

Junior Monthly Class Plans Ages 6-16

On the Green

Week 32



Class Timetable - Week 32

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Long Putts

Whole Child Focus
Creative:
Open Minded

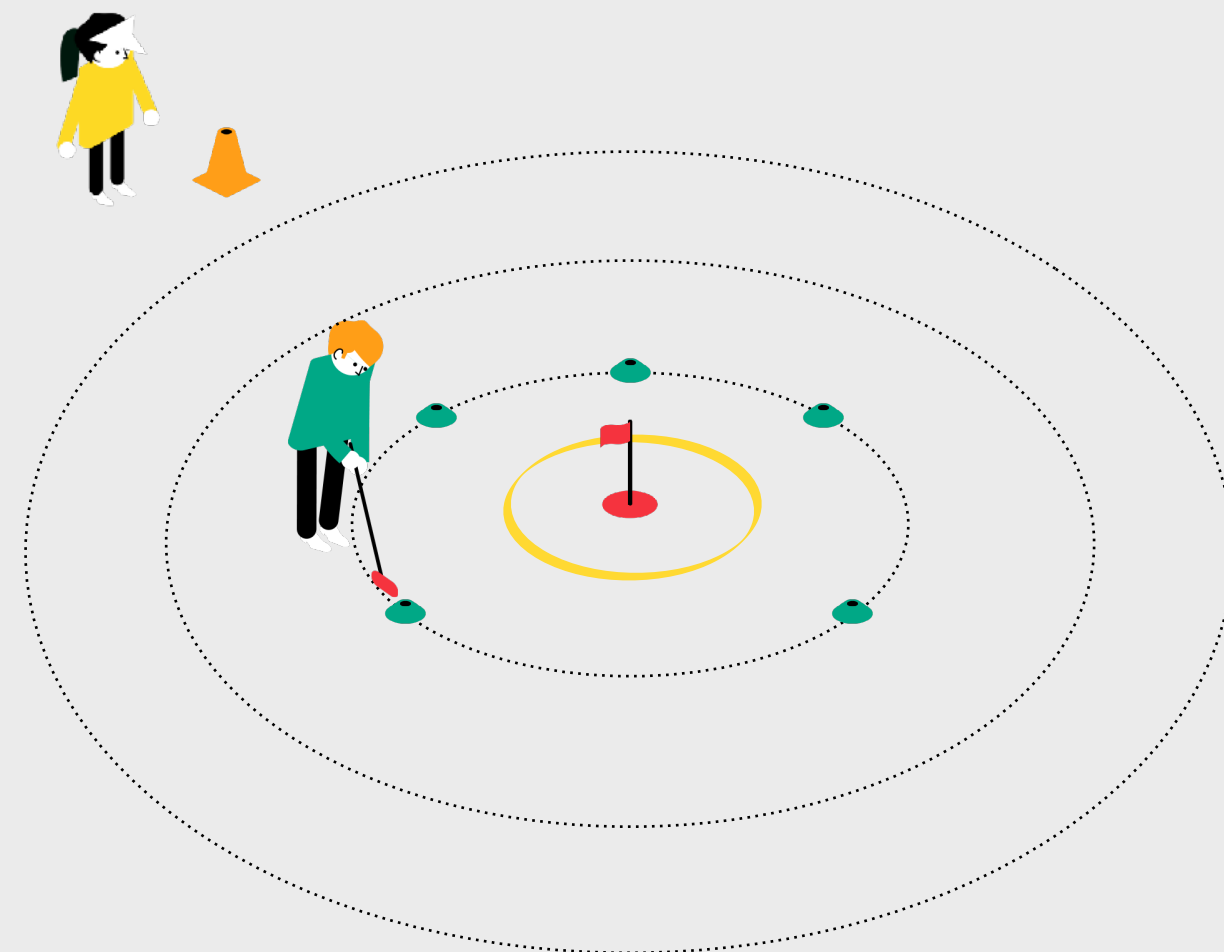
Learning the Game Focus:
Preparing to Play:
What to Wear?

