

# Around the Green

## Week 3





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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 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>	
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>Cone Collector</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>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 3

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Around the Green:  
Chipping

**Whole Child Focus**  
Social:  
Friendships

**Learning the Game Focus:**  
Preparing to Play:  
Staying Safe at the Golf Course

**Mastering the Game Challenge:**  
Chipping 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>Wedge and Ball</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>Staying Safe at the Golf Course</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>Friendships</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>Battleships</li> <li>Ladder Challenge</li> <li>Chipping 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 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>myAcademy Folders</li> <li>GLF. Connect myGame+</li> </ul>



# Layout and Setup





# Class Layout and Setup

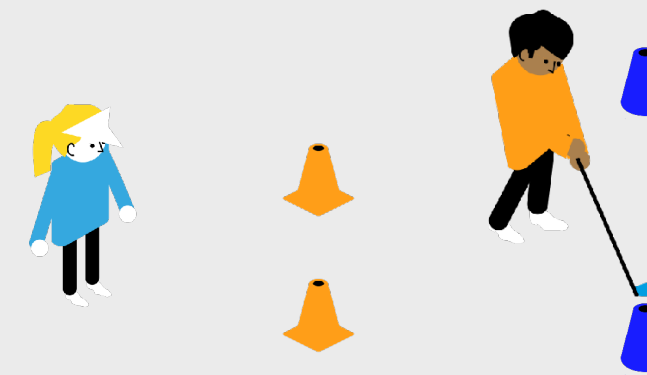
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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

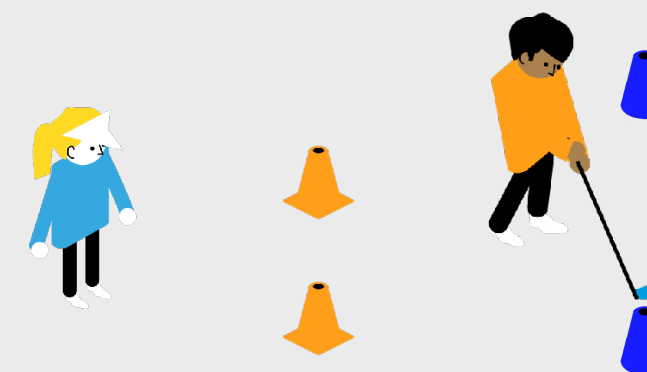
**Station 3:**  
Game Station  
Battleships



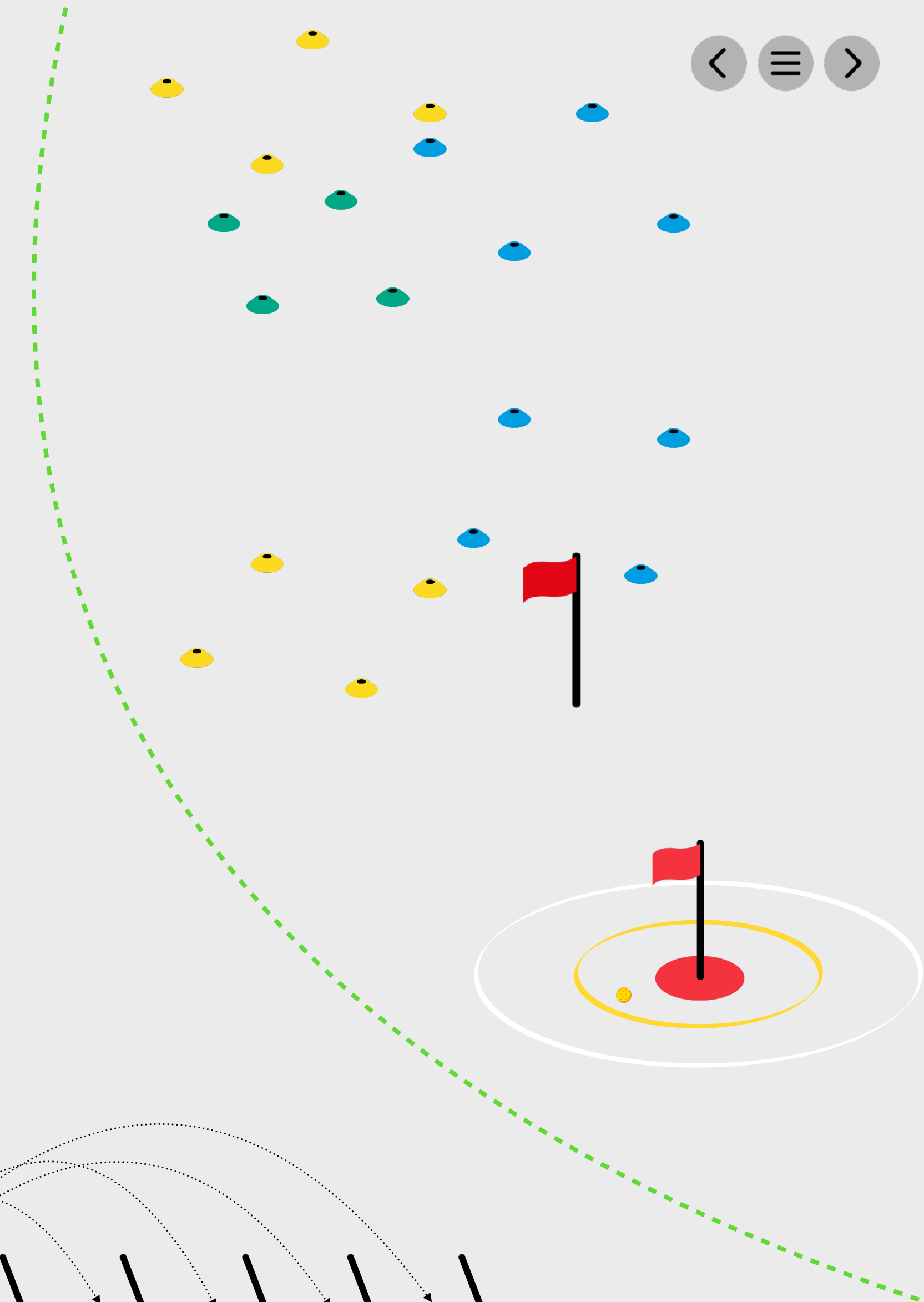
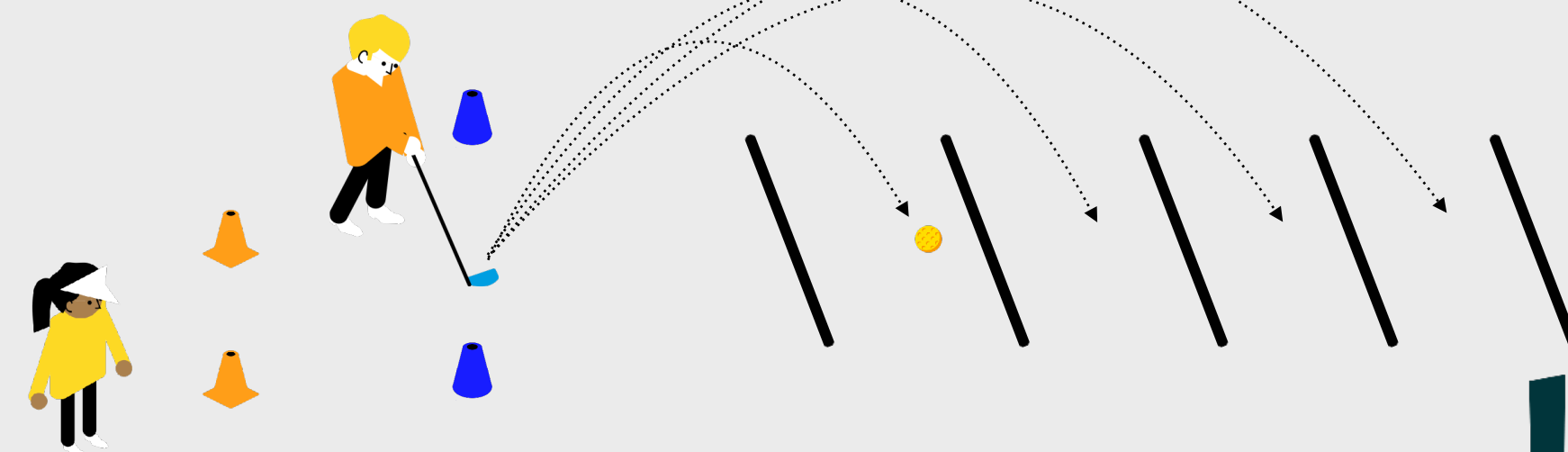
**Station 4:**  
Free Practice Station



