

Junior Monthly Class Plans Ages 4-6

On the Green

Week 23



Class Timetable - Week 23

Session Length:
60mins

Group Size:
1:8

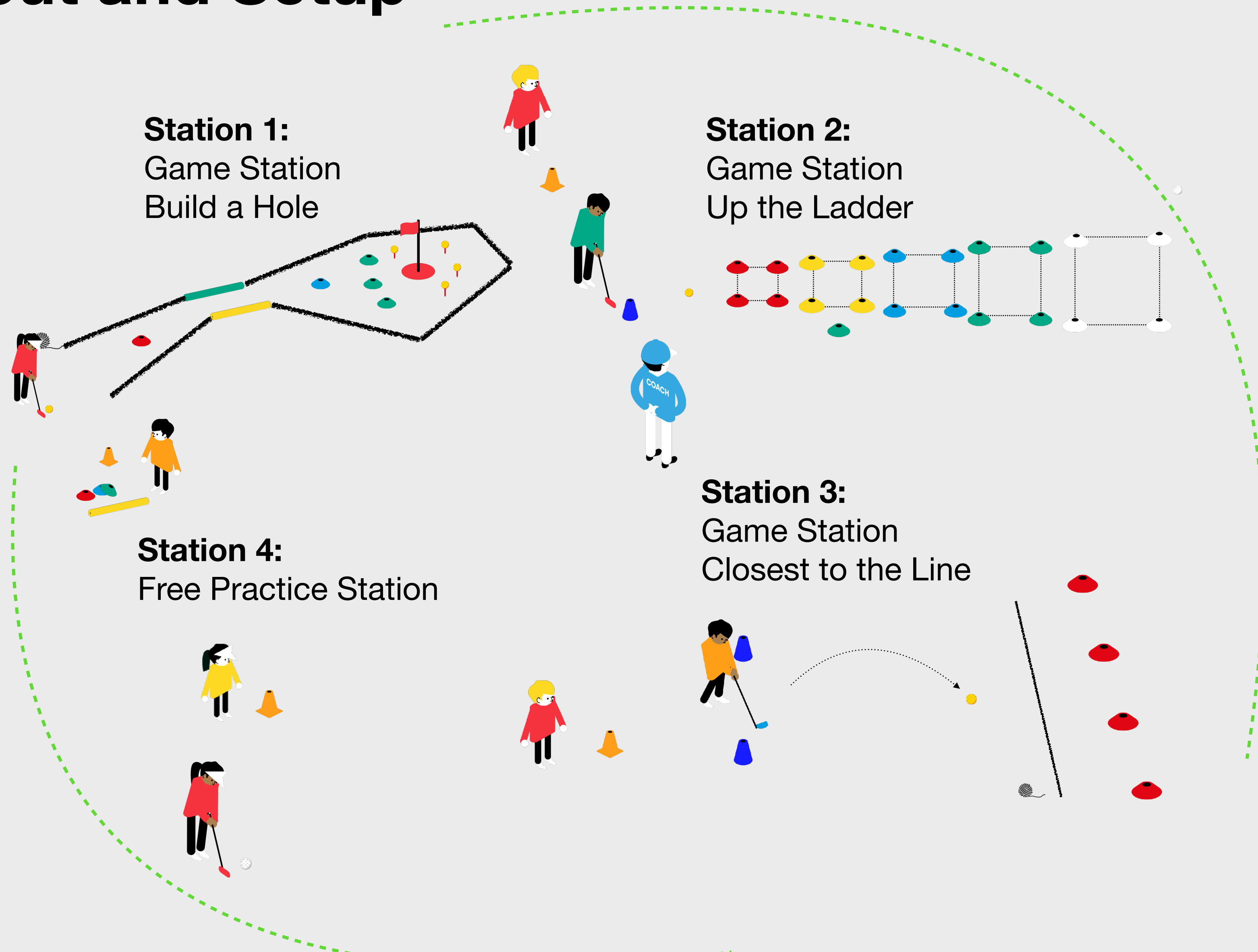
Mastering the Game Focus:
On the Green:
Long Putts

