

# Swing

## Week 22



# Class Timetable - Week 22

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing:  
Fairway Woods

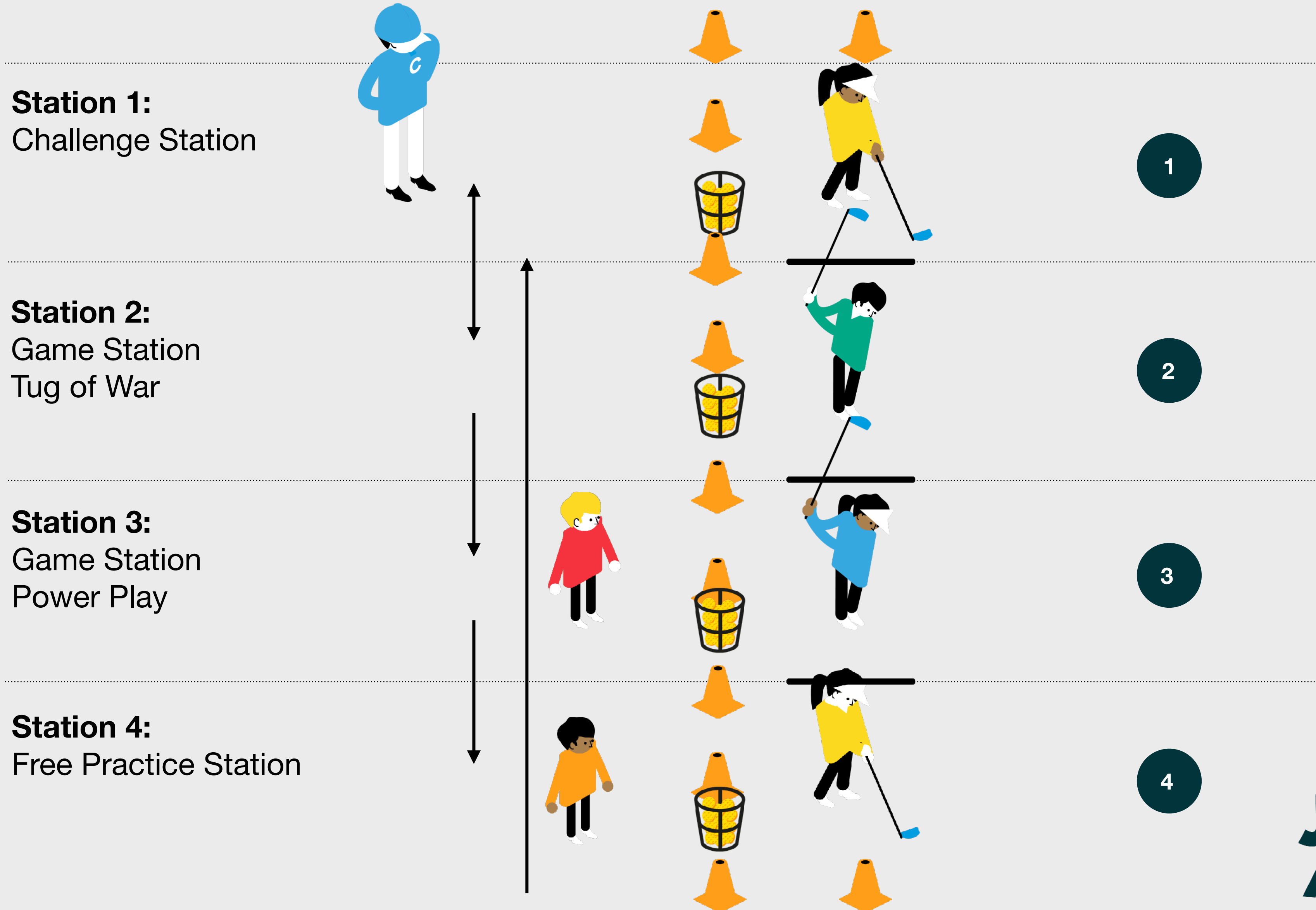
**Whole Child Focus**  
Personal:  
Hard Work

