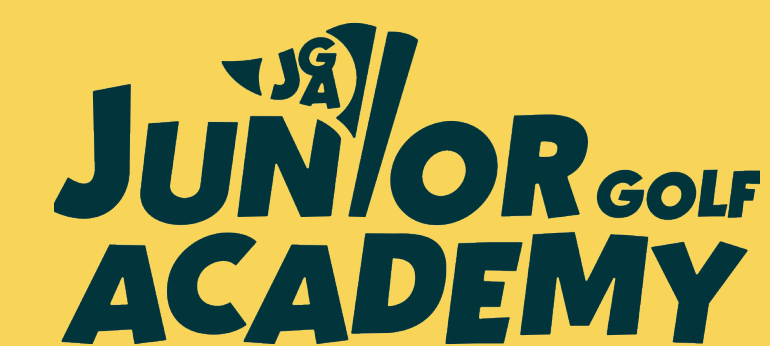


Junior Monthly Class Plans Ages 4-6

On the Green

Week 26



Class Timetable - Week 26

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Scoring

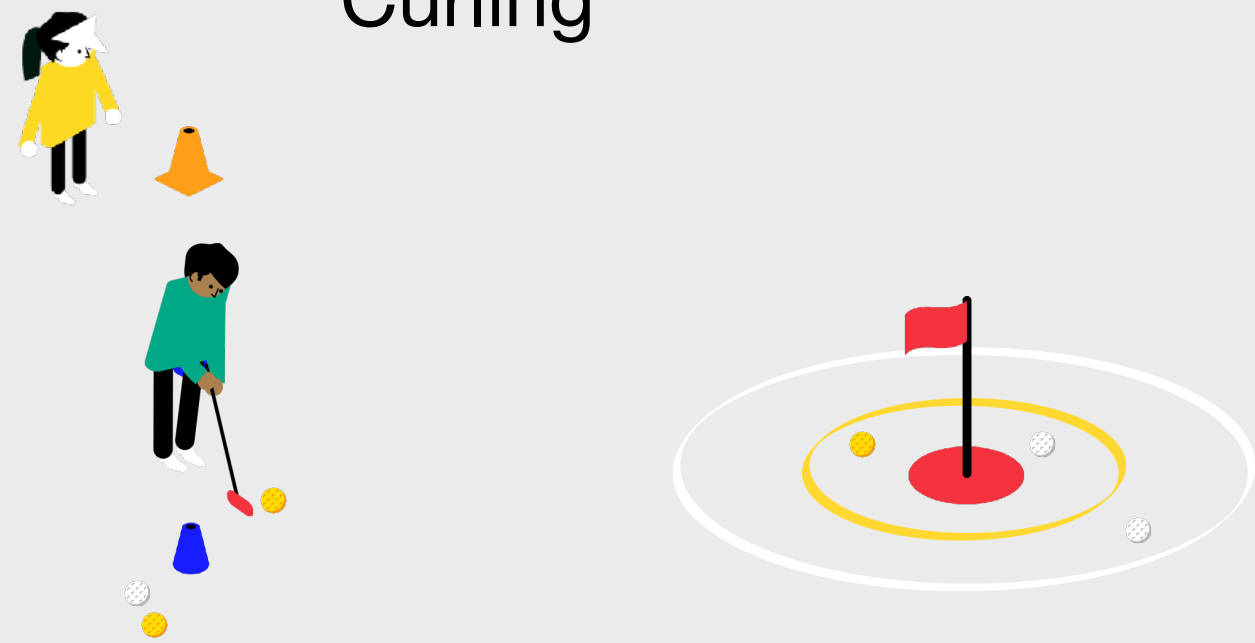
Whole Child Focus
Personal:
Self-Respect

