

Swing Week 19



Class Timetable - Week 19

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Irons

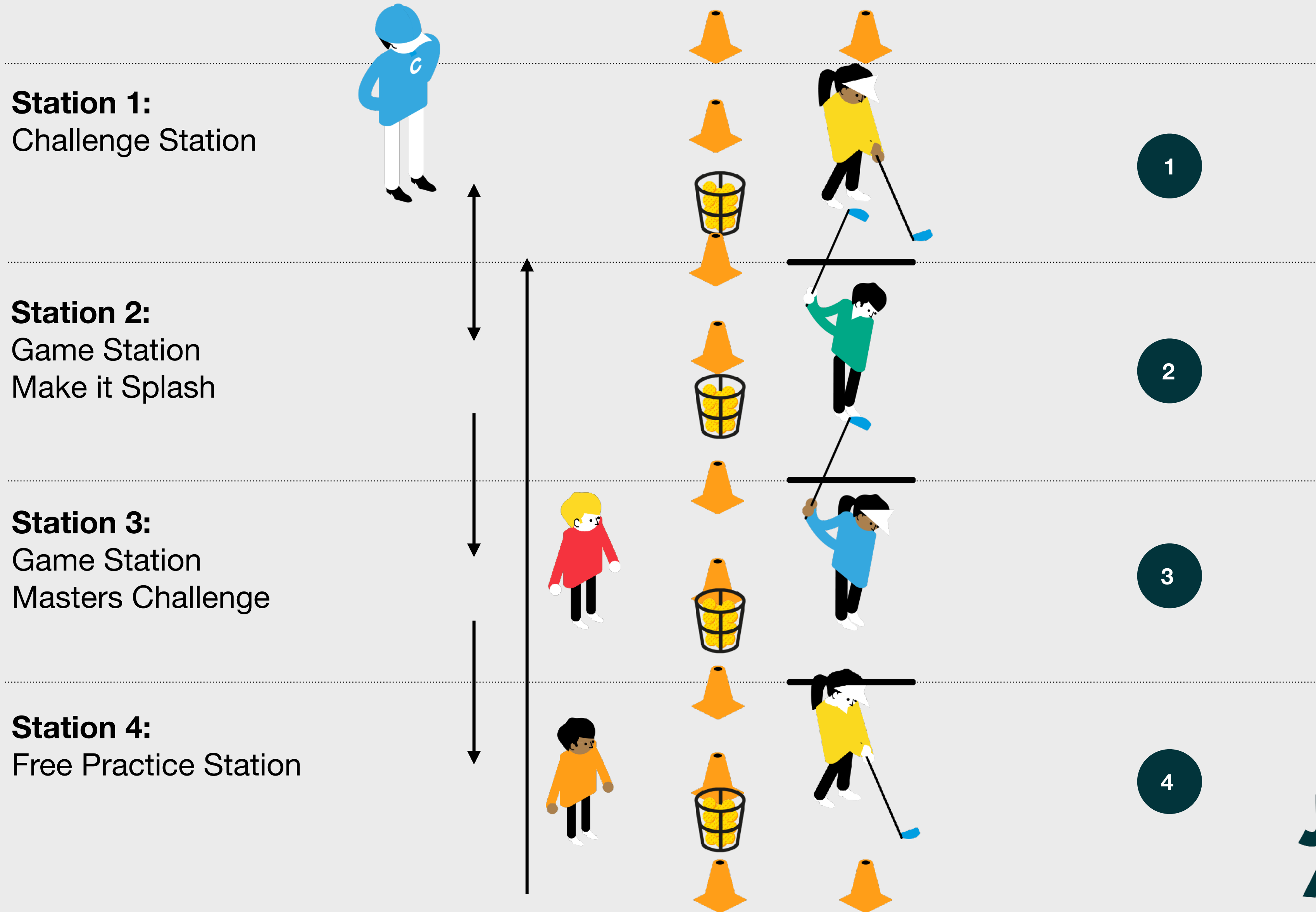
Whole Child Focus
Social:
Trustworthiness

