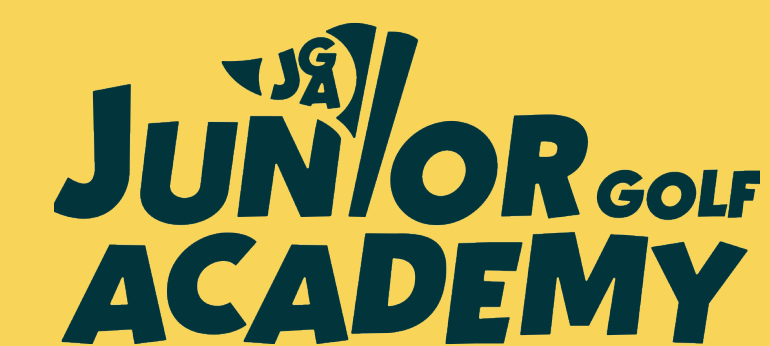


Junior Monthly Class Plans Ages 6-16

# 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

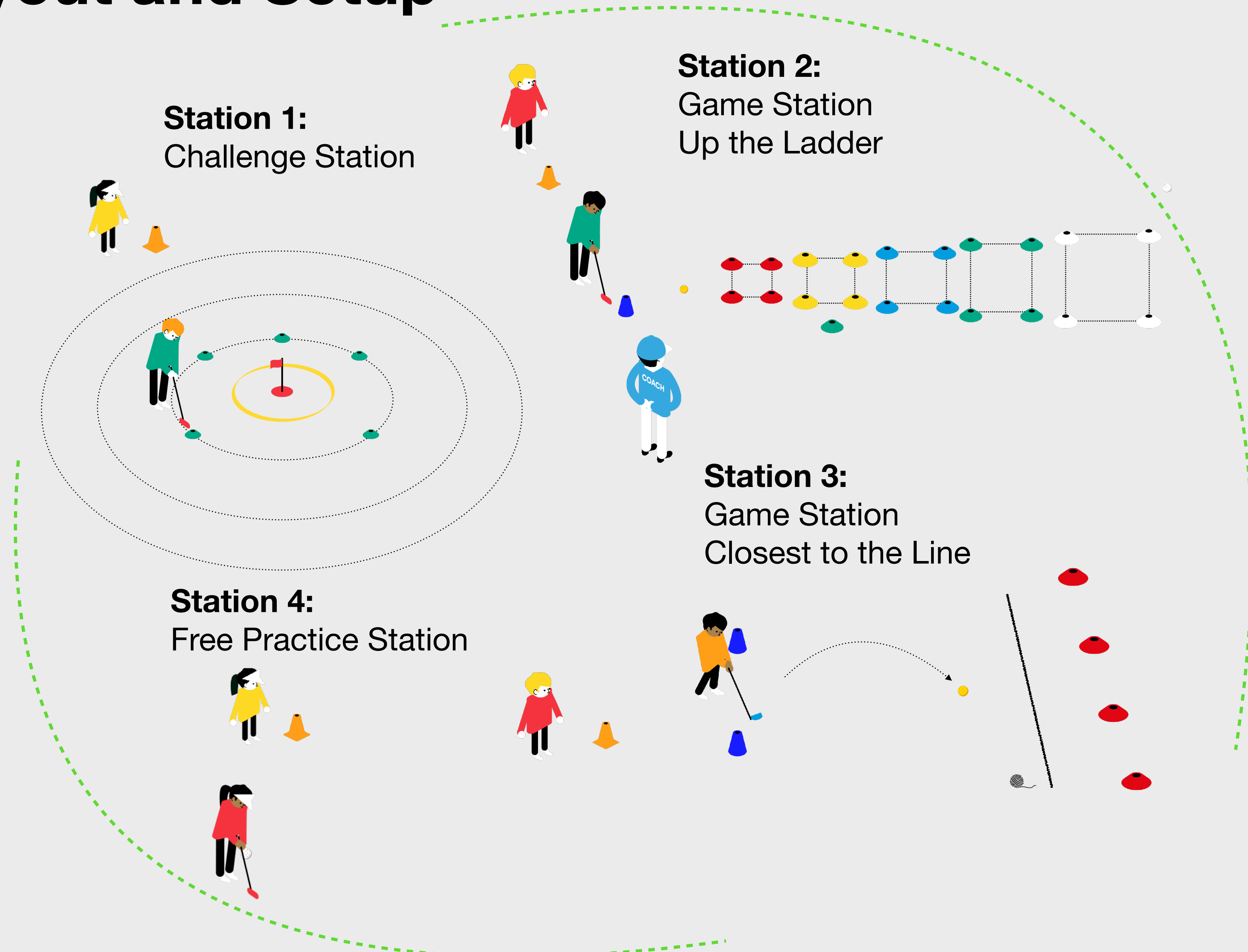
**Whole Child Focus**  
Social:  
Respect for your Team