Learning the Game Focus:
Rules and Etiquette:
Line of the Putt

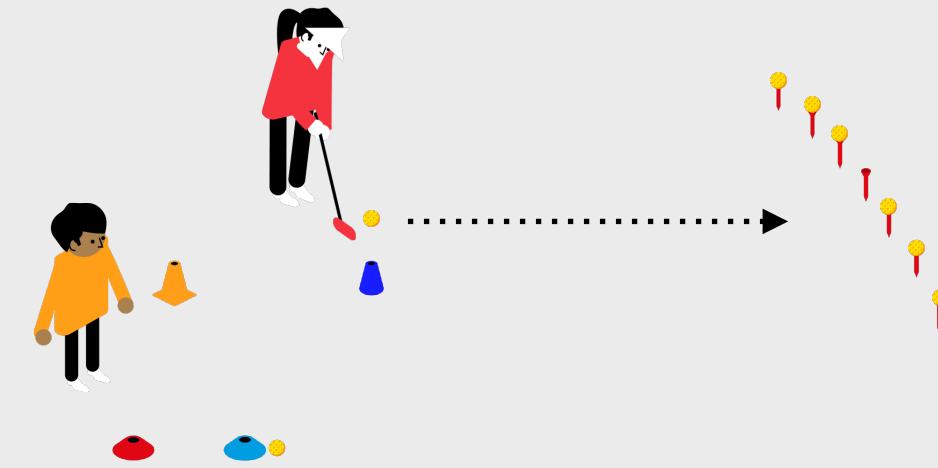
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Capture the “JGA” Cone
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"> Line of the Putt
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"> Self-Respect
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"> Tic Tac Toe Coconut Shy Curling
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

