

Swing Week 25



Contents

- 3 **Class Timetable**
- 5 **Class Setup and Layout**
- 7 **Physical Literacy Warm Up**
- 10 **The Whole Child Focus**
- 12 **Learning the Game Focus**
- 14 **Mastering the Game Cards**



Class Timetable

4 Junior Monthly Class Plans Ages 6-16
Class Timetable - Week 8

Session Length: 60m | Group Size: 1:6

Mastering the Game Focus:
On the Green: Scoring

Whole Child Focus:
Creative: Practice at Home

Learning the Game Focus:
Orientation: Introducing the Scorecard

Mastering the Game Challenge:
Scoring 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 	
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"> Cone Collector
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"> Introducing the Scorecard
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"> Practice at Home
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 myProgress Wheel and add stickers where appropriate to the myAcademy 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"> 10 Pin Bowling Single, Double, Triple Scoring Challenge

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Class Timetable - Week 25

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Driver

Whole Child Focus
Cognitive:
Brush it Off

Learning the Game Focus:
Orientation:
Hitting with different parts of the Driver

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"> Pass the Ball
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"> Hitting with different parts of the Driver
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"> Brush it Off
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"> X's and O's C.O.P.Y me Rocket Launcher
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

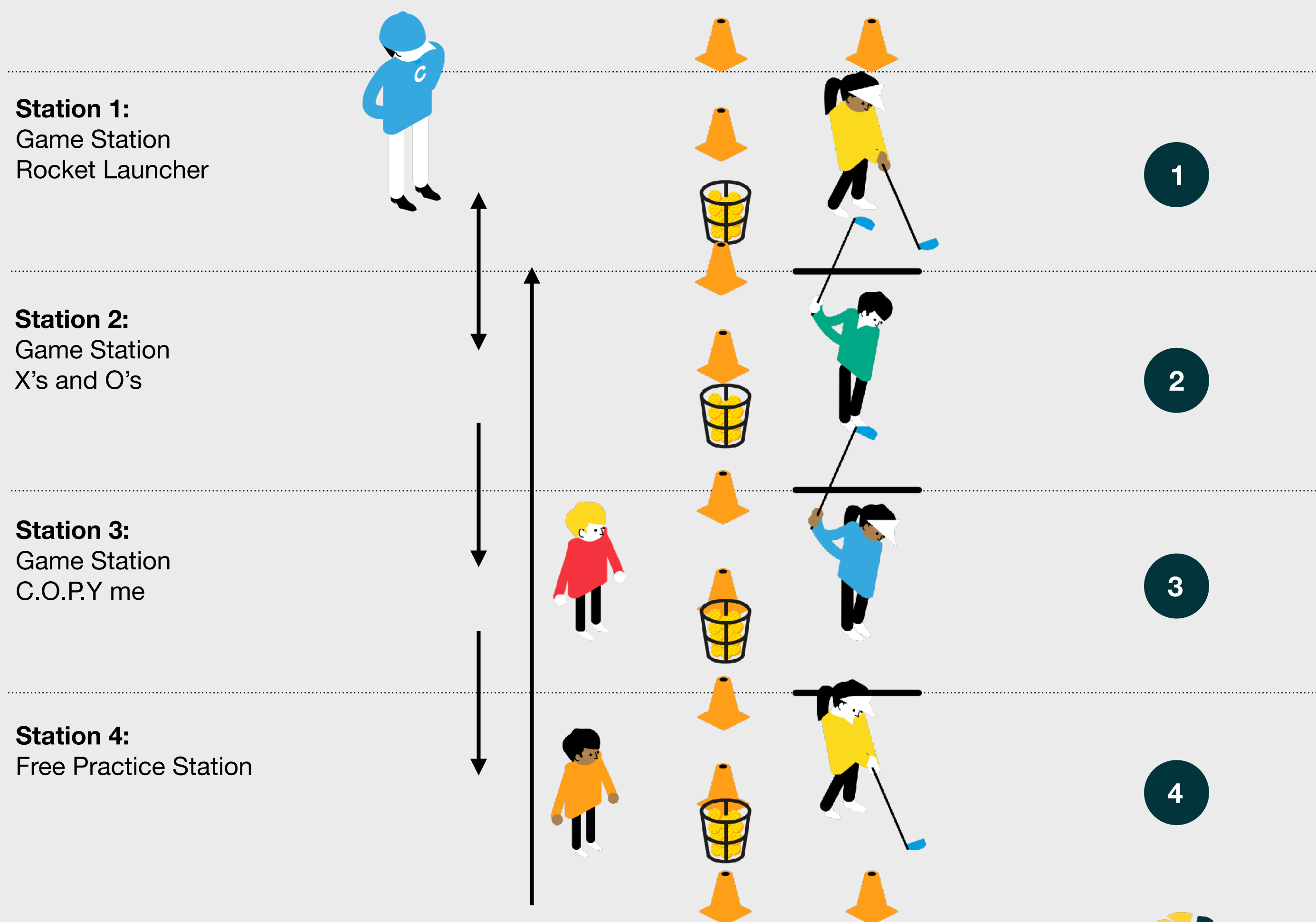
Layout and Setup



Class Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

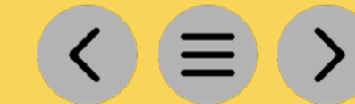
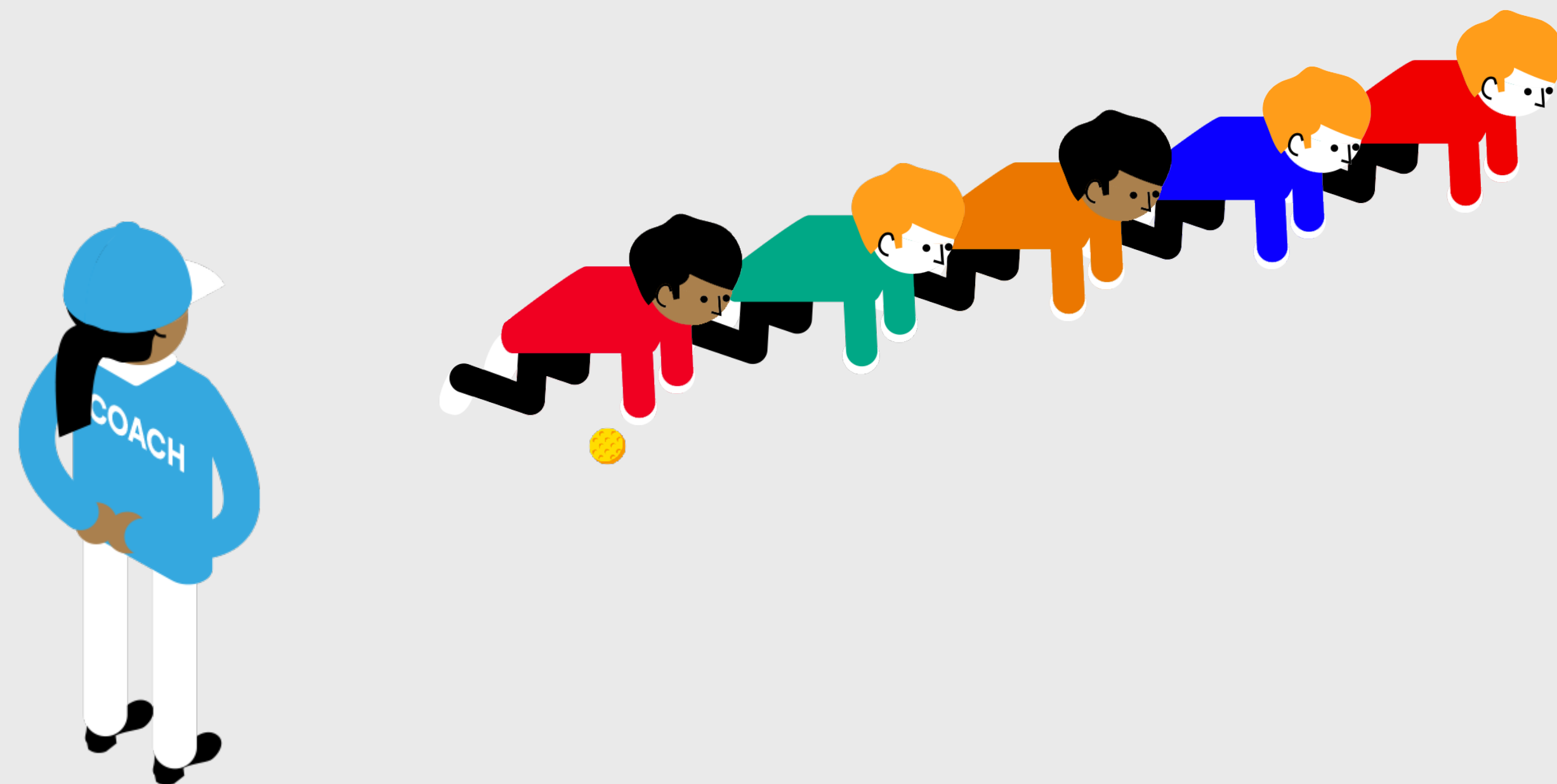
- Stations 1, 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, away from any form of game or competitive play. You may decide the lay out a technical drill if appropriate for the child
- Children should play in pairs, with stations 1 and 2 being a pair, another pair at station 3 and the last pair at station 4
- Children should rotate around the stations, with each pair spending approximately **8 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- Safety is your top priority when running your class, please remember to;
 - Add your orange safety cones behind each station to identify to the juniors where they are required to stand when not hitting from the hitting station
 - Dividers should be used to identify the hitting stations
 - Baskets should be placed to the side of the golfers and behind the hitting area
 - Juniors should never go in front of the hitting stations to collect a golf ball or golf club
 - Juniors should always exit the hitting stations from the rear by crossing the orange safety cones