**Learning the Game Focus:**  
Rules and Etiquette:  
Practicing Safely

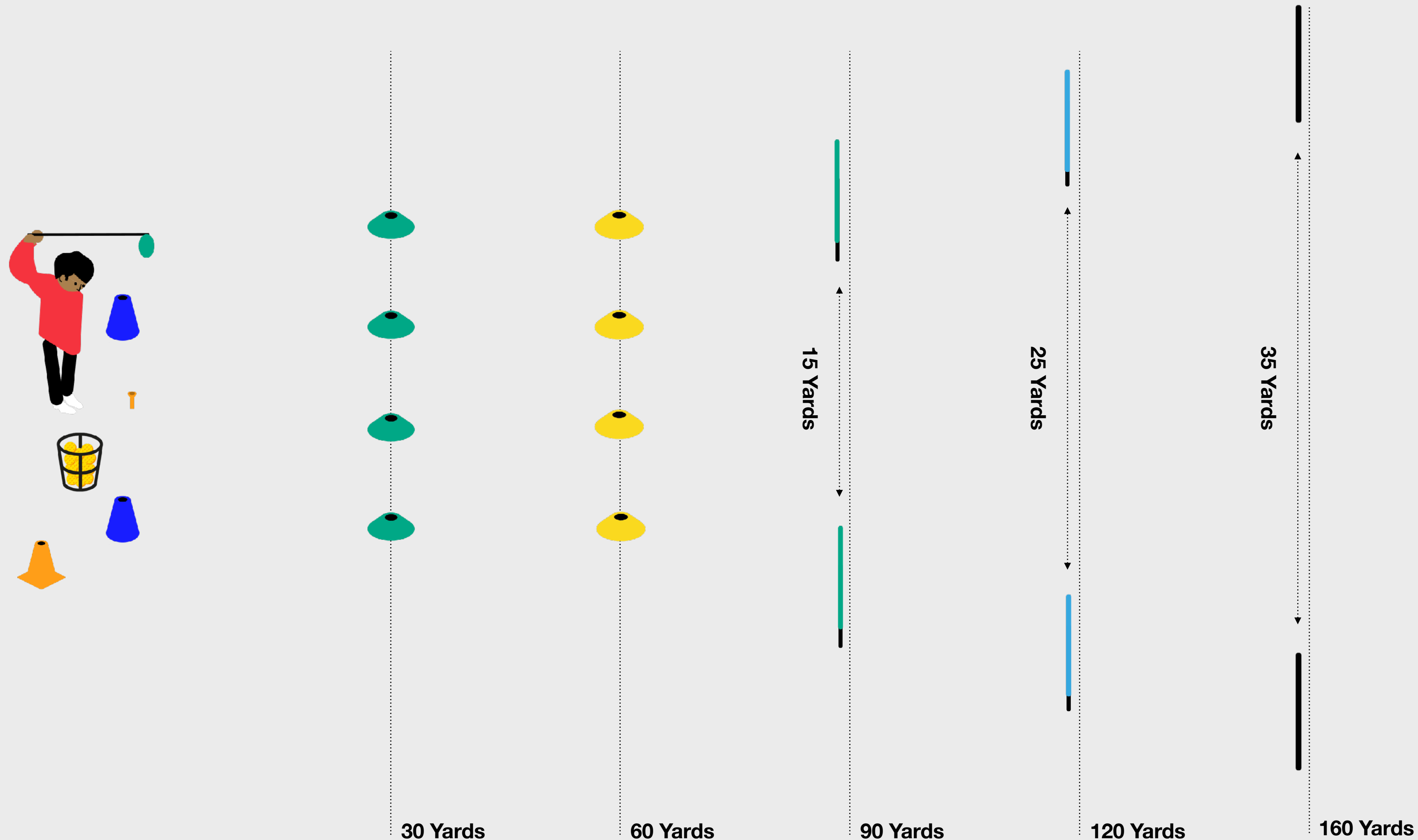
**Mastering the Game Challenge:**  
Fairway Wood Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	<ul style="list-style-type: none"> <li>Rock, Paper, Scissors</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Practicing Safely</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Hard Work</li> </ul>
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games and challenge</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice</li> </ul>	<ul style="list-style-type: none"> <li>Tug of War</li> <li>Power Play</li> <li>Fairway Wood Challenge</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> <li>GLF. Connect myGame+</li> </ul>