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

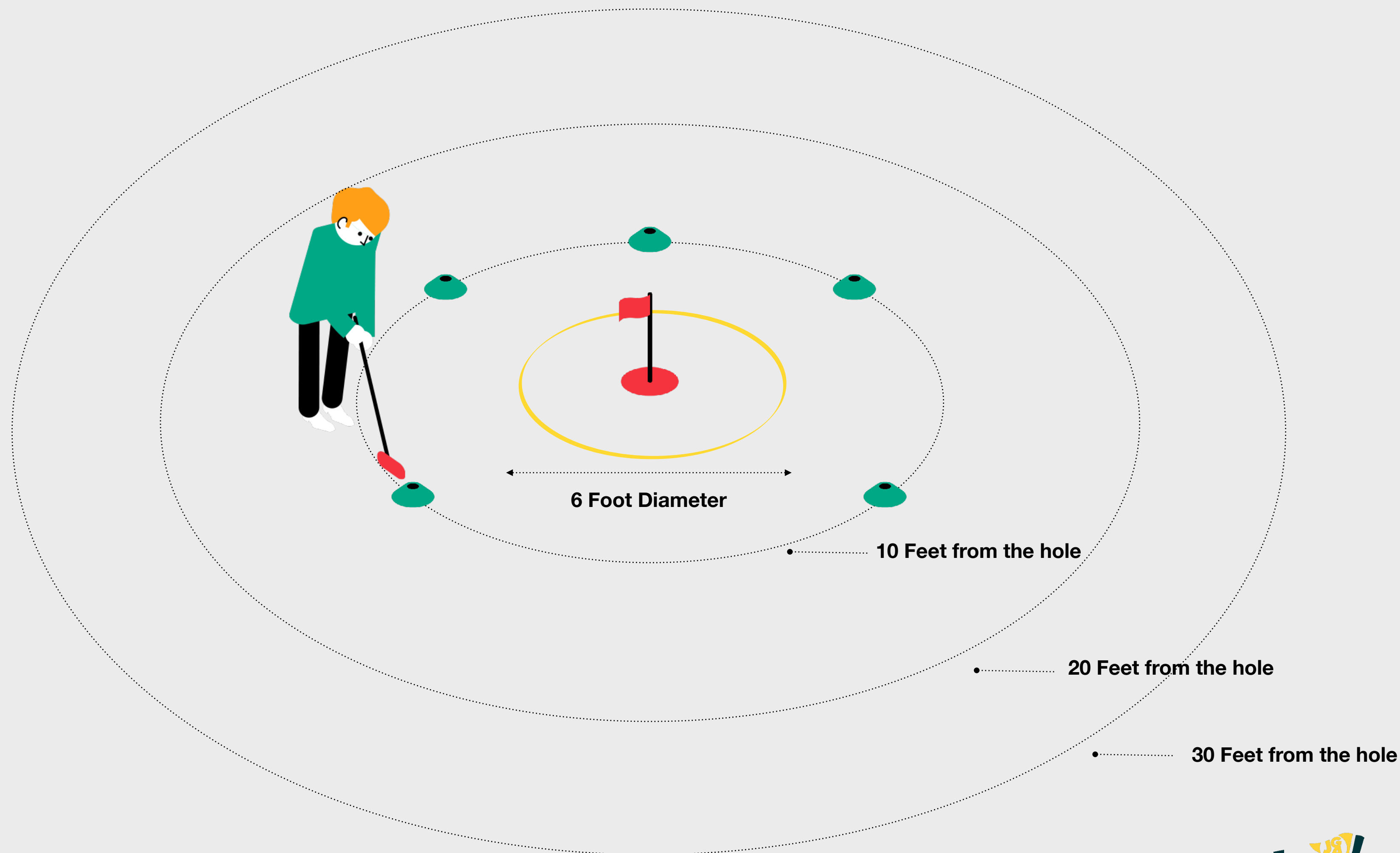
**Mastering the Game Challenge:**  
Long Putt Challenge

