

Junior Monthly Class Plans Ages 4-6

On the Green

Week 29



Class Timetable - Week 29

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Short Putts

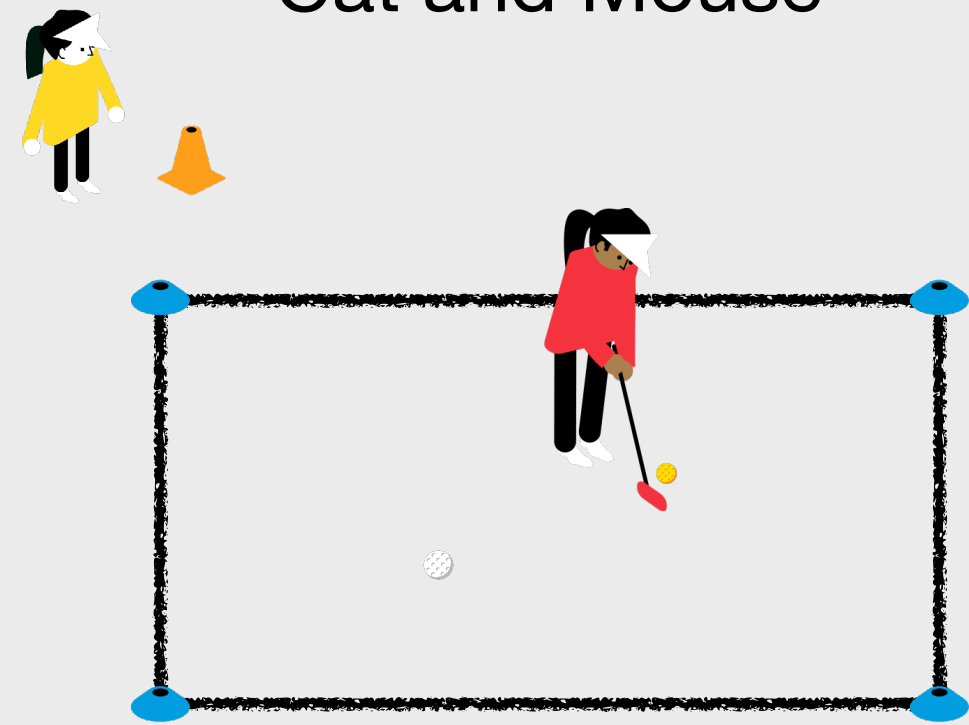
Whole Child Focus
Cognitive:
Respect

Learning the Game Focus:
Rules and Etiquette:
Who plays first

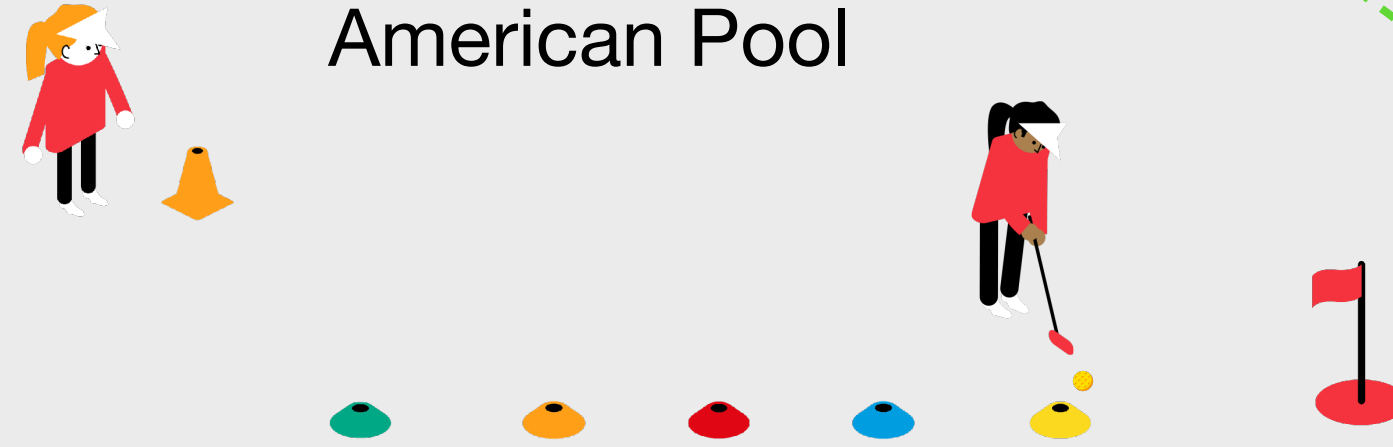
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Relay Race
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"> Who plays first
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"> 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"> American Pool Round the Clock Spiral Cat and Mouse
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