Mastering the Game Challenge:
Long Putt Challenge

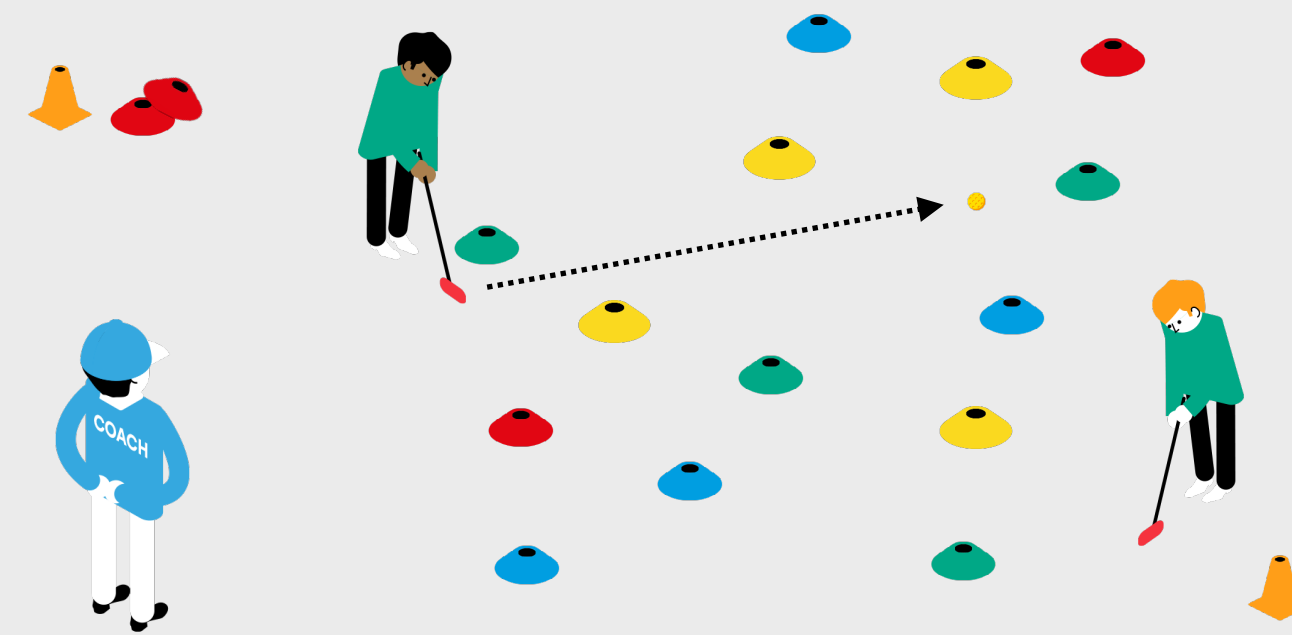
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Movement Obstacle Course
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"> What to Wear?
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"> Open Minded
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"> Pick a Cone, Hit a Cone Compass Long 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+

