

# Around the Green

## Week 27



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# 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 Min	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>	
5 Min	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>Cone Collector</li> </ul>
5 Min	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>Introducing the Scorecard</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, tasks and challenges</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 if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Practice at Home</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>10 Pin Bowling</li> <li>Single, Double, Triple</li> <li>Scoring Challenge</li> </ul>

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# Class Timetable - Week 27

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Around the Green:  
Bunker Play

**Whole Child Focus**  
Social:  
Teamwork

**Learning the Game Focus:**  
Preparing to Play:  
Keep your clubs clean

**Mastering the Game Challenge:**  
Bunker 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>Golf Ball Dribbling</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>Keep your clubs clean</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>Teamwork</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>Sandshots</li> <li>Beat the Bunker</li> <li>Bunker Challenge</li> </ul>
5 Mins	myAcademy Folder Track and Reward	<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>Present the Achiever Award to a student in front of the parents and the group</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> </ul>

# 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

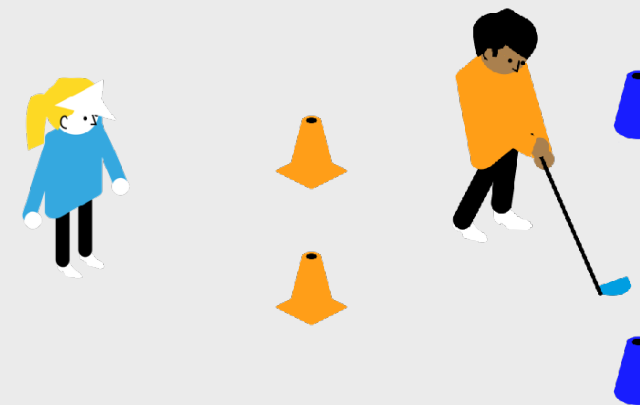
**Station 3:**  
Game Station  
Sand Shots