# Class Layout and Setup



# Fairway Woods Challenge Setup



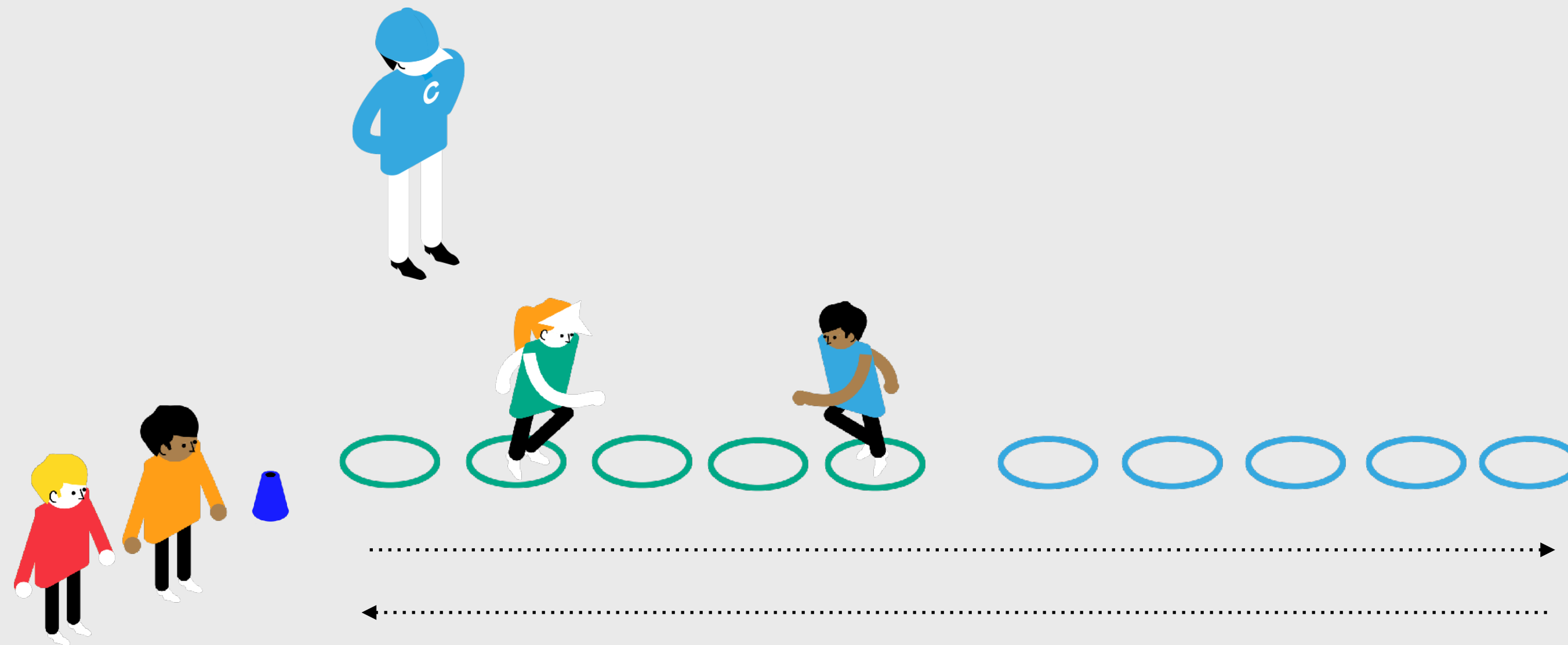
## Equipment Needed

- Orange safety cones for a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines for the level 2 and 3 challenges
- Alignment Sticks with a foam noodle on top to mark out the target gates

## Setting out the Challenge

- Use cones to mark out the carry distance lines for the level 2 and 3 challenges
- Alignment sticks with foam noodles should be used to measure the gates for the level 4-6 challenges at the target distances and widths
- Set out all the markers to enable every child to attempt their challenges in the class

# Rock, Paper, Scissors



## How to Play

- Split the children into two even teams
- Mark out 10 hoops, approximately 1 yard apart in a line or in a curve
- Half the group starts at one end, the other half starts at the other
- The first child from each side bunny hops along the hoops until they meet in the middle
- They play Rock, Paper, Scissors when they meet. The winner continues along the line, the loser runs to the back of their group, and the next player on that team bunny hops to meet their opponent
- This continues until one of the groups gets to the other side of the line of cones or the coach calls time on the game. If the coach calls time, the team that is closest to the opposition's end wins

