

Swing

Week 34



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

© 2023 Powered by Orbis Golf



Class Timetable - Week 34

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Driver

Whole Child Focus
Personal:
Resilience

Learning the Game Focus:
Rules and Etiquette:
Out of Bounds

Mastering the Game Challenge:
Driver 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, Ins and Outs
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"> Out of Bounds
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"> Resilience
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"> Speed Swinger Pot Luck Driver 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+

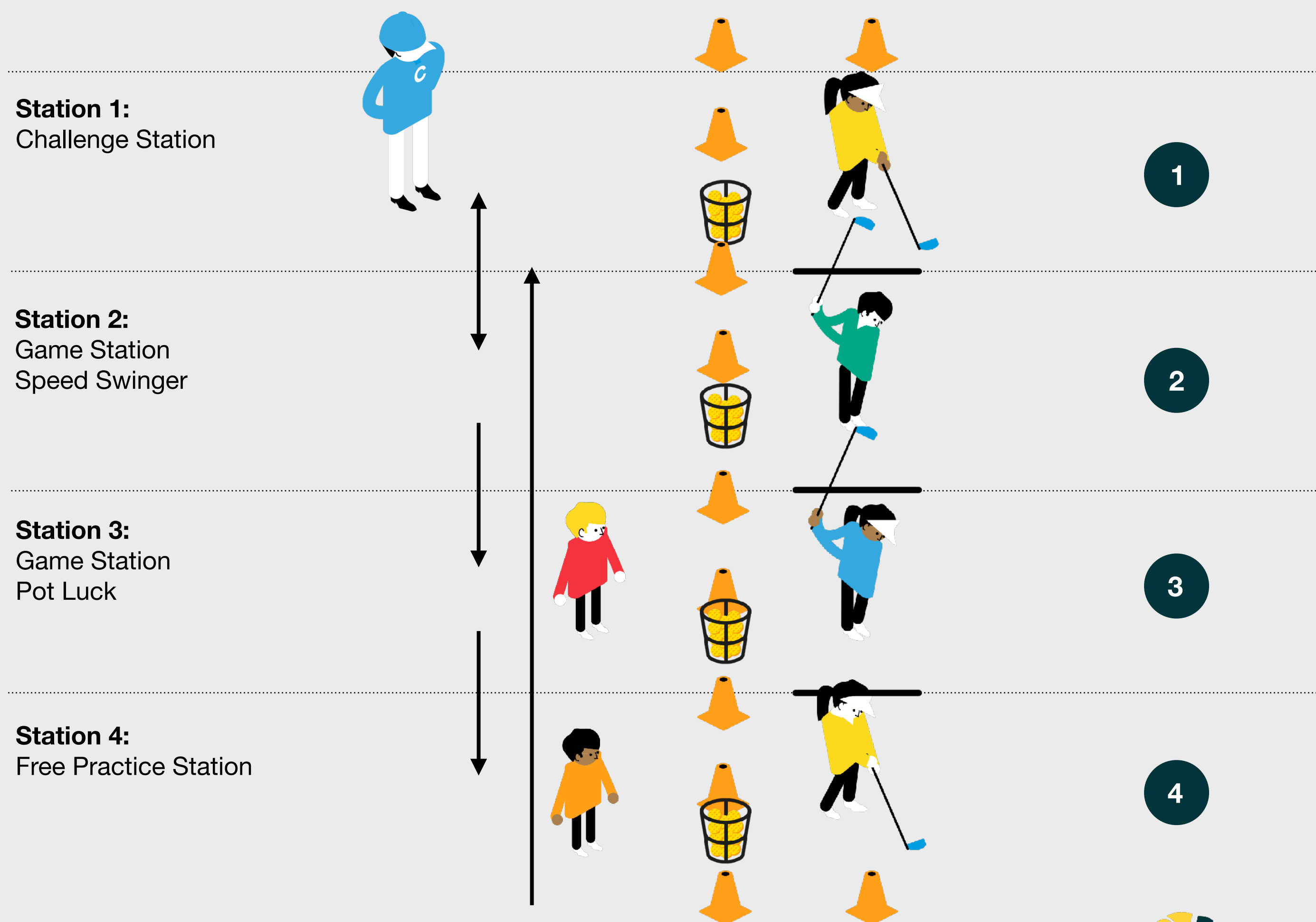
Layout and Setup



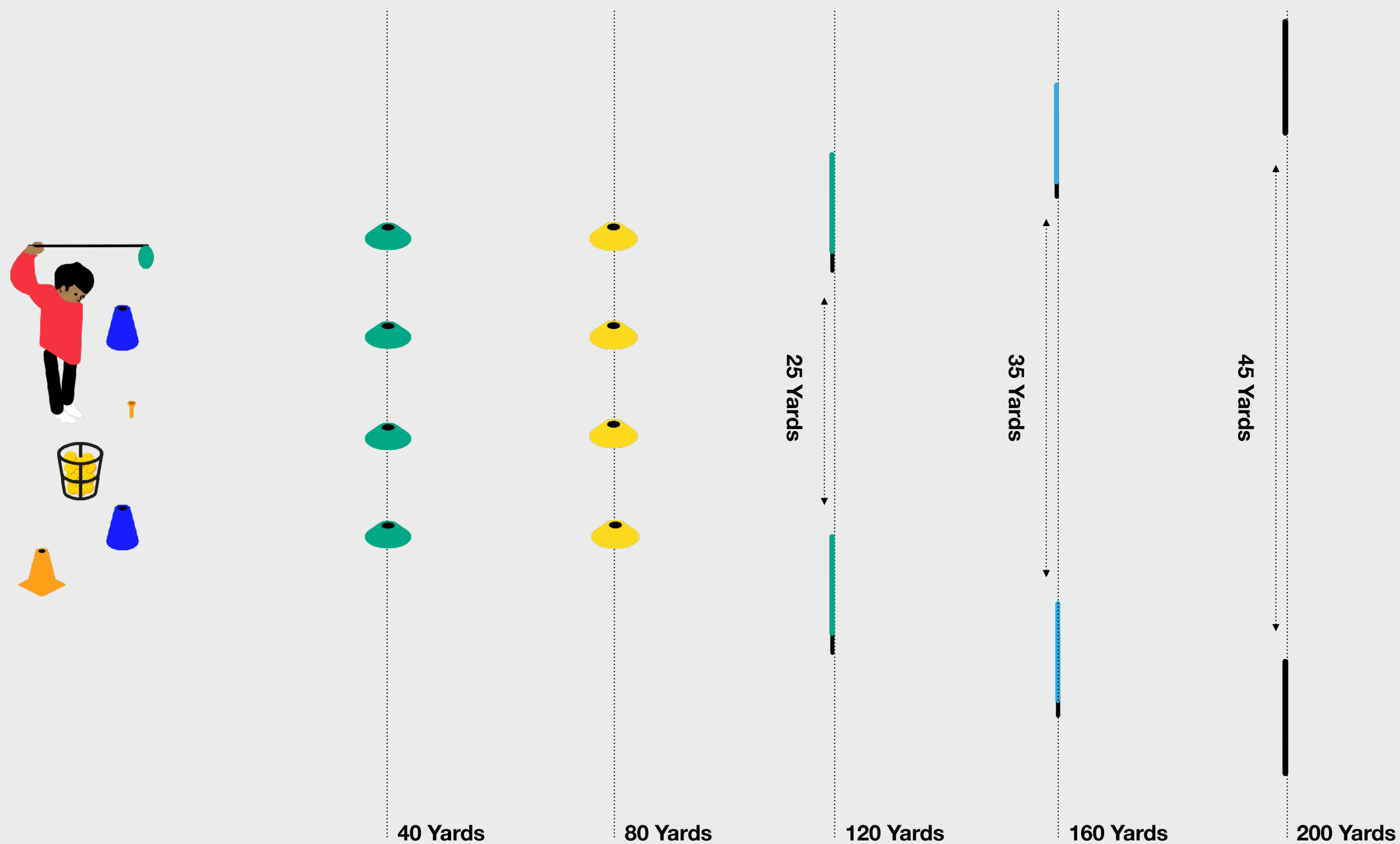
Class Layout and Setup

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



Driver Challenge Setup



Equipment Needed

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines
- Alignment Sticks with foam noodles to mark the target gates