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

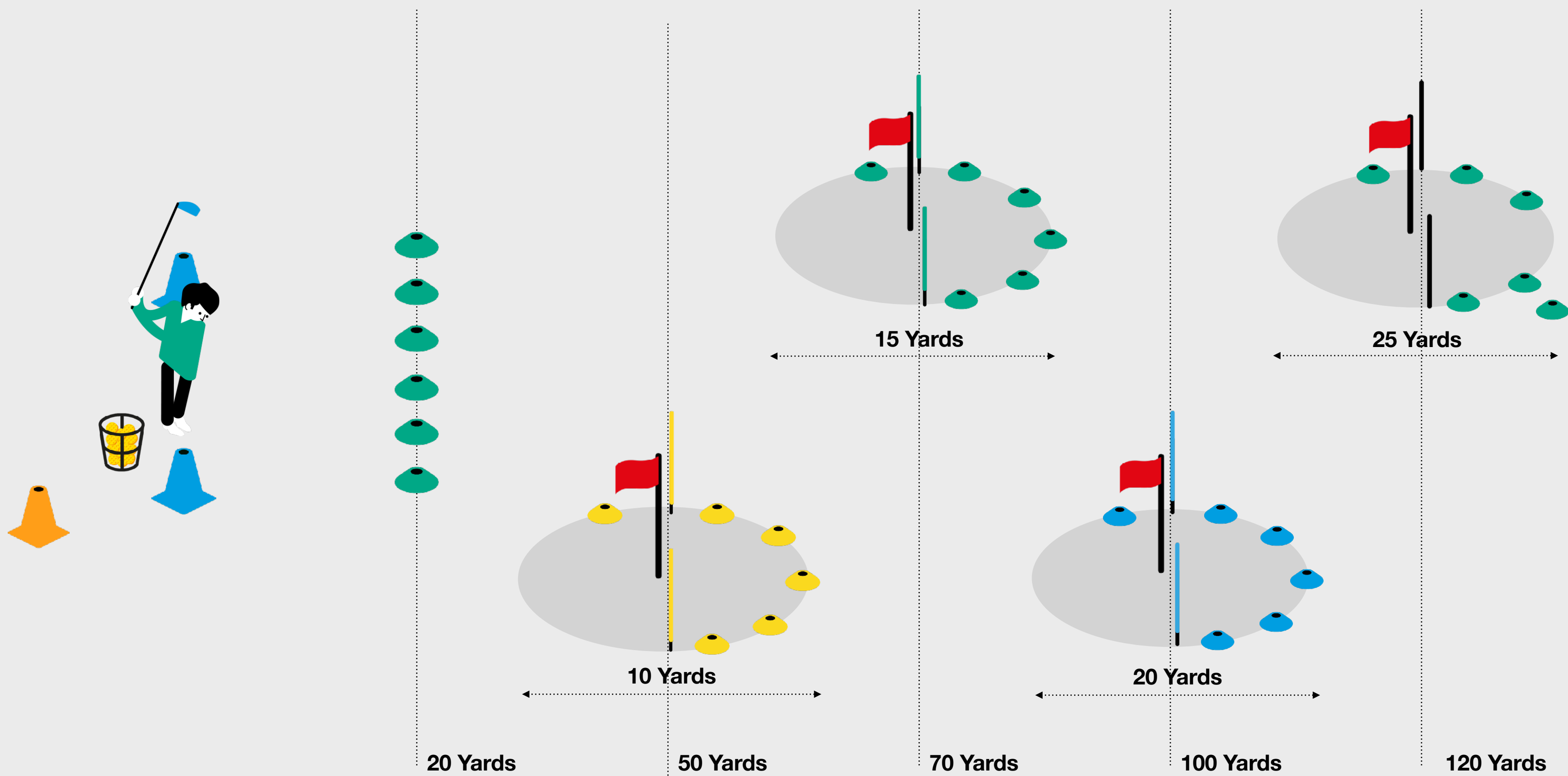
Mastering the Game Challenge:
Iron Challenge

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"> 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 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"> Make it Splash Masters Challenge The Iron 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 <i>myProgress</i> Wheel and add stickers where appropriate to the <i>myAcademy</i> 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"> <i>myAcademy</i> Folders GLF. Connect <i>myGame+</i>