Whole Child Focus
Social:
Respect for your Team

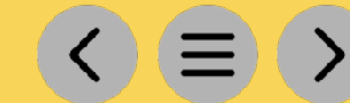
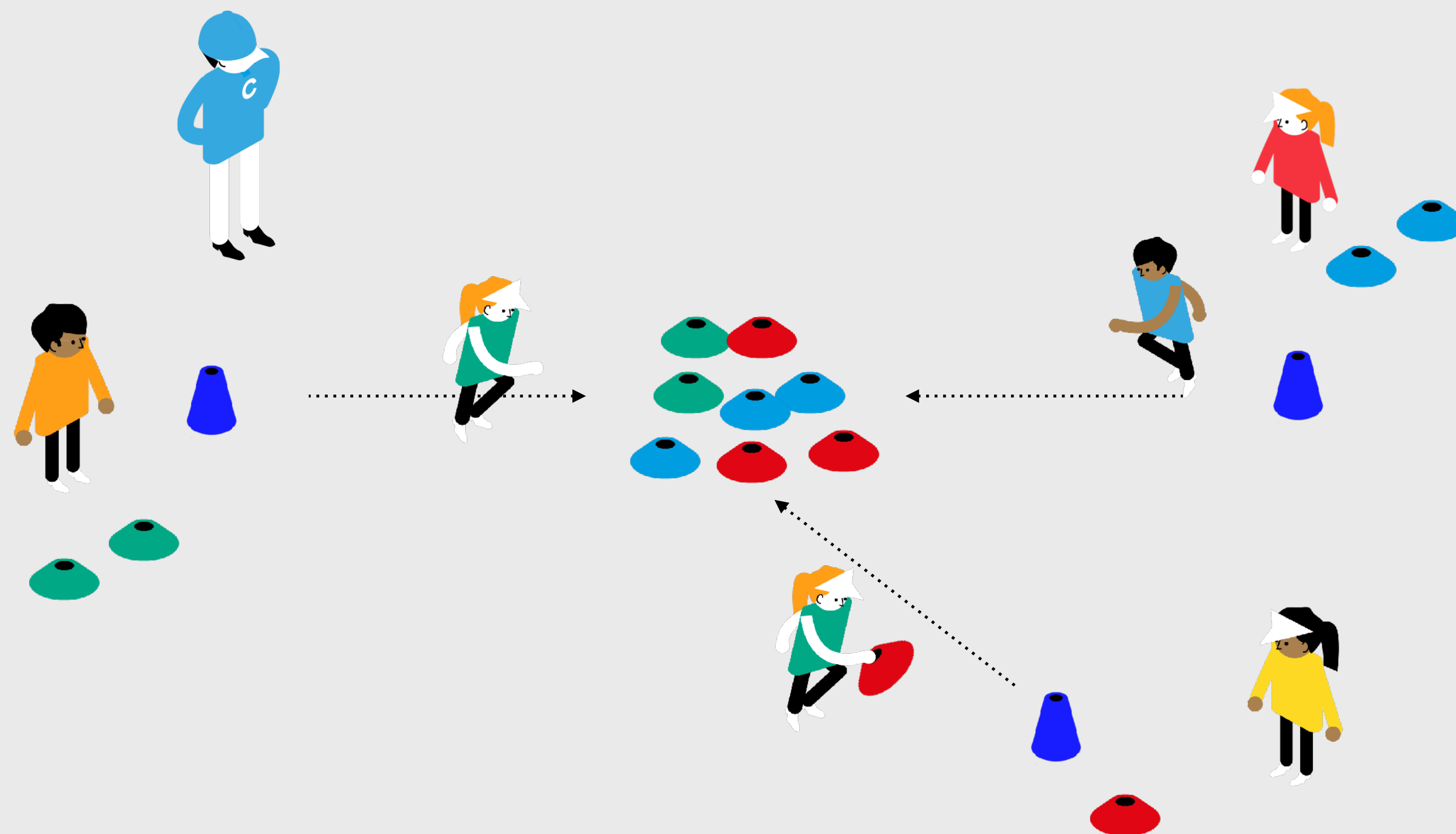
Learning the Game Focus:
Rules and Etiquette:
Etiquette on the Green

| 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"> Run to the Middle |
| 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"> Etiquette on the Green |
| 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"> Respect for your Team |
| 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"> Closest to the Line Up the Ladder Build a Hole |
| 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



