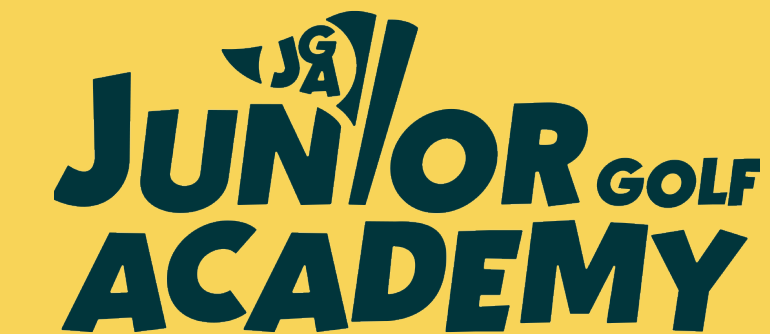


Junior Monthly Class Plans Ages 6-16

# 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

**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"> <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>Capture the “JGA” Cone</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>Line of the Putt</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>Self-Respect</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>Tic Tac Toe</li> <li>Coconut Shy</li> <li>Scoring 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 <i>myProgress</i> Wheel and add stickers where appropriate to the <i>myAcademy</i> 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><i>myAcademy</i> Folders</li> <li>GLF. Connect <i>myGame+</i></li> </ul>