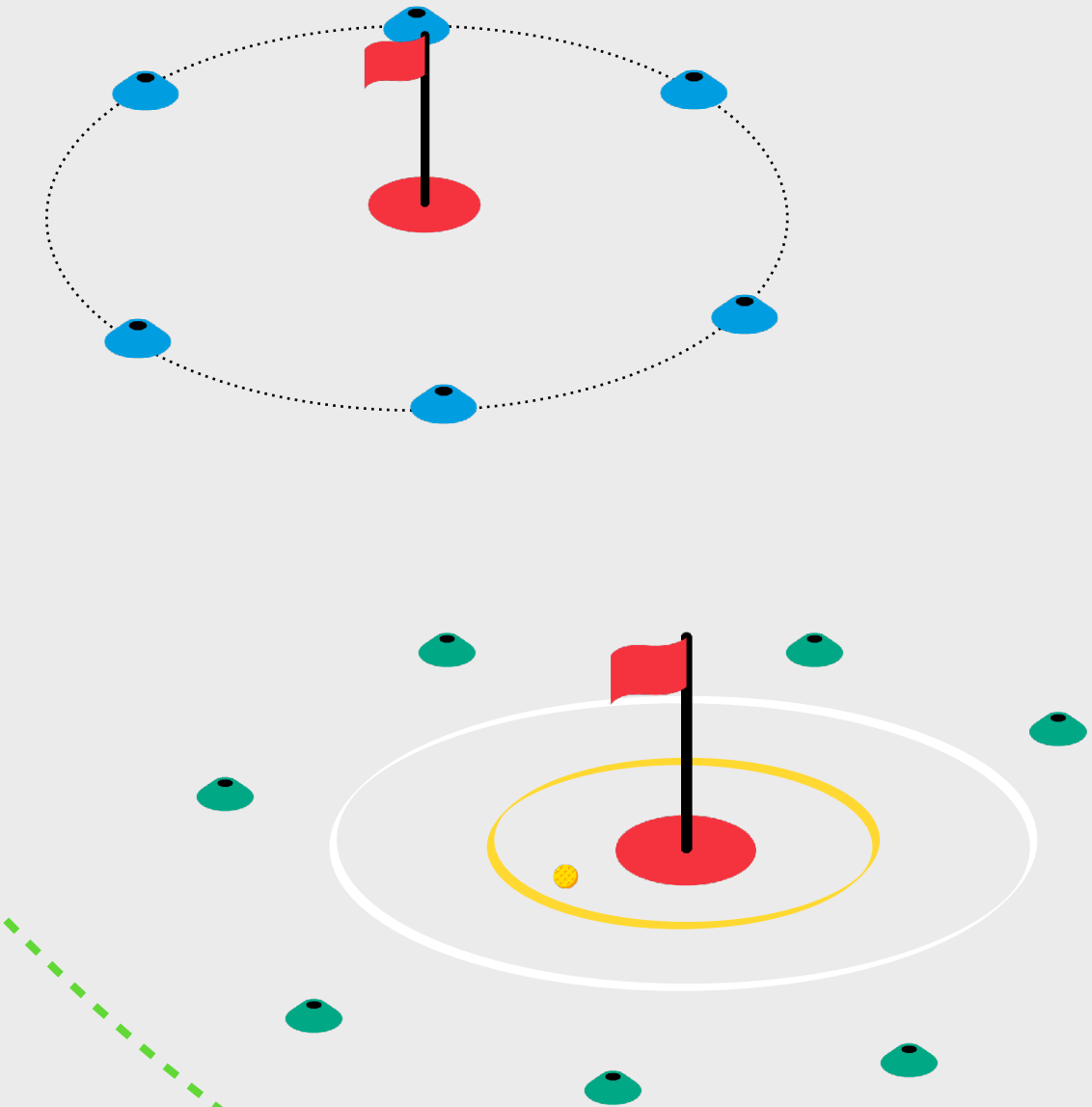
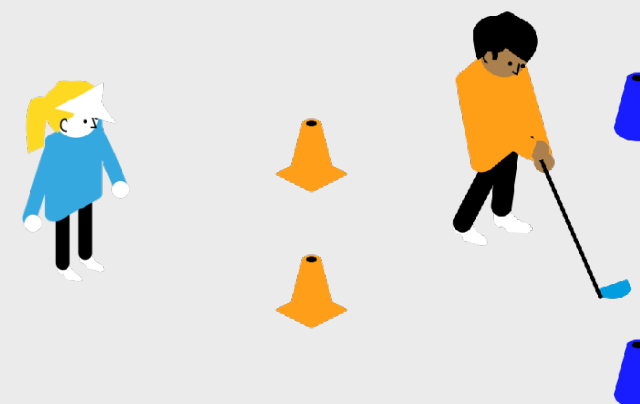
**Station 2:**  
Game Station  
Beat the Bunker