**Station 1:**  
Challenge Station

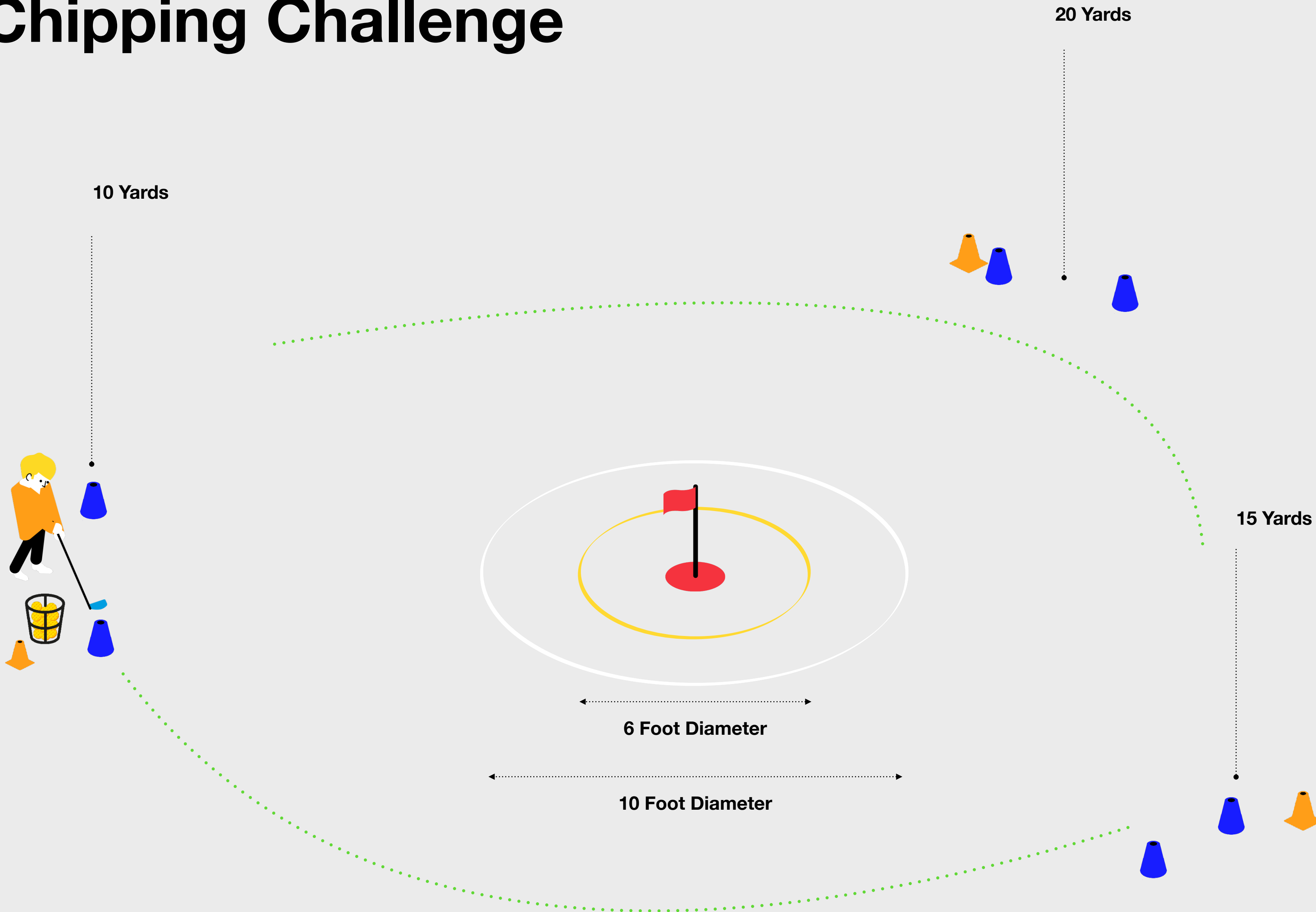


**Station 2:**  
Game Station  
Ladder Challenge





# Chipping Challenge



## Setting out the Challenge

- 1 flag should be selected on the green. Alignment sticks could be used where this isn't possible
- 2 target circles from your equipment bag are placed around the flag at the diameters in the graphic opposite
- Three starting points are positioned around the green for level 3-6 challenges
- These should offer variation and at the approximate distance indicated in the graphic