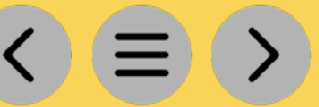
Setting out the Challenge

- Use the cones to mark out the carry distance lines for the level 2 and 3 challenges
- Alignment sticks with foam noodles should be used to measure the gates for the level 4-6 challenges at the target distances and widths
- Set out all the markers to enable every child to attempt their challenges in the class

Physical Literacy Warm Up Game



Relay Race In and Outs



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, weaving in and out of the cones, runs around the end cone and back tagging the next player
- The team that wins is the team that 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



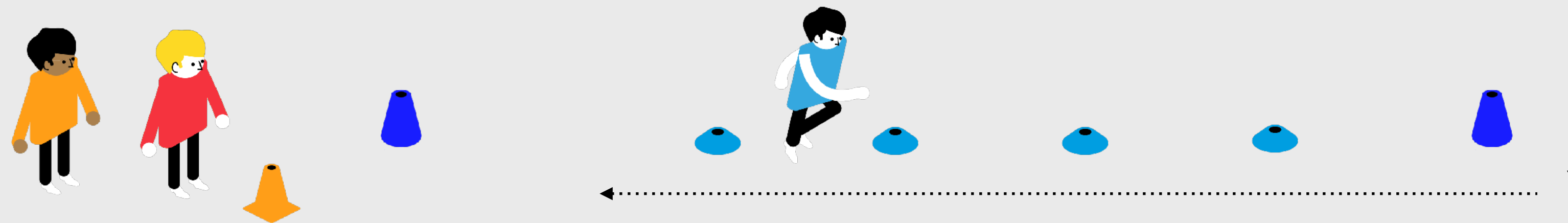
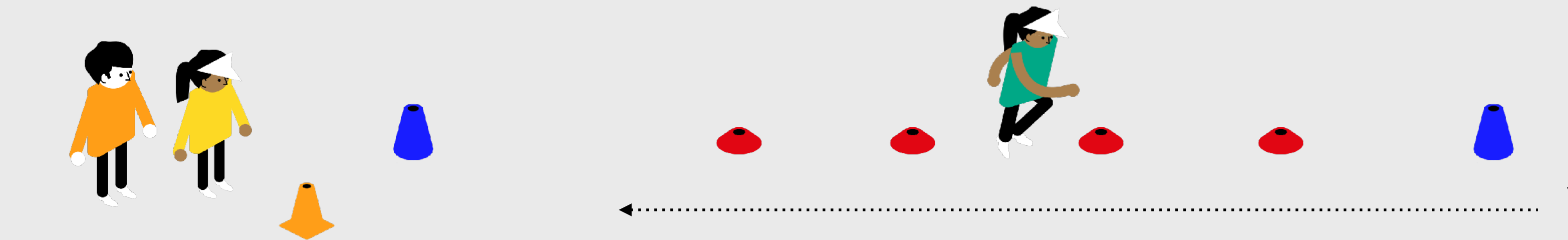
4 x Cones



4 x Red colored cones



4 x Blue colored cones



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



Personal Resilience

The Whole Child theme this week is to encourage the children to be resilient. Everyone will hit bad shots, it's how you react to it that is key.