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>Run to the Middle</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>Etiquette on the Green</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>Respect for your Team</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>Closest to the Line</li> <li>Up the Ladder</li> <li>Long Putt 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



# Long Putts Challenge Setup



## Setting out the Challenge

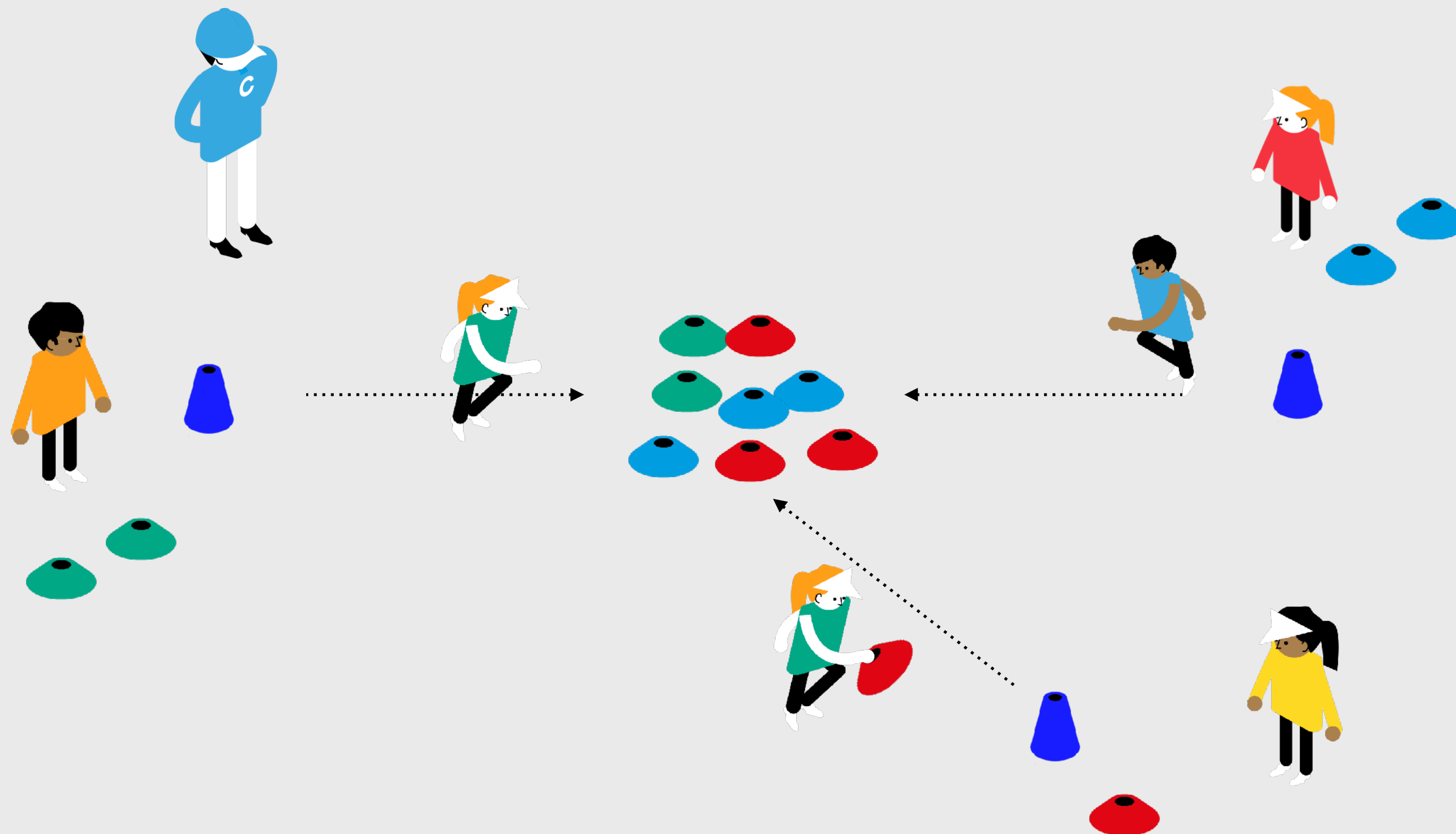
- A hole should be selected on the putting green on an average sloped surface
- A 6 foot diameter circle should be made around the hole using the target circle from your equipment bag
- 5 Positions should be marked on the green at 10 feet from the hole
- The 5 distances at 20 feet and 30 feet should be placed by the player using the 10-foot markers as a guide when attempting the challenge

