

Swing Week 28



Class Timetable - Week 28

Session Length:
60mins

Group Size:
1:8

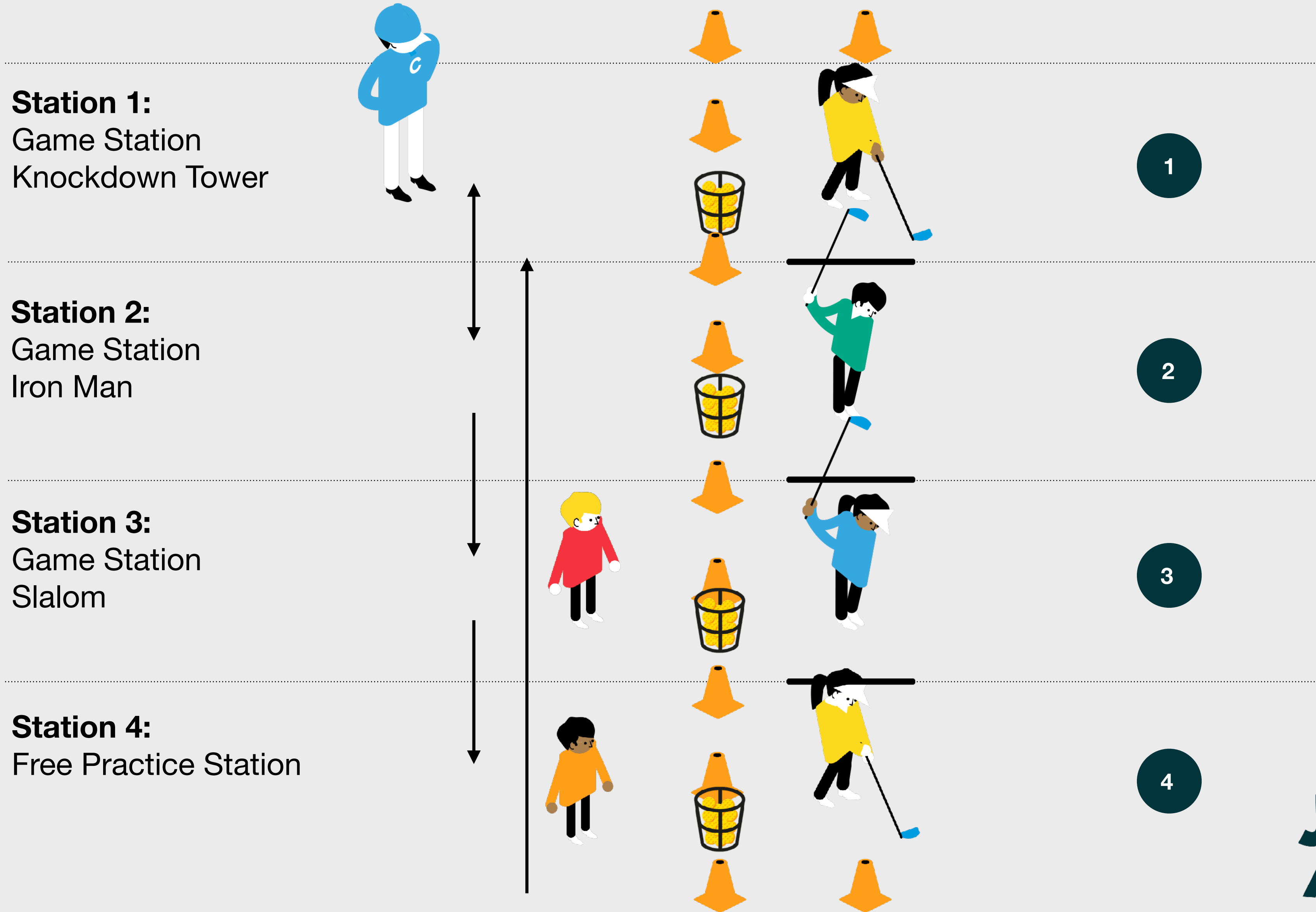
Mastering the Game Focus:
Swing:
Irons

Whole Child Focus
Creative:
Curiosity

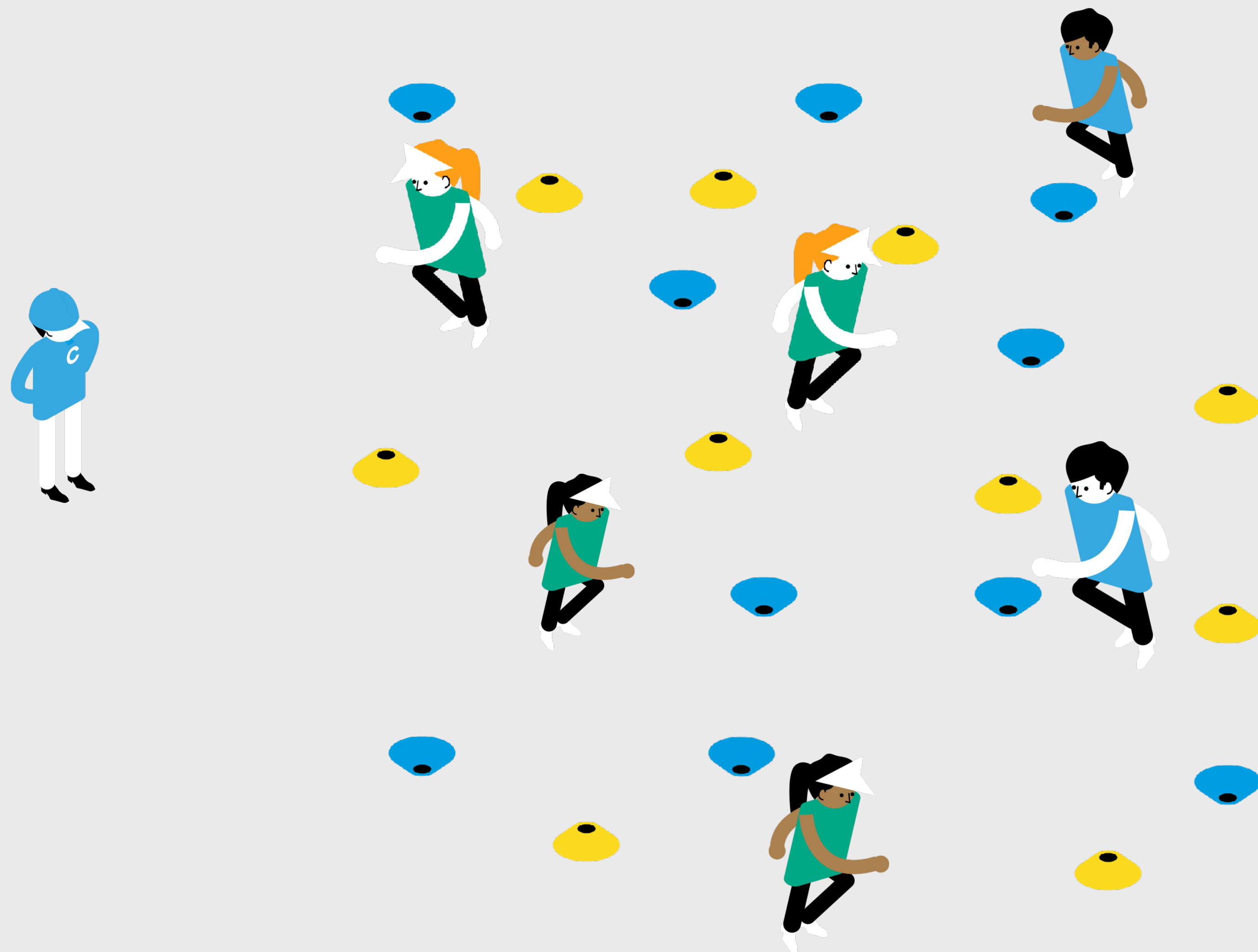
Learning the Game Focus:
Playing and Scoring:
How many practice swings are appropriate

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"> Superintendents and Hackers
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"> How many practice swings are appropriate
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"> Curiosity
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"> Iron Man Slalom Knockdown Tower
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



