

Junior Monthly Class Plans Ages 6-16

On the Green

Week 29



Contents

- 3 **Class Timetable**
- 5 **Class Setup and Layout**
- 8 **Physical Literacy Warm Up**
- 11 **The Whole Child Focus**
- 13 **Learning the Game Focus**
- 15 **Mastering the Game Cards**
- 18 **Mastering the Game Challenges**



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 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 	
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"> Cone Collector
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"> Introducing the Scorecard
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games, tasks and challenges 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 if appropriate 	<ul style="list-style-type: none"> Practice at Home
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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 The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app Present the Achiever Award to a student in front of the parents and the group Award any Pins and Hats that may have been achieved 	<ul style="list-style-type: none"> 10 Pin Bowling Single, Double, Triple Scoring Challenge

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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

Mastering the Game Challenge:
Short Putt Challenge

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 Short Putt Challenge
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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 The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app Present the Achiever Award to a student in front of the parents and the group Award any Pins and Hats that may have been achieved 	<ul style="list-style-type: none"> myAcademy Folders GLF. Connect myGame+

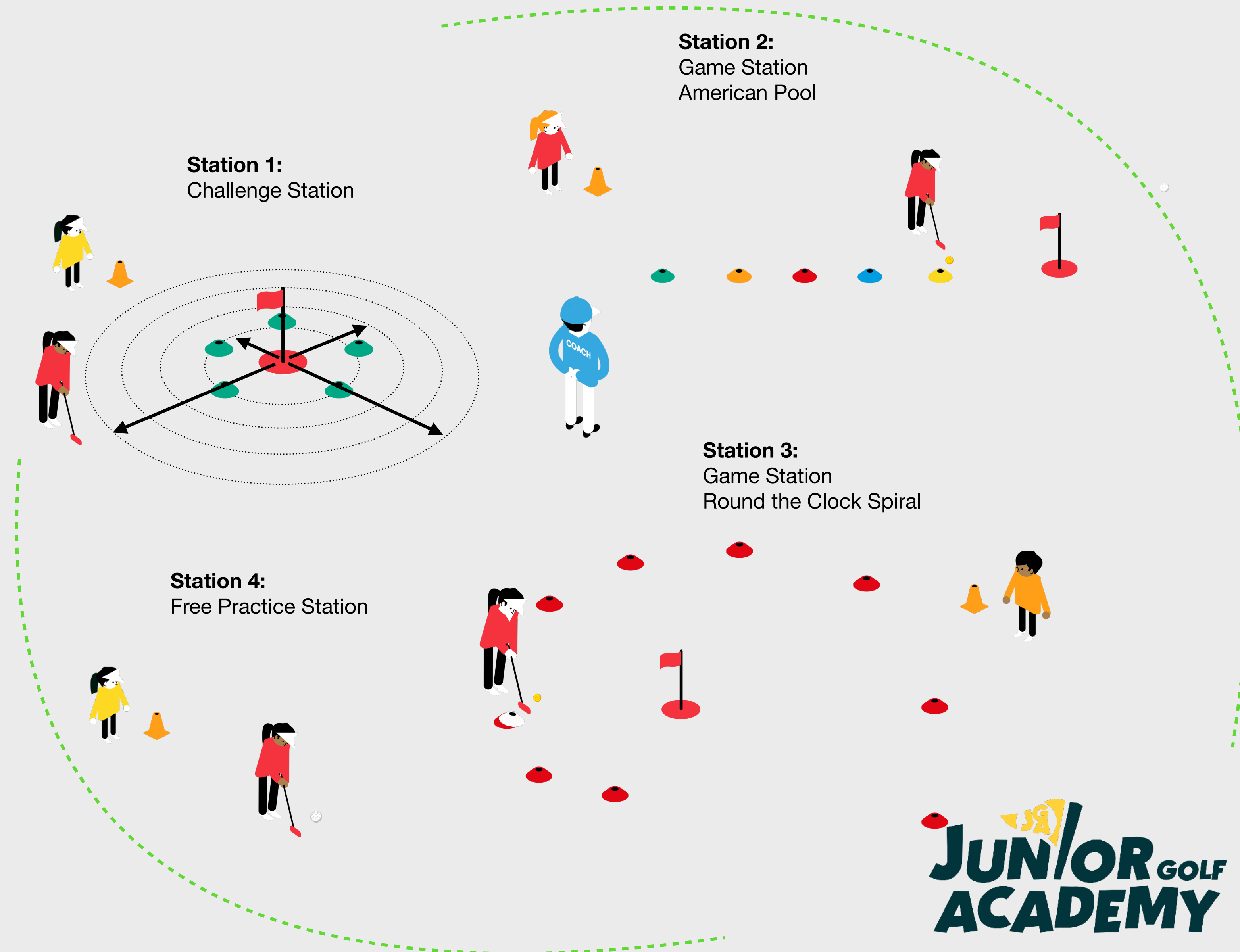
Layout and Setup



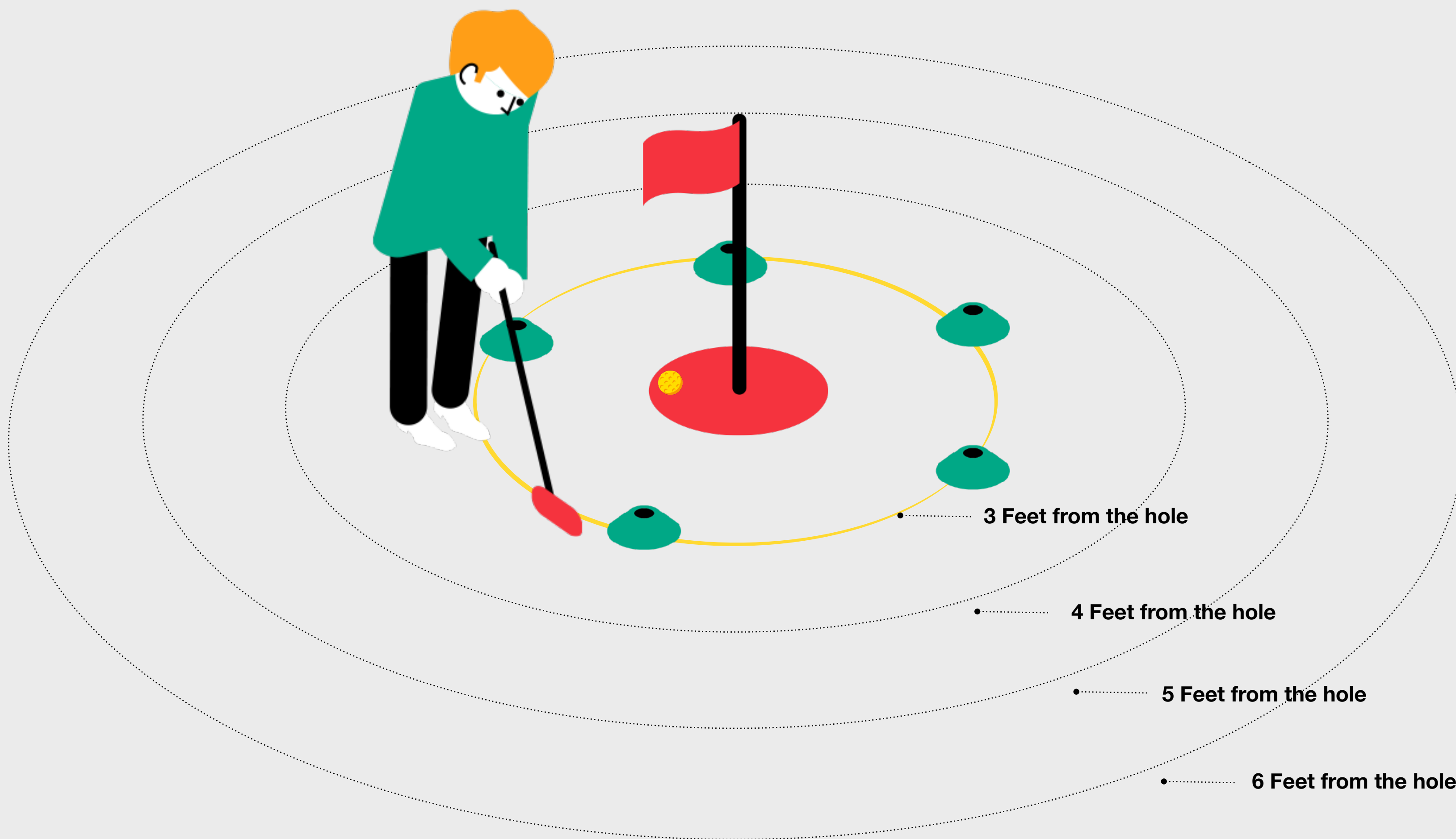
Class Layout and Setup

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:

- Station 1 is the **Challenge Station**. This is where the child, under the supervision of the coach, can attempt the Mastering the Game Challenge to achieve their Achiever Sticker, virtual reward on GLF. Connect and work towards their pins and hats
- Stations 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. Those in the Practice Station rotate with their partner in the Challenge Station. You may decide the layout 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



Short Putts Challenge Setup



Setting out the Challenge

- A hole should be selected on the putting green on an average sloped surface
- The 6 foot diameter ring from your equipment bag can be used to mark the 3 foot distance
- 5 tee pegs should be placed around the hole at 3 feet, 4 feet, 5 feet and 6 feet. Cones have been used in the graphic opposite to represent these positions for the 3 foot circle
- Children can attempt the challenge depending on their progression level

Equipment Required

- 1 hole on the green
- 20 x tee pegs to mark the 5 starting positions at 3 feet, 4 feet, 5 feet & 6 feet

Physical Literacy Warm Up Game



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



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



Cognitive Respect

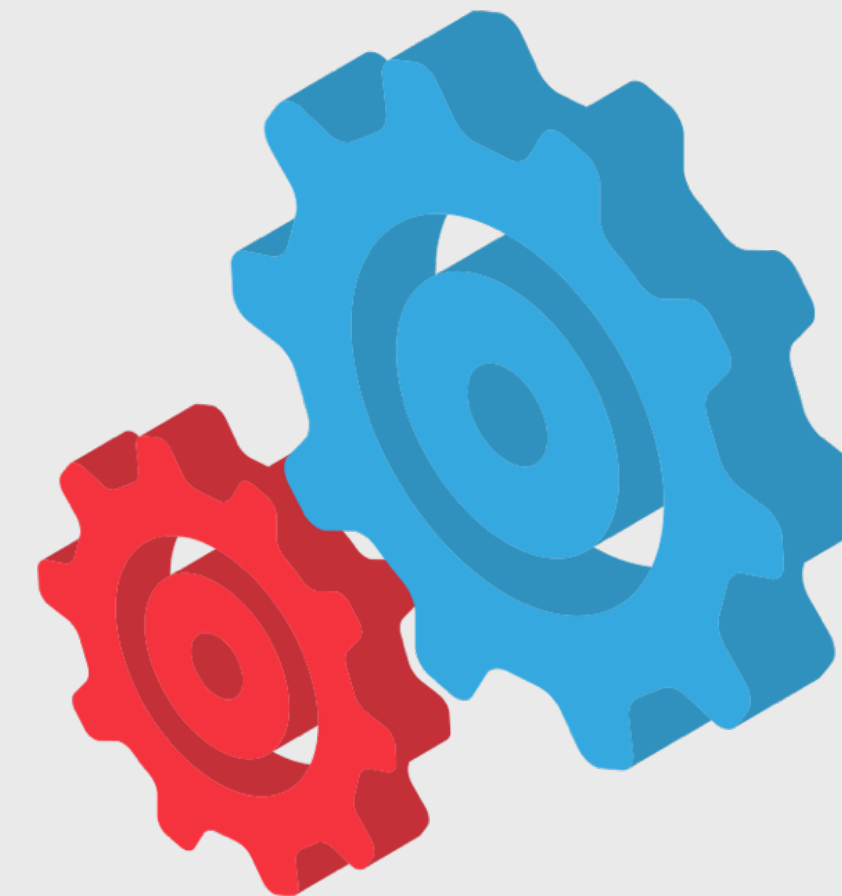
The Whole Child theme this week is to respect the rules of the game and the people who play it.

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.

It should be highlighted that the Achiever Award is presented to the child that demonstrates respect.