## Equipment Required

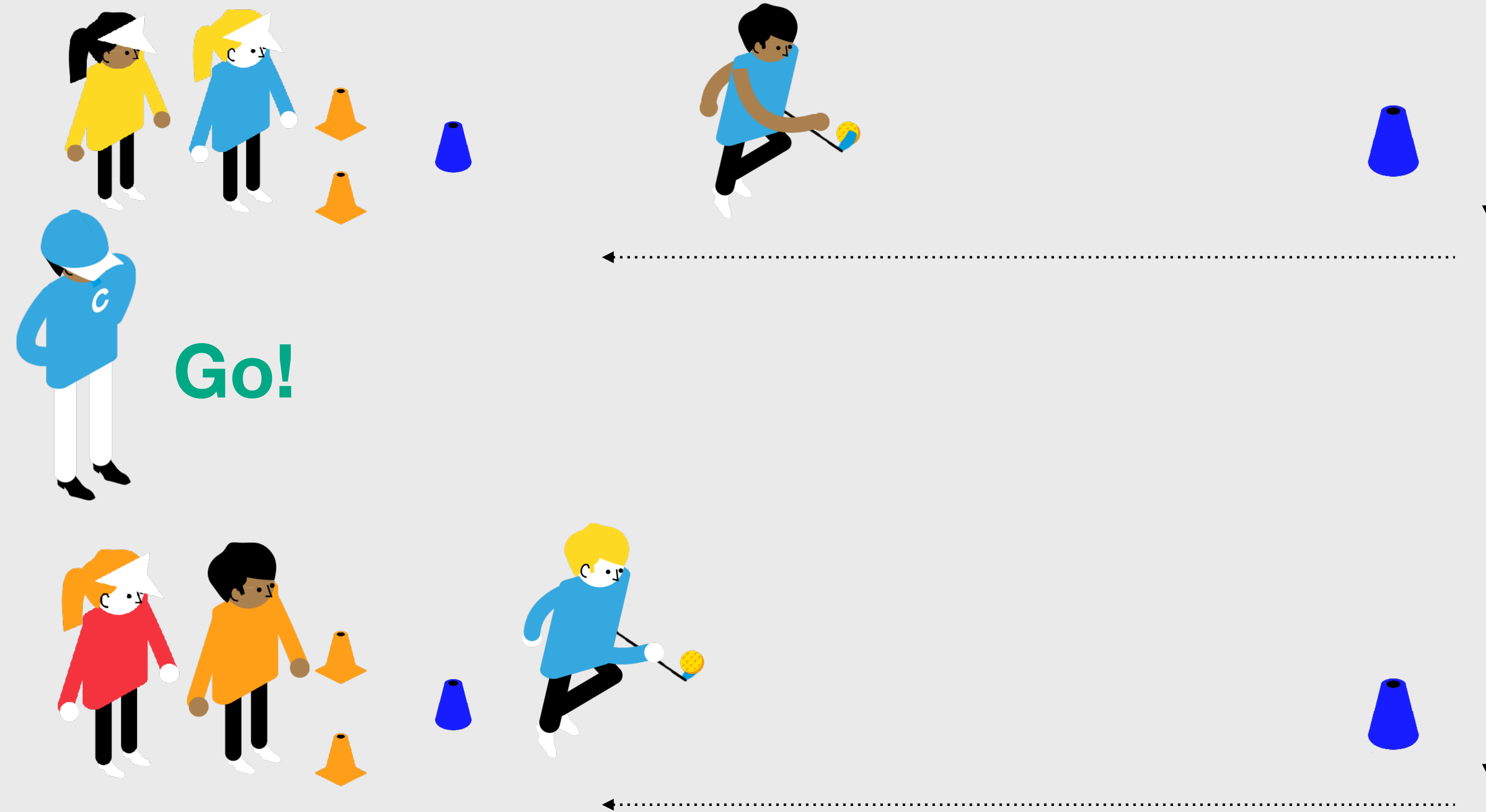
- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Target circles
- Flag



# Physical Literacy Warm Up Game



# Wedge and Ball



## How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 with the wedge in one hand and the golf ball in the other
- On go, the child tries to walk and balance the golf ball on the club face
- The team that wins is the one who gets all players home first.

## Progression Ideas

- Add extra goes for each child
- Increase the distance between the markers
- Play the game with different fundamental movements such running or hopping
- Attempt to play the game bouncing the ball on the clubface as the child moves
- When the ball is dropped, the child returns to the start

## Equipment Needed

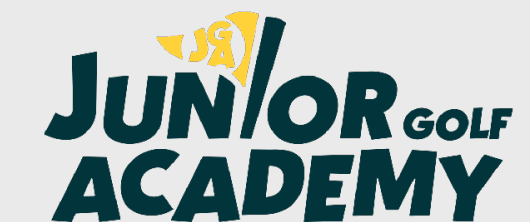
Orange Safety Cones

SAFETY

4 x Cones

Golf Wedge

Golf Ball





# 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 Friendships

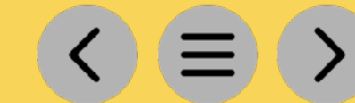
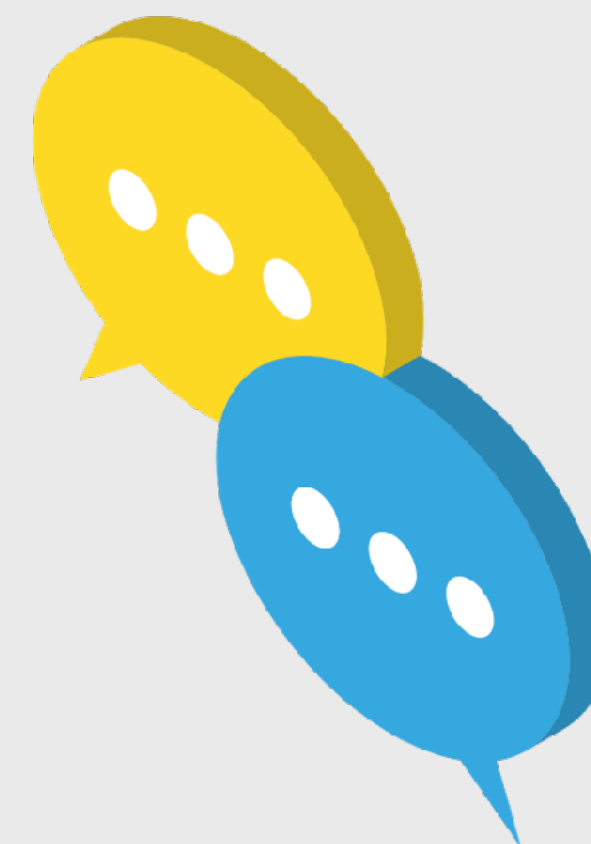
The Whole Child theme this week is to encourage children to make friends with other children that they don't know.

Carry this theme into the class by pairing the children with those they don't normally play with, or those they don't know as well as others.

It should be highlighted that the Achiever Award is presented to the child that is enthusiastic and open to meeting new friends.

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





# Playing and Scoring

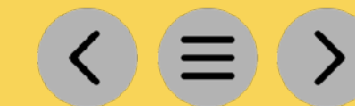
## Staying safe on the golf course

The Learning the Game focus this week is about understanding the dangers on the golf course and what we need to know to stay safe.

You should highlight to your juniors best practice of knowing where to stand when someone is playing their shot, being aware of other players on the course, and introduce the concept of shouting “Fore!” and what to do when you hear this shout.

Use the lesson to practice playing safely and give your juniors responsibility to make sure this happens.

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



### Questions to Ask

- What dangers are there on the golf course that we need to be aware of?
- Where should we stand when someone else is playing a shot?
- Who do we need to be aware of on the golf course?
- Do we need to make sure we are aware of these things on the practice area too?