Superintendents and Hackers



JUNIOR GOLF
ACADEMY



How to Play

- Split the players into two teams of 3
- Nominate one team to be either the Hackers or Superintendents
- On "GO", the superintendents attempt to turn all of the upside down cones the correct way up. The hackers attempt to turn the cones that are the correct way up upside down
- The team that turns the most cones onto the correct side within 60 seconds wins

Progression Ideas

- Explore FMS movement during the game such as jumping, hopping and skipping
- Change the distance between the cones
- Change the number of cones in the game
- Players must turn the cones using one hand only

Equipment Needed

Orange Safety Cones

SAFETY



10 x Yellow colored cones



10 x Blue colored cones





Creative Curiosity

- The Whole Child theme this week is to encourage creativity and curiosity in golf and life.
- Carry this theme into the class by encouraging the children to try different types of shots within the session and explore any ideas they have on how to play better golf.

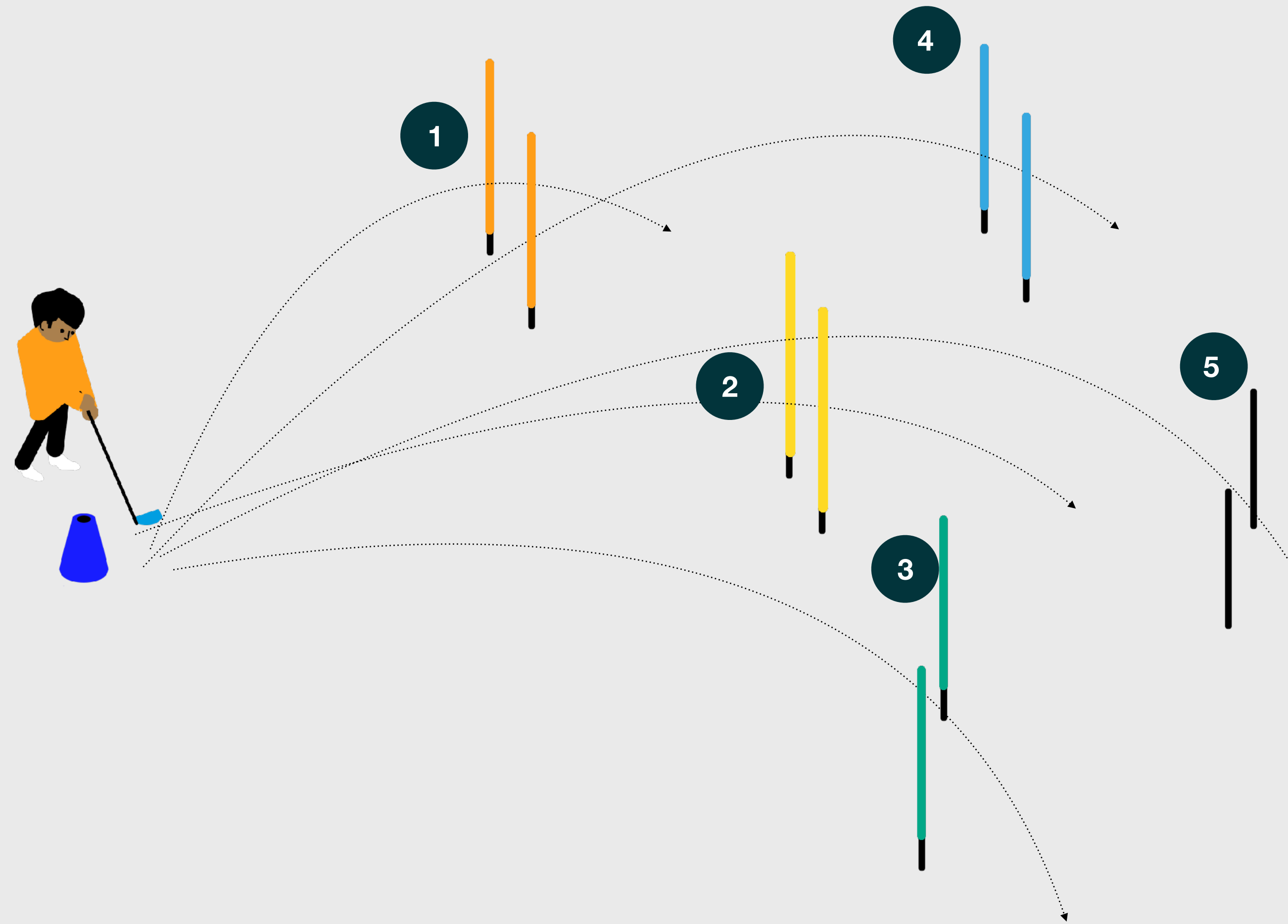
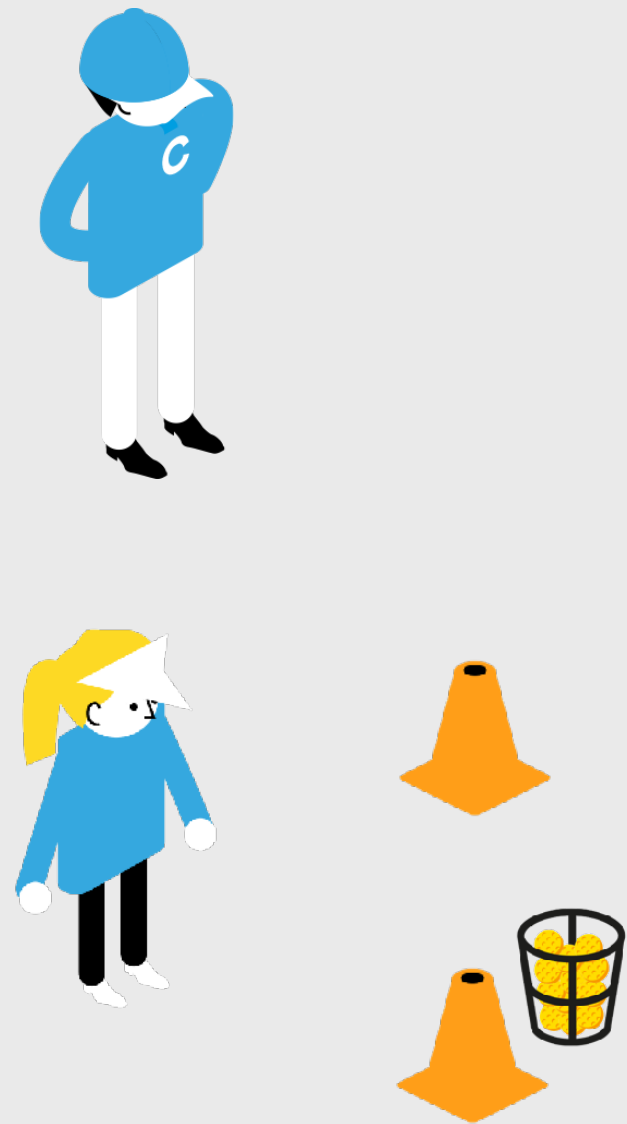