Run to the Middle



How to Play

- This game is best played in teams. Split the children into 2 or 3 even teams
- Each team starts on one of the starting cones
- On go, the first player from each team runs from their starting cone towards the pile of colored cones in the middle. Each child collects 1 cone of their team's color and returns to the start
- Players continue until all cones are collected
- The team that wins is the one who collects all their cones first

Progression Ideas

- Increase the distance between the starting cones and cones in the centre
- Add extra cones in the centre
- Introduce different FMS skills such as jumping, hopping or running backwards
- Add obstacles in between the starting cones and the cones in the centre

Equipment Needed

Orange Safety Cones

SAFETY



3 x Cones



10 x Green colored cones



10 x Red colored cones



10 x Blue colored cones





Social

Respect for your Team

- The Whole Child theme this week is to demonstrate respect to your teammates.
- Carry this theme into the class by making sure the children show the correct etiquette by wishing team mates good luck, shaking hands and not breaking any rules.

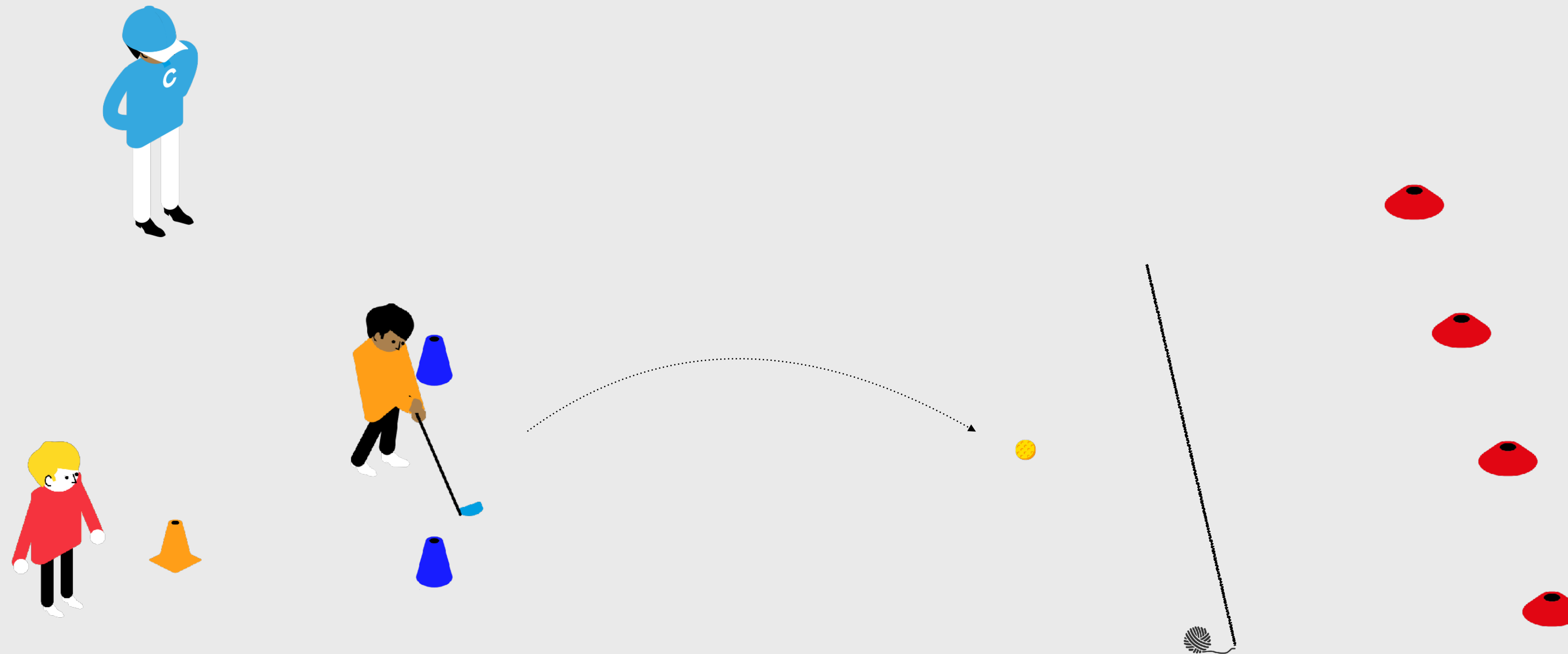


Rules and Etiquette

Etiquette on the Green

- The Learning the Game focus this week is etiquette on the green, in particular how easy it is to damage the green if we are not careful.
- You should introduce your juniors to the importance of looking after the green, the quality of the grass and the costs involved in maintaining the course.