Physical Literacy Warm Up Game



Pass the Ball



How to Play

- All the children lay down in a raised plank position, side by side
- The aim of the game is to pass the ball from one end of the line to the other end and then back again in the quickest time possible
- Everyone has to stay in the plank position until the ball gets back to the first child

Progression Ideas

- Put in a target time to beat
- Increase the number of times the ball has to be passed up and down the line

Equipment Needed

1 x Golf Ball



Fundamental Movement Skills (FMS)



During your Warm Up Game, explore a range of Fundamental Movement Skills (FMS). The children should be encouraged to experiment and develop these movements and you can tailor the difficulty of the specific movement to each child or warm up game.



Kick

Explore this skill using both feet, different parts of the foot and kicking in the air and on the ground



Throw

Explore this skill using both arms, underarm and overarm throws as well as at a range of heights



Skip

Explore this skill using a rope and in dynamic motion at a range of speeds



Run

Explore this skill at a range of speeds, and going backwards



Hop

Explore this skill by alternating legs on the spot and in dynamic motion



Side-step

Explore this skill by alternating sides, touching heels and crossing legs



Dodge

Explore this skill by getting the child to dodge static and dynamic obstacles at a range of heights



Jump

Explore this skill by exploring the movement in multiple directions



Stand on one leg

Explore this skill by exploring balancing on both legs



Crawl

Explore this skill by exploring using different segments of the body

The Whole Child



Cognitive

Brush It Off

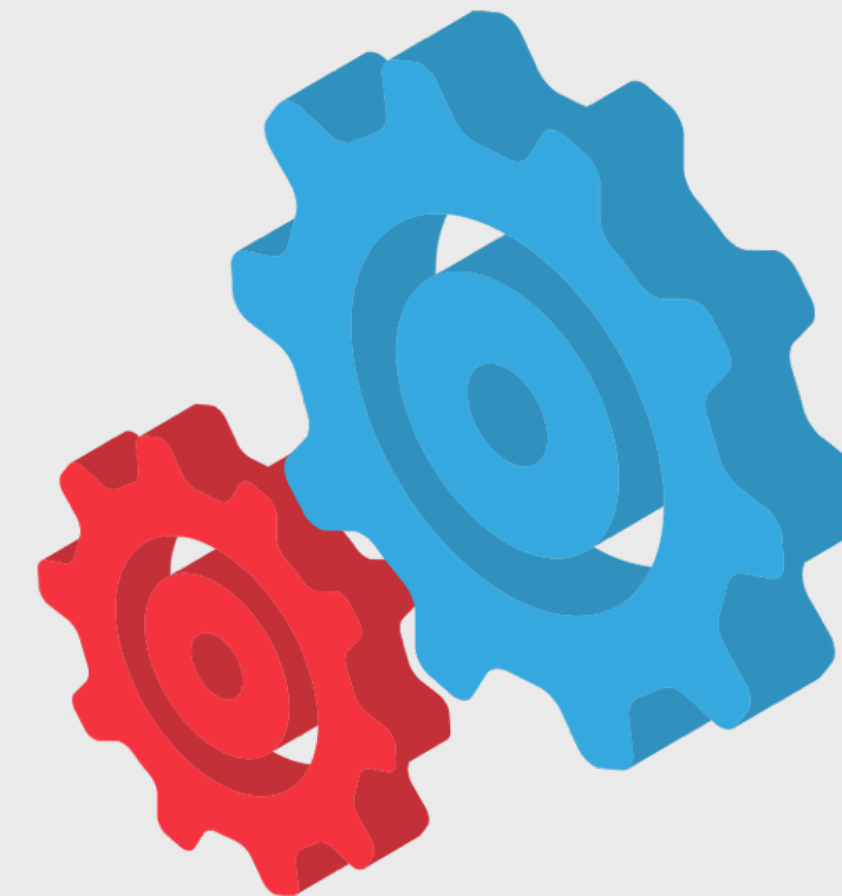
The Whole Child theme this week is to learn how to brush off any bad shots, and move on to the next.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated the ability to not let a bad shot effect them negatively.