# Scoring Challenge Setup

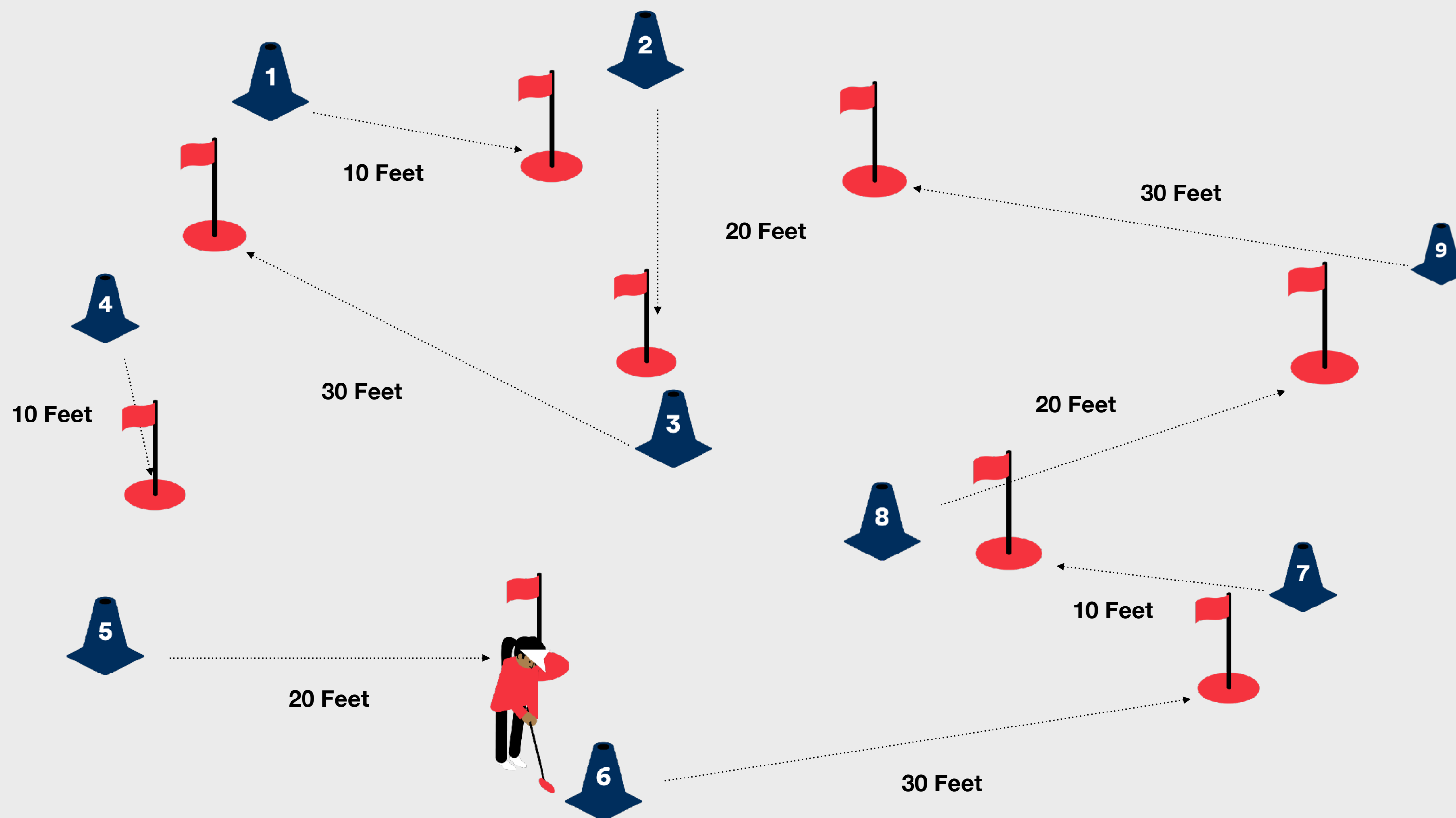


## Setting out the Challenge

- 9 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet, 3 cones at 20 feet and 3 cones at 30 feet
- You can use your string to clearly define each putting hole
- Children can attempt the challenge depending on the progression level they are on by playing the required number of holes and distances

## Equipment Required

- 9 holes on the green
- 9 numbered starting cones
- String
- Scorecard and pencil