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



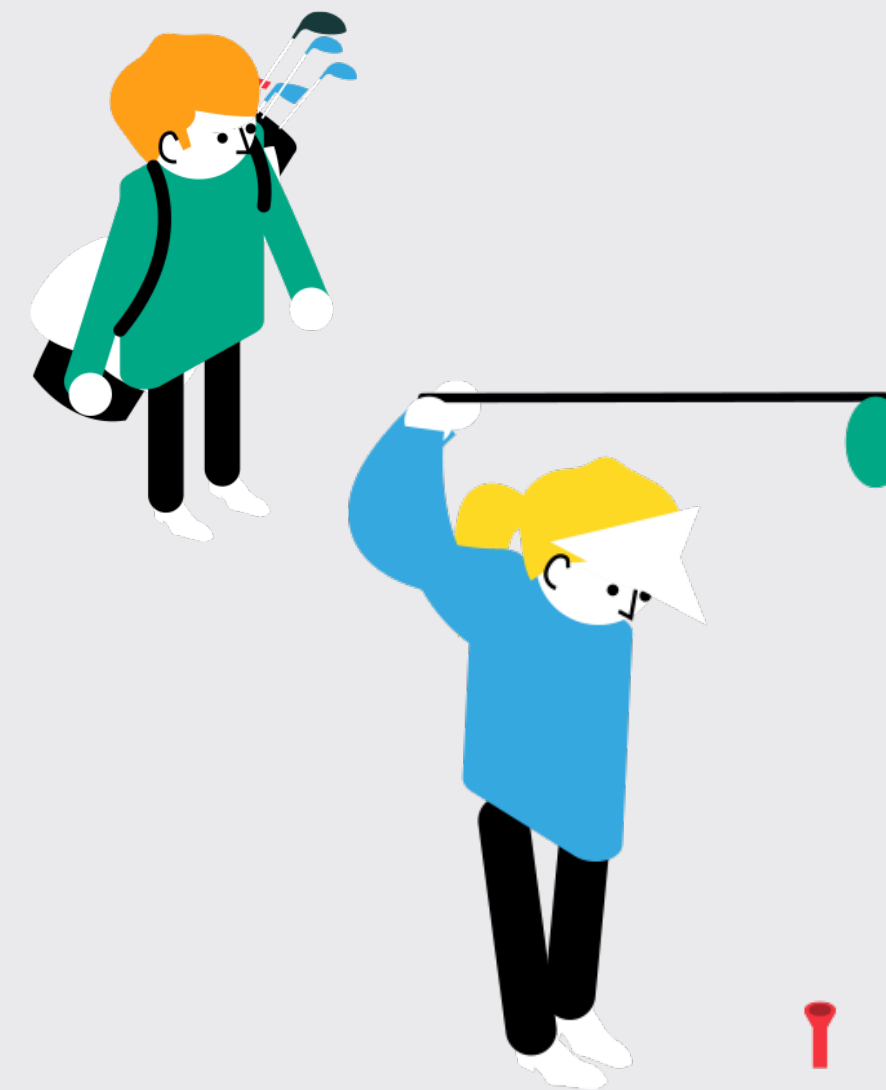
Rules and Etiquette

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 to 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.

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



JUNIOR GOLF
ACADEMY



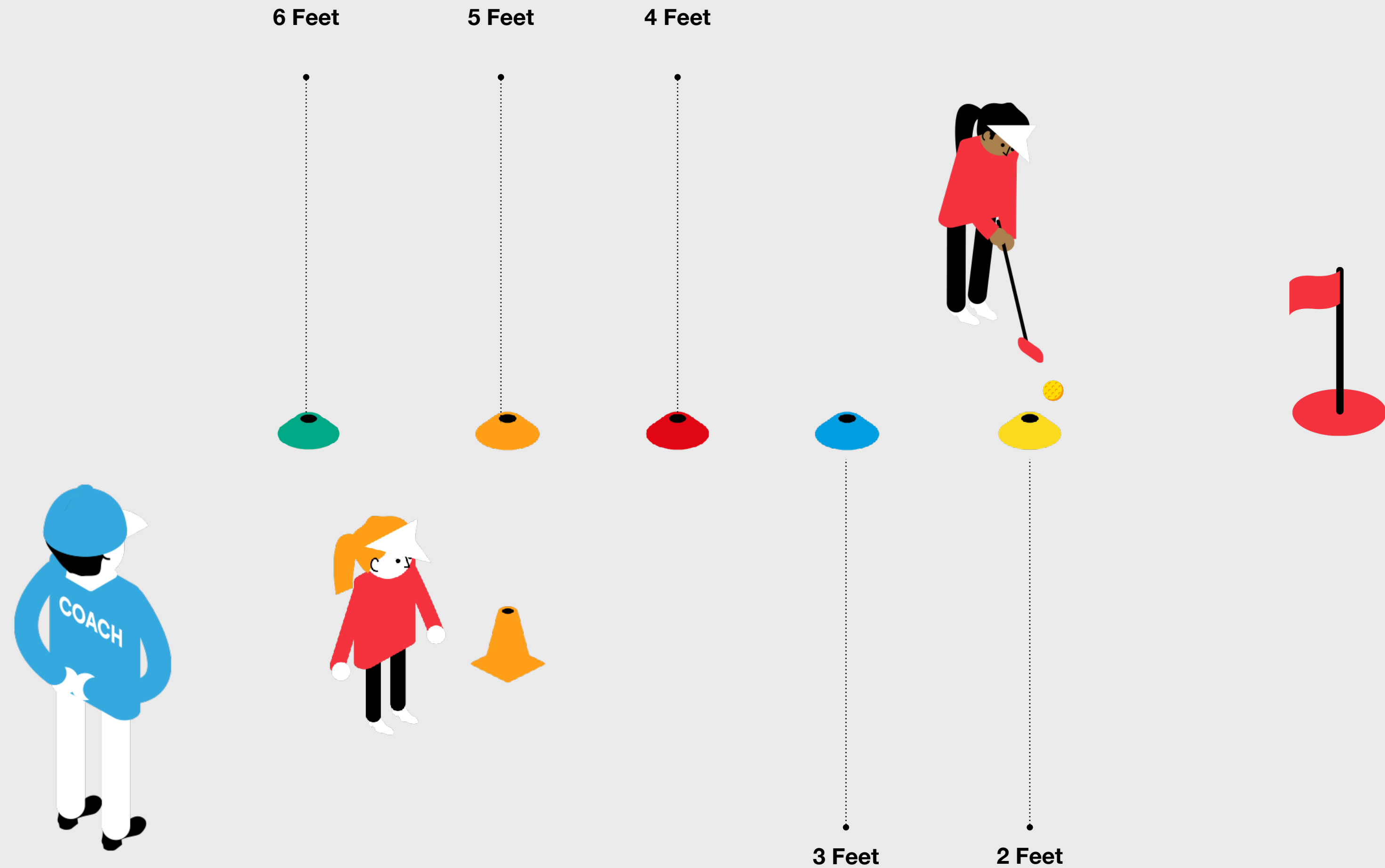
Questions to Ask

- Who plays first when you are playing a hole?
- Where should you stand when someone else is playing their shot?
- What can you do to be prepared for when it is your turn to play?