Class Layout and Setup

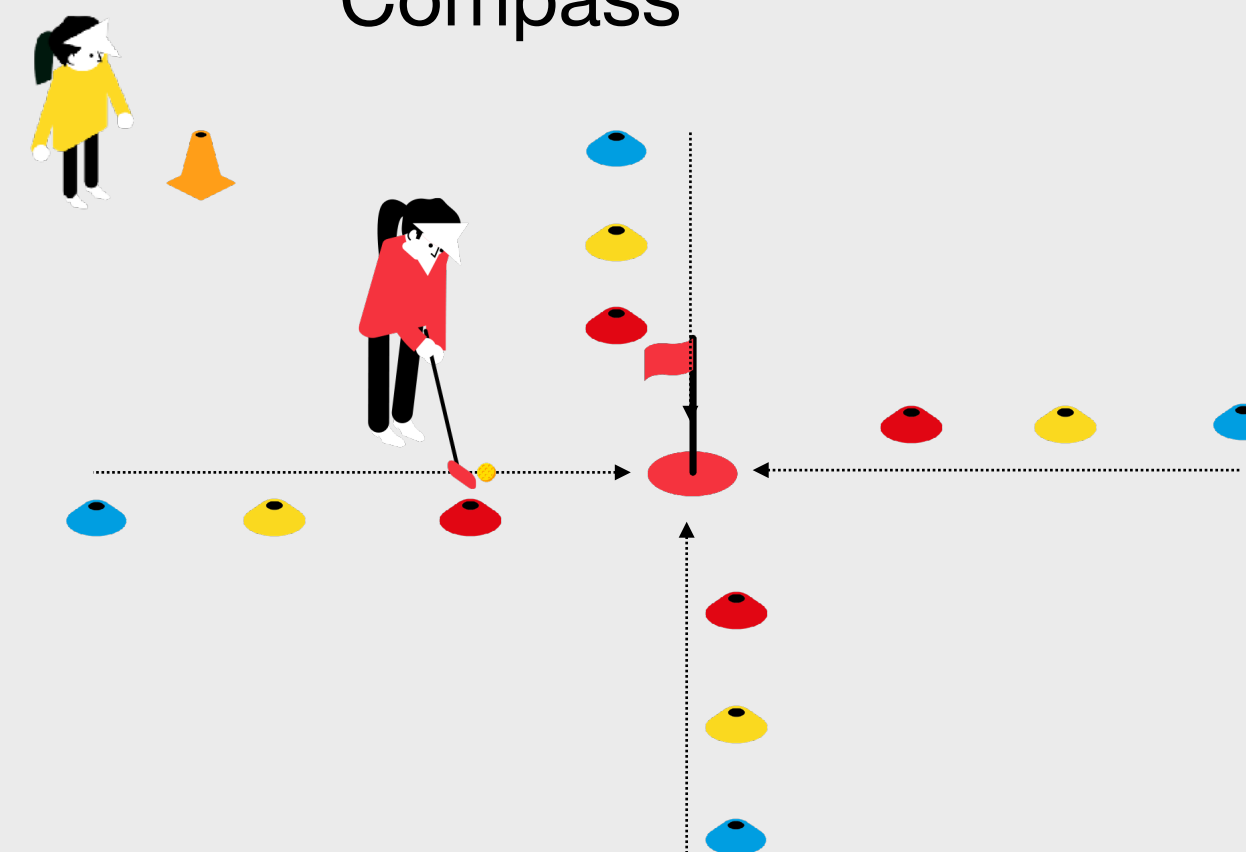
Station 1:
Challenge Station



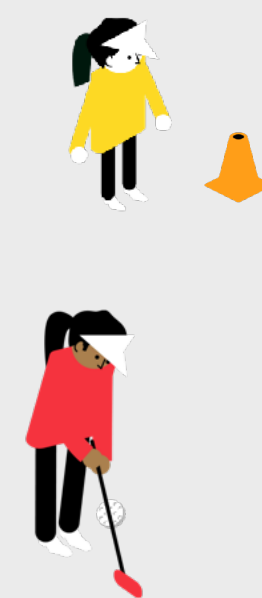
Station 2:
Game Station
Pick a Cone, Hit a Cone