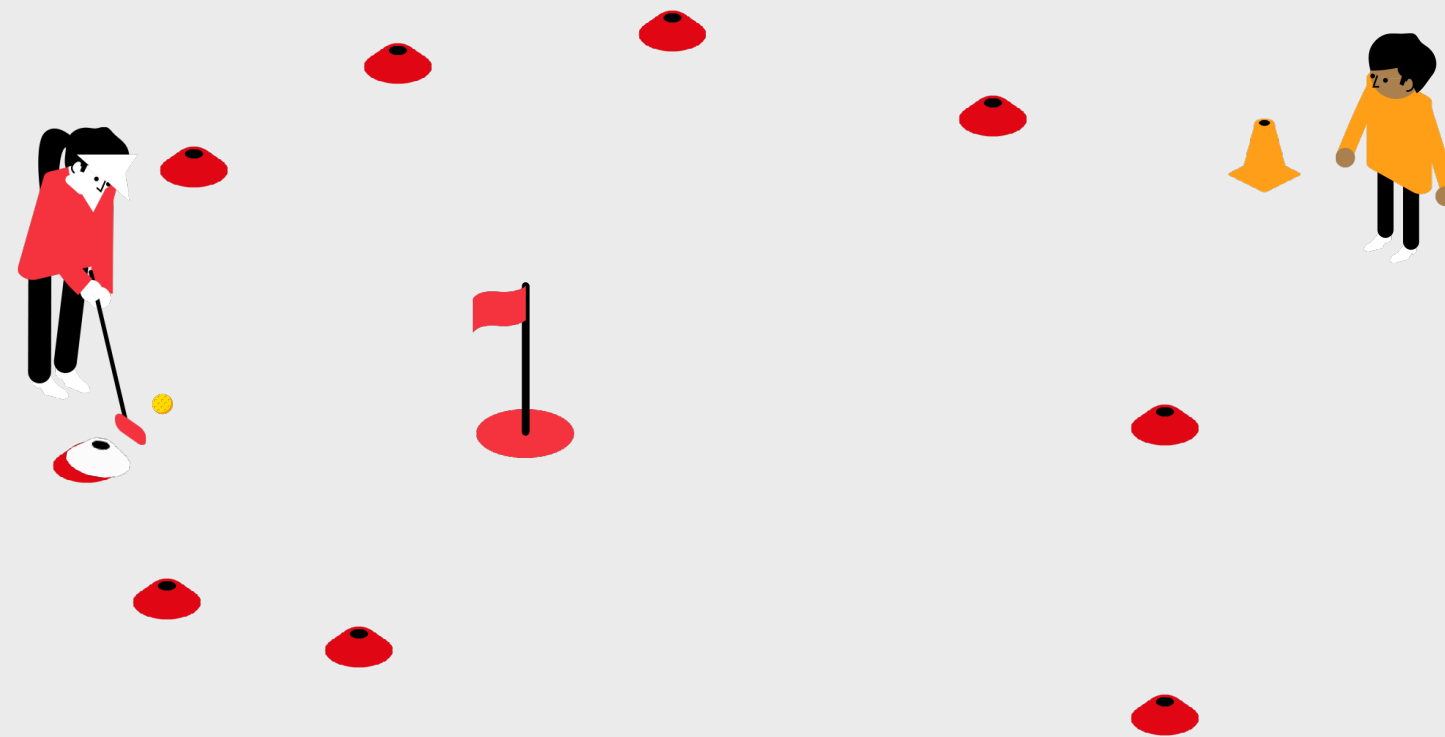
Station 1:
Game Station
Cat and Mouse



Station 2:
Game Station
American Pool



Station 3:
Game Station
Round the Clock Spiral



Station 4:
Free Practice Station



Relay Race



How to Play

- 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 races to the end cone and runs around the cone, coming back and tagging the next player
- The team that wins is the one who 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 a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