**Station 1:**  
Game Station  
Bullseye



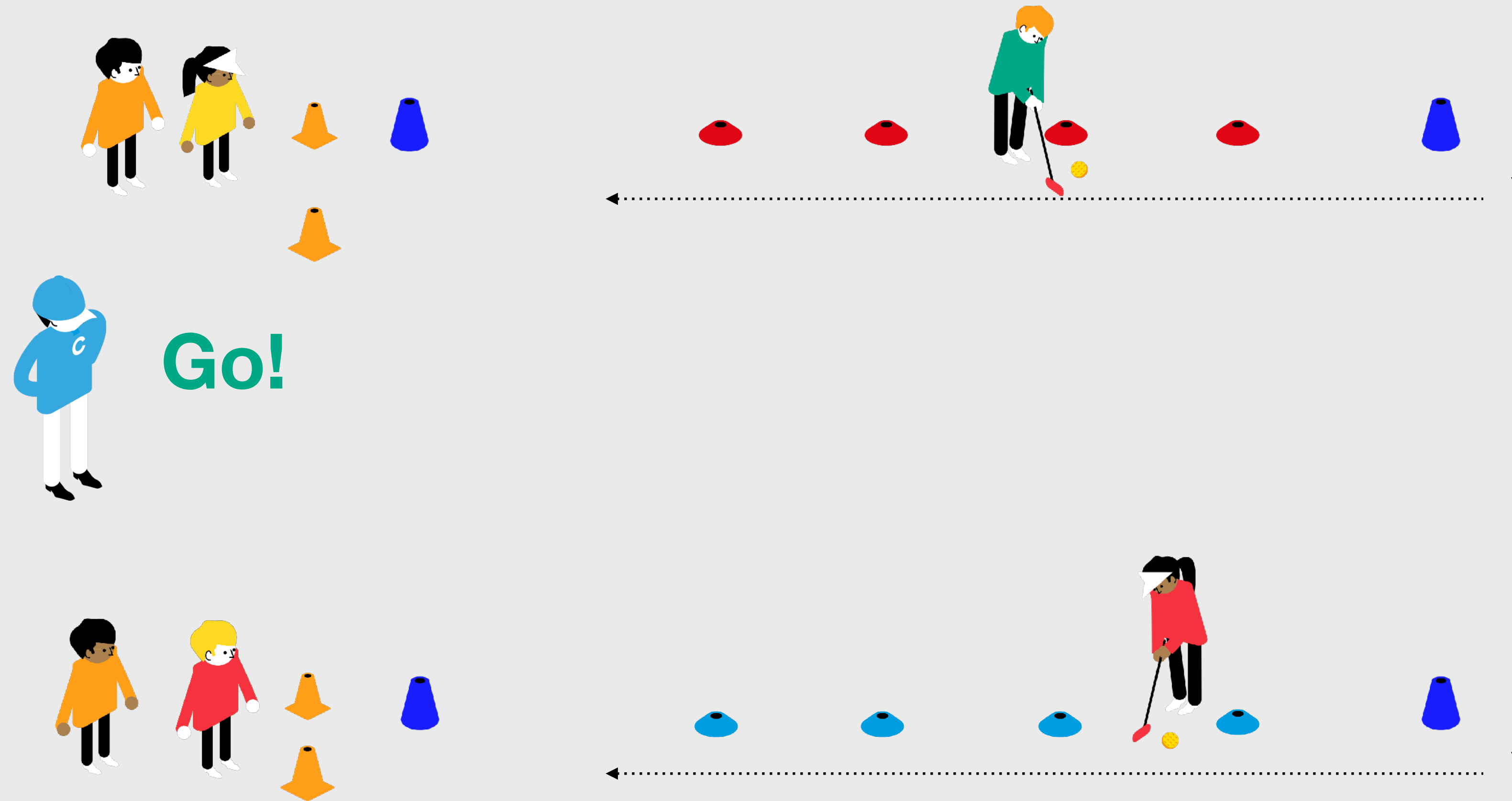
**Station 4:**  
Free Practice Station



# Physical Literacy Warm Up Game



# Golf Ball Dribbling



## How to Play

- Play this game on the driving range or practice area
- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child dribbles the ball in and out of the cones, round the end cone and back to the start
- The team that wins is the one that gets all players home first.

## Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with fundamental movements such as crawling, side steps, skipping, jumping or backwards running
- Increase the number of cones to weave in and out

## Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



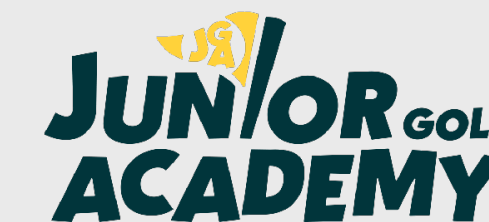
Golf Putter



Soft Ball



Colored Cones





# 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



# Social Teamwork

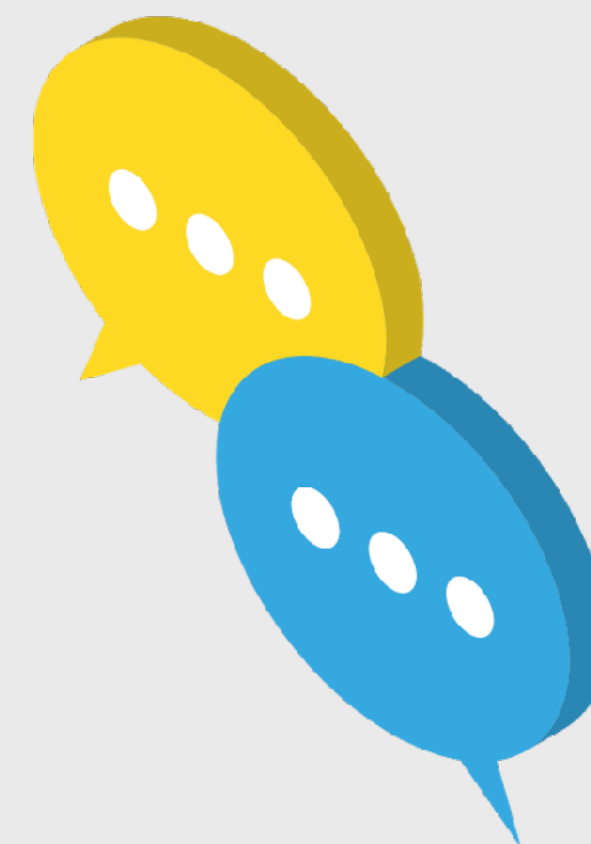
The Whole Child theme this week is focussed on working as a team.