Closest to the Line



How to Play

- Children take it in turns to hit their putt towards the string line
- The child that putts the ball closest puts a ball marker down to mark the team's best shot so far
- When the coach calls to switch games they should make a note of how close the best shot was to see which team was able to putt the ball closest

Progression Ideas

- Vary the distance of the putt
- Let each child nominate which club the other has to use when doing their shot

Learning Outcomes

- Ability to control distance of putt
- How to react to winning or losing the round

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark starting position

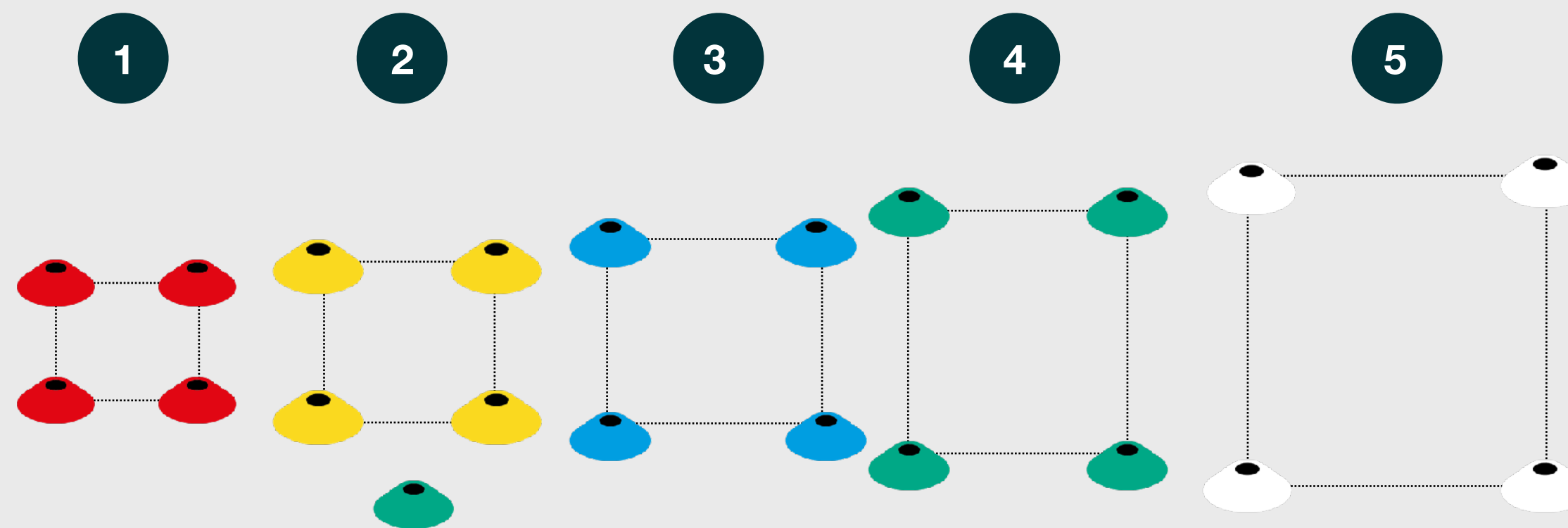
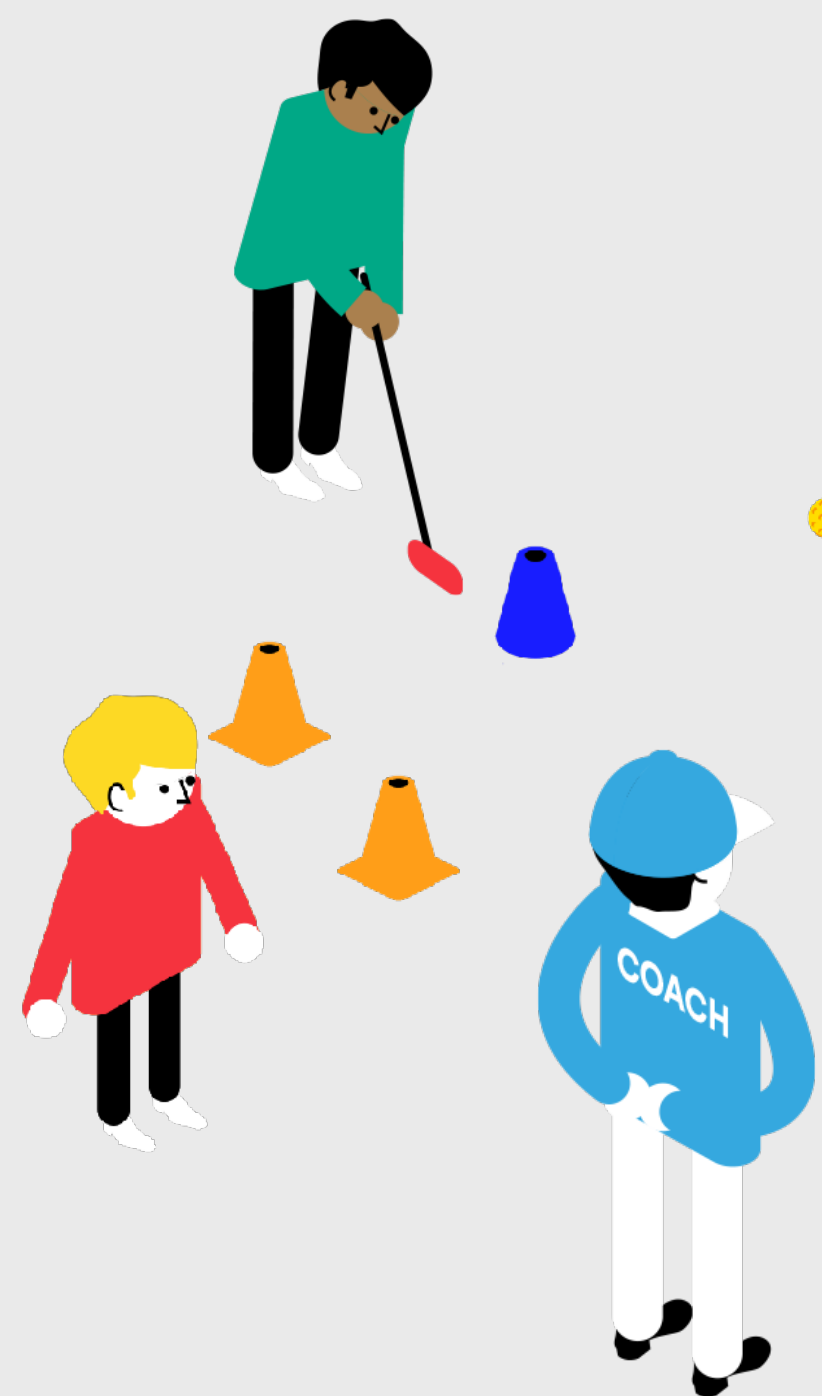
String to mark the target line