Playing and Scoring

How many practice swings are appropriate?

- The Learning the Game focus this week is about taking practice swings, why it is important but to also understand how many are appropriate when playing.
- You should make sure the children understand they can take as many practice swings as they want, however there is an expectation that they will take their shot without holding up play.

Slalom



How to Play

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order
- When a child hits the ball through the gate they move to the next gate
- The children take it in turns to hit their shots
- The winner is the child who gets their ball through the final gate first

Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets at each gate
- Change the width of the target gates
- Introduce a rule whereby the child has a certain number of attempts before moving back a gate or back to the start

Equipment needed

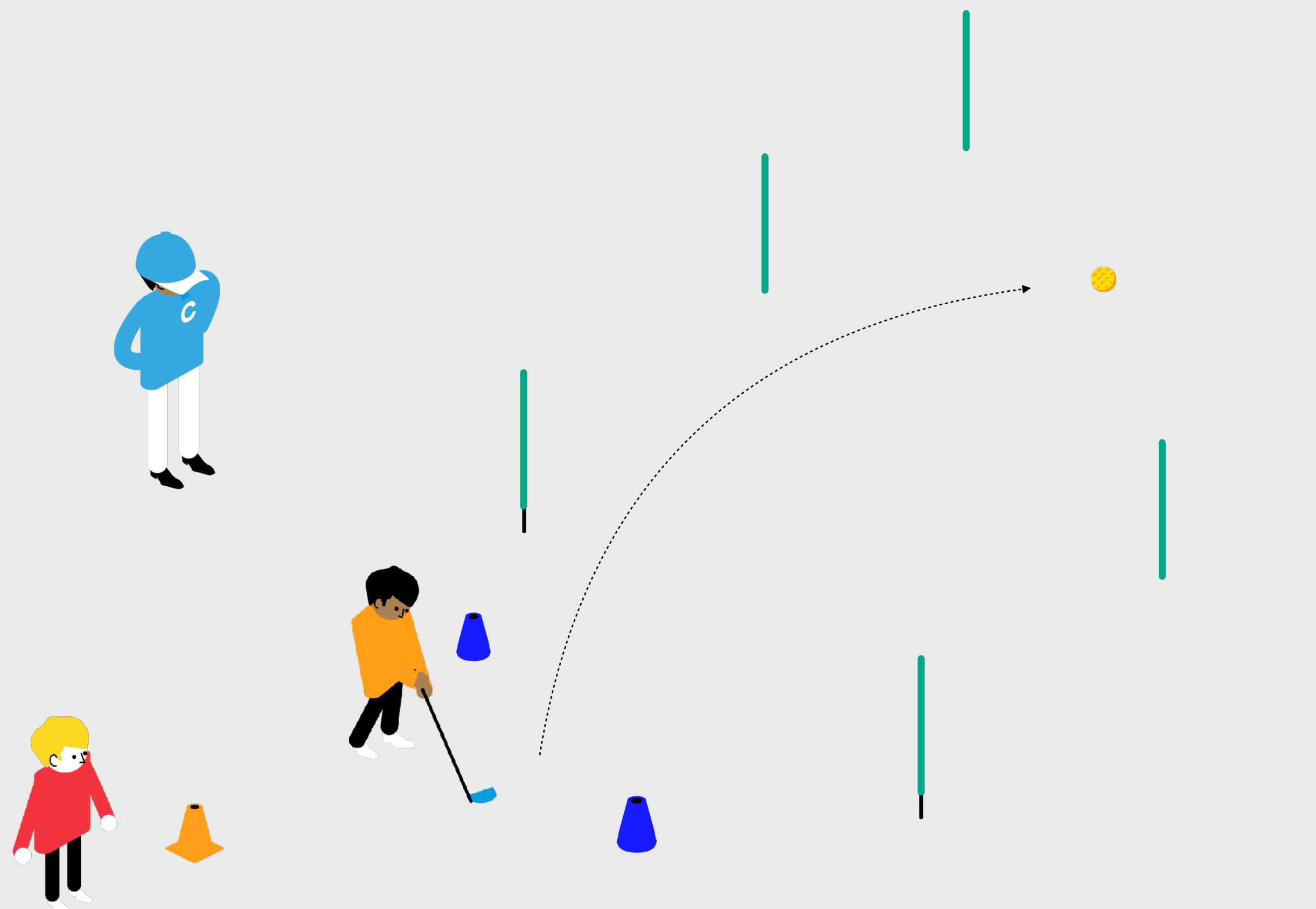
4 x Orange Safety Cones

SAFETY

10 x Alignment Sticks

10 x Foam Noodles

Iron Man



How to Play

- Set up a fairway on the driving range using alignment sticks
- Children must hit shots with each one of their irons through the target gate
- They will get a point each time they get a ball through the target gate
- They must switch iron each shot