It should be highlighted that the Achiever Award is presented to the child that displays great teamwork throughout the lesson.

Examples of this could be helping another child with some advice or completing a game together.

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 attitude 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



# Preparing to Play

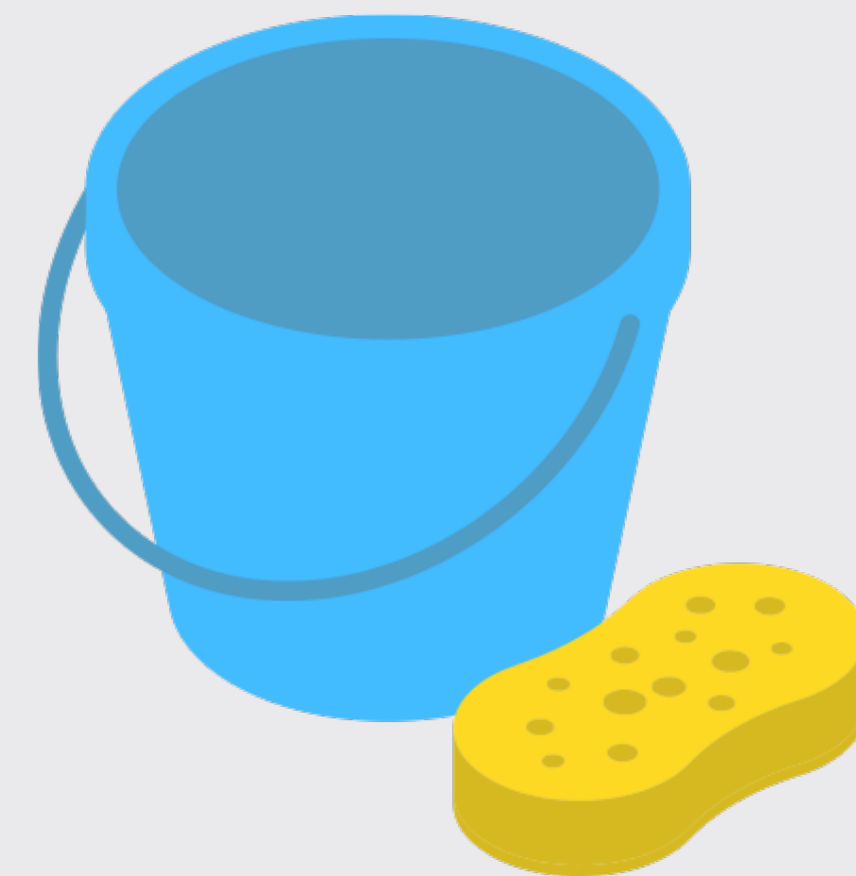
## Keeping your Clubs Clean

The Learning the Game focus this week is to make sure you are prepared to play by keeping your golf equipment in great condition.

You should highlight to your juniors that it is their responsibility to keep their golf equipment clean and in good condition.

Use the lesson to highlight how important it is to clean your clubs after a shot in the sand.