Red cones to mark the end zone

Golf Balls

Spare equipment that may be required for the group attendees.

Up the Ladder



How to Play

- Nominate a child to play first. The child attempts to hit their putt into the nearest but smallest target box
- If the child successfully gets the ball into the target box, they place the team's colored cone opposite the next target box
- The children take it in turns to putt the ball into the target boxes
- The game continues until the team gets their ball into the final box

Progression Ideas

- Change the distance between the starting cone and first box
- Change the distance between each of the target boxes
- Reduce the size of the target boxes
- Attempt the game on a sloped surface
- Limit the number of attempts on each box or limit the number of attempts to the corresponding box

Learning Outcomes

- A great game to explore the concept of distance control and direction control

Equipment needed

Orange Safety Cones



2 x Cones to mark out the necessary hitting stations.



Spare equipment that may be required for the group attendees.



Golf Balls



4 x Red Colored Cones



4 x Yellow Colored Cones



4 x Blue Colored Cones



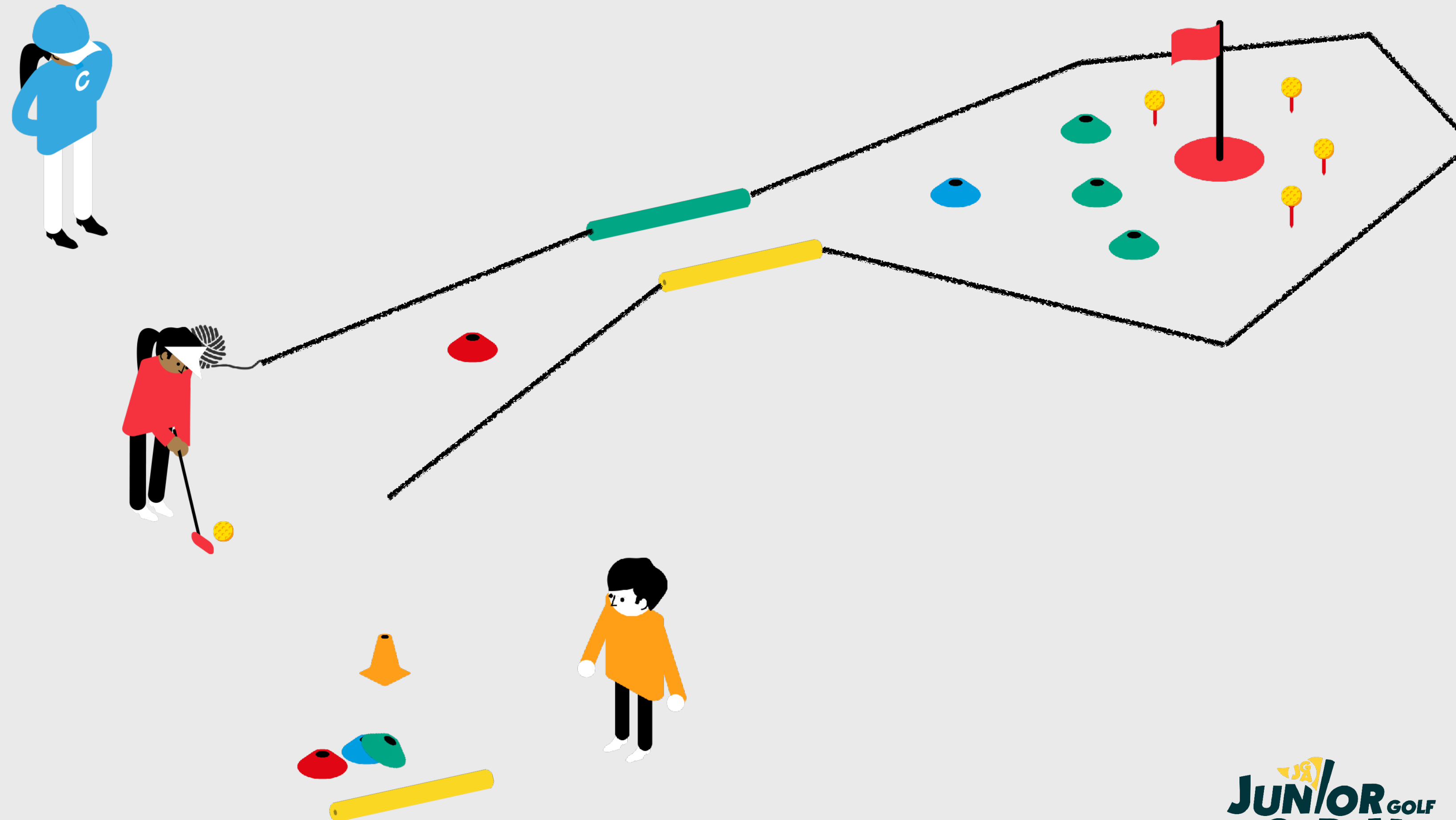
4 x Green Colored Cones



4 x White Colored Cones



Build a Hole



How to Play

- Children work together to create their own putting hole
- Encourage use of all the equipment and allow the players to come up with their own rules
- Make sure they leave enough time to play their hole before switching to the next game

Junior Progression Ideas

- Introduce additional rules, for example an out of bounds area
- Add or remove equipment

Learning Outcomes

- This game is great for encouraging creativity and teamwork
- Depending on the hole that the children build, and the rules they introduce, the game can be linked back to the required skills needed to complete the hole in the least number of shots

Equipment needed

1 x Orange safety cone

SAFETY



Colored cones



Foam Noodles



String



Tees



Golf balls

