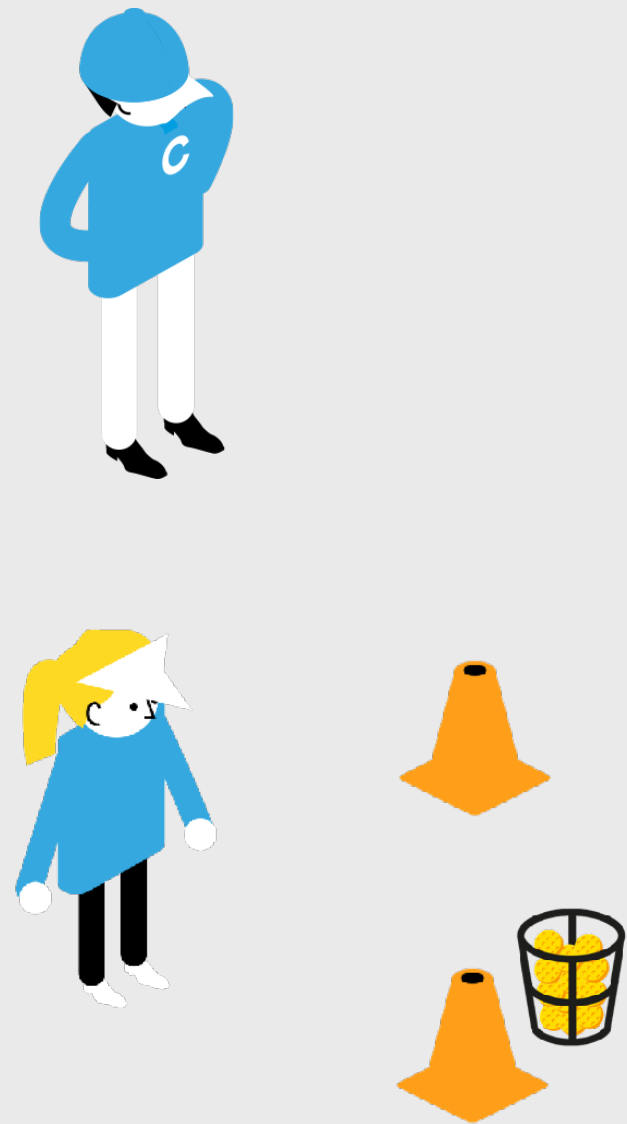
9 x Numbered Cones



2 x Foam Noodles



Slalom



How to Play

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order
- When a child hits the ball through the gate they move to the next gate
- The children take it in turns to hit their shots
- The winner is the child who gets their ball through the final gate first

Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets at each gate
- Change the width of the target gates
- Introduce a rule whereby the child has a certain number of attempts before moving back a gate or back to the start

Equipment needed

4 x Orange Safety Cones

SAFETY

10 x Alignment Sticks

10 x Foam Noodles