Mastering the Game Cards



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

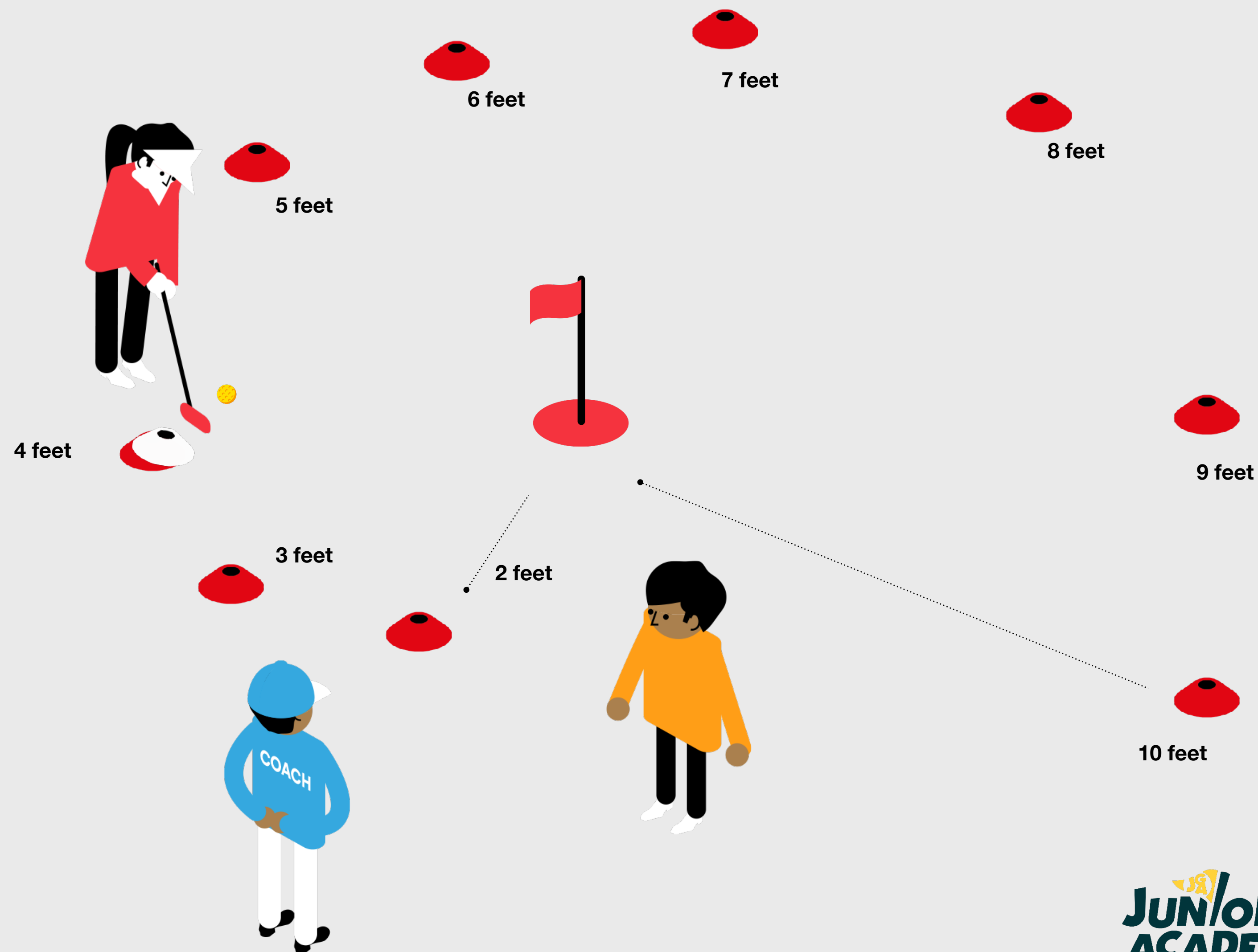
1 x Golf ball per player

Spare equipment that may be required for the group attendees.





Round the Clock Spiral



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

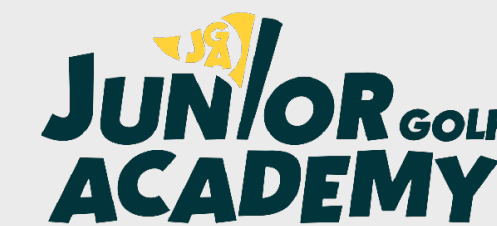
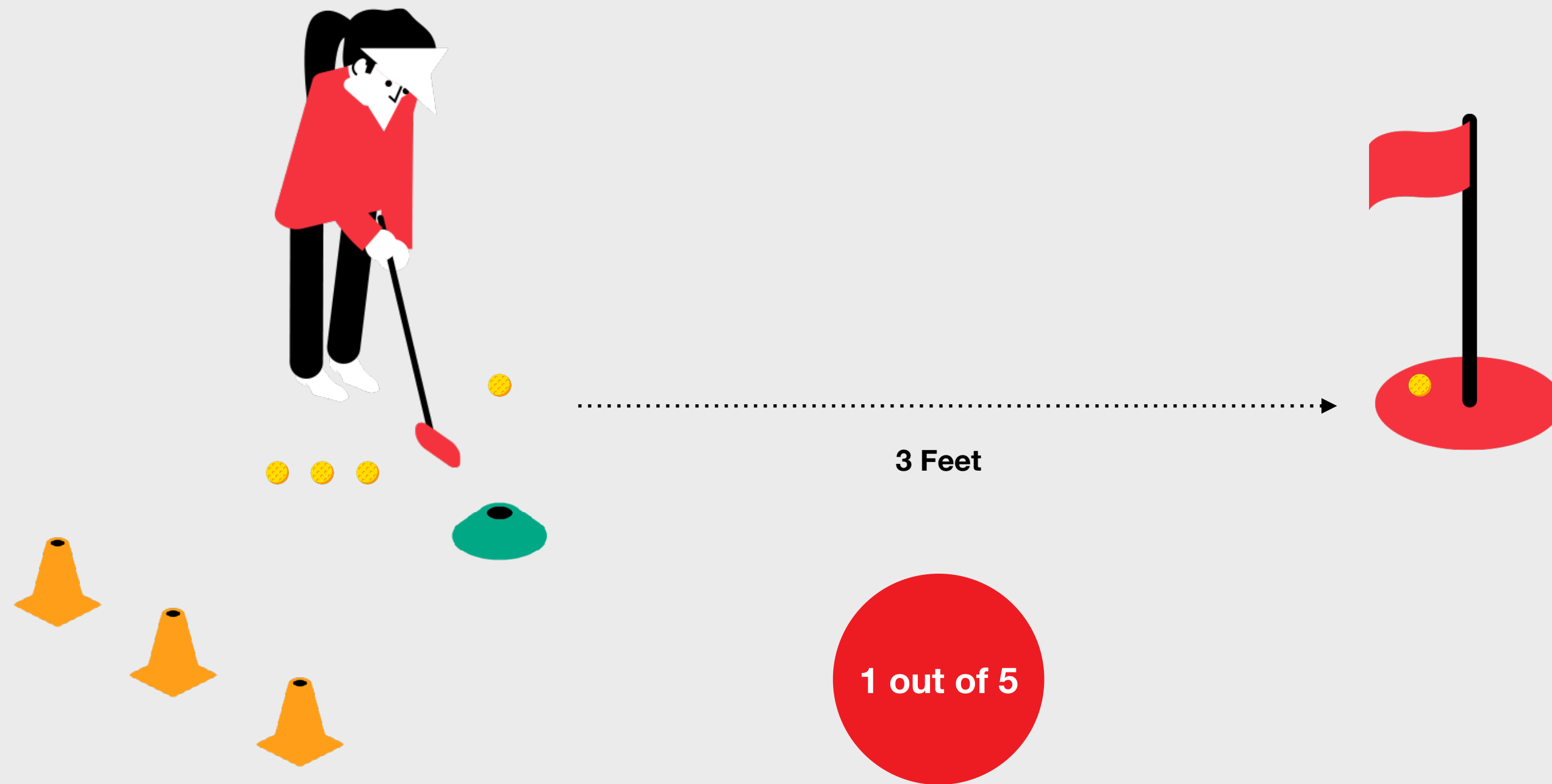
Golf Ball