Let the children know it's ok to get frustrated but learning to move on without letting a bad shot effect you will be a key skill to learn.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the Junior Golf Academy program.

An Achievement Sticker can be added to the myAcademy Folder if applicable to your program.



Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- “Love that attitude”
- “That’s the creativity we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved

Learning the Game Focus



Orientation

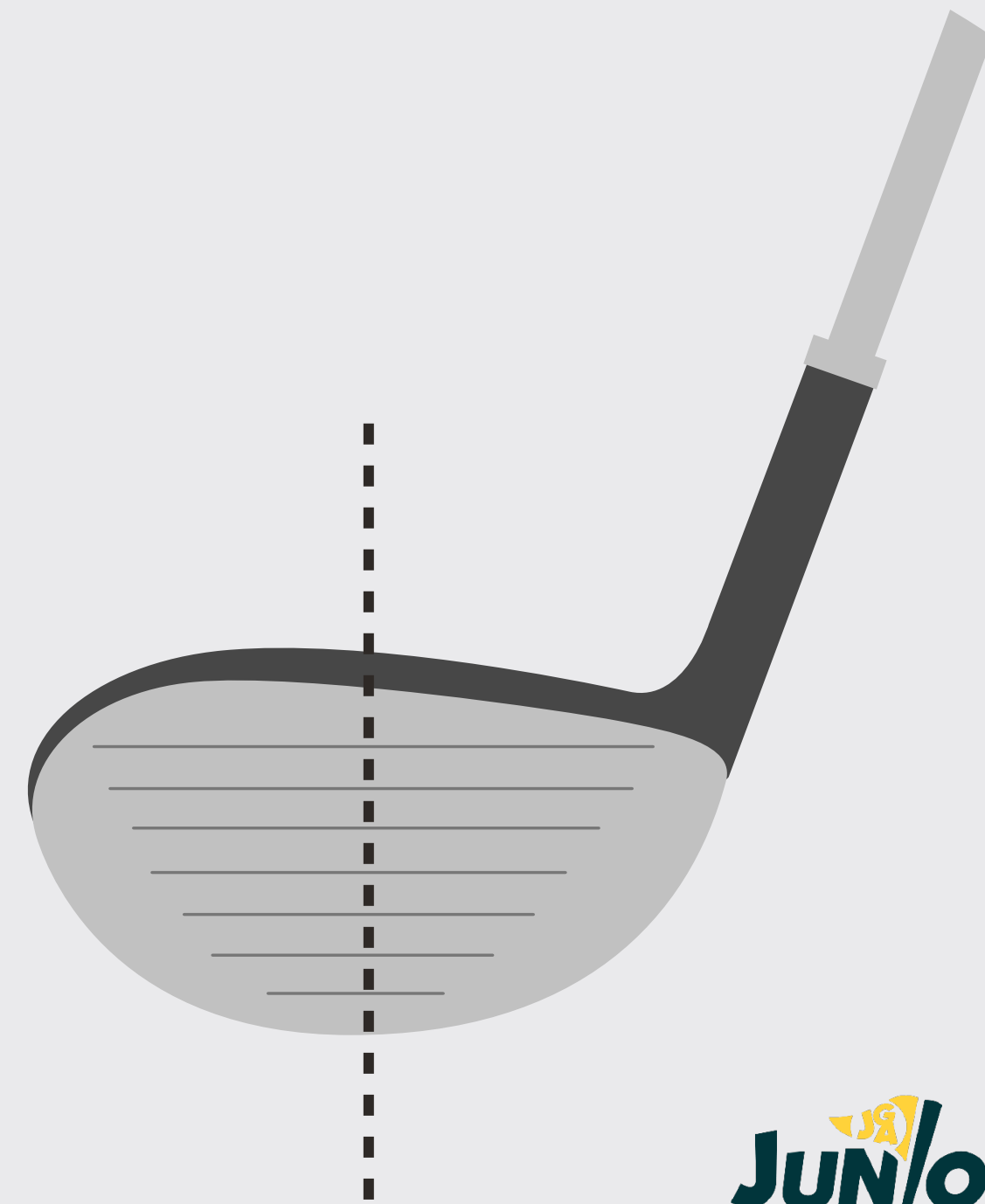
Hitting with different parts of the Driver