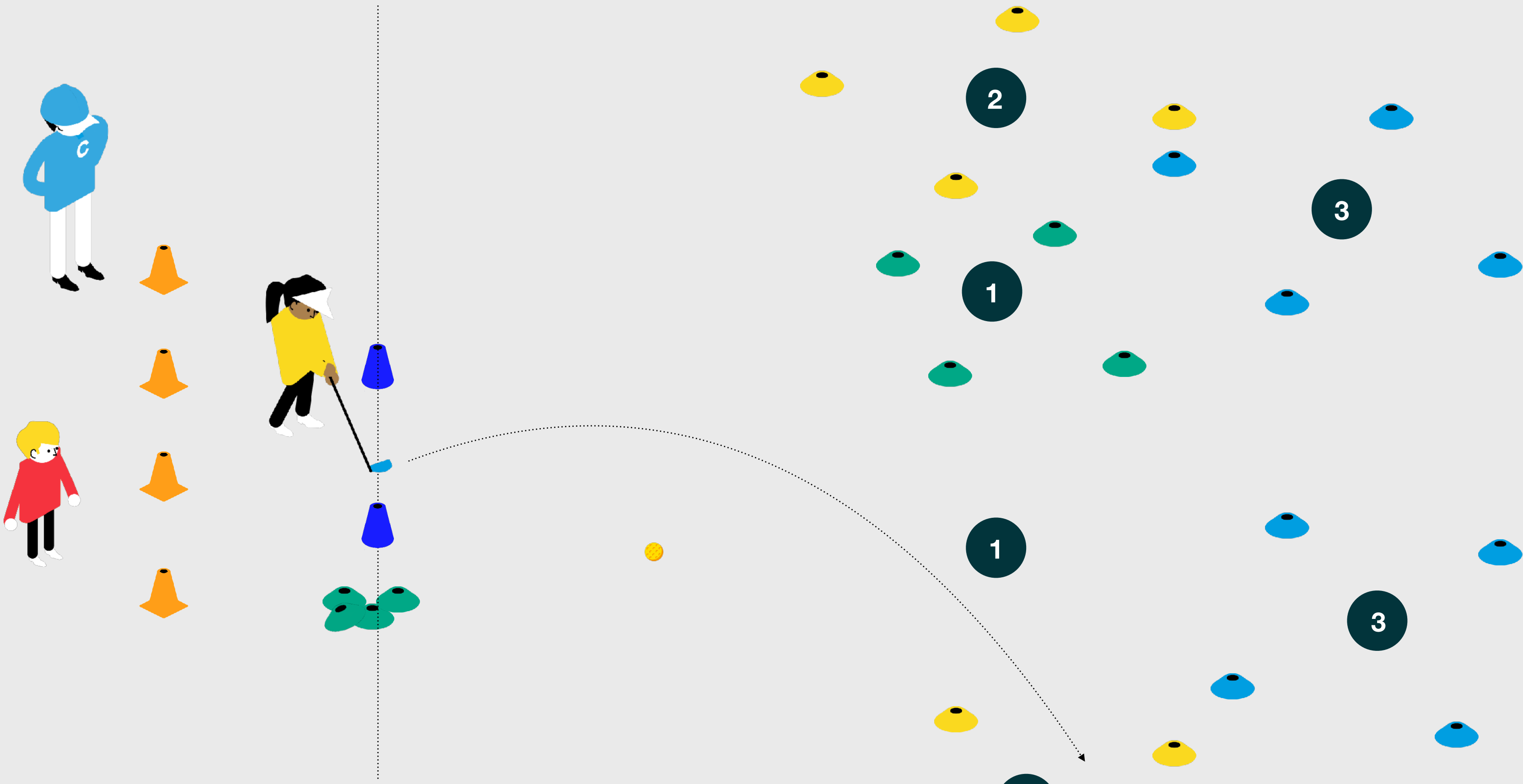
# Mastering the Game Cards







# Battleships



Minimum 20 yards







### How to Play

- One player is assigned one side as their ships and the other child is assigned the opposite. The aim of the game is for players to destroy the opposing player's ships by landing the ball into the box
- Players must nominate the ship they are attempting to destroy. If they are successful, they pick up the cones and return it to the start
- The game continues until one player has destroyed all of the opposing players ships

### Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the distance between the starting point and the ships
- Change the size of the target ships
- Change the number of target ships