Mastering the Game Challenge Cards



Short Putts Challenge



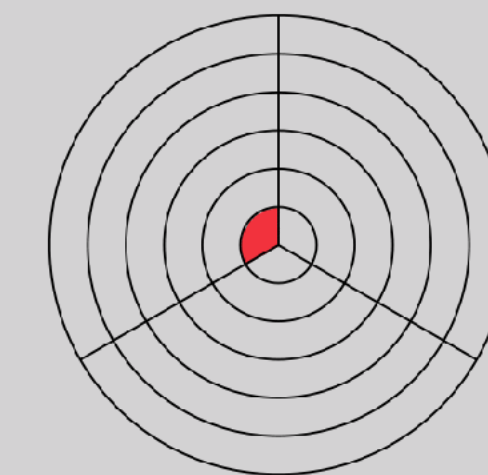
The Challenge

To complete the Level 1 Challenge within the Short Putts skill element, the child has 5 attempts to putt 1 ball into the hole from a single position 3 feet from the hole.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

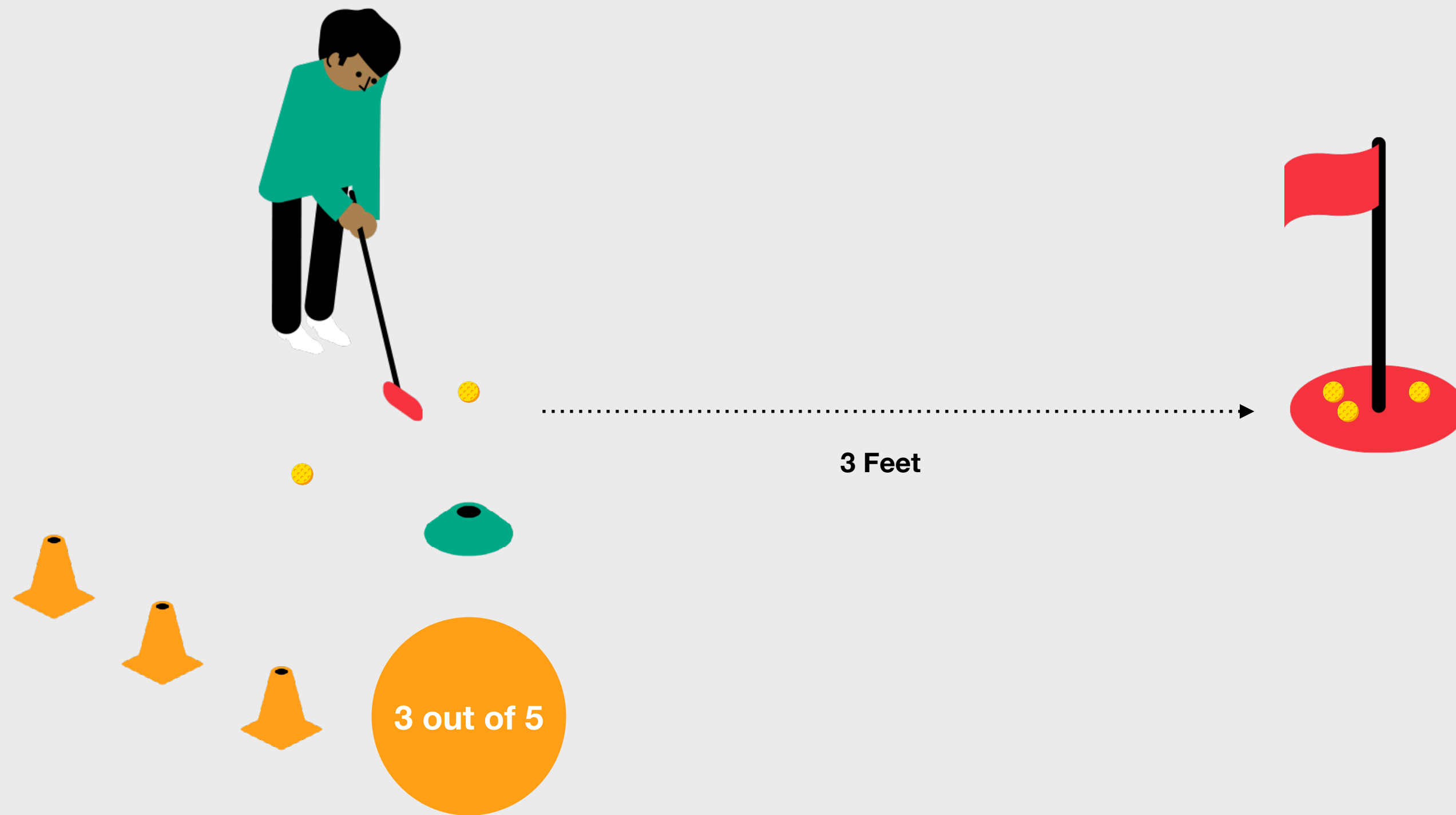
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



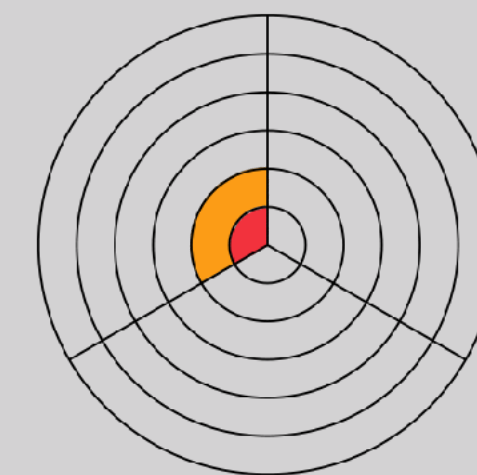
The Challenge

To complete the Level 2 Challenge within the Short Putts skill element, the child has 5 attempts to putt 3 balls into the hole from a single position 3 feet from the hole.