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



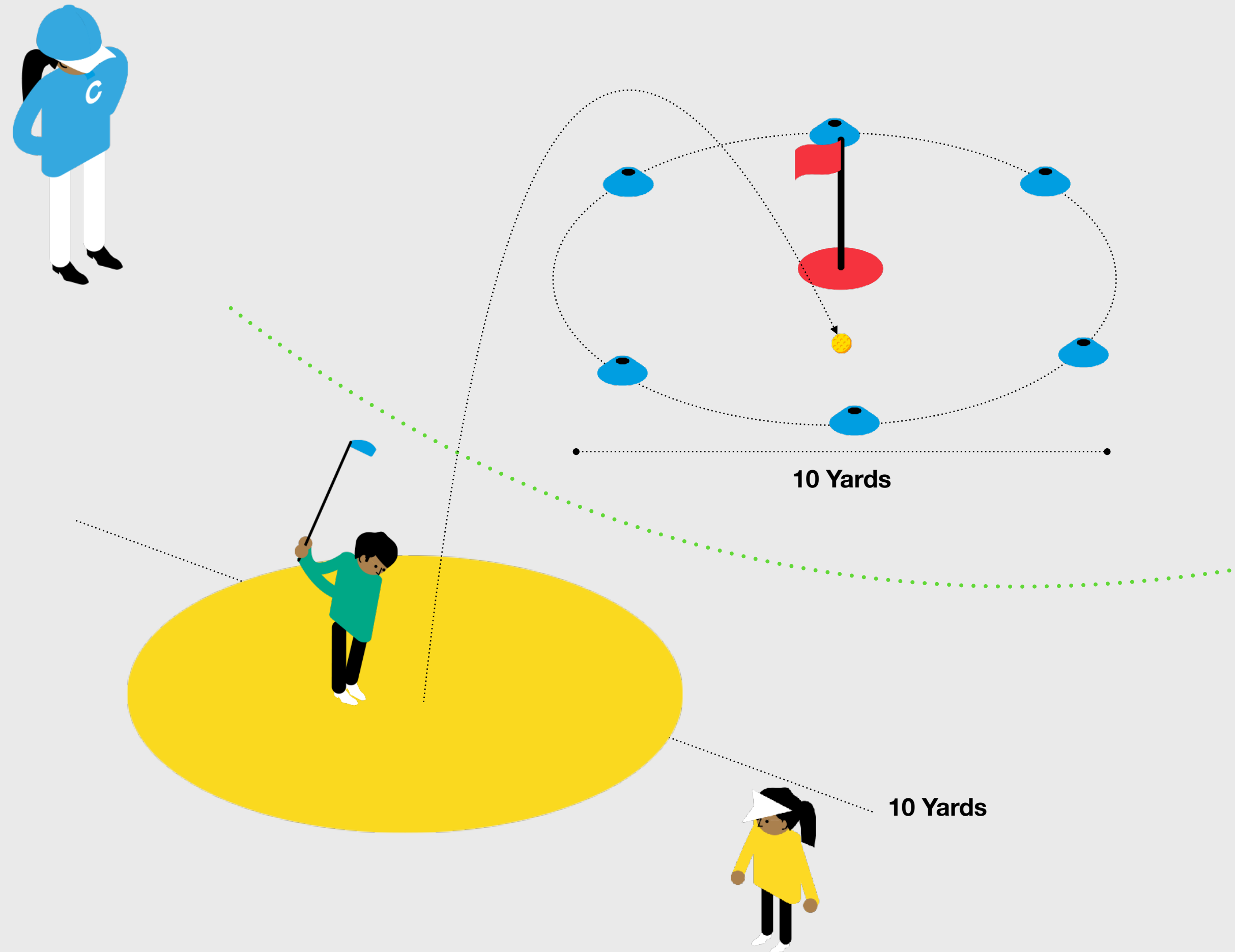
### Questions to Ask

- Who is responsible for keeping your clubs clean?
- What effect does having mud on your club face or golf ball on your shot?
- How often should you clean your golf clubs?
- How do you clean your golf clubs?