Equipment Needed

Orange Safety Cones

SAFETY

Cones to mark out the start and end of the race



Cognitive Respect

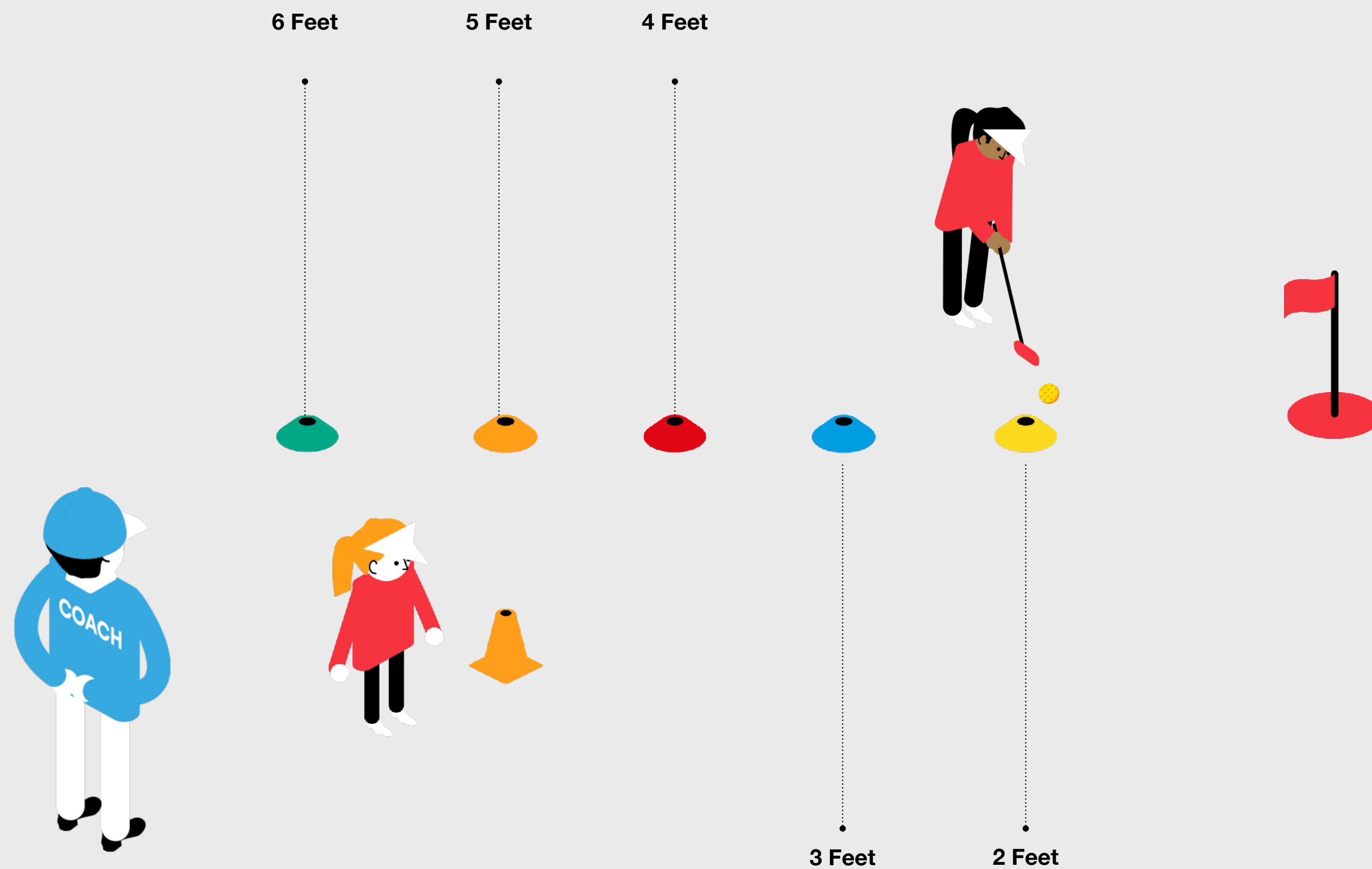
- The Whole Child theme this week is to respect the rules of the game and the people who play it.
- Carry this theme into the class by explaining how it is important to show respect no matter what the outcome of the games and challenges. Demonstrate how respect is shown in putting by not walking on opponents lines as well as, keeping distant and quiet when on the green.