Class Layout and Setup



Irons Challenge Setup



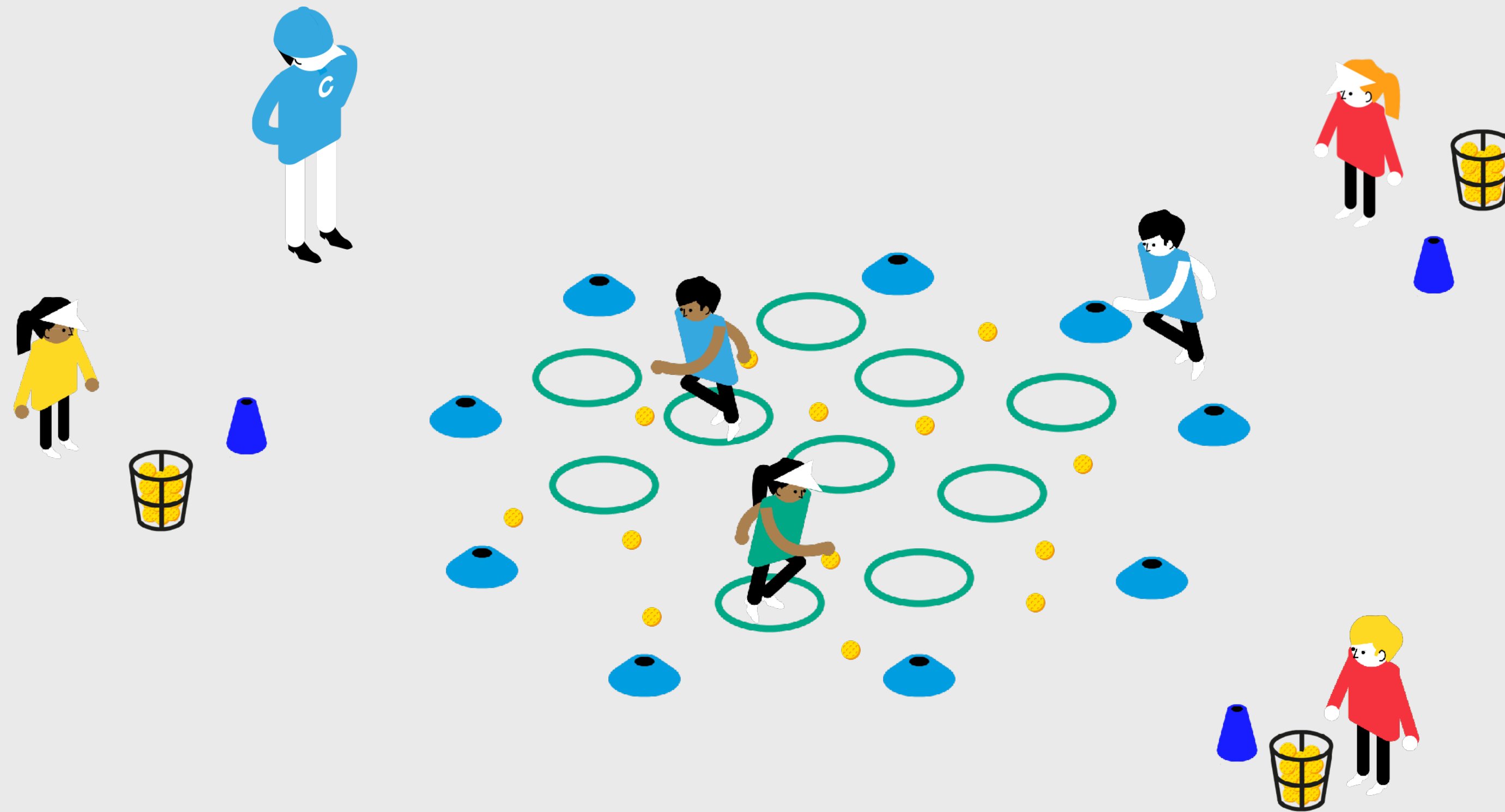
Equipment Needed

- Orange safety cones for a safety line
- Cones to mark out the necessary hitting stations
- Cones to mark the target zones if foam noodles aren't available
- Alignment Sticks
- Flag (if available)
- Foam Noodles

Setting out the Challenge

- Foam Noodles placed onto the alignment sticks should be used to mark the perimeter of the target zones either side of the flag
- Alignment sticks should be used to mark the target when a flag isn't possible
- Green Cones should be used to mark the target lines for the level 2 challenge
- Set out all the markers to enable every child to attempt their challenges in the class

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



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.