# Mastering the Game Cards



# Beat the Bunker



## How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their first shot and aims to get their ball out of the bunker
- Players score a point for getting the ball out of the bunker first time
- Players hit 5 shots each to get a total score for the round
- The aim is to beat your team's best score each time

## Progression Ideas

- Vary the starting point in the bunker
- Vary the club that is being used
- Add additional points for getting the ball inside target circle

## Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



Colored Cones for Target Circles



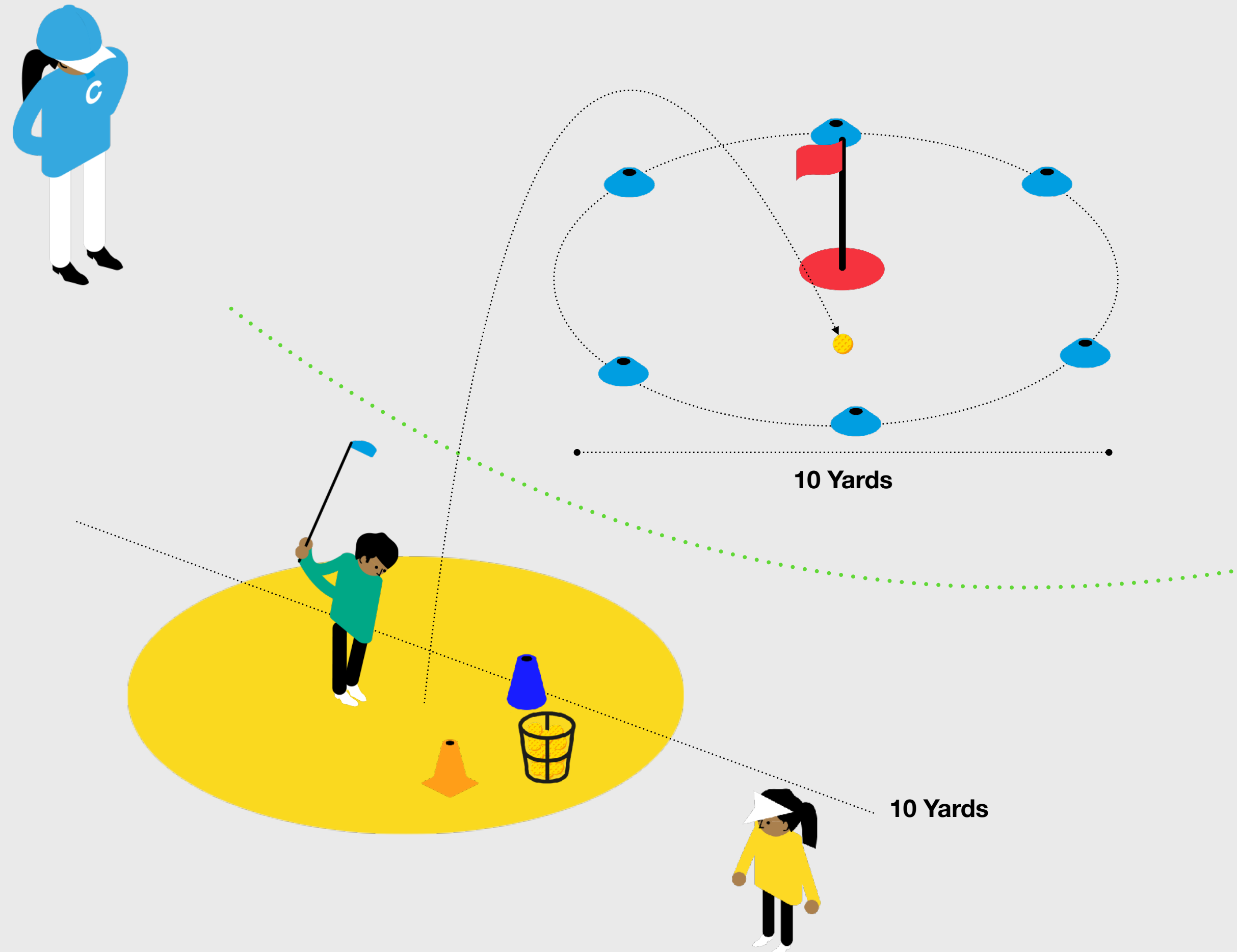
Spare equipment that may be required for the group attendees.