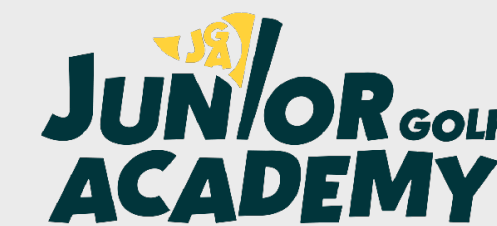
What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



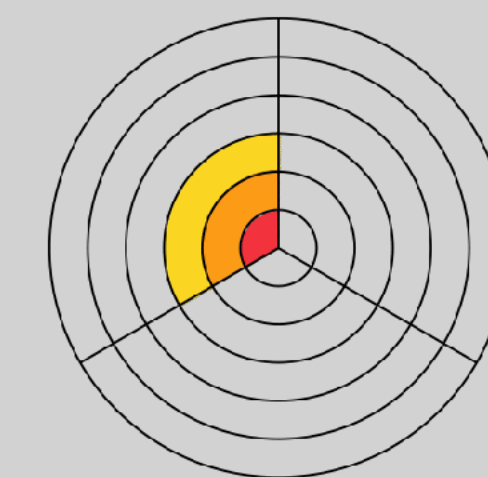
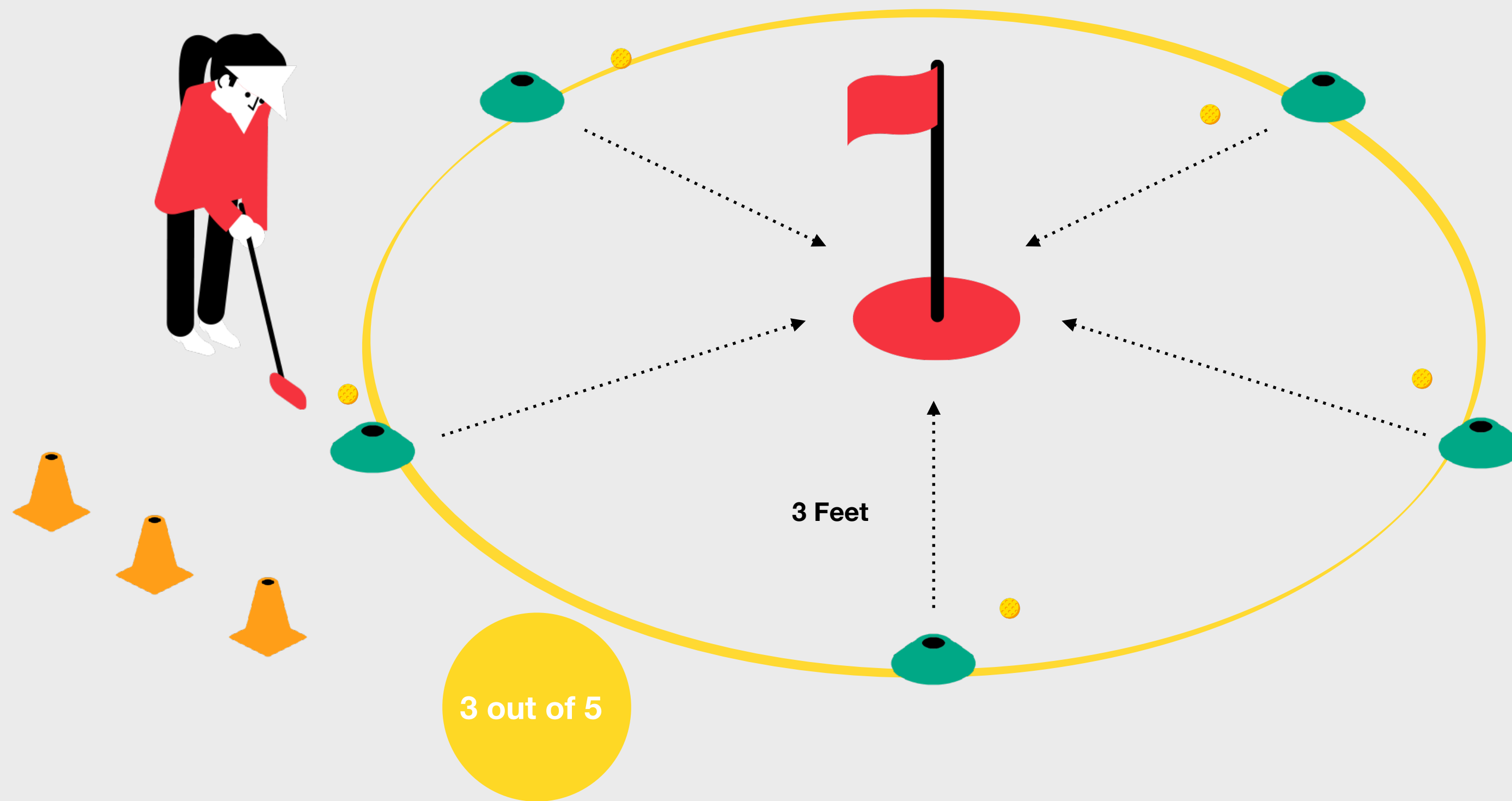
The Challenge

To complete the Level 3 Challenge within the Short Putts skill element, the child has 5 attempts to putt 3 balls into the hole from 5 different positions around the hole from a distance of 3 feet. One putt should be attempted from each position.

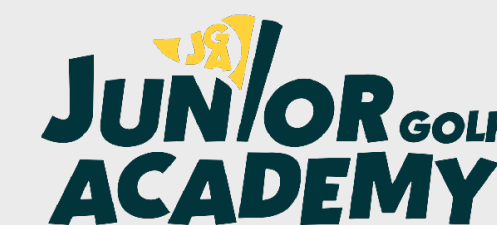
What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