Carry this theme into the class by teaching children that if you hit a bad shot on the course and stay resilient, it can help towards hitting a good recovery shot and still scoring well.

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

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 award 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

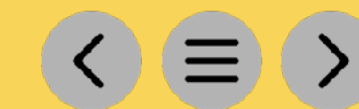
Out of Bounds

The Learning the Game focus this week is to teach the children about Out of Bounds, how to determine a ball is Out of Bounds, and the associated rules.

You should make sure that children know the rules and what to do should they hit their ball Out of Bounds.

Highlight why in our adapted rules we allow for dropping at the point where the ball went Out of Bounds in order to promote speed of play.

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



Questions to Ask

- Who knows what to do when you hit the ball Out of Bounds?
- How do we know that the ball has gone Out of Bounds?
- Why do we have adapted rules in our playing events?

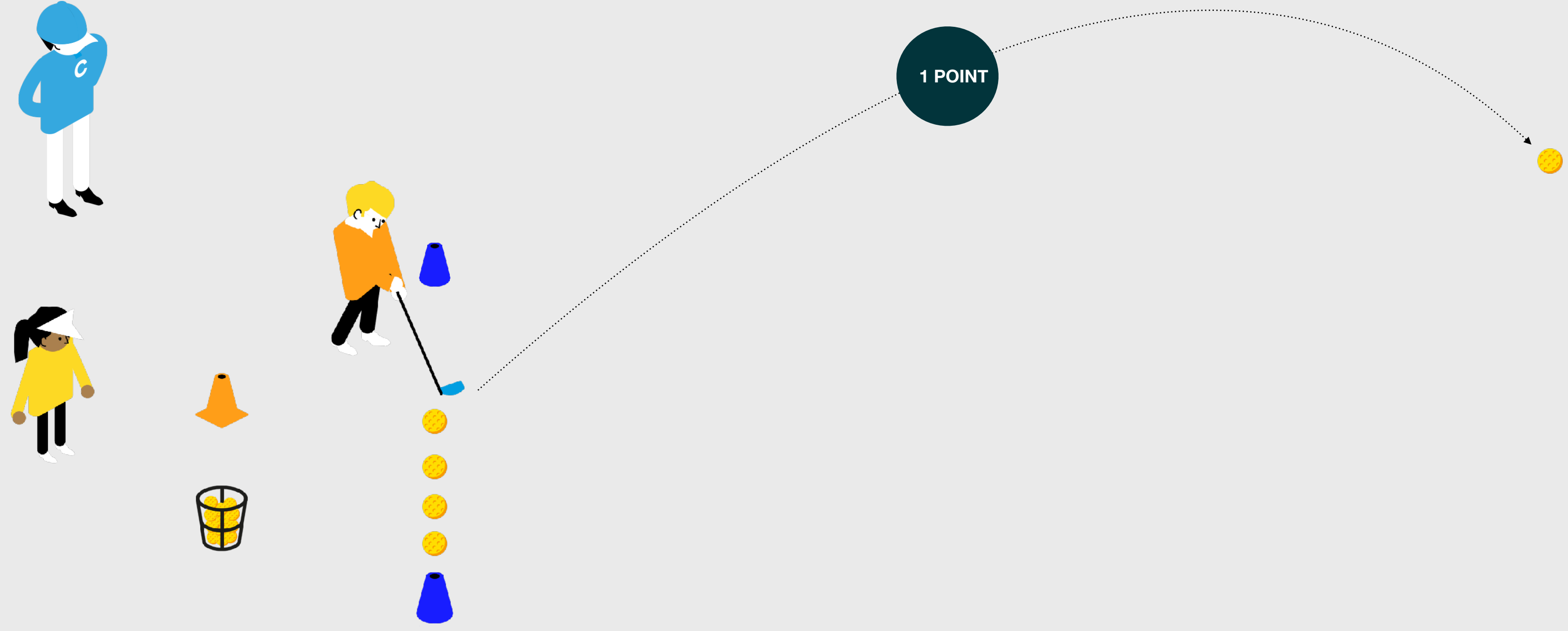


Mastering the Game Cards





Speed Swinger



How to Play

- Set 5 balls up on tees in a line within the hitting station
- The challenge is to hit each ball without stopping, improving coordination and speed
- The child scores 1 point for hitting the ball high, 1 point for hitting it far, and 1 point for hitting it straight
- The child that gets the most points from their 5 shots wins

Progression Ideas

- Pre-determine the distance the child has to hit the ball
- Add in more balls
- Add in target gates that the children have to hit the ball through to score a point