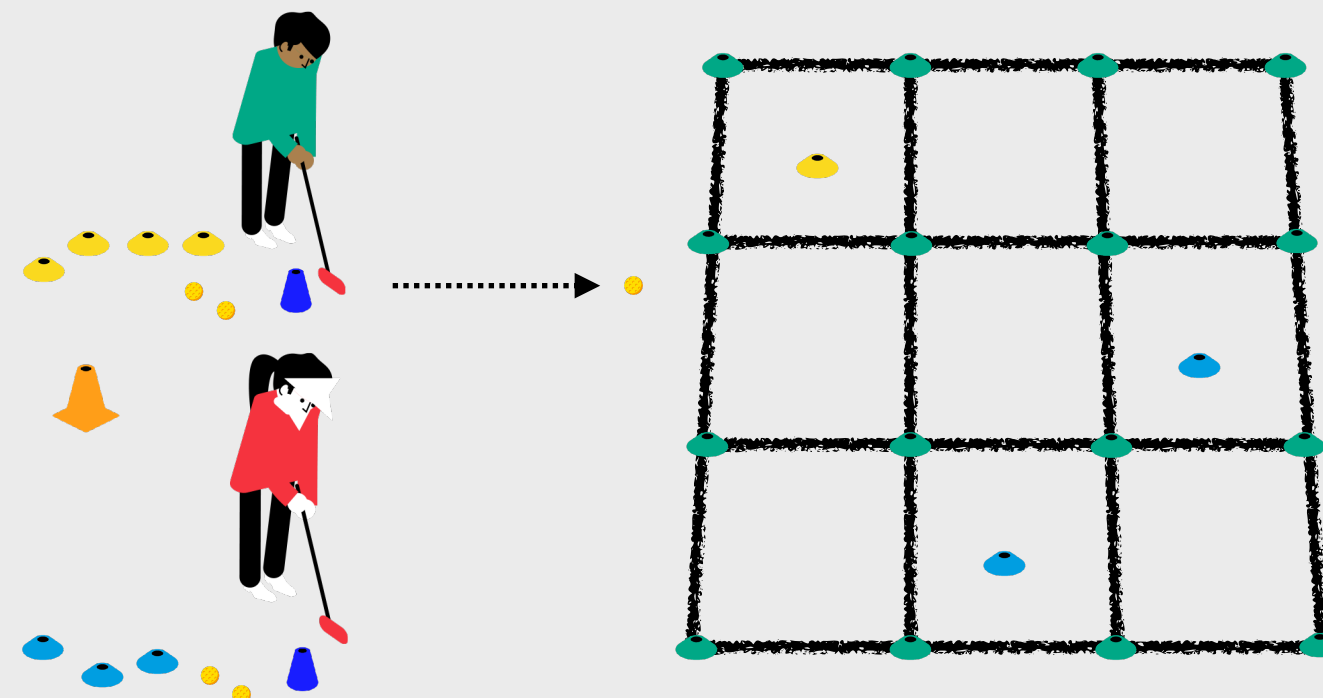
Station 1:
Game Station
Curling



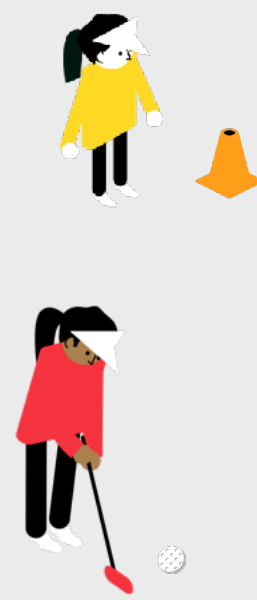
Station 2:
Game Station
Coconut Shy



Station 3:
Game Station
Tic Tac Toe



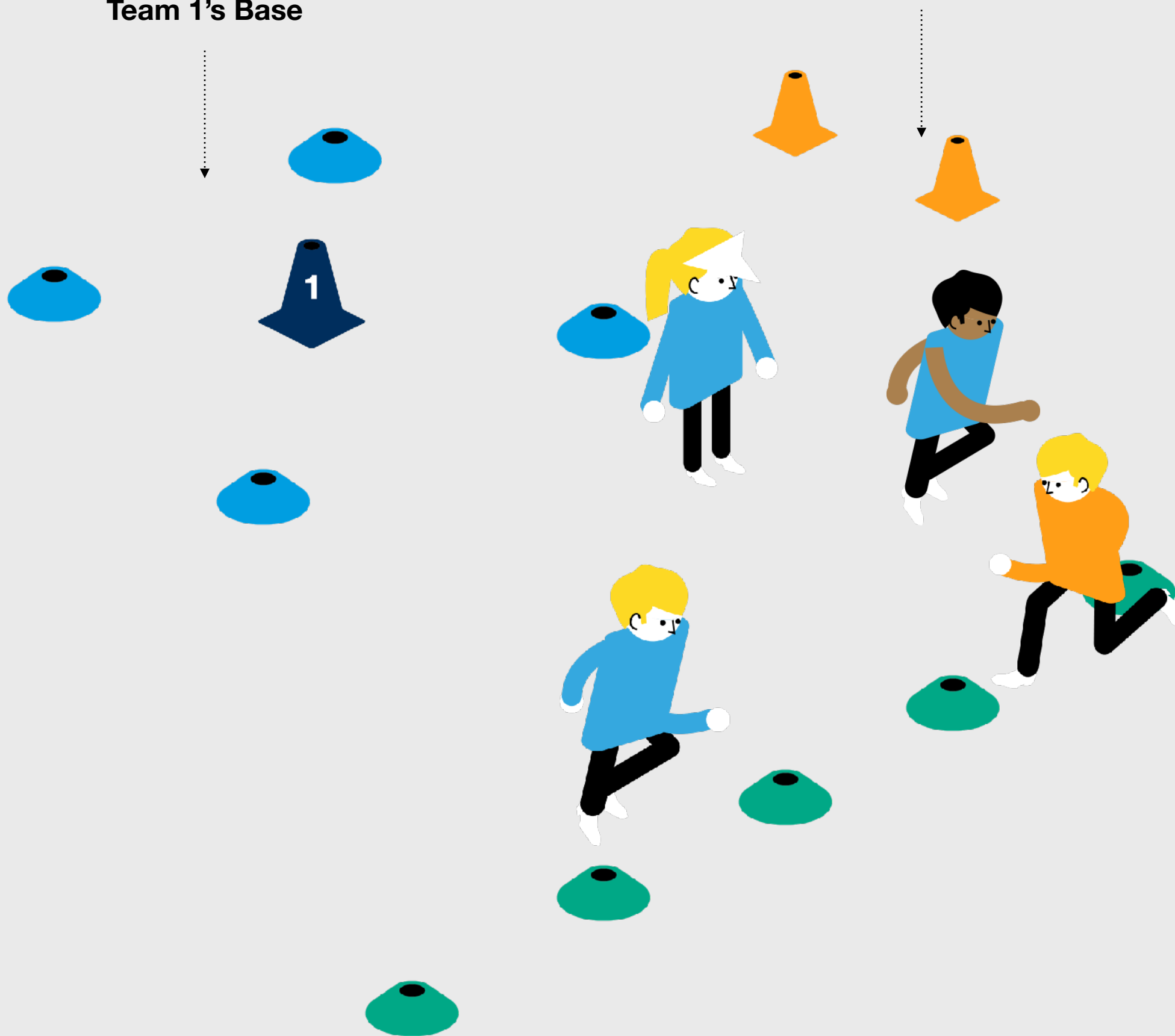
Station 4:
Free Practice Station



Capture the “JGA” Cone

Team 1's Safety Zone

Team 1's Base



Halfway Line

Team 2's Safety Zone



Team 2's Base

JUNIOR GOLF
ACADEMY



How to Play

- This game is best played in two teams. Split the children evenly and allocate each team a base on opposite sides of the playing area