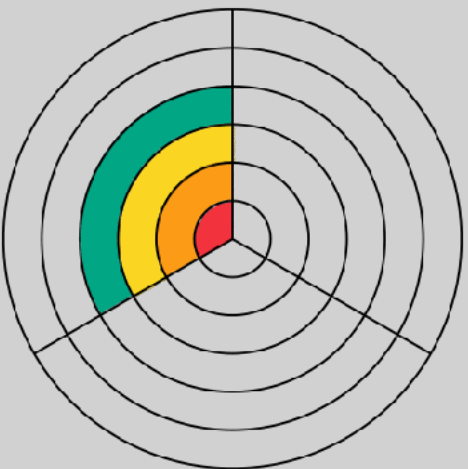
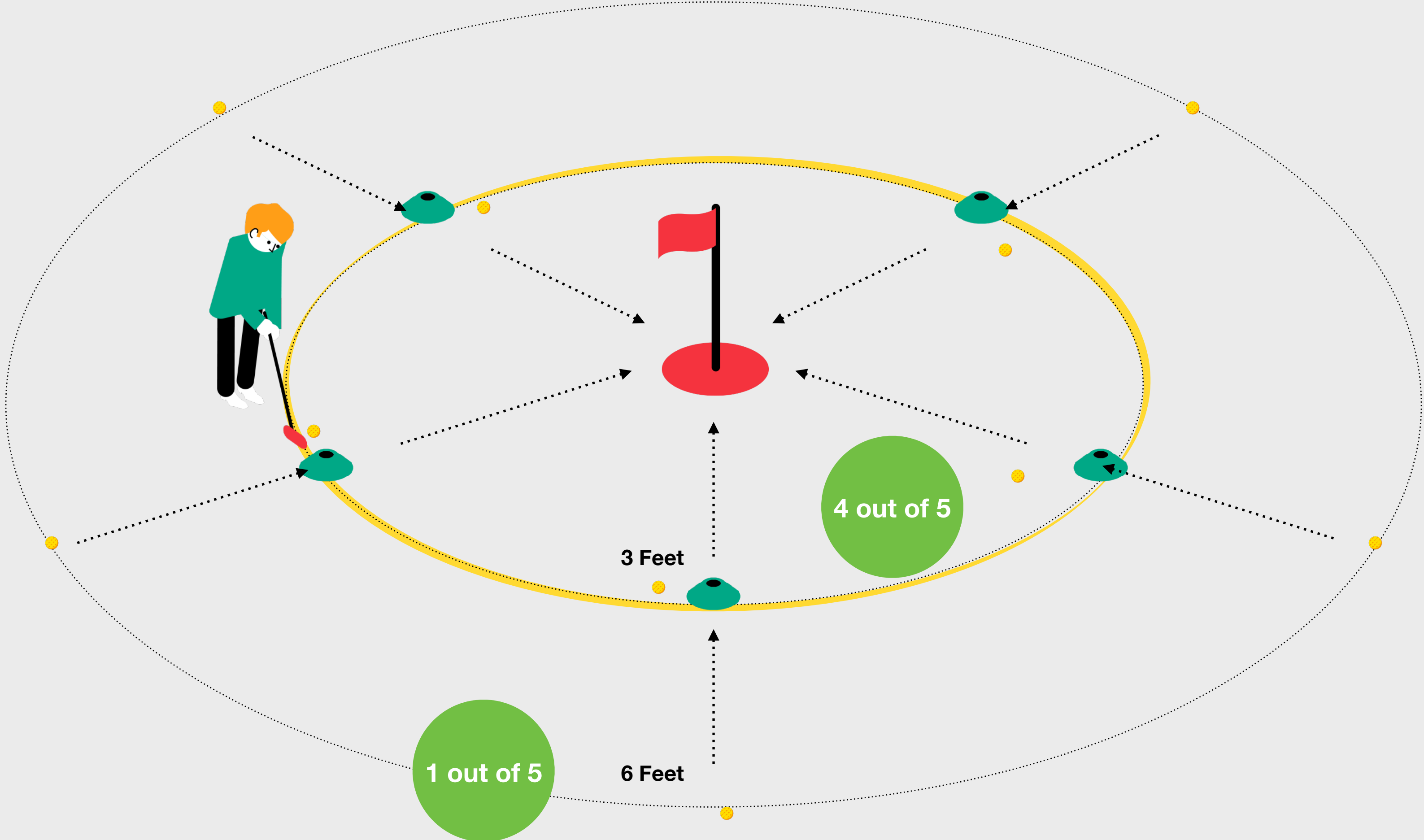
The Challenge

To complete Level 4 Challenge within the Short Putts skill element, the child has 5 attempts to putt 4 balls into the hole from 5 different positions around the hole from a distance of 3 feet. They also have 5 attempts to putt 1 ball into the hole from 5 different positions around the hole from a distance of 6 feet. One putt should be attempted from each position.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



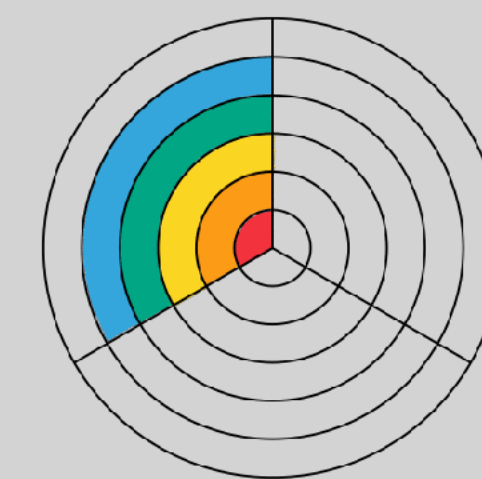
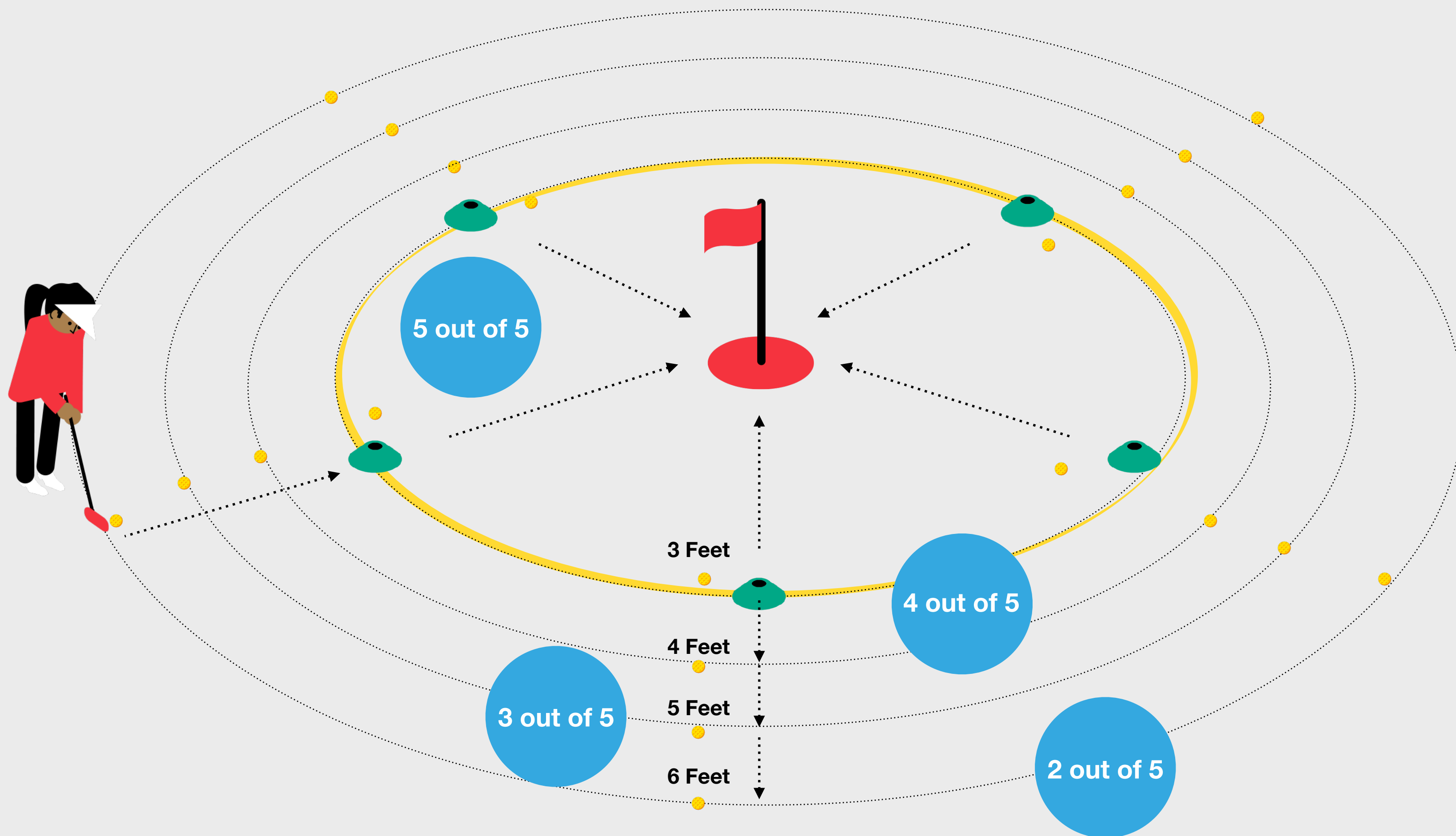
The Challenge