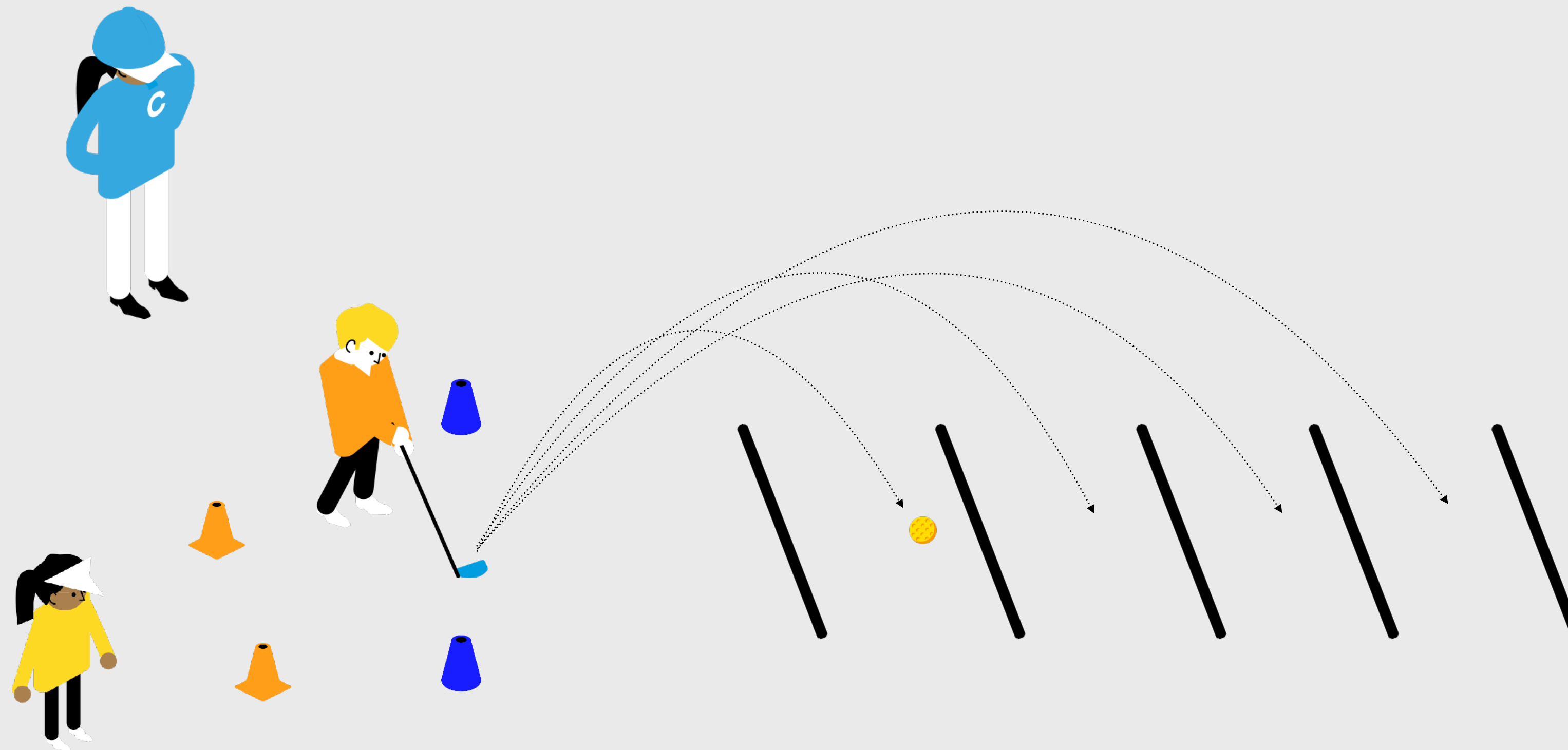
### Equipment needed

- Orange safety cones 
- 3 x cones 
- Golf balls 
- 8 x Colored cones to mark out two of the boxes 
- 8 x Colored cones to mark out two of the boxes 
- 8 x Colored cones to mark out two of the boxes 





# Ladder Challenge



## How to Play

- Nominate a player to play first. Each child has 10 shots per round
- The first player attempts to pitch their ball into the gap between the first and second alignment stick
- If successful, then their partner aims for the gap between the second and third alignment sticks
- If they miss the gap the team have to aim for the same gap until they are successful
- The aim is to pitch the ball into each gap on the ladder before they run out of golf balls
- The game is complete if players have successfully hit each rung of the ladder after taking 10 shots each

## Progression Ideas

- Vary the distance from the first alignment stick
- Vary the gap between alignment sticks
- Add in more alignment sticks to create a longer ladder

## Equipment needed

2 x Orange safety cones

SAFETY



2 x Cones



5 x Alignment sticks



Golf balls



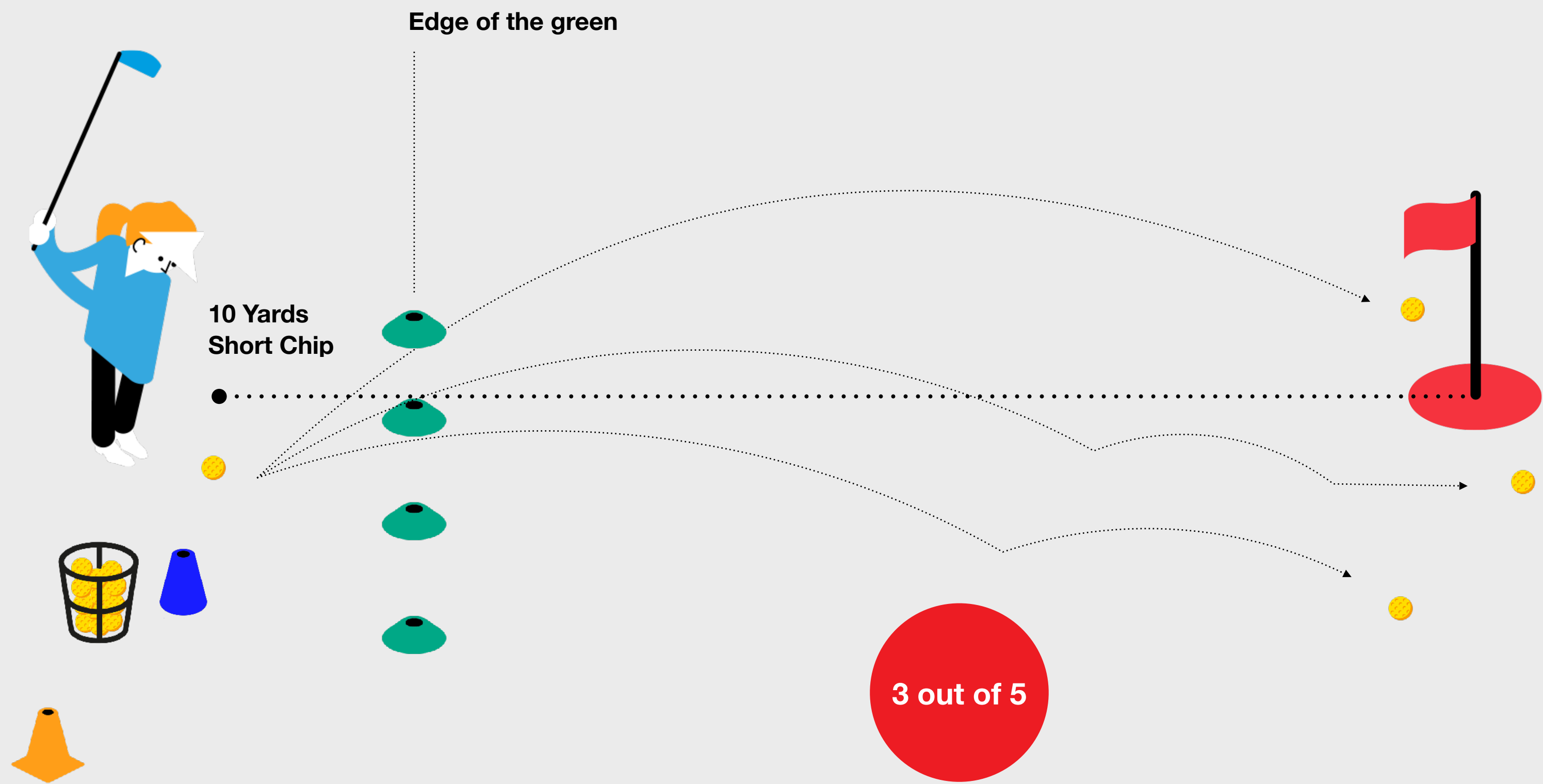


# Mastering the Game Challenge Cards





# Chipping Challenge



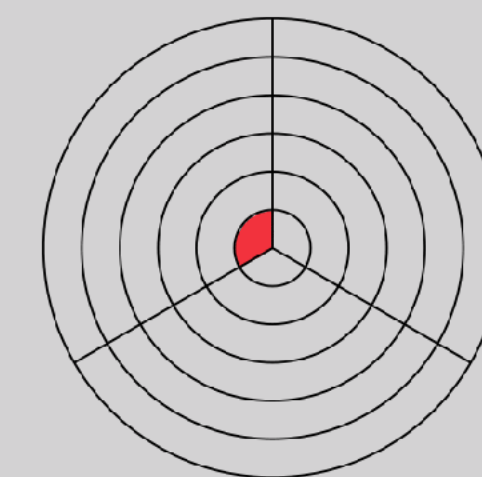
## The Challenge

To complete the Level 1 Challenge within the Chipping skill element, the child needs to get 3 shots out of 5 anywhere on the green from a starting distance of 10 yards.