# Capture the “JGA” Cone

Team 1’s Safety Zone

Team 1’s Base

Halfway Line

Team 2’s Safety Zone

Team 2’s Base



## 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

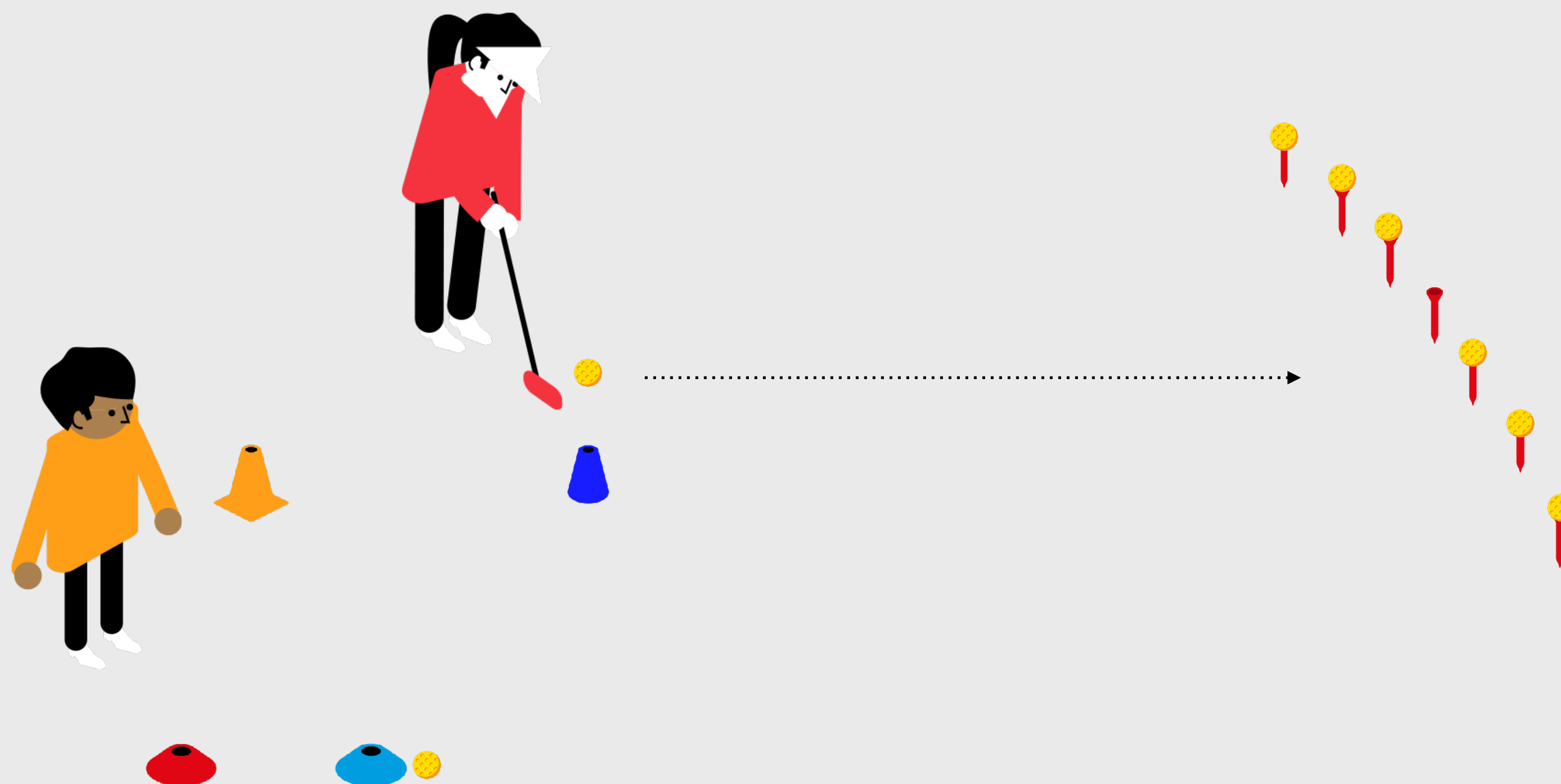
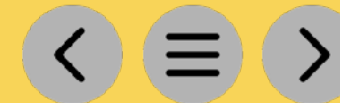
- The Whole Child theme this week is about self-respect.
- Carry this theme into the class by posting yourself predominantly on the challenge station and focusing on each child's achievements to date, in order to help them reflect on these and give them a boost.