The Learning the Game focus this week is about understanding the different parts of the driver and how the ball flight is affected when you strike it off the heel or toe.

You should introduce your juniors to the heel and toe of the club and, if appropriate, explain the expected ball flight when striking the ball from these parts of the club with a driver.

Highlight that it is great practice to deliberately try and strike the ball from the heel and toe in order to get better at finding the middle of the club.

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



Questions to Ask

- What are the different parts of the club head called?
- What happens if you hit the ball off the toe with the driver?
- What happens if you hit the ball off the heel with the driver?

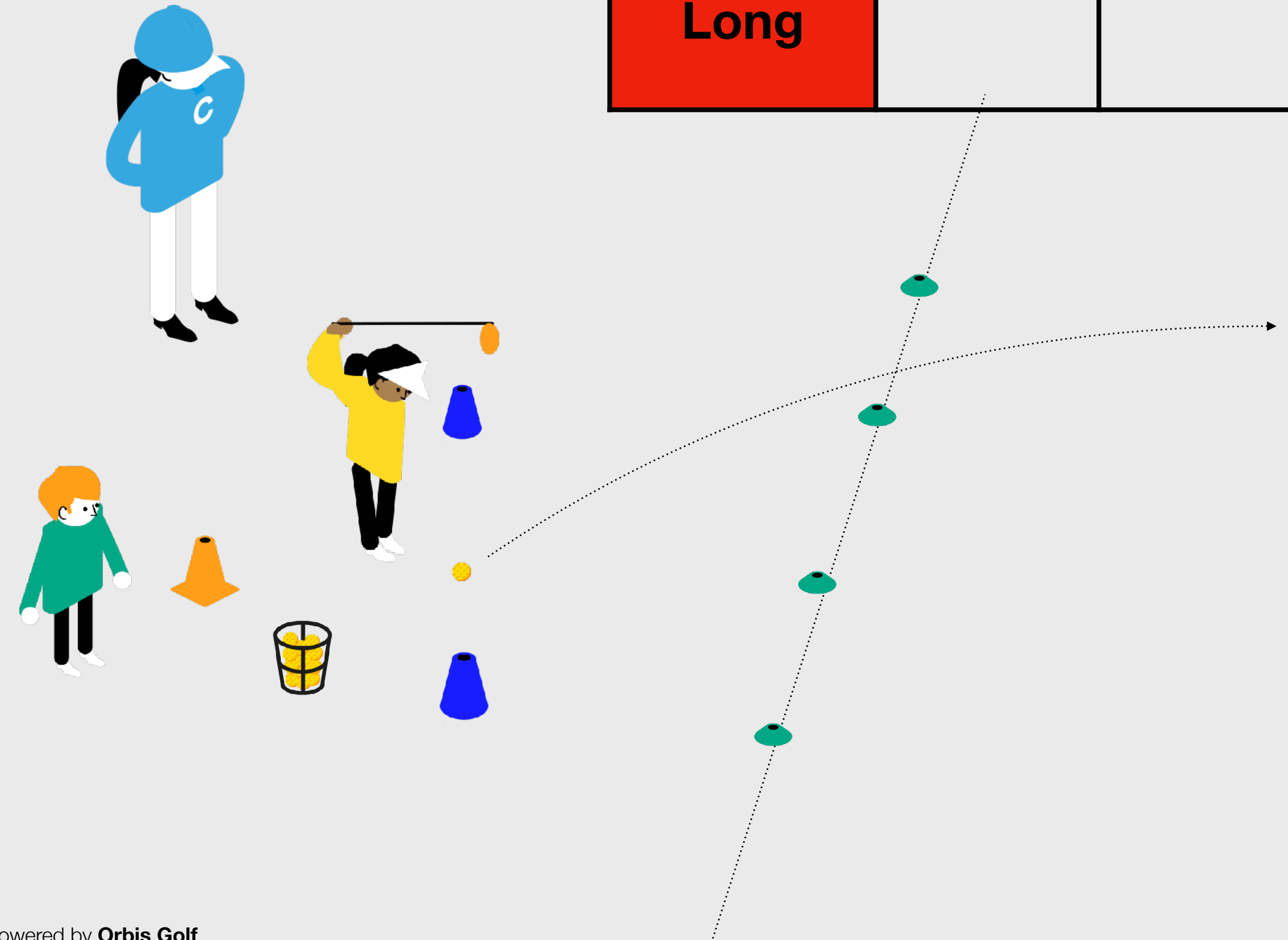
Mastering the Game Cards





X's & O's

Shot Type	Left	Straight	Right
Short	X		
Medium		X	
Long			X



How to Play:

- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The children take it in turns to hit their shots
- If they are successful hitting their chosen shot then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

Progression Ideas:

- Move the minimum distance cone line further out

Equipment Needed:

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations.