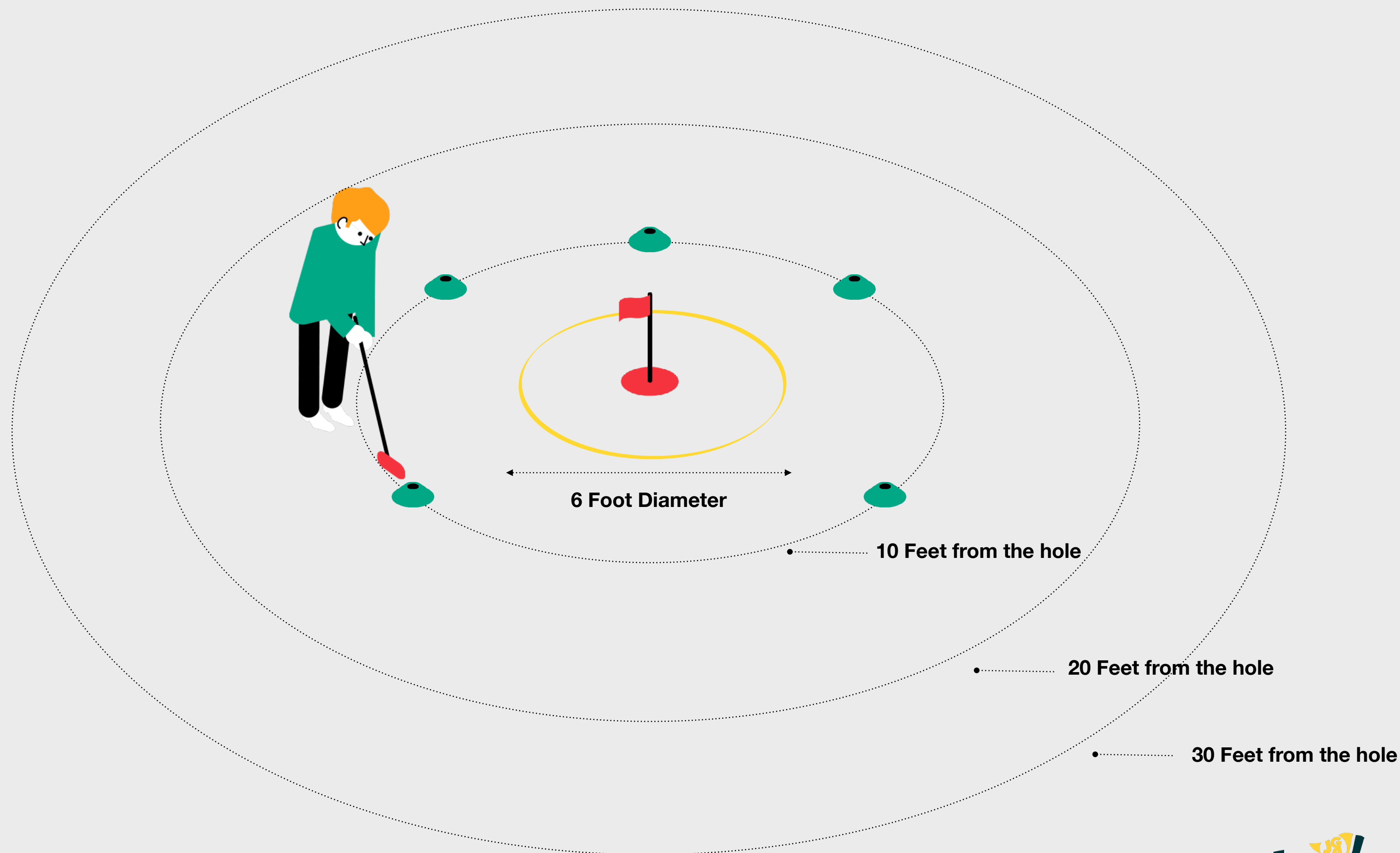
Station 3:
Game Station
Compass



Station 4:
Free Practice Station



Long Putts Challenge Setup



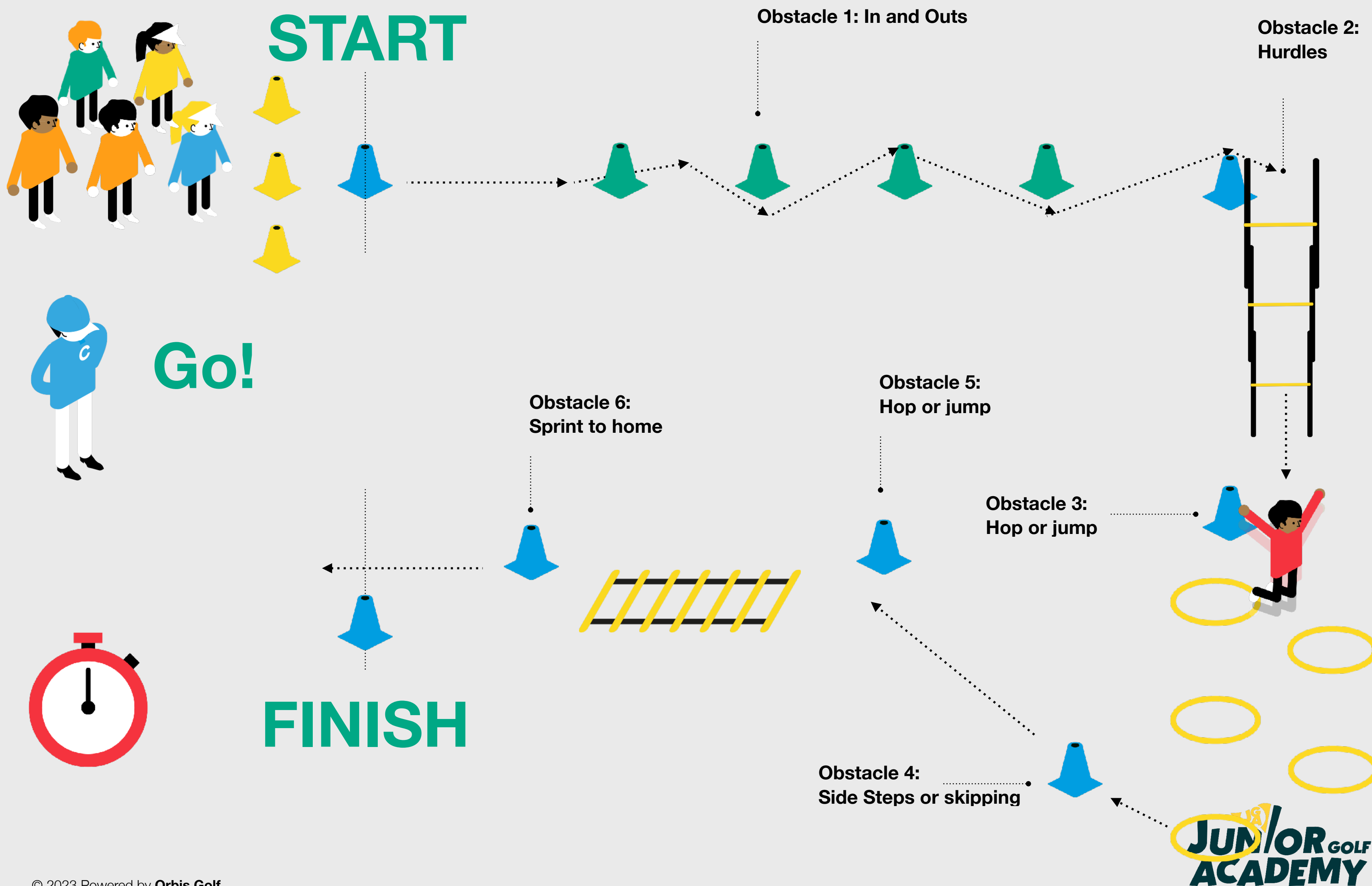
Setting out the Challenge

- A hole should be selected on the putting green on an average sloped surface
- A 6 foot diameter circle should be made around the hole using the target circle from your equipment bag
- 5 Positions should be marked on the green at 10 feet from the hole
- The 5 distances at 20 feet and 30 feet should be placed by the player using the 10-foot markers as a guide when attempting the challenge

Equipment Required

- 1 hole on the green
- 5 x tee pegs to mark the 5 starting positions at 10 feet
- 6 foot diameter target ring

Movement Obstacle Course




How to Play

- This game can be played individually or in teams
- Split into even teams or nominate players 1-6 if playing individually
- Player number 1 starts with their hand touching the start cone
- On go, the stop watch is started and the child attempts the obstacle course
- The stopwatch is stopped when the child reaches the finish line
- The winner is the child who gets round the obstacle fastest

Progression Ideas

- The child gets an extra go to beat their time
- Increase the difficulty of the movement stations
- Increase the entire length of the course
- Add penalty seconds if the child incorrectly completes an obstacle
- Increase the difficulty of the 3 golf stations

Equipment Needed

2 x Orange Safety Cones		SAFETY	Alignment Sticks	
7 x Numbered Cones		1	Colored Cones	