## 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



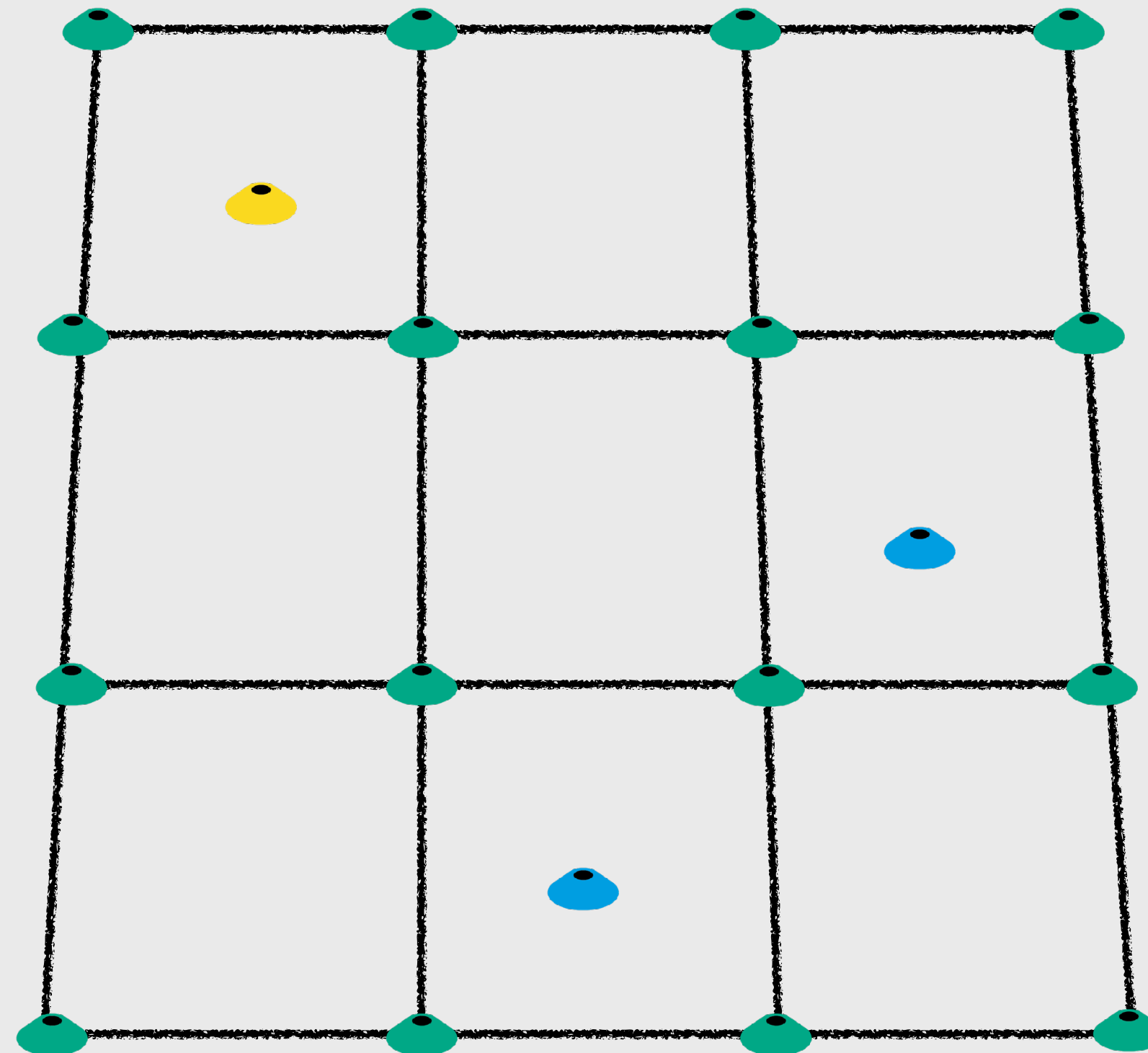
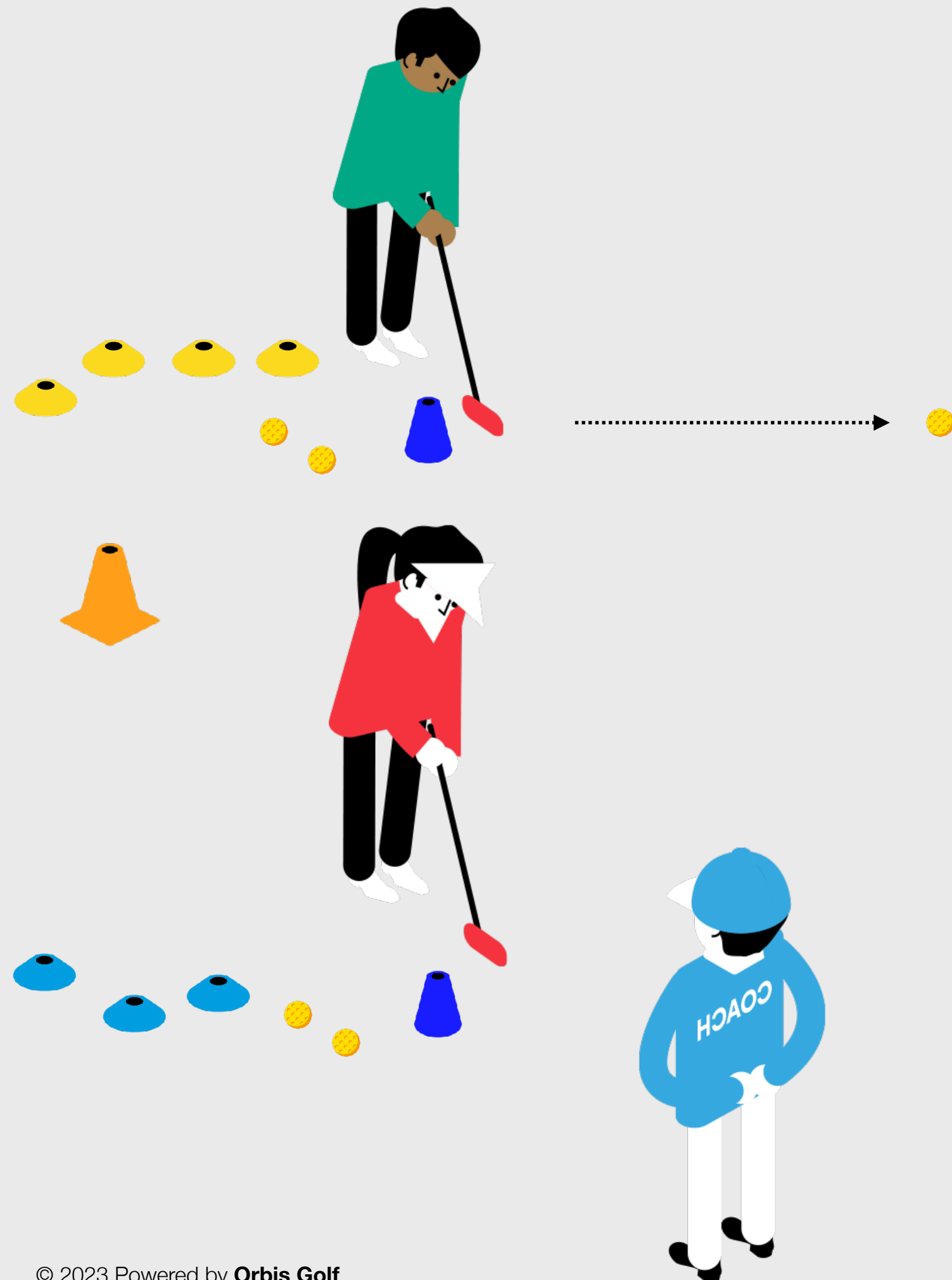
2 x Colored cones