Golf balls



Paper and Pen to draw the grid

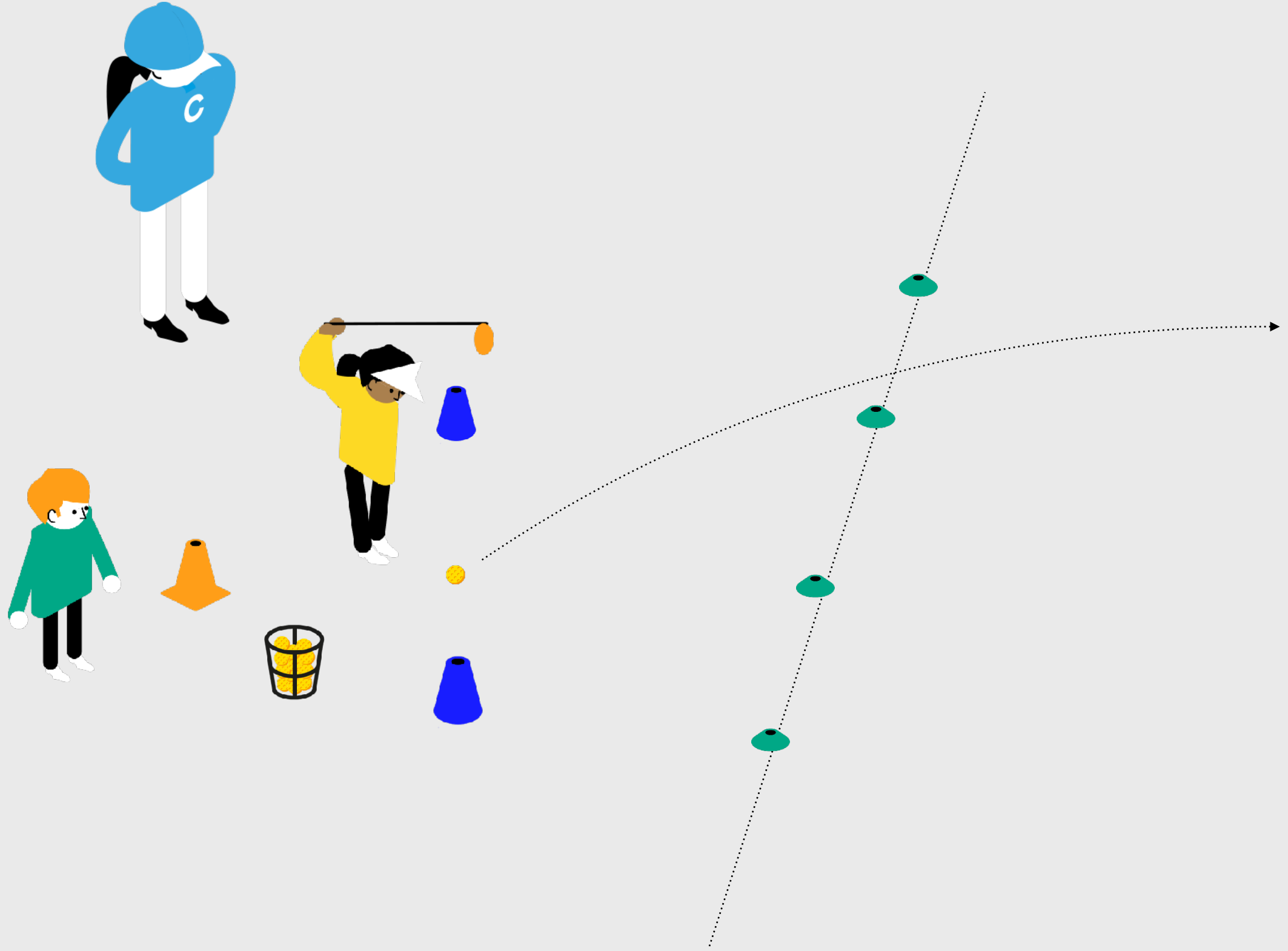


4 x Green Cones





C.O.P.Y me







How to Play

- The children should take it in turns to choose a shot for their partner to replicate
- If the child cannot produce the shot themselves they receive a letter “C”
- If their partner does not manage to replicate the intended shot they receive a letter “C”
- The game continues until one learner has completed the word “COPY” then they lose