Progression Ideas

- Narrow the width of the gate

Equipment Needed

Orange Safety Cones

SAFETY



Cones to mark out hitting stations



6 x Foam Noodles



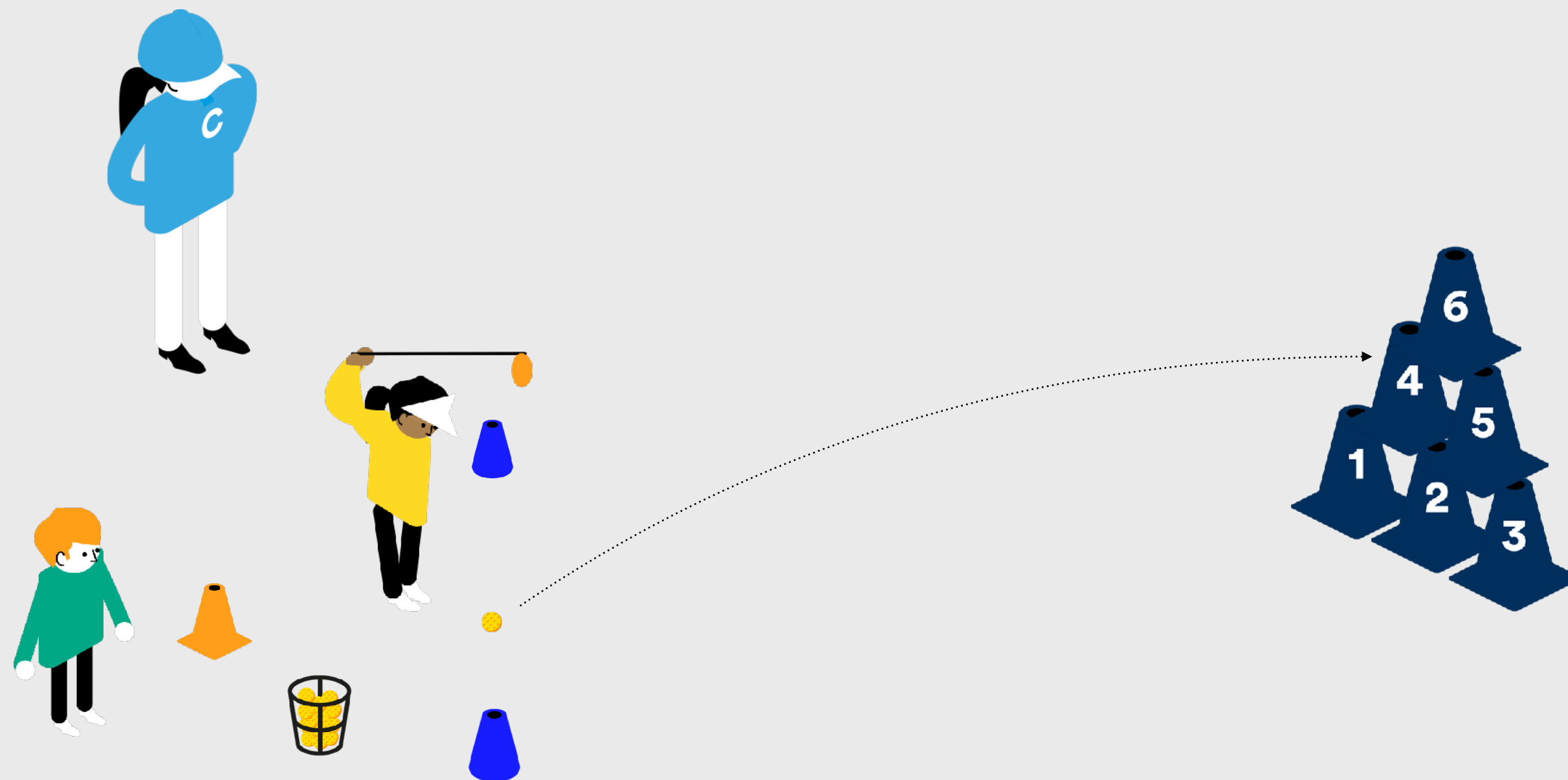
6 x Alignment Sticks



Golf Balls



Knockdown Tower



How to Play

- Players take it in turns to attempt to hit the tower
- The game is complete when all of the cones or baskets have been knocked down

Progression Ideas

- Make the angles more difficult
- Move the tower further away
- Reduce the number of chances the team gets
- Introduce a rule where the ball must not bounce before hitting the tower
- Try to hit the tower by throwing the ball instead of hitting it

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations.



Golf balls



6 x Cones to build a target pyramid