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

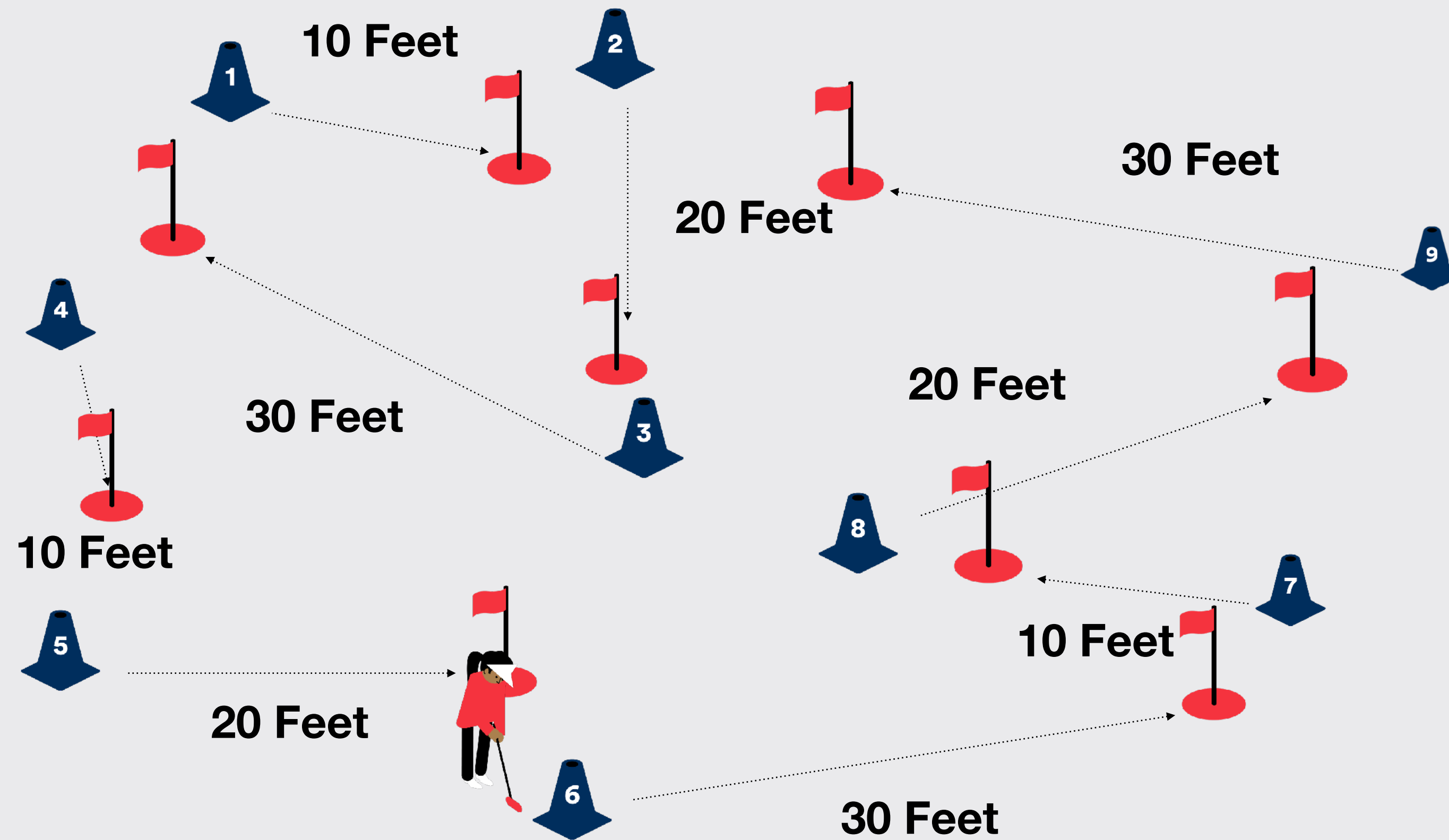


Spare equipment that may be required for the group attendees.





# Scoring 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 Complete this Level 1 Challenge by scoring a total of 12 or less over 3 holes. Start 10 feet away on each hole.
- 2 Complete this Level 2 Challenge by scoring a total of 21 or less over 6 holes. Start 10 feet away from each hole.
- 3 Complete this Level 3 Challenge by scoring a total of 18 or less over 6 holes. Start 10 feet away on 3 holes and 20 feet away on the other three holes.
- 4 Complete this Level 4 Challenge by scoring a total of 24 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.
- 5 Complete this Level 5 Challenge by scoring a total of 21 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.
- 6 Complete this Level 6 Challenge by scoring a total of 18 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.