Progression Ideas

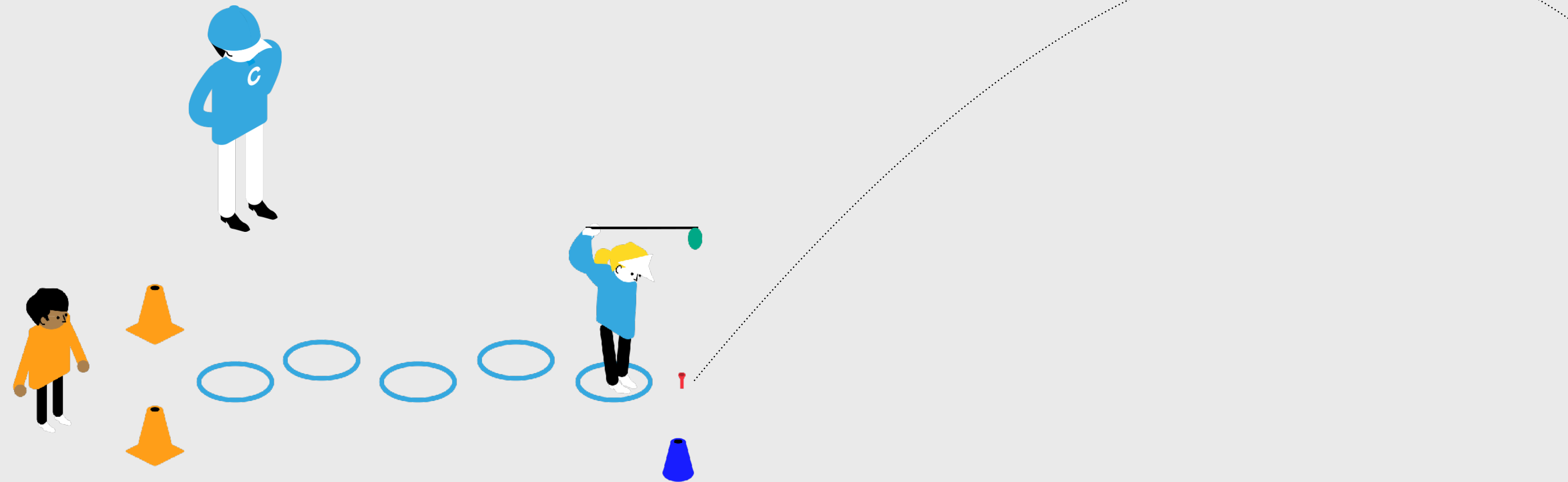
- Make it target based as well

Equipment Needed

- Orange Safety Cones  SAFETY
- Cones to mark out the necessary hitting stations. 
- Golf balls 
- 6 x Cones to build a target pyramid 



Rocket Launcher



How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1...”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

Equipment needed

4 x Orange Safety Cones

SAFETY

Hoops