Equipment needed

Orange Safety Cones



Cones to mark out the necessary hitting stations



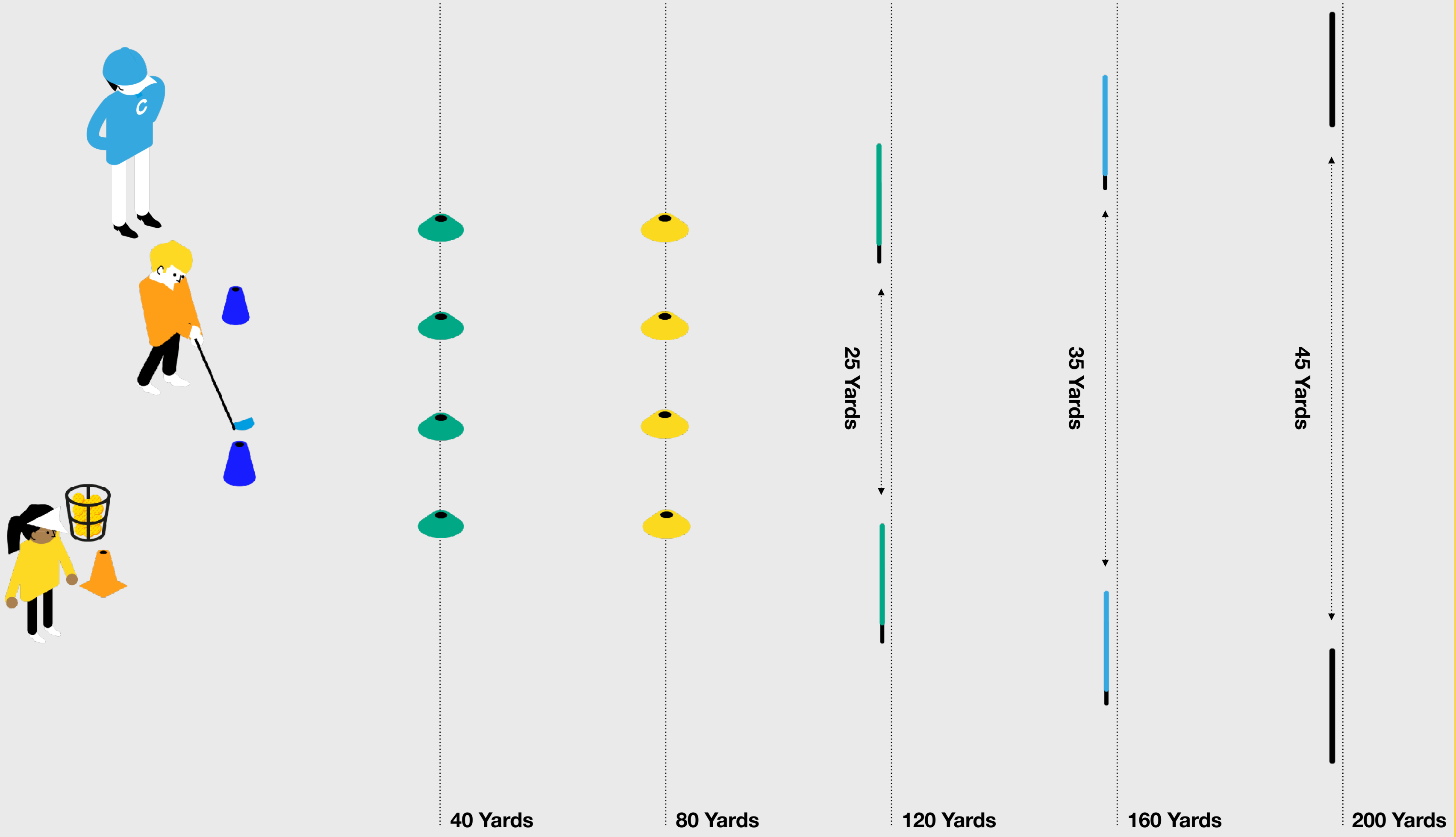
Spare equipment that may be required for the group attendees.



Golf Balls



Pot Luck












How to Play

- Players take in turns to pull a playing card from the deck of cards
- The number on the card dictates how many shots the player can take to complete their challenge (Picture cards count as 10)
- If the player completes their challenge within the designated number of shots they score 1 point
- The first player to score 5 points wins the game

Progression Ideas

- Add in special rules for certain playing cards
- Allow the players to come up with their own rules

Equipment needed

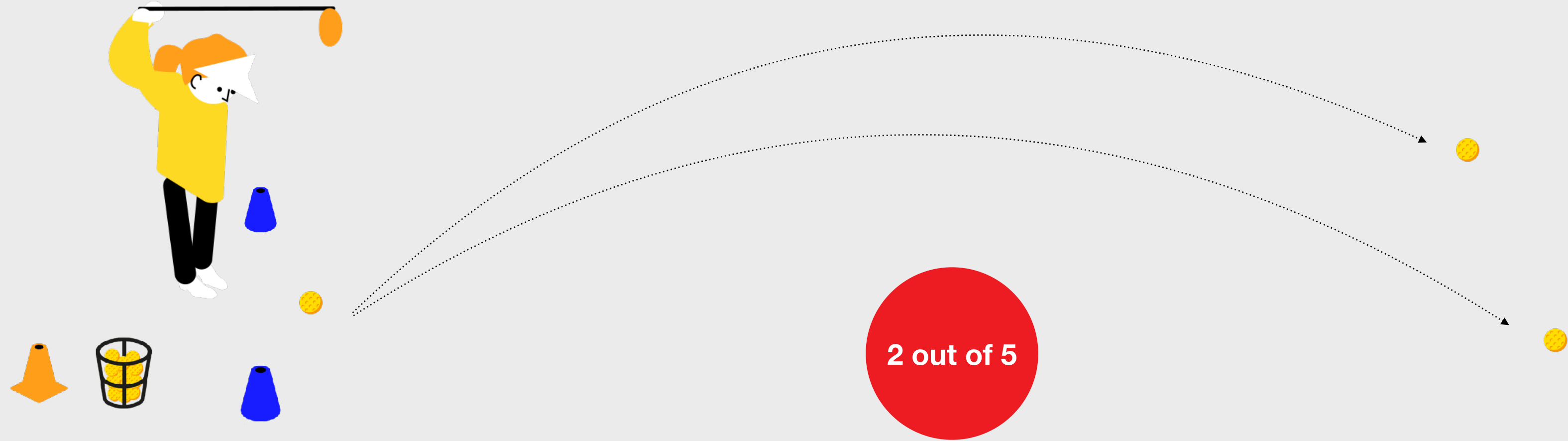
- Orange Safety Cones 
- Safety 
- Cones to mark out the necessary hitting stations 
- Deck of playing cards 
- Spare equipment that may be required for the group attendees. 
- Golf Balls 
- 6 x Alignment Sticks 
- 6 x Foam Noodles 
- Variety of colored cones for 40 yard and 80 yard lines 