## Equipment Required

- 1 hole on the green
- 5 x tee pegs to mark the 5 starting positions at 10 feet
- 6 foot diameter target ring



# 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.

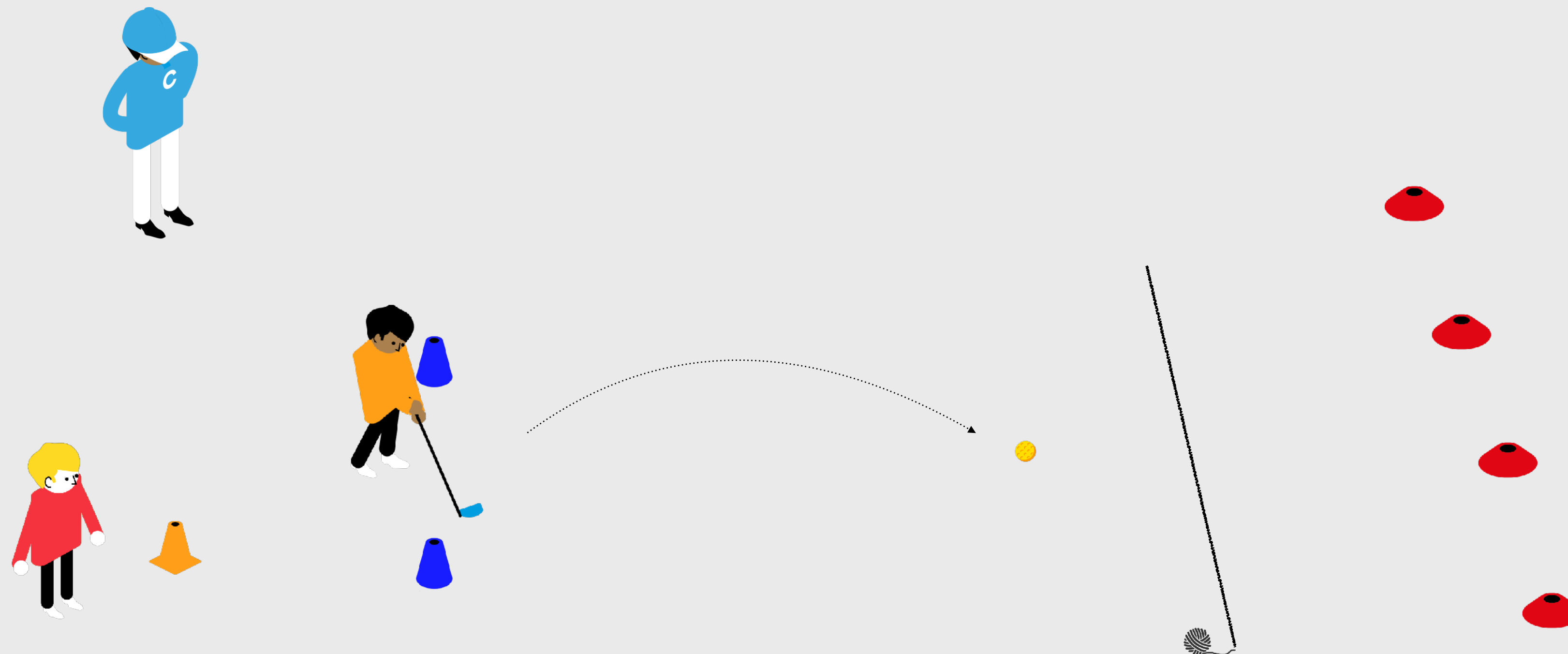


## Rules and Etiquette

### 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

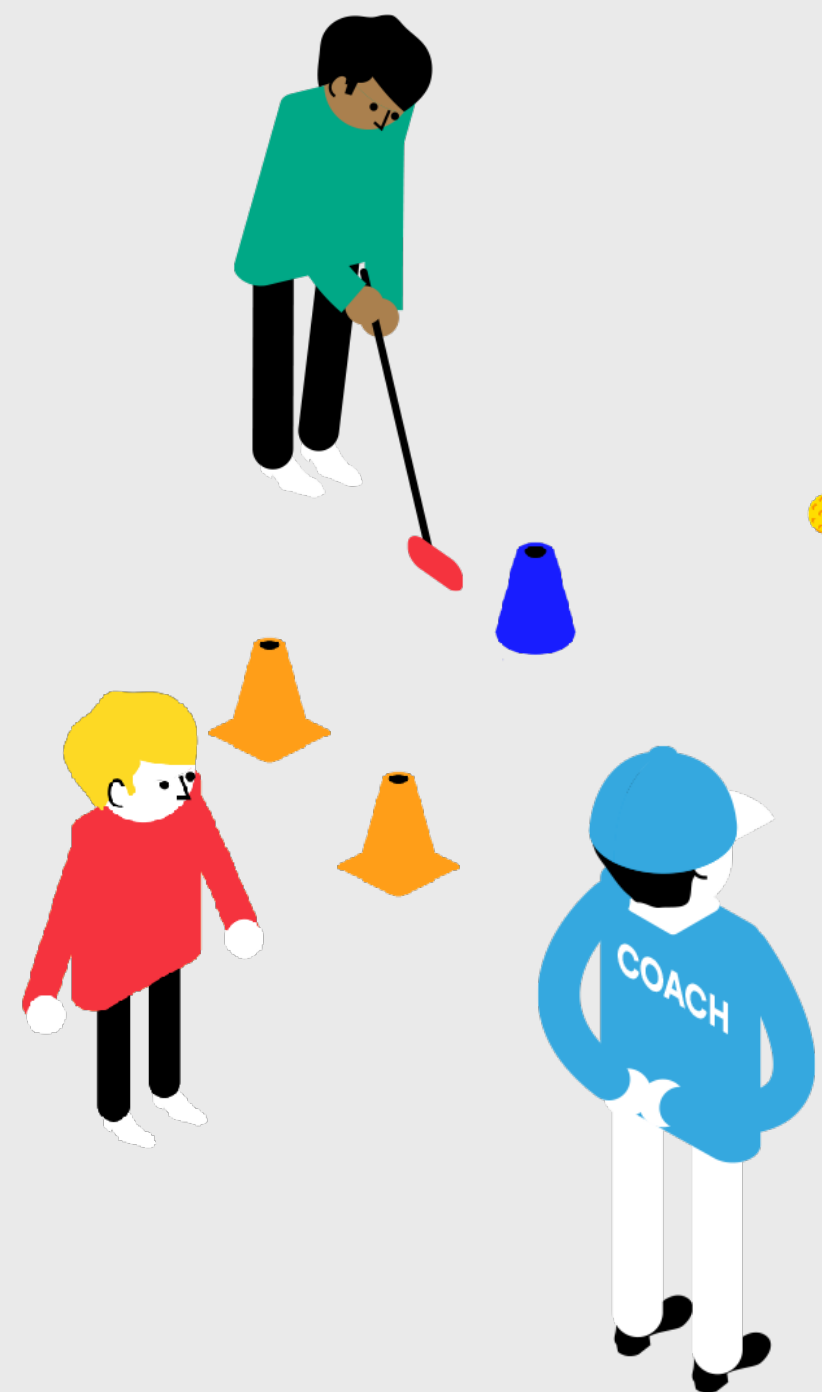
Red cones to mark the end zone

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

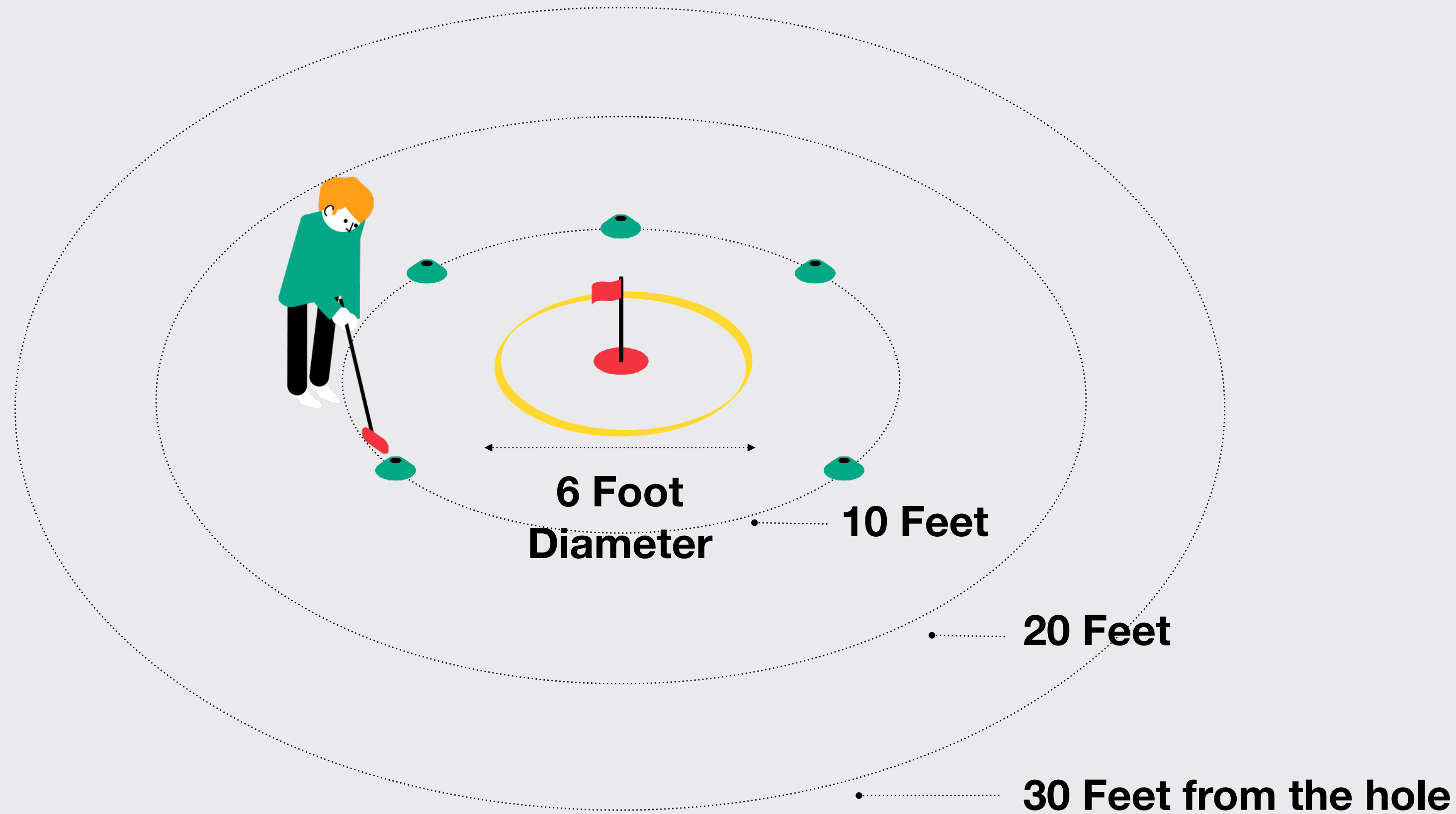


4 x White Colored Cones