Rules and Etiquette Who plays first?

- The Learning the Game focus this week is to learn who plays first when on the course, and that the children should be ready to play when it is their turn.
- You should highlight how important it is to know whose turn it is play, and what you can do to make sure you are ready. For example, choosing your club and taking practice swings whilst others are playing their shots.

American Pool



How to Play

- Children take it in turns to putt from the first cone
- If successful, they can move back to the next cone, and continue until they miss a putt
- The challenge is to hole a putt from each of the different colored cones before your playing partner does
- Each time the children have to start again from the first cone

Progression Ideas

- Change the distances the cones are set at depending on the ability level of the children in the group
- Add in more cones to make the challenge more difficult

Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Coping with increased pressure as the child progresses down the line of cones
- Perseverance is required as this game can become quite frustrating

Equipment needed

Orange safety cone

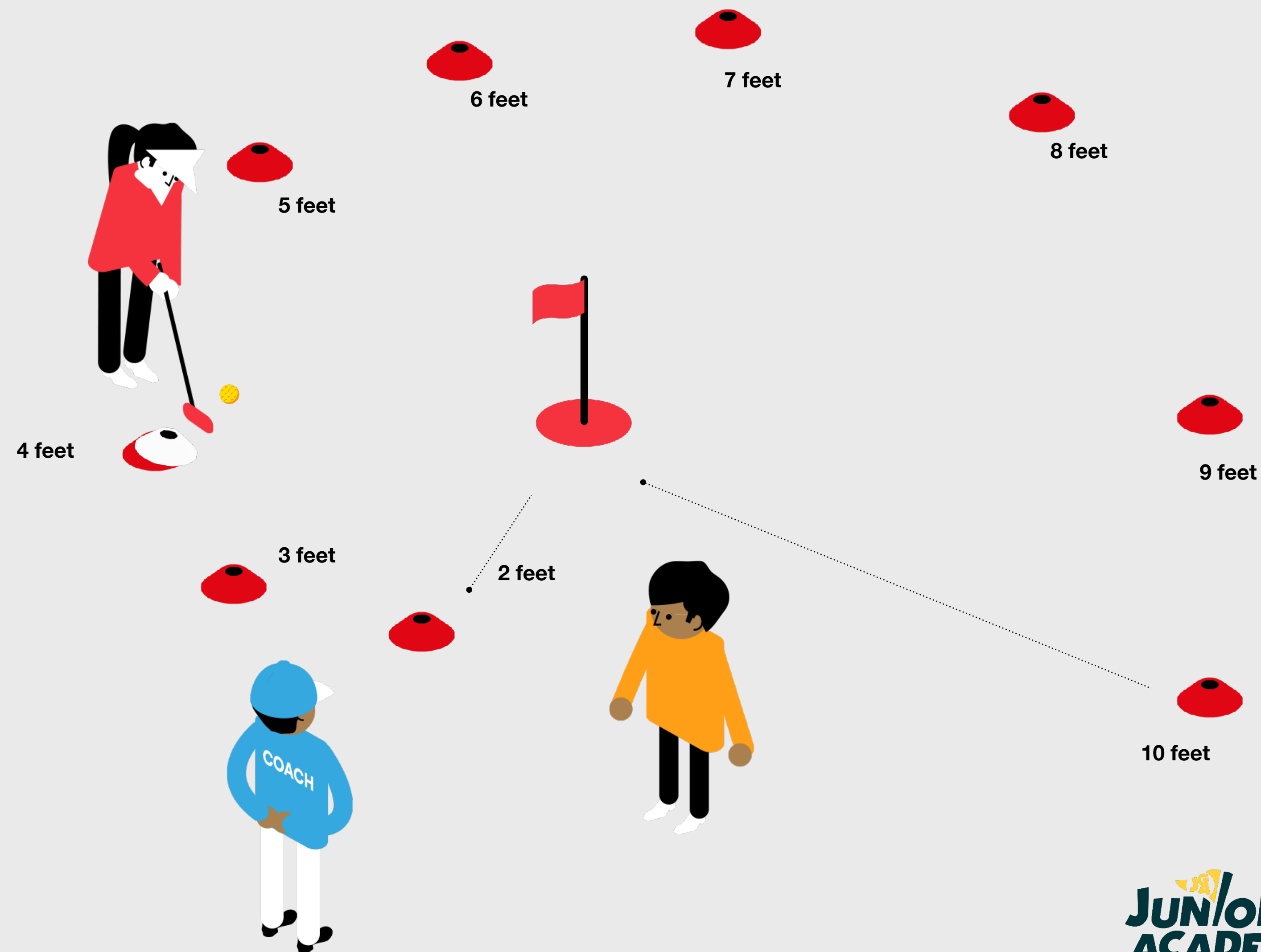
SAFETY

5 x different colored cones to represent the different color balls in American Pool

1 x Golf ball per player

Spare equipment that may be required for the group attendees.

Round the Clock Spiral



JUNIOR GOLF
ACADEMY



How to Play

- Nominate one of the children to play first and nominate a colored cone for the team. This cone is to track their progress around the spiral
- The player attempts to hole their putt from the 1st cone nearest to the hole
- If the player misses, the team stays where they are and their partner has a turn. If they successfully hole the putt, they move to the next cone
- The next player then goes and the game continues until the team completes the spiral

Progression Ideas

- Change the distance between the cones and the hole
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the players must move back a step or go back to the start

Learning Outcomes

- Perseverance is needed to complete the challenge
- Direction, distance control, and ability to read greens are all being tested in this game
- Improves the player's ability to adapt from one direction of putt to another