Mastering the Game Challenge Cards



Driver Challenge



The Challenge

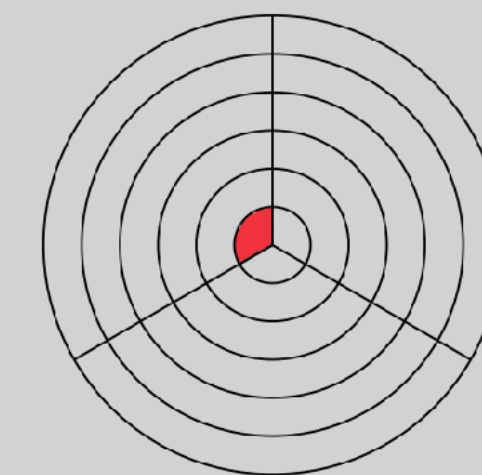
To complete the Level 1 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the child doesn't need to demonstrate control over direction or distance.

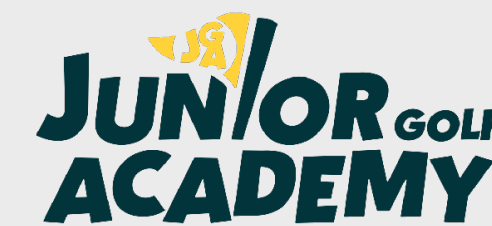
What to do next?

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.



Driver



Driver Challenge



The Challenge

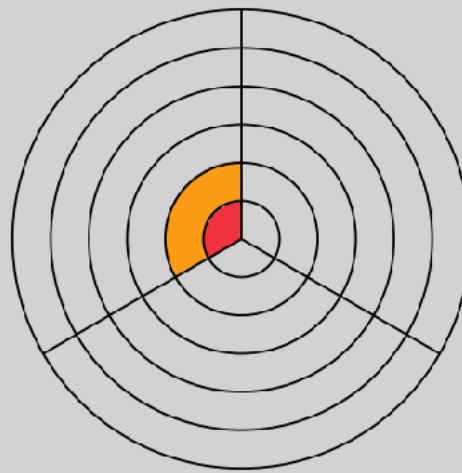
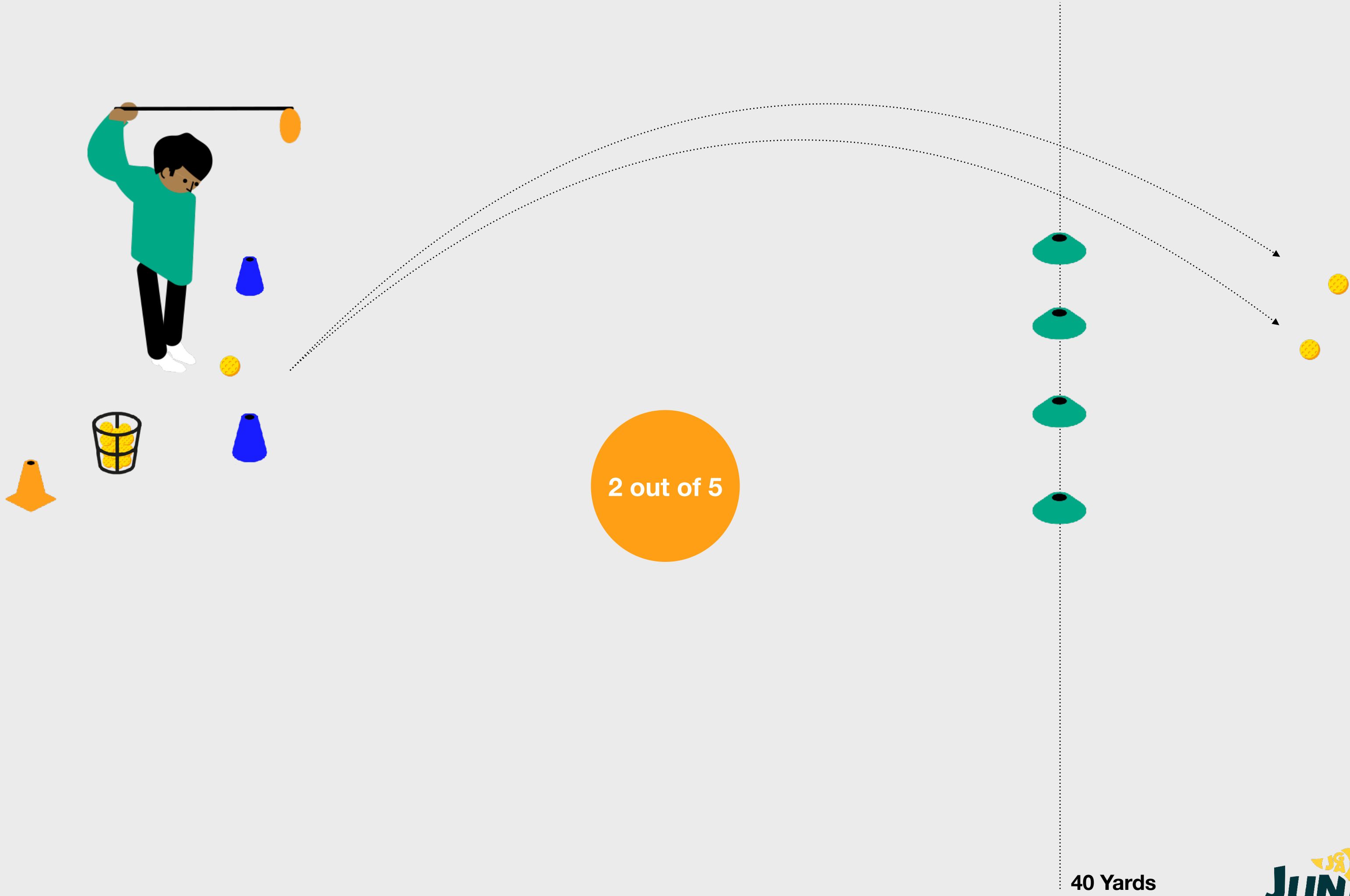
To complete the Level 2 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 2 out of 5 shots in the air, a minimum carry distance of 40 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction.