1 x Wedge & 1 x Putter			Hoops	
Golf Balls			Ladder	



Creative Open Minded

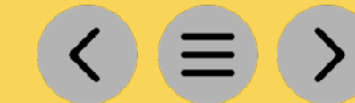
- The Whole Child theme this week is to be open-minded and to not assume that something is correct just because we are told that it is. Explain why it is important to try different things and to be open to the fact that there may be more than one way to be successful at something.
- Carry this theme into the class by encouraging children to ask questions and share any ideas they have about the class.



Preparing to Play What to Wear?

- The Learning the Game focus this week is to understand what to wear at the golf course and why we wear it?
- You should highlight the importance of dressing smartly and comfortably, in order to look and feel good when playing.

Pick a Cone, Hit a Cone



How to Play

- Nominate a child to play first, the player chooses a cone to start from and has to putt their ball towards a cone of the same color
- If they hit the cone, the player collects both the cone they started from and the one they hit
- Players take it in turns to play until all cones have been collected
- The aim is to collect all of the cones before the coach calls to switch games

Progression Ideas

- Change the distance between the cones
- Add in more cones
- Introduce a rule where if the player misses they have to put their cones back into the middle
- Attempt the game on a sloped surface

Learning Outcomes

- A great game to explore the concept of direction control
- This game will also explore green reading skills