# Long Putts 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 putting 1 ball to within a 6-foot circle from 10 feet . You have 5 attempts.
- 2** Complete this Level 2 Challenge by putting 3 balls to within a 6-foot circle from 10 feet. You have 5 attempts.
- 3** Complete this Level 3 Challenge by putting 4 balls to within a 6-foot circle from 10 feet and Putting 2 balls to within a 6-foot circle from 20 feet. You have 5 attempts from each distance.
- 4** Complete this Level 4 Challenge by putting 4 balls to within a 6-foot circle from 10 feet. Putting 2 balls to within a 6-foot circle from 20 feet. Attempt 1 putt from 5 different positions around the hole from each distance.
- 5** Complete this Level 5 Challenge by putting 5 balls to within a 6-foot circle from 10 feet Putting 2 balls to within a 6-foot circle from 20 feet, Putting 1 ball to within a 6-foot circle from 30 feet. Attempt 1 putt from 5 different positions around the hole from each distance. You have 5 attempts.
- 6** Complete this Level 6 Challenge by putting 8 balls to within a 6-foot circle from 10 feet, Putting 5 balls to within a 6-foot circle from 20 feet, Putting 3 balls to within a 6-foot circle from 30 feet. Attempt 1 putt from 5 different positions around the hole from each distance. You have 5 attempts.