- Team 1 is trying to capture Team 2's “JGA” cone and vice versa
- When a player ventures over the halfway line they are at risk of being tagged by the opposing team. If they are tagged they must go back to their safety zone and wait there until a member of their team tags them back in or for a designated period of time, e.g. 5 seconds
- The game is won when a player manages to capture the opposing team's “JGA” cone and return it to their base without being tagged

Progression Ideas

- Increase or decrease the area that the game is played depending on the number of players
- Introduce different FMS such as jumping, hopping or side steps

Equipment Needed

4 x Orange Safety Cones

SAFETY



2 x JGA Cones



8 x Colored cones to mark the center line



4 x Colored cones to mark team 1's base



8 x Colored cones to mark team 2's base





Personal Self Respect

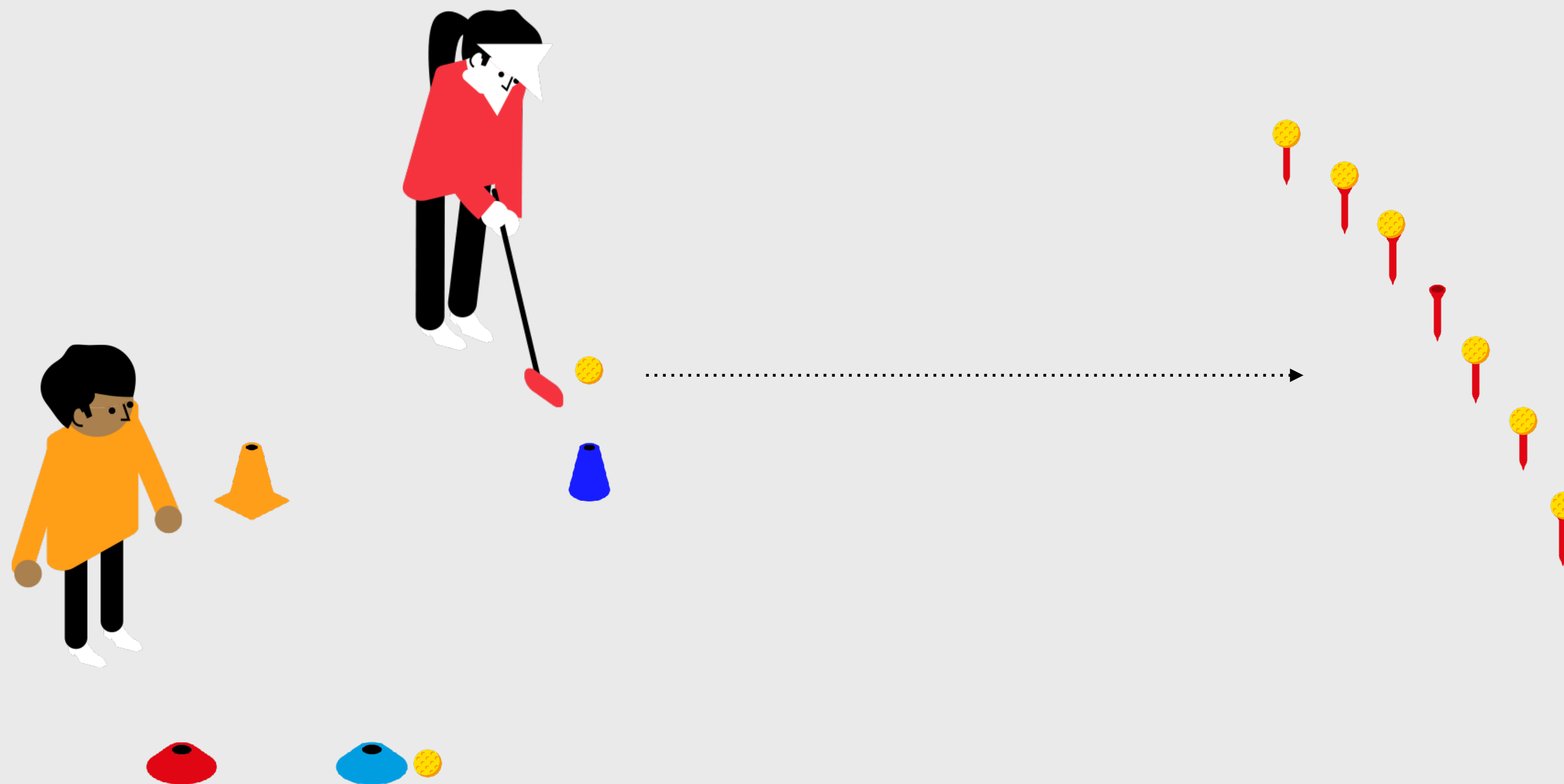
- The Whole Child theme this week is about self-respect.
- Carry this theme into the class by posting yourself predominantly on the challenge station and focusing on each child's achievements to date, in order to help them reflect on these and give them a boost.