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.

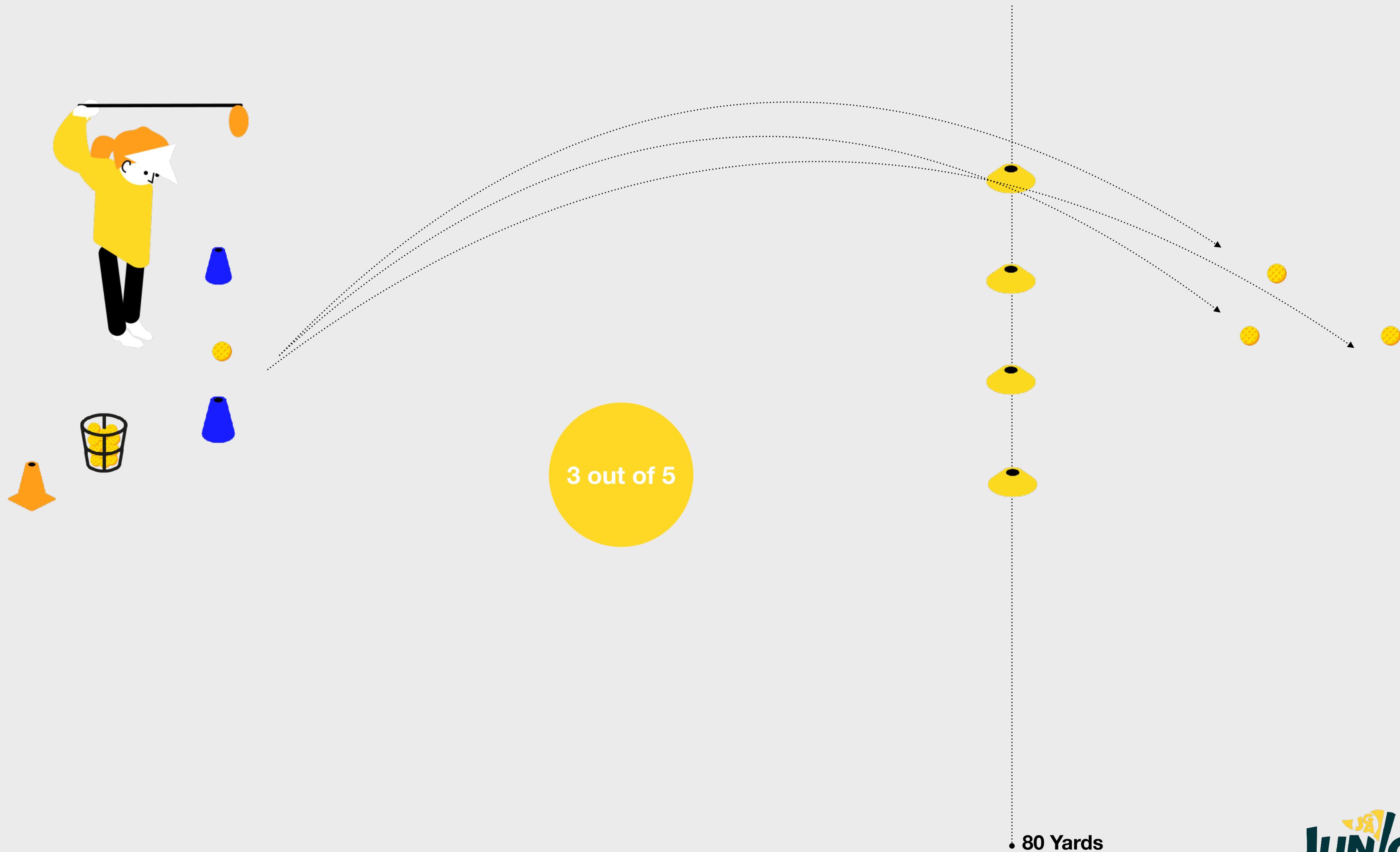
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Driver



Driver Challenge



The Challenge

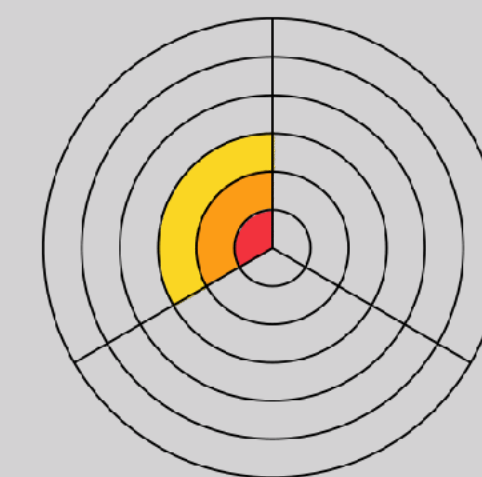
To complete the Level 3 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum carry distance of 80 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction.