Demonstrate an effective driving range warm up routine that they can use to be ready to play.

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



JUNIOR GOLF
ACADEMY



Questions to Ask

- What do you need to practice before going out to play?
- Are there any stretches you think are important to do before we start playing golf?
- How many shots do you need to hit before you're ready to play?



Social Trustworthiness

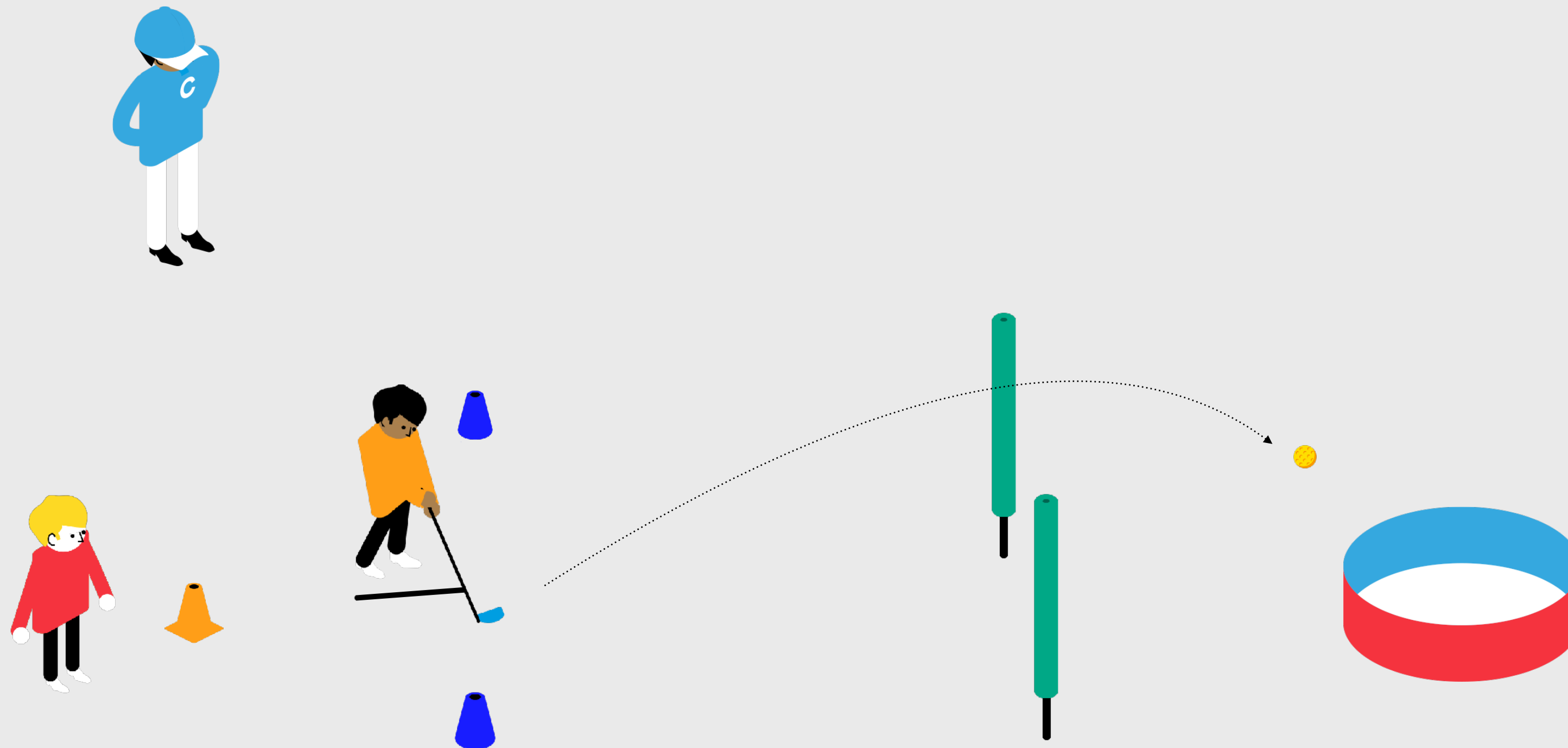
- The Whole Child theme this week is to highlight the importance of trustworthiness. In golf we need to trust our playing partners and caddies.
- Carry this theme into the class by placing an emphasis on the team element of the games and making sure everyone is taking turns.