Rules and Etiquette Line of the putt

- The Learning the Game focus this week is about understanding the line of the putt, and the etiquette of not treading on someone's line.
- You should highlight to your juniors best practice of understanding a player's line of putt and to make sure you respect it by stepping over or walking around it.

Coconut Shy



How to Play

- Each child is nominated a color cone. In this example either blue or red
- The children take it in turns to hit a putt towards the tees that have a ball resting on them
- If the child is successful in knocking a ball off a tee then they collect the ball and place it next to their coloured cone
- Once all the balls have been knocked off the children count how many balls they have collected and the one with the most is the winner

Progression Ideas

- Increase or decrease the number of target balls to hit
- Add in a line of cones as a backstop and if the child's ball goes over the backstop then they have to put a ball back onto one of the tees
- Change the distance from the starting cones to the target

Learning Outcomes

- The primary learning outcome is control of direction
- If the backstop is added then there is more emphasis on distance control

Equipment needed

Orange Safety Cones

SAFETY

2 x Cones to mark out the necessary hitting stations.

7 x Tees

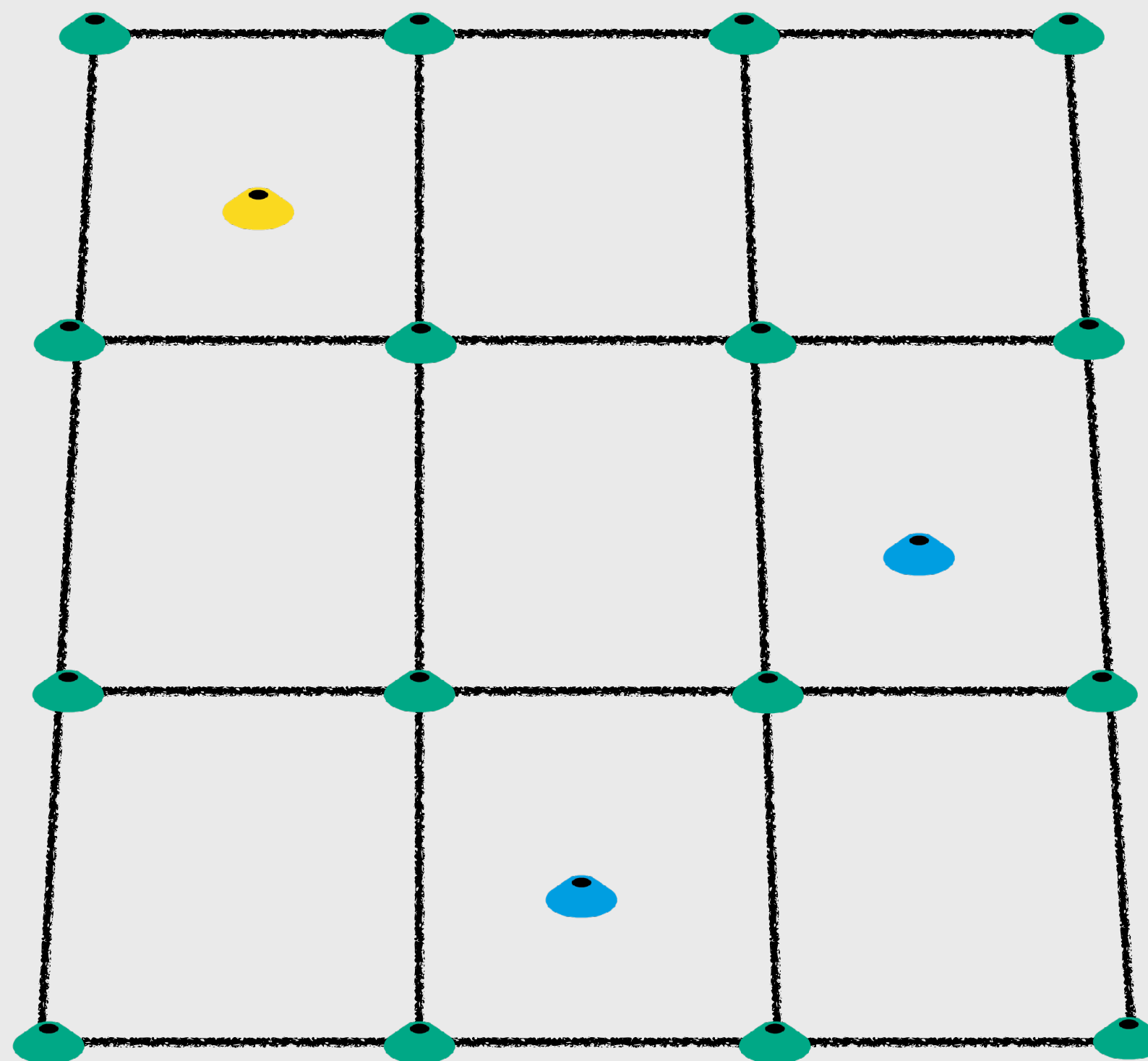
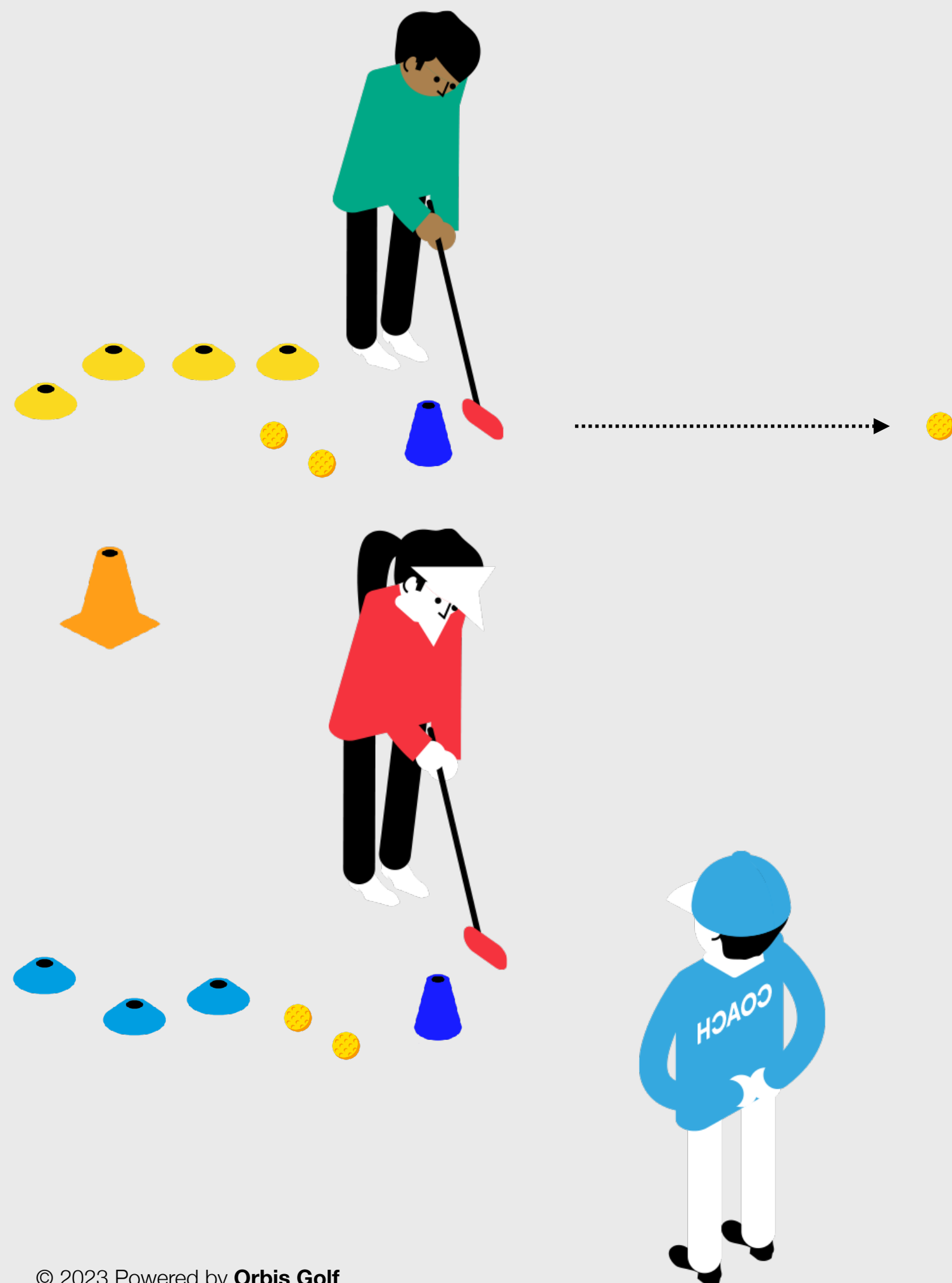
8 x Golf Balls