Equipment needed

2 x Orange Safety Cones

SAFETY



4 x blue cones



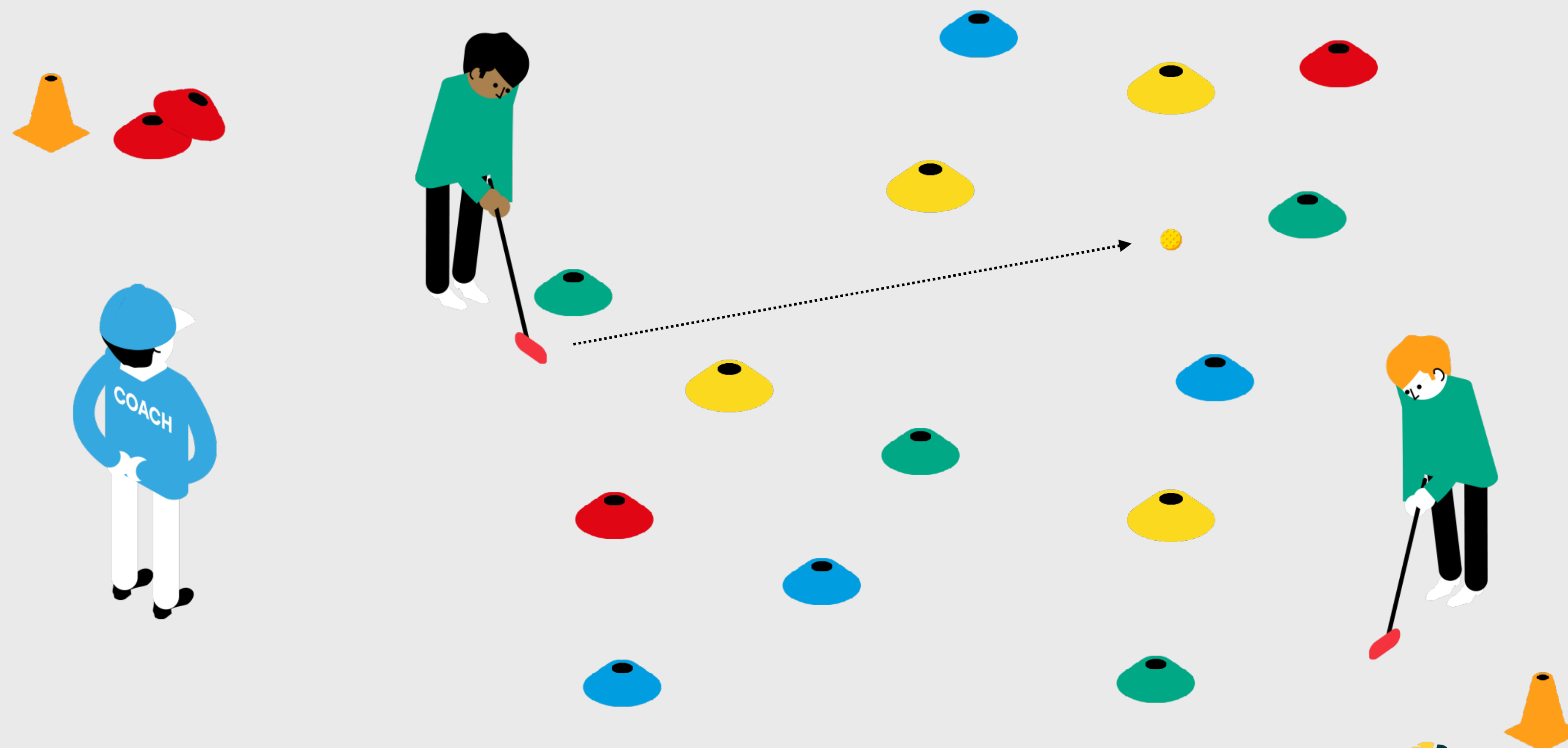
4 x green cones



4 x yellow cones

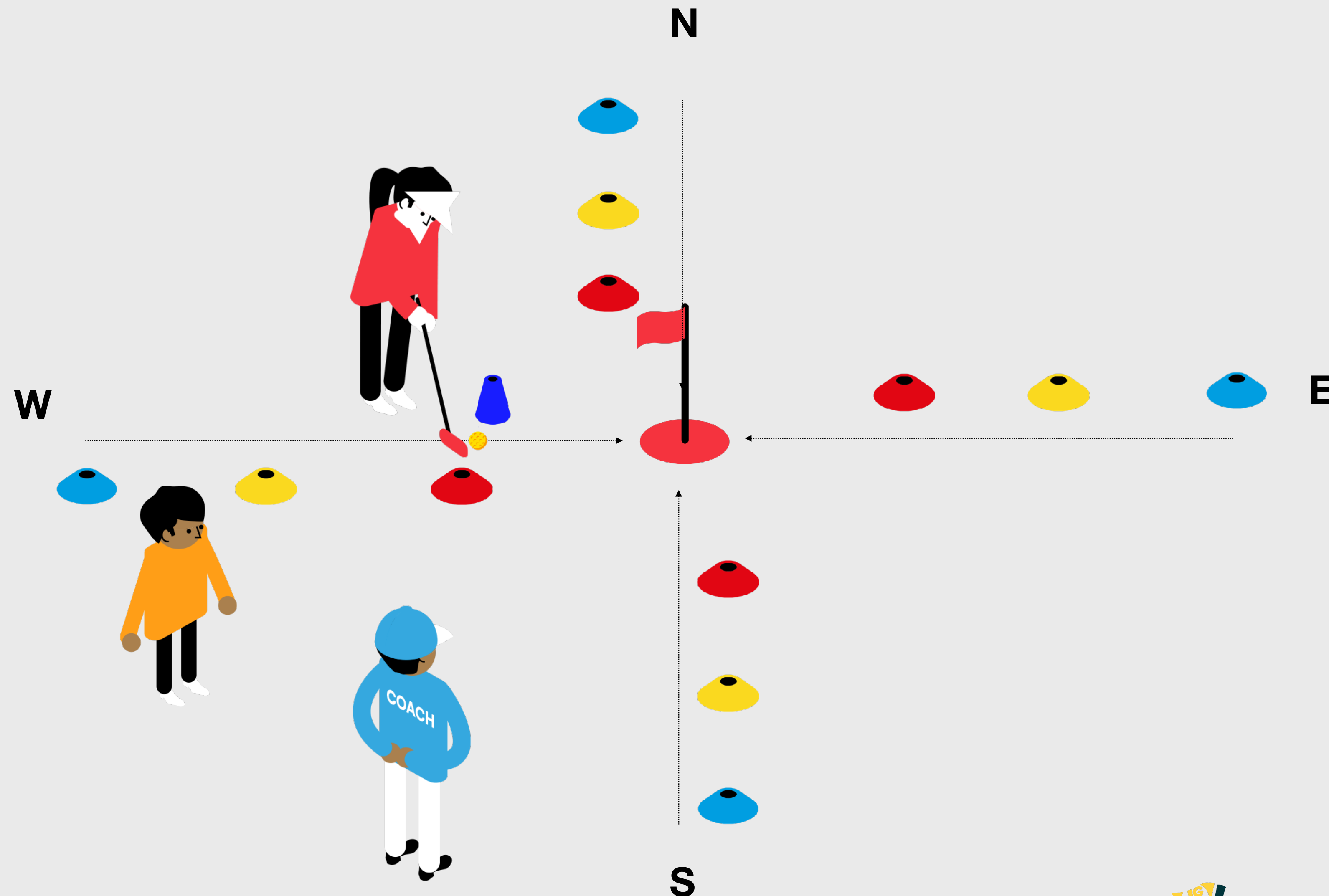


4 x red cones



JUNIOR GOLF
ACADEMY

Compass



How to Play

- The team place a cone at the side of the first cone at South
- Nominate a child to play first. The child attempts to hit their putt into the hole
- If the child successfully gets the ball into the hole the team moves round the compass to W
- The children take it in turns to attempt each putt
- The children must complete the inside cones before moving to the next colour
- The challenge is complete when the team have holed all putts from each point of the compass

Progression Ideas

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

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills

Equipment needed

Orange Safety Cones

SAFETY

2 x Cones to mark the starting point

Spare equipment that may be required for the group attendees.