## Progression Ideas

- Explore FMS during the game
- Change the distance between the hoops

## Equipment Needed

Orange Safety Cones

SAFETY



2 x Cones



5 x Hoops



5 x Hoops





## Personal Hard work

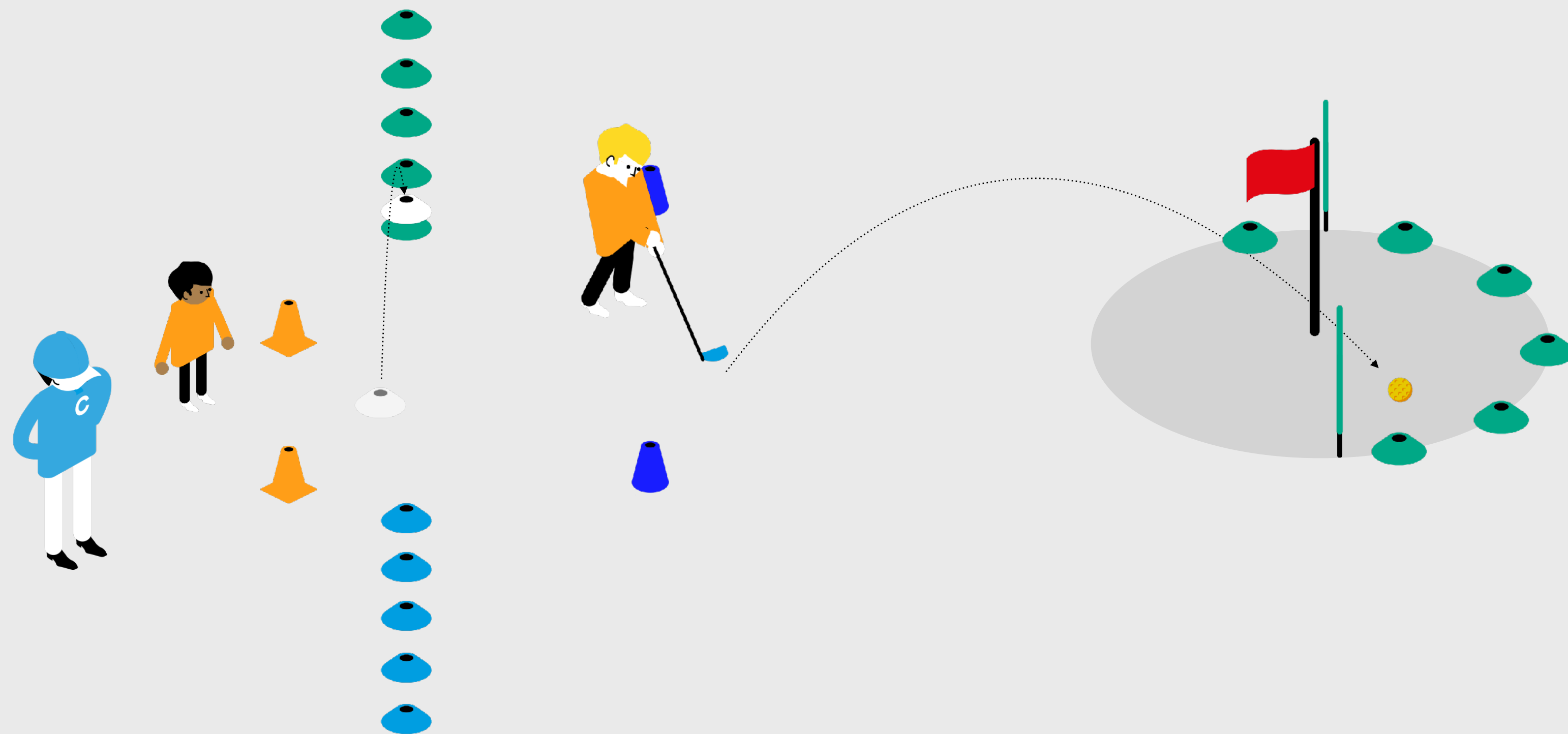
- The Whole Child theme this week is to encourage hard work and an understanding that no matter how good you get you have to work hard to achieve great things.
- Carry this theme into the class by explaining to them how practice is key to improving, but practice is hard work and to be the best they will have to put in the the work.



## Rules and Etiquette Practicing safely

- The Learning the Game focus this week is about understanding where to practice safely, in particular with short game shots.
- You should highlight to your juniors best practice of knowing where to stand when practicing around the green. Not to aim directly across the green where someone else is in line just incase of a poor shot.

# Tug of War



## How to Play

- Child number 1 starts and attempts to hit their shot to the target
- Then the next child attempts their shot. The player who hits it nearest to the target moves the cone one place to their side
- The winner is the one who gets the centre white cone to their end cone

## Progression Ideas

- Vary the target on each shot
- Vary the distance between the tee box and the green
- Add hazards for penalty cones
- Add different targets to increase the number of moves across the cones

## Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



5 x Green Cones



5 x Blue Cones



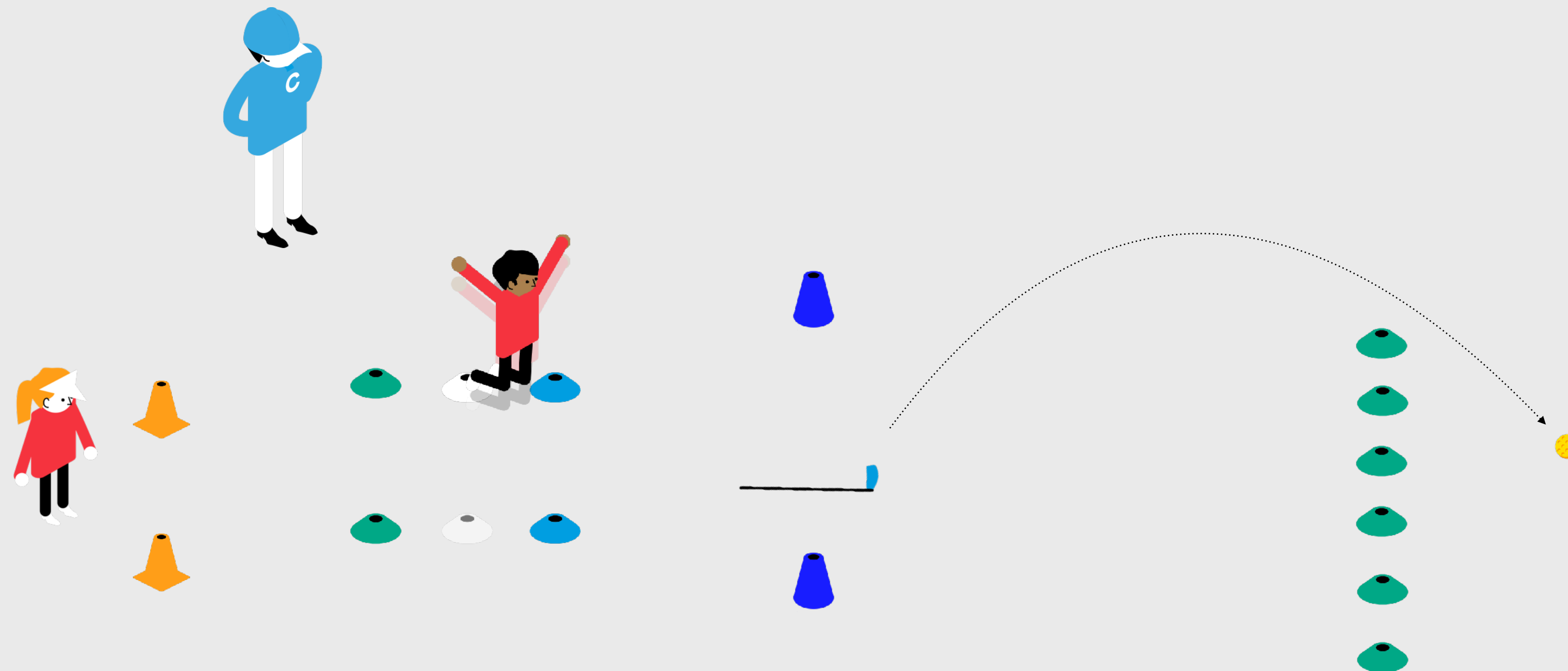
Spare equipment that may be required for the group attendees.



Golf Balls



# Power Play



## How to Play

- Children take it in turns to do a standing long jump from the first set of cones, seeing if they can jump past the next two sets of cones
- After jumping as far as possible they then try to hit the ball as far as possible
- The children take it in turns to do this, each time trying to beat their personal best long jump, and furthest shot

## Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest

## Learning Outcomes

- Improve strength and power
- Learn how improving different movement skills can improve their golf shots

## Equipment needed

### Orange Safety Cones

SAFETY

### Cones to mark out hitting stations

### 2 x Foam Noodles

### 2 x Alignment Sticks

### Golf Balls

Spare equipment that may be required for the group attendees.

**JUNIOR GOLF**  
**ACADEMY**



# Fairway Wood Challenge



## 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 hit 2 shots in the air using a Fairway Wood. They have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a tee.
- 2** Juniors hit 2 shots in the air using a Fairway Wood. The ball must carry a minimum of 30 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 3** Juniors hit 3 shots in the air using a Fairway Wood. The ball must carry a minimum distance of 60 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 4** Juniors hit 2 shots 90 yards with a Fairway Wood. The ball needs to finish through the 15-yard-wide gate. They have 5 attempts and this challenge must be attempted with the ball on the ground.
- 5** Juniors hit 3 shots 120 yards with a Fairway Wood. The ball needs to finish through the 25-yard-wide gate. They have 5 attempts and this challenge must be attempted with the ball on the ground.
- 6** Juniors hit 4 shots 160 yards with a Fairway Wood. The ball needs to finish through the 35-yard-wide gate. They have 5 attempts and this challenge must be completed on the ground.