Golf Balls



# Sand Shots



## How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their five shots, in a row, without stopping their swing
- Players score a point for getting the ball out of the bunker first time, and 2 points if they get it into the circle
- Players hit 5 shots each to get a total score for the round
- The aim is to beat your team's best score each time

## Progression Ideas

- Vary the starting point in the bunker
- Vary the club that is being used
- Add additional points for getting the ball inside target circle

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark out the necessary hitting station



### Colored Cones for Target Circles



### Spare equipment that may be required for the group attendees.

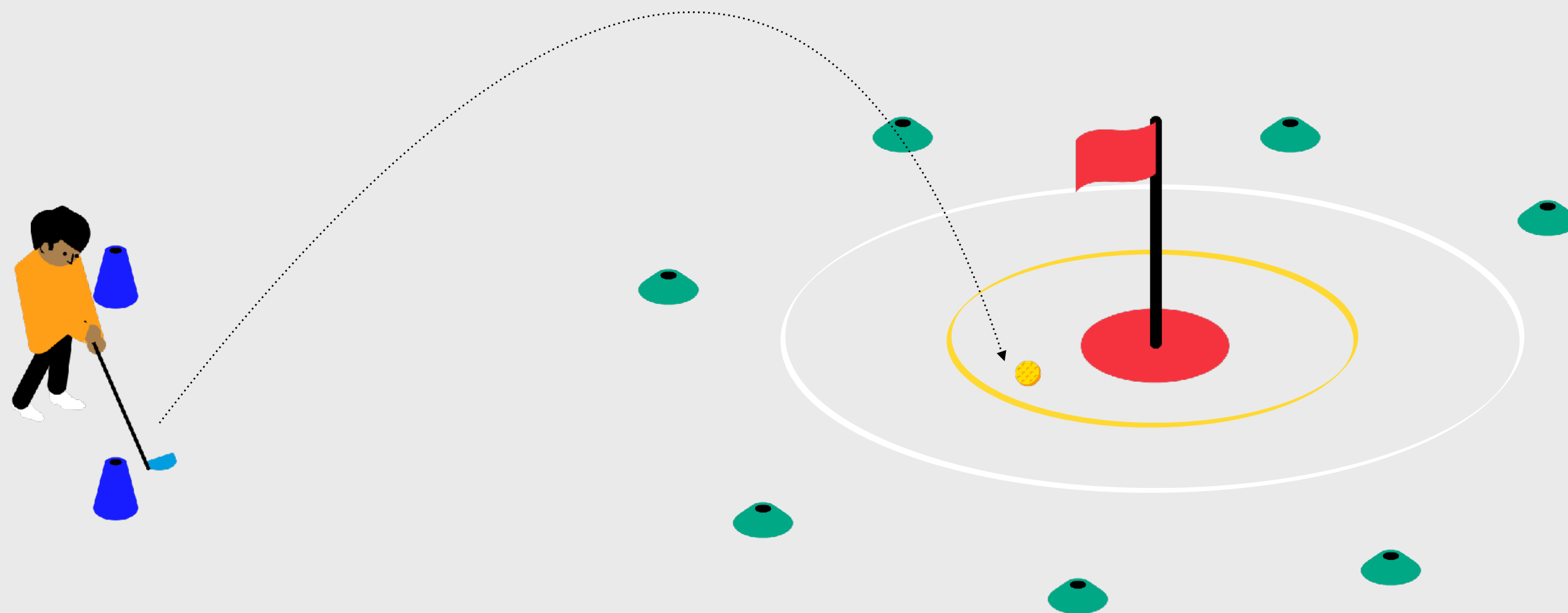
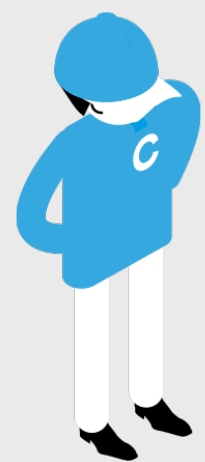


### Golf Balls





# Bullseye



## How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- The team try to score the most points from their 10 shots, and then try to beat that score on the next go

## Progression Ideas

- Change the size of the target circles
- Vary the starting point from around the green
- Introduce a rule that the ball must land over the fringe to count
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark out the necessary hitting station



### Spare equipment that may be required for the group attendees.



### Golf Balls



### 1 x 6 feet Target Circle



### 1 x 10 feet Target Circles



### 10 x Green Colored Cones for Outer 12 feet Target Circle