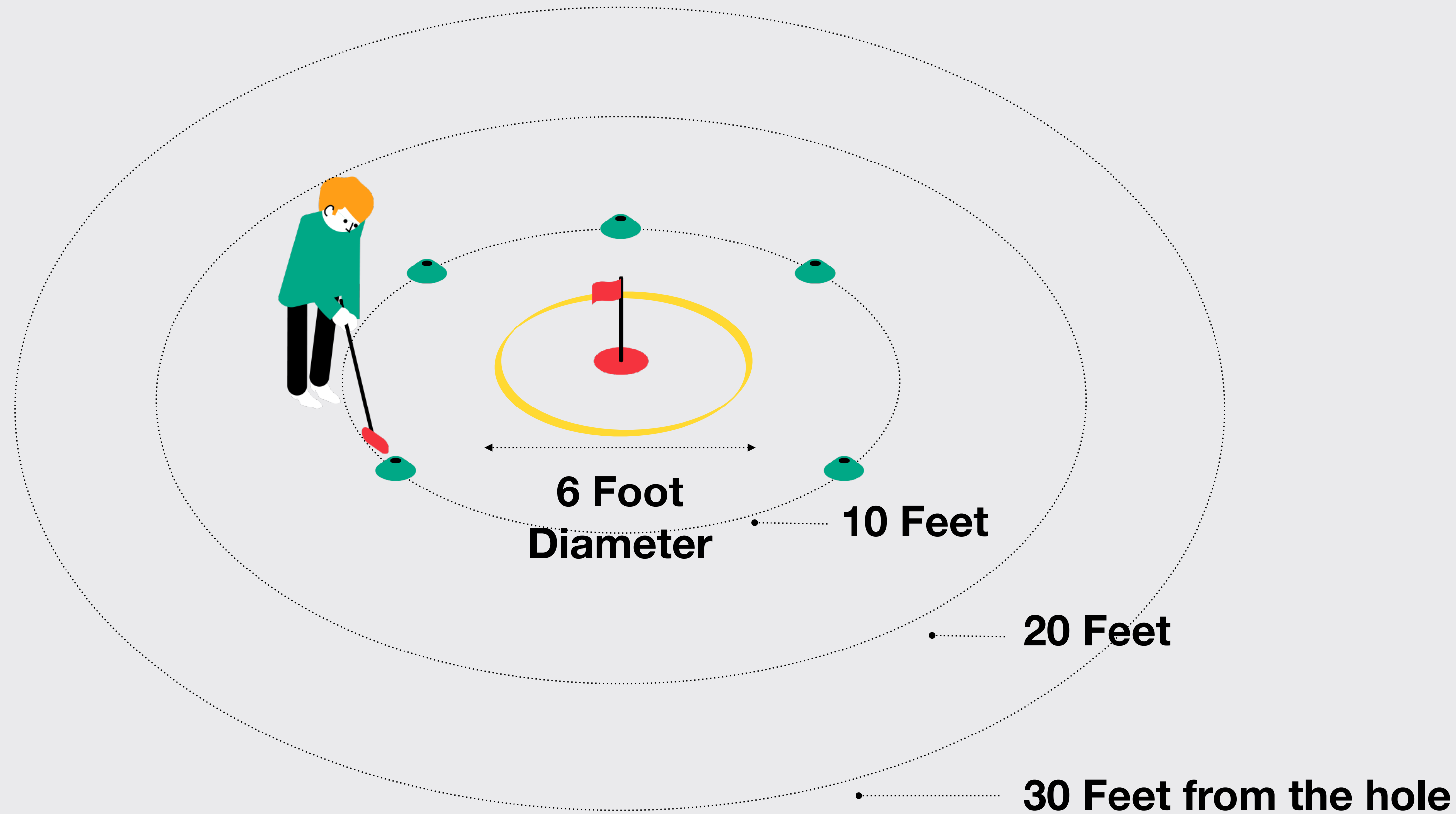
Golf Balls

4 x Red Colored Cones

4 x Yellow Colored Cones

4 x Blue Colored Cones

Long Putts Challenges



Attempting the Challenge

- Juniors have 5 attempts at the Challenge
- Juniors should attempt the Challenge for the level they are aiming to complete
- Juniors get 1 point for every successful attempt for the team challenge

The Challenges

- 1 Complete this Level 1 Challenge by putting 1 ball to within a 6-foot circle from 10 feet . You have 5 attempts.
- 2 Complete this Level 2 Challenge by putting 3 balls to within a 6-foot circle from 10 feet. You have 5 attempts.
- 3 Complete this Level 3 Challenge by putting 4 balls to within a 6-foot circle from 10 feet and Putting 2 balls to within a 6-foot circle from 20 feet. You have 5 attempts from each distance.
- 4 Complete this Level 4 Challenge by putting 4 balls to within a 6-foot circle from 10 feet. Putting 2 balls to within a 6-foot circle from 20 feet. Attempt 1 putt from 5 different positions around the hole from each distance.
- 5 Complete this Level 5 Challenge by putting 5 balls to within a 6-foot circle from 10 feet Putting 2 balls to within a 6-foot circle from 20 feet, Putting 1 ball to within a 6-foot circle from 30 feet. Attempt 1 putt from 5 different positions around the hole from each distance. You have 5 attempts.
- 6 Complete this Level 6 Challenge by putting 8 balls to within a 6-foot circle from 10 feet, Putting 5 balls to within a 6-foot circle from 20 feet, Putting 3 balls to within a 6-foot circle from 30 feet. Attempt 1 putt from 5 different positions around the hole from each distance. You have 5 attempts.