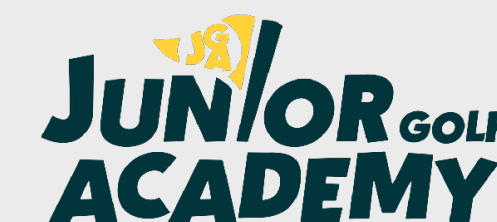
What to do next?

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.

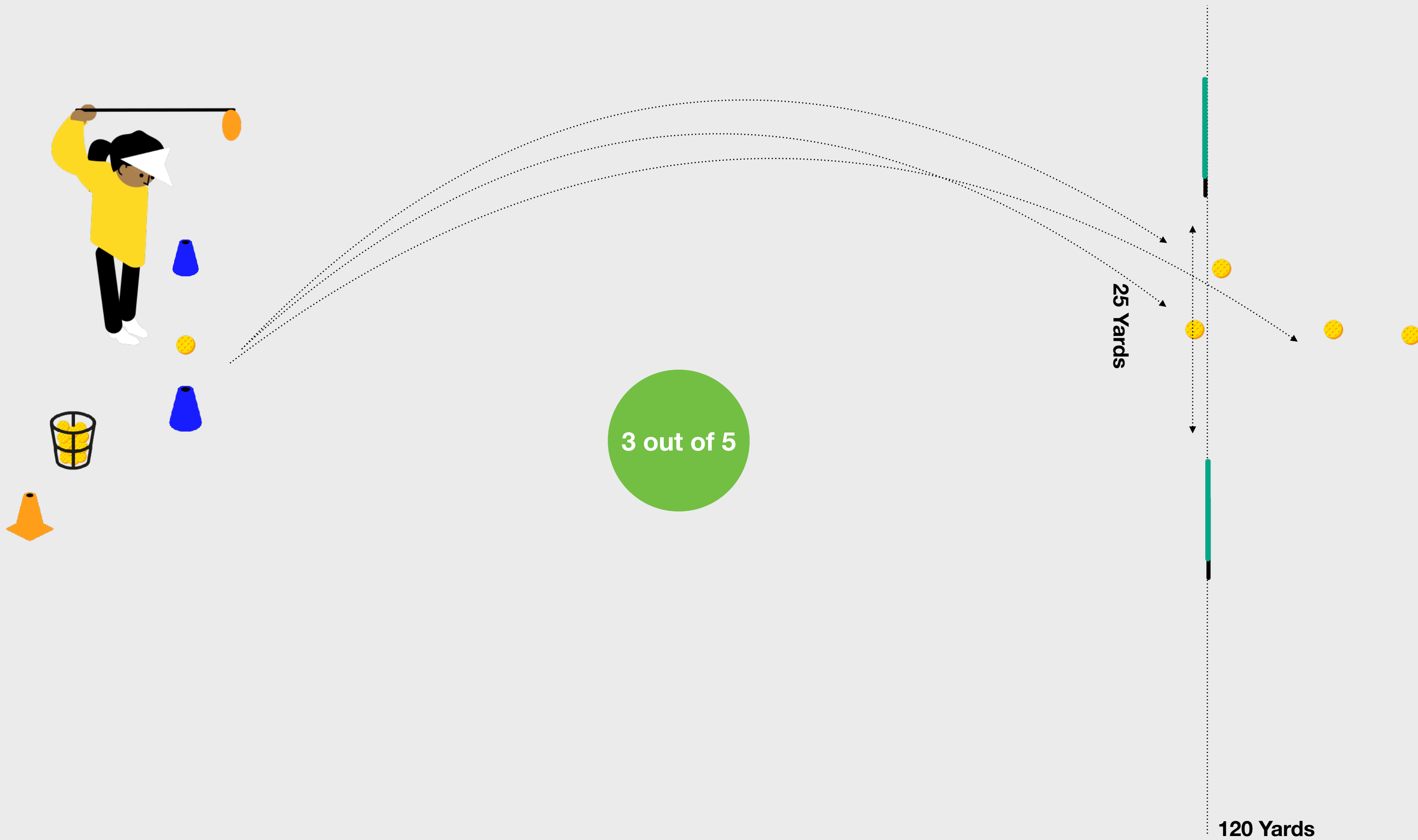
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Driver



Driver Challenge



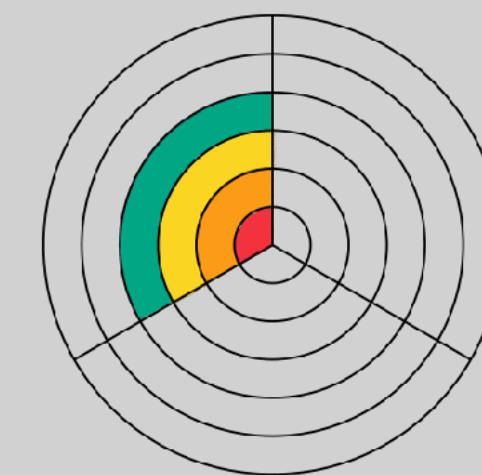
The Challenge

To complete the Level 4 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum total distance of 120 yards and the ball needs to come to rest within a 25-yard-wide gate.