Equipment needed

Orange Safety Cones

SAFETY

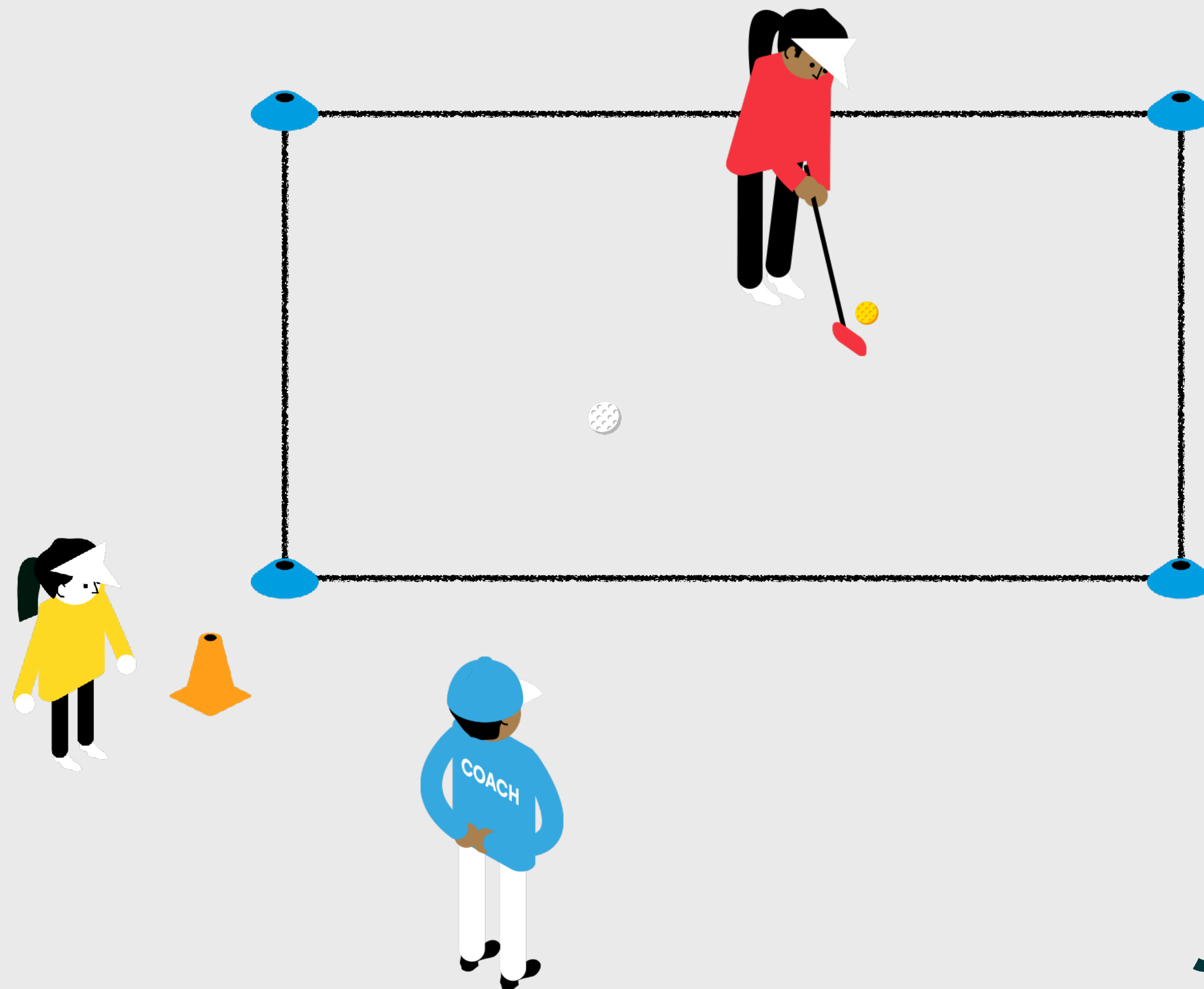
9 x Colored Cones to mark distance from 2-10 feet

Spare equipment that may be required for the group attendees.

2 x different Colored Cones

Golf Ball

Cat and Mouse



How to Play

- Nominate one player as the cat and one player as the mouse. The mouse plays first and attempts to putt their ball anywhere inside the box. The ball must remain in the box
- The cat plays next and attempts to putt their ball and hit the mouse
- If the cat misses, the mouse plays next and putts their ball to another place in the box
- The game continues until the cat catches the mouse by hitting the cat or the mouse escapes when the cat escapes the box
- The players take it in turns to be the cat

Progression Ideas

- Play as a matchplay game
- Change the size of the box
- Introduce a sloped surface when playing the game
- Add in obstacles, other cones that the players need to putt around
- Play the game in teams with multiple cats and mice

Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Improves accuracy as the ball is a smaller target
- Develops strategic thinking, planning ahead for the next shot

Equipment needed

Orange Safety Cones

SAFETY



String and 4 x Tees to create the playing area



Cones to mark the corners or to add in as obstacles



2 x Golf Balls of different colours



Spare equipment that may be required for the group attendees.