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

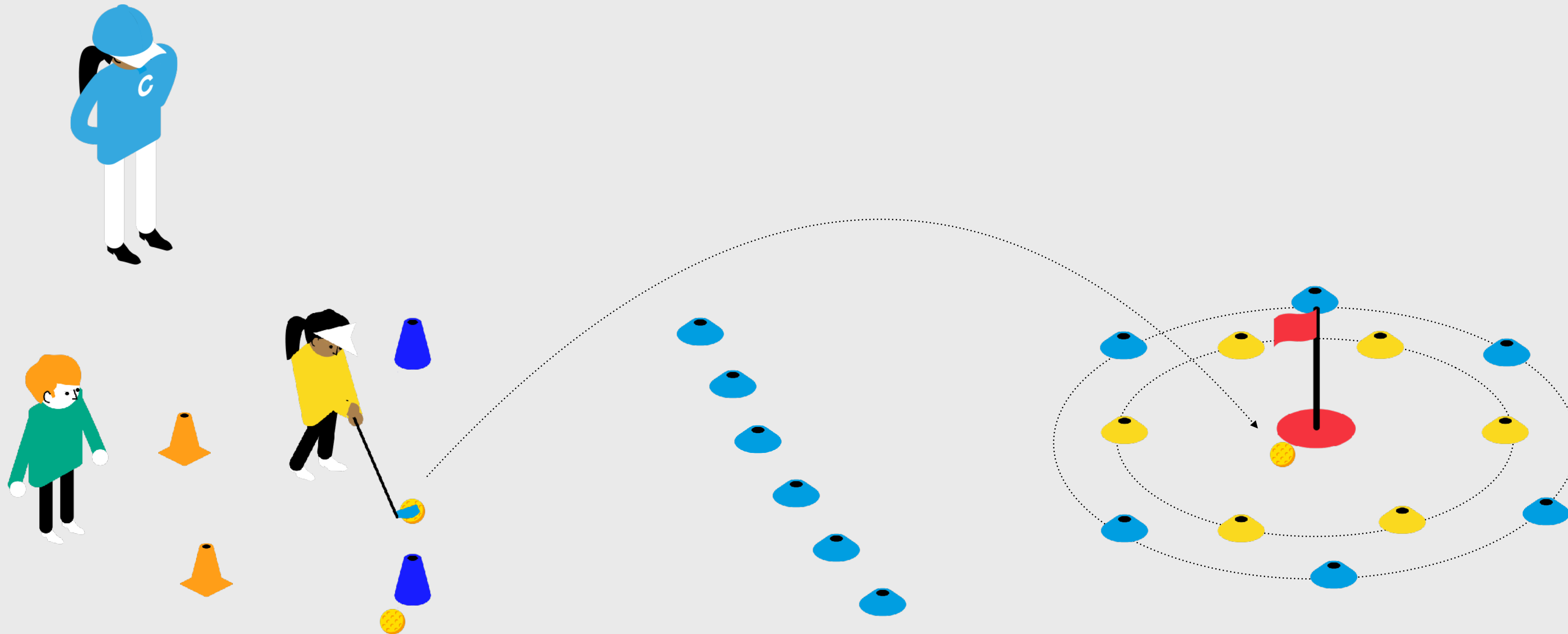
SAFETY

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

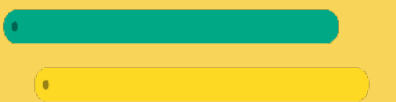
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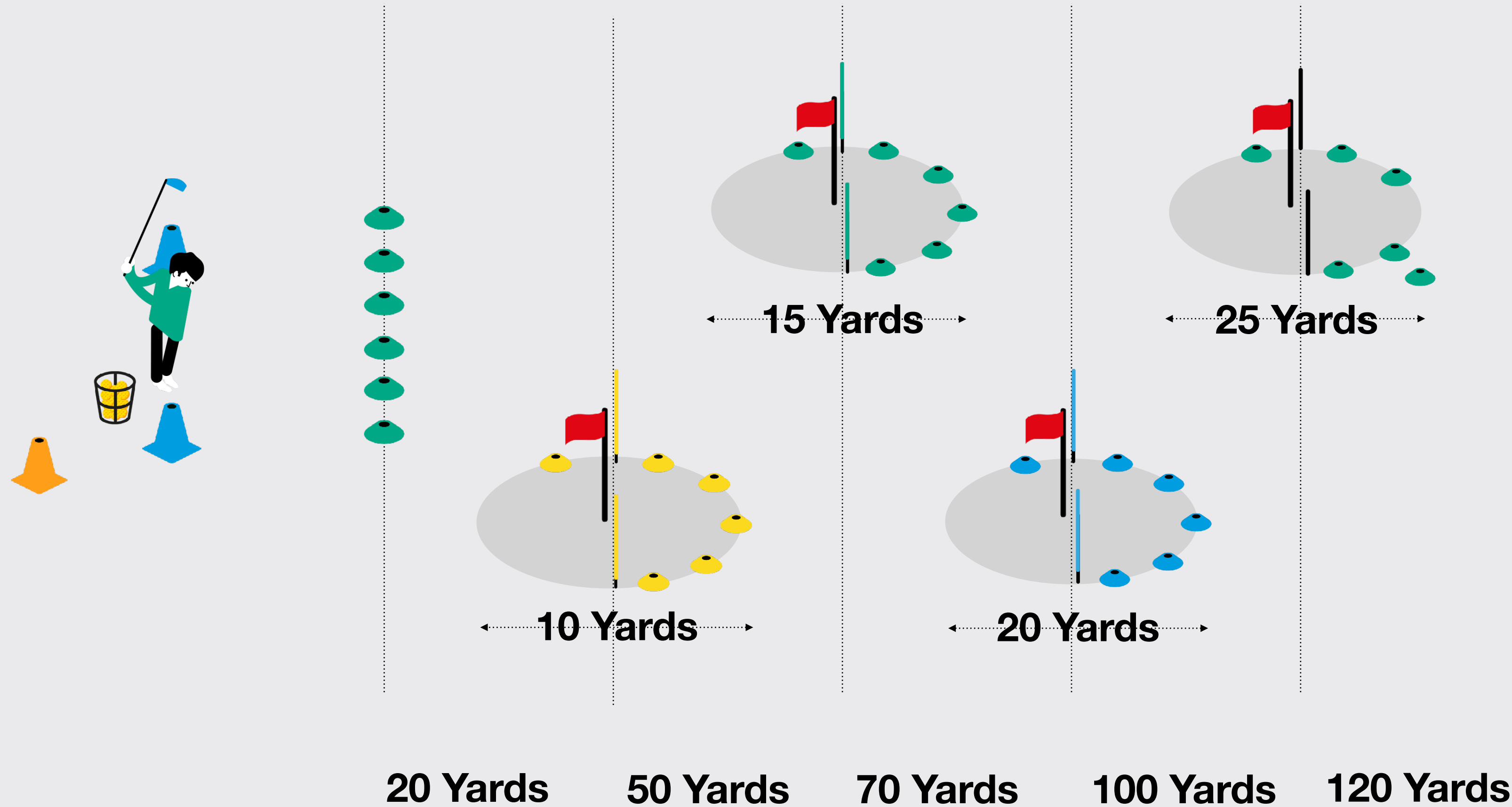
9 x Numbered Cones



2 x Foam Noodles



Iron 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 Juniors complete this Level 1 Challenge by hitting 3 shots in the air with an Iron. They have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a
- 2 Juniors complete this Level 2 Challenge by hitting 3 shots in the air with an Iron. The ball must carry a minimum of 20 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 3 Juniors complete this Level 3 Challenge by hitting 3 shots where the ball must finish within a 10-yard circle surrounding a flag that is 50 yards away. They have 5 attempts and this challenge can be attempted off a tee.
- 4 Juniors complete this Level 4 Challenge by hitting 3 shots with the ball coming to rest within a 15-yard circle surrounding a flag that is 70 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 5 Juniors complete this Level 5 Challenge by hitting 4 shots where the ball must finish within a 20-yard circle surrounding a flag that is 100 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 6 Juniors complete this Level 6 Challenge by hitting 5 shots where the ball must finish within a 25-yard circle surrounding a flag that is 120 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.