To complete the Level 5 Challenge within the Short Putts skill element, the child has to putt the ball into the hole 5 times from 3 feet., 4 times from 4 feet, 3 times from 5 feet & 2 times from 6 feet. You have 5 attempts at each distance and one putt should be attempted from 5 different positions around the hole.

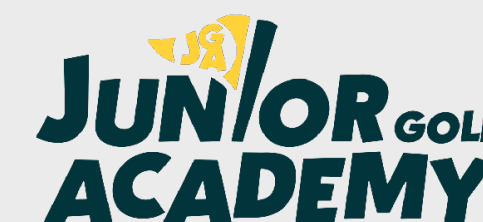
What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

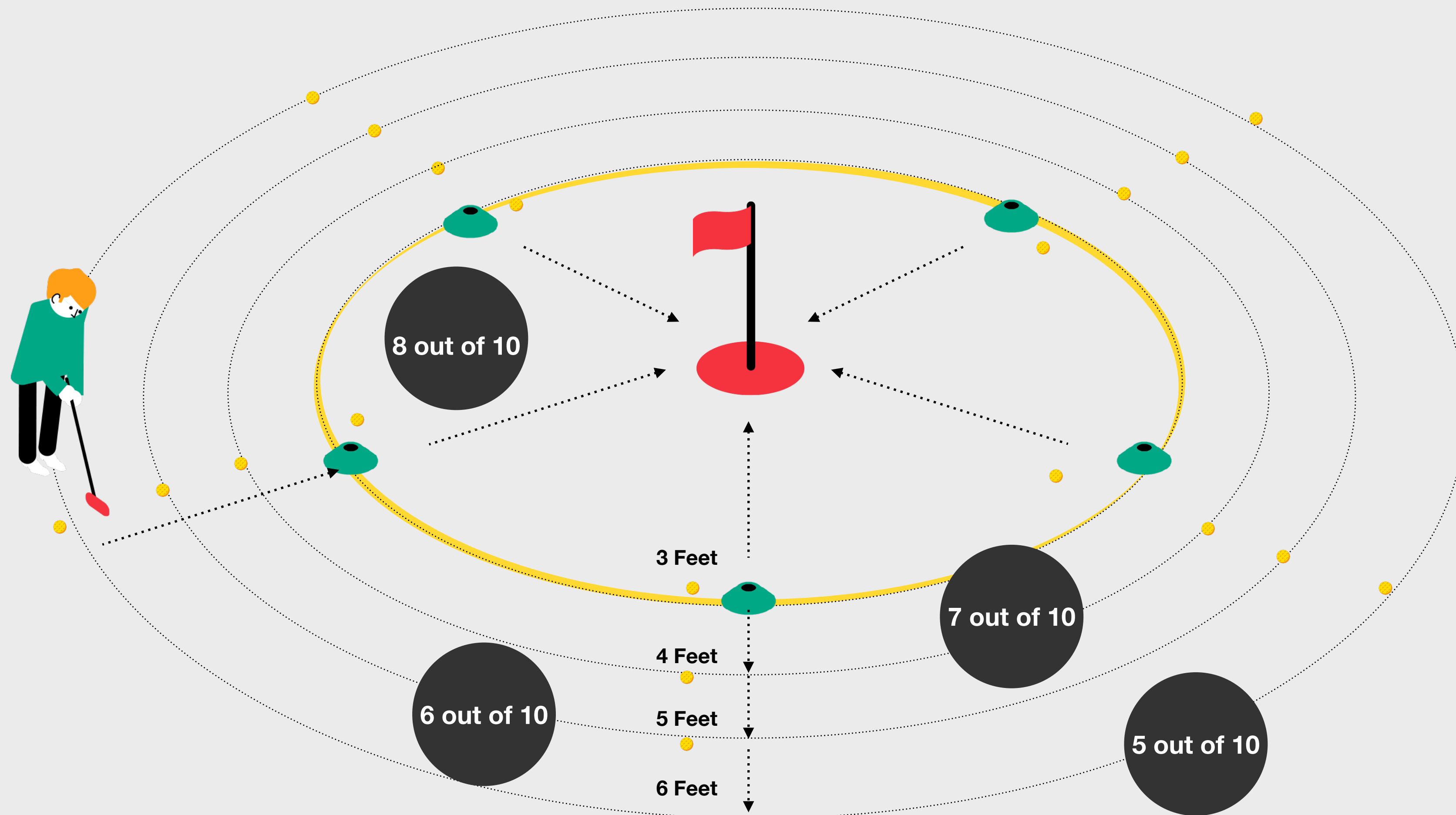
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



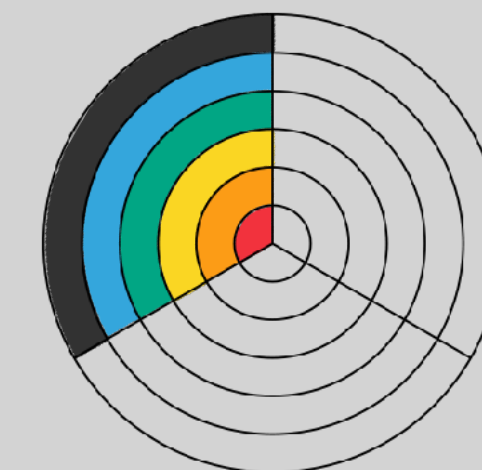
The Challenge

To complete the Level 6 Challenge within the Short Putts skill element, the child needs to putt the ball into the hole 8 times from 3 feet., 7 times from 4 feet, 6 times from 5 feet & 5 times from 6 feet. You have 10 attempts at each distance and one putt should be attempted from 5 different positions around the hole.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts