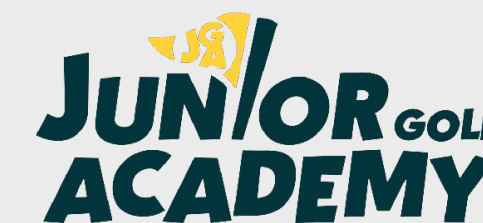
## What to do next?

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.

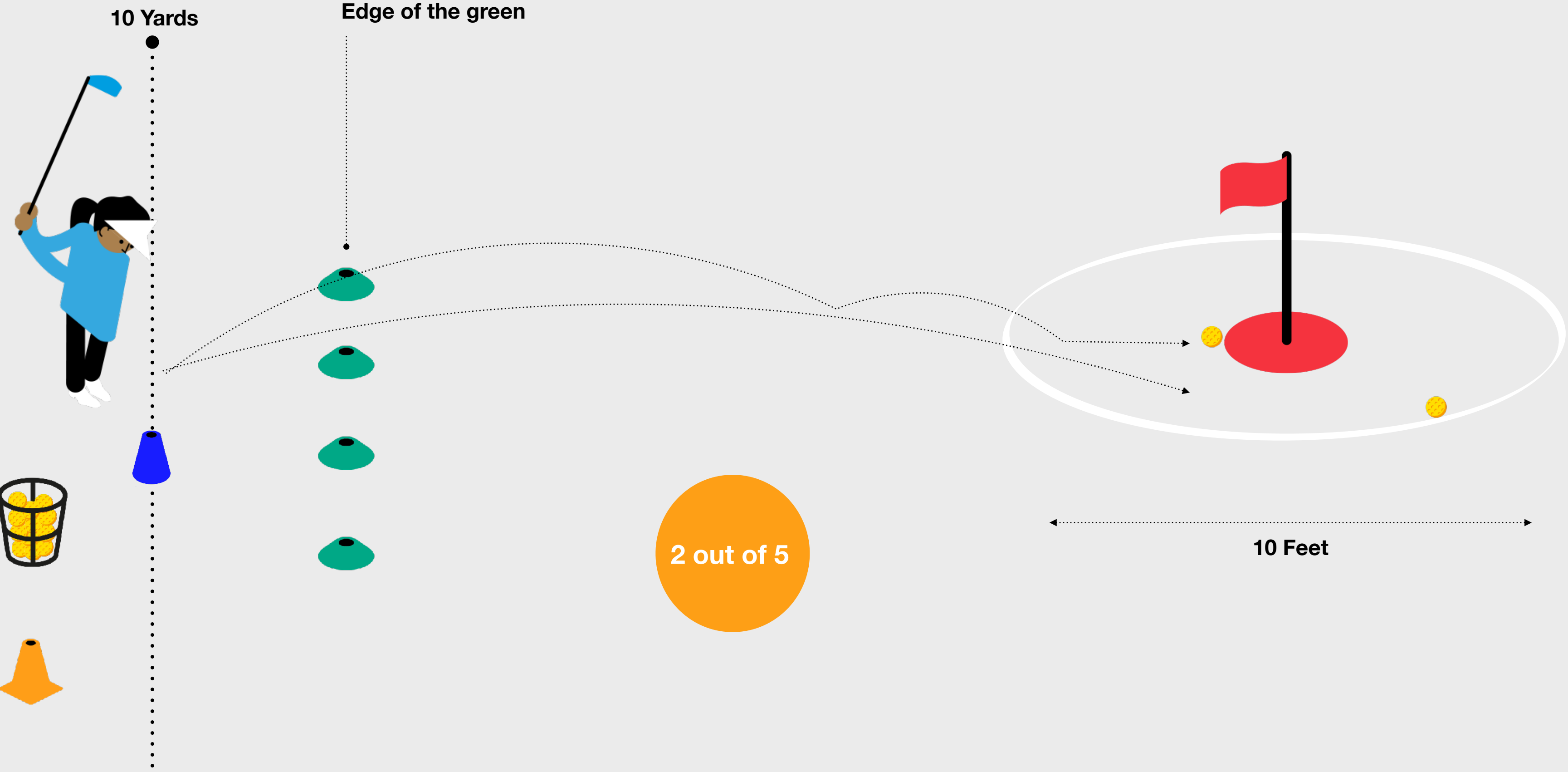


## Chipping





# Chipping Challenge



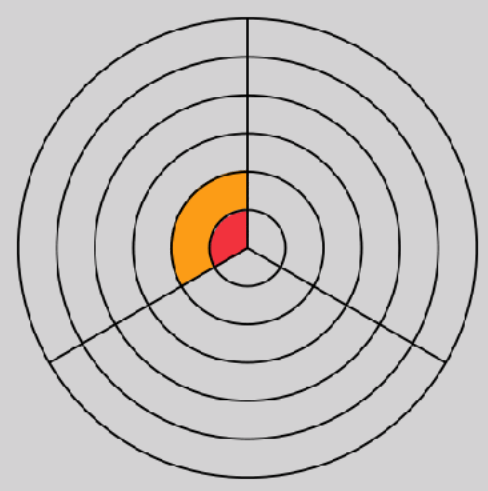
### The Challenge

To complete the Level 2 Challenge within the Chipping skill element, the child needs to get 2 shots out of 5 within a 10-foot diameter target circle from a starting distance of 10 yards from the flag.

### 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.

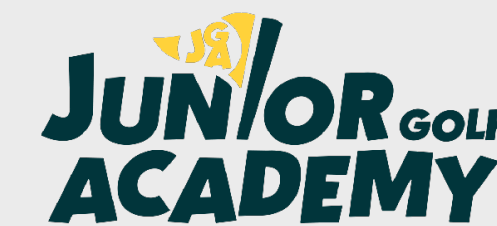
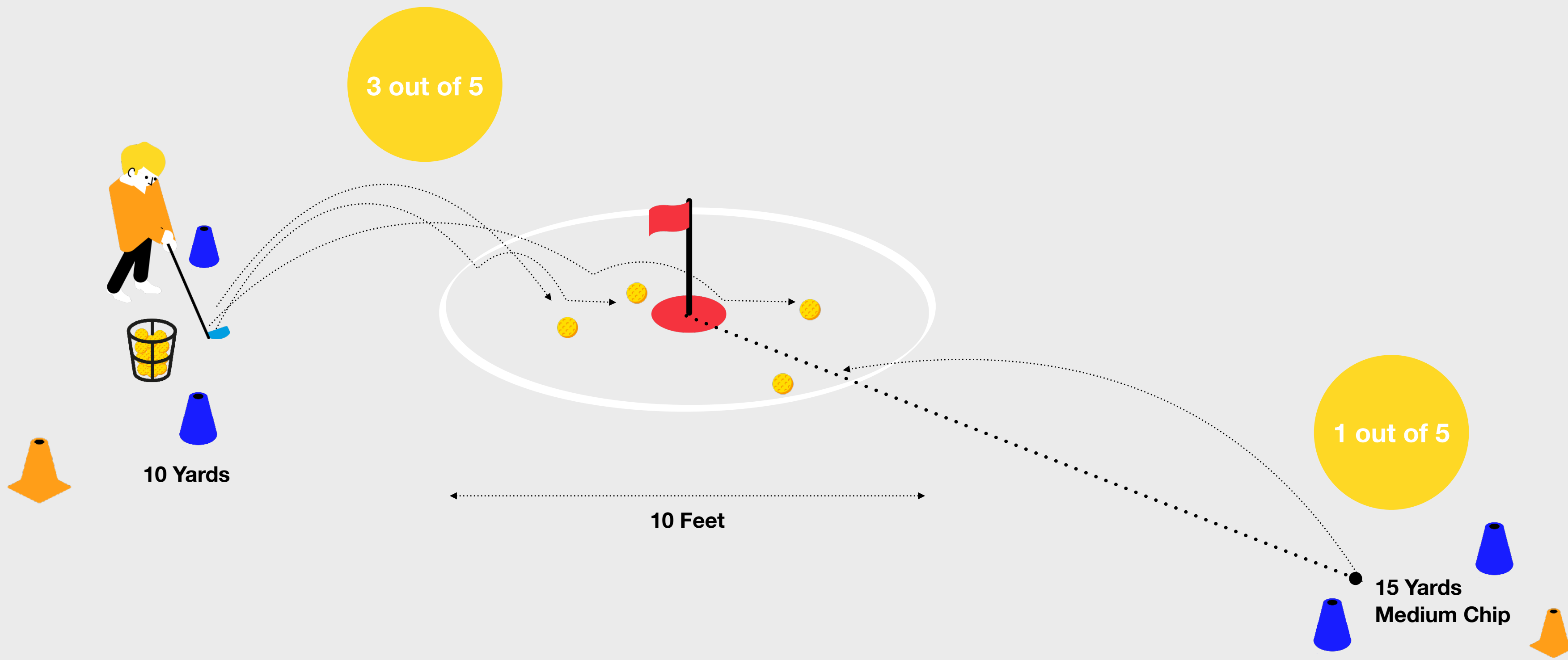
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Chipping



# Chipping Challenge



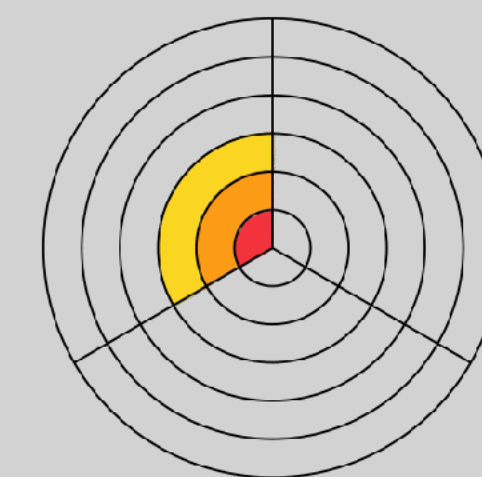
## The Challenge

To complete the Level 3 Challenge within the Chipping skill element, the child needs to hit 3 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter circle around the flag.

## 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.



## Chipping





# Chipping Challenge



## The Challenge

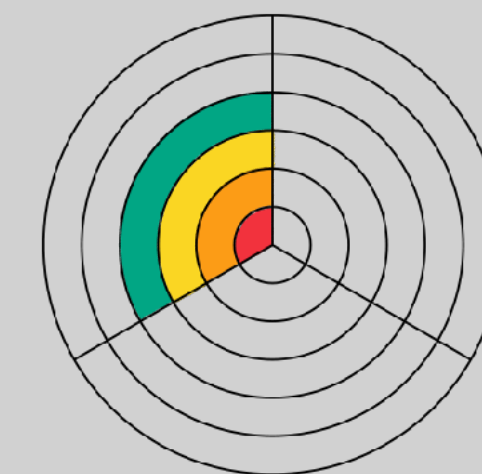
To complete the Level 4 Challenge within the Chipping skill element, the child needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 shots from 20 yards within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

## 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.

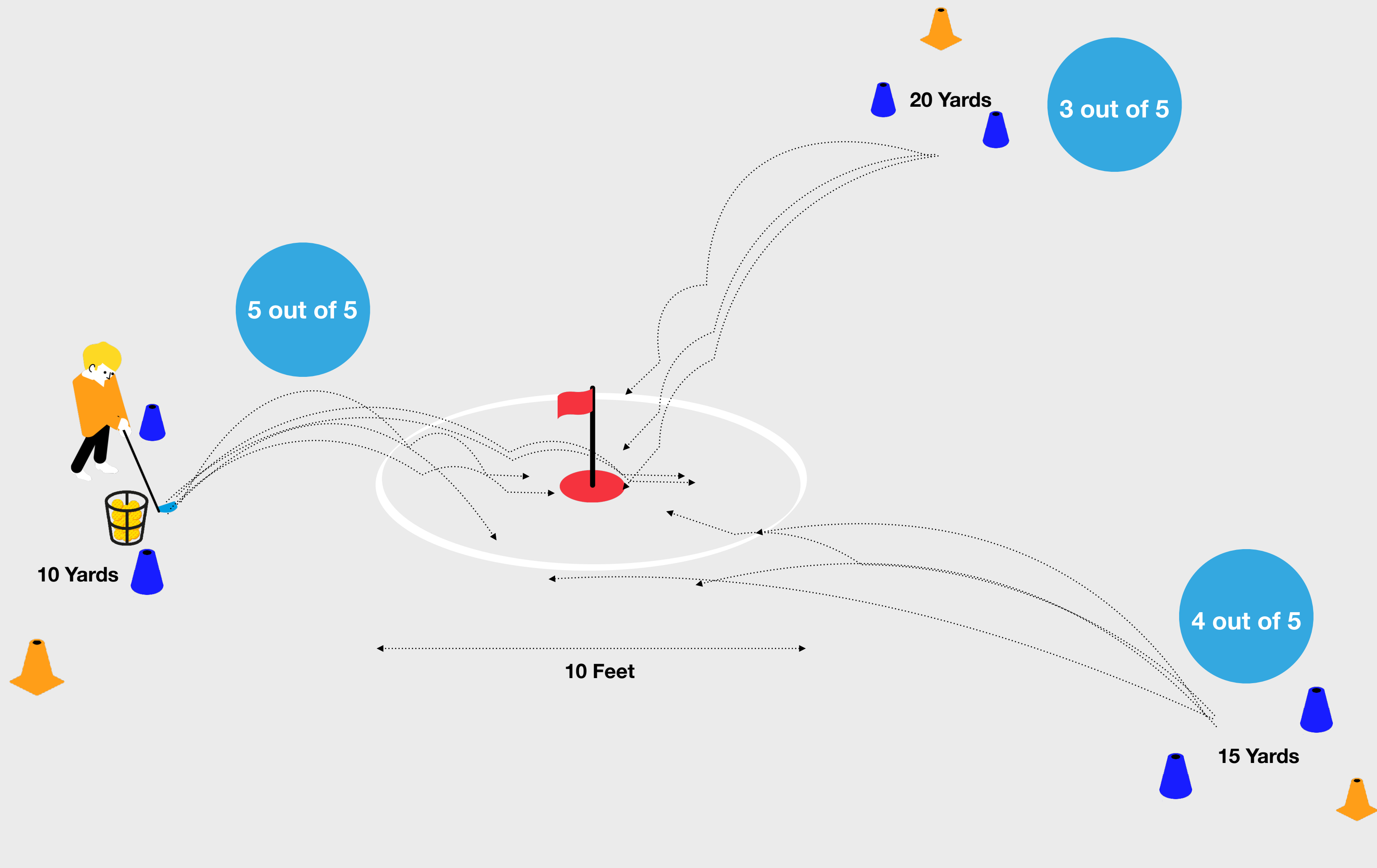
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Chipping