2 x Colored cones

Spare equipment that may be required for the group attendees.



Tic Tac Toe - Putting



How to Play

- One child is the X's and the other child is the O's
- The objective is for the child to place their colored cones into the center of the box by putting the ball into the box.
- When the child successfully gets the ball into the box that has been nominated, they place their colored cone into the centre of the box
- The child who wins is the one who makes 3 in a row in one direction

Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point on the green and the boxes
- Increase the number of shots that must go into the boxes before the box is owned

Learning Outcomes

- Distance and directional control
- Game strategy
- Acceptance, that you cannot always control the outcome

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



String and 16 tees to create the grid



Colored cones for one team



Colored cones for the other team



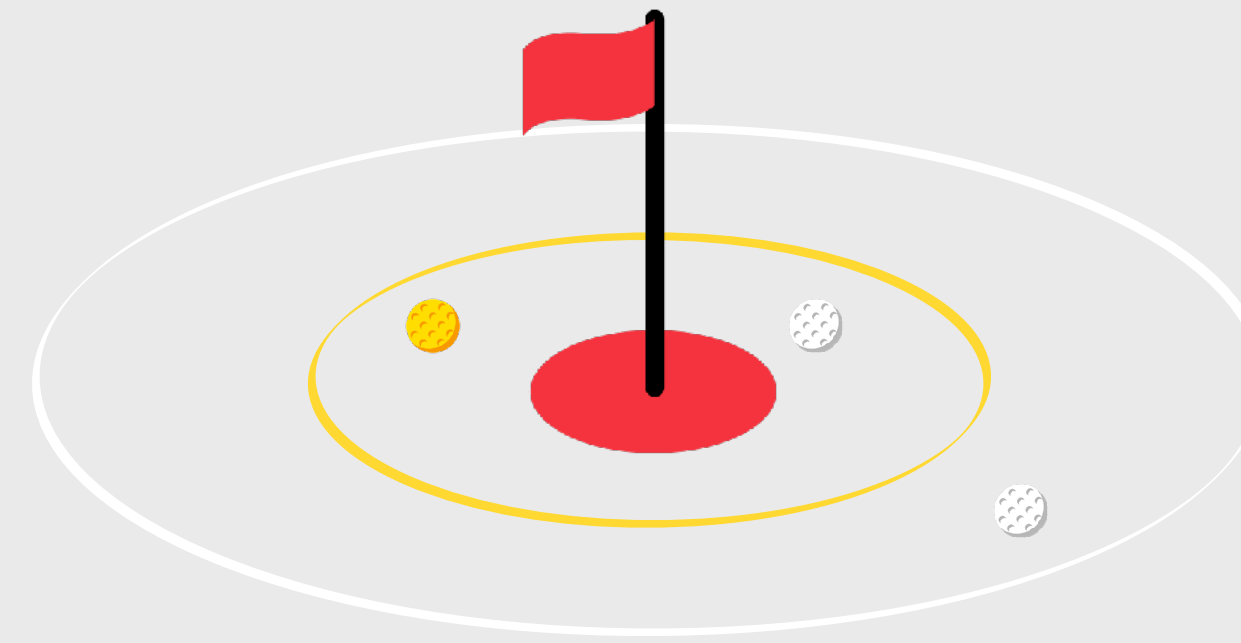
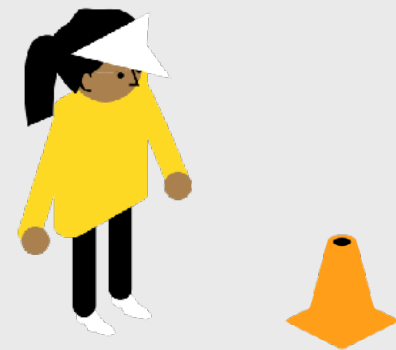
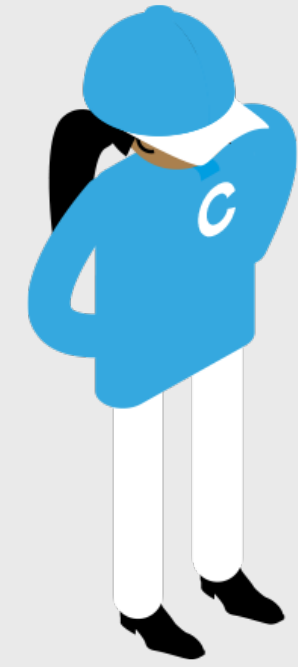
Golf Balls



Spare equipment that may be required for the group attendees.



Curling



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20 Feet



How to Play

- Nominate a player to play first. Each child is given 3 golf balls of different colors
- The first player attempts their first shot and aims to get their ball as close to the flag as possible
- Players alternate turns until all of the golf balls have been used
- The closest ball to the flag wins the round

Progression Ideas

- Introduce the game on a slope
- Change the size of the target circles
- Change the distance between the starting position and the target circles
- Play with more or fewer balls

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out the necessary hitting station

Spare equipment that may be required for the group attendees

3 x Yellow Golf Balls

3 x White Golf Balls

10 x Yellow Colored Cones for Middle 6 Yard Target Circle

10 x Blue Colored Cones for Outer 10 Yard Target Circle

8 x Green Colored Cones for Inner 3 Yard Target Circle