# Chipping Challenge



## The Challenge

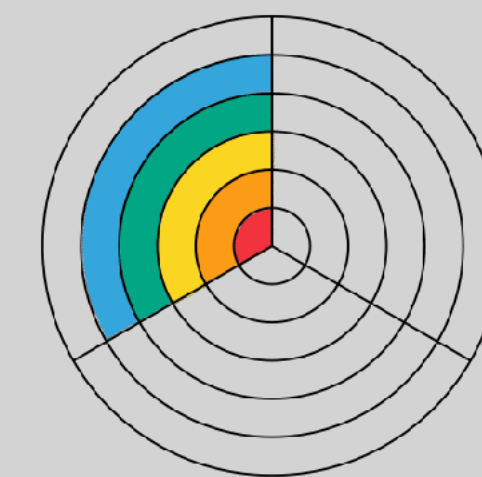
To complete the Level 5 Challenge within the Chipping skill element, the child needs to 5 out of 5 shots from 10 yards, 4 out of 5 shots from 15 yards and 3 out of 5 shots from 20 yards to finish within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

## 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.

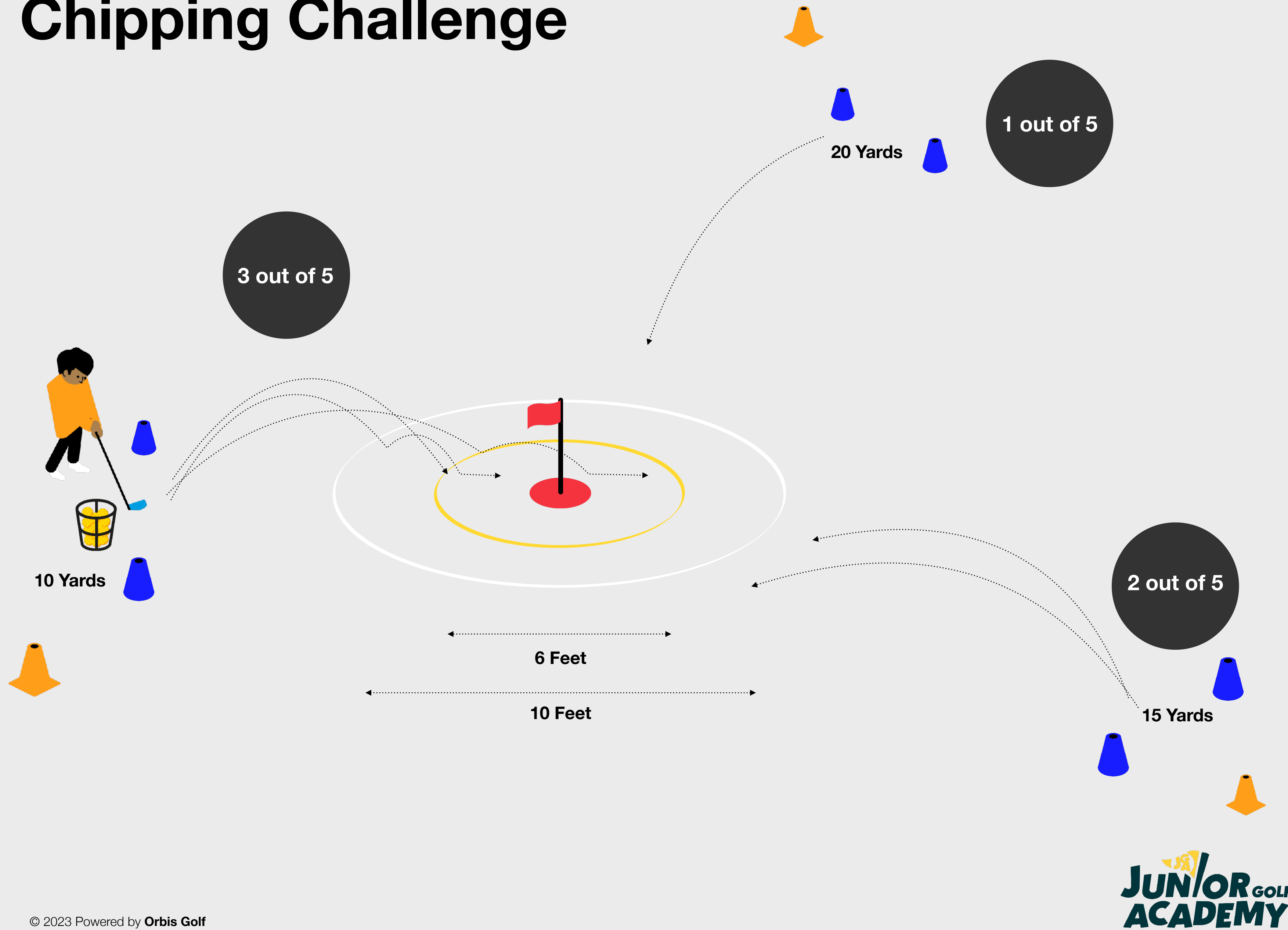


## Chipping





# Chipping Challenge



## The Challenge

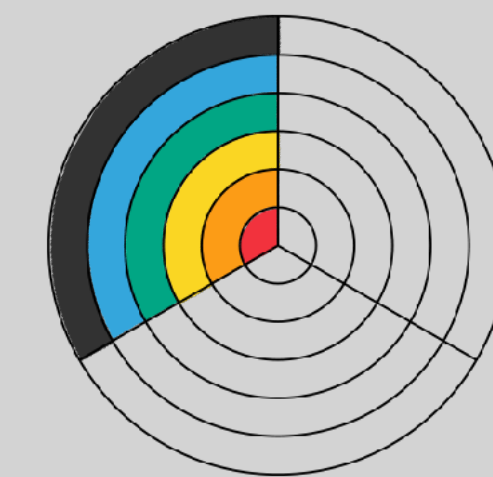
To complete the Black Sticker Challenge within the Chipping skill element, the child needs to get 3 out of 5 from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 from 20 yards to finish within a 6-foot diameter circle.

All shots must finish with the 10 foot target circle and the child should demonstrate good control of contact.

## 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.



Chipping