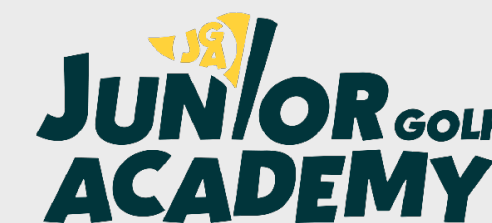
What to do next?

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.

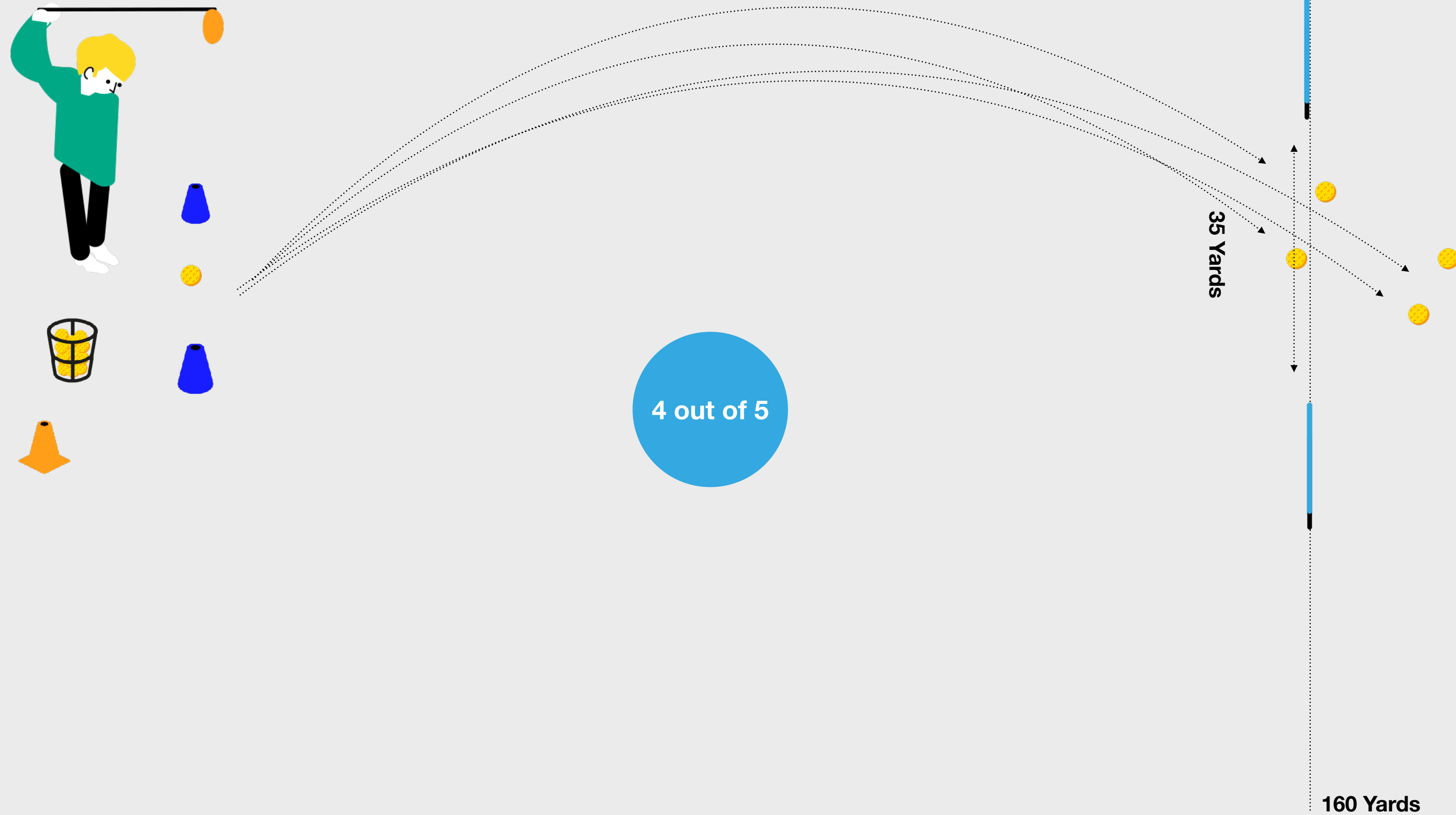
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Driver



Driver Challenge



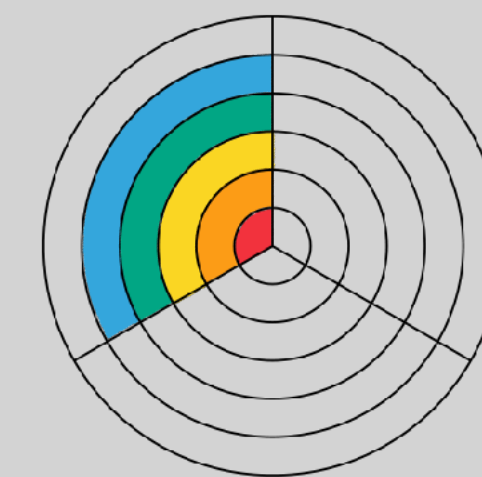
The Challenge

To complete the Level 5 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots in the air, a minimum total distance of 160 yards. The ball needs to come to rest through a 35-yard-wide gate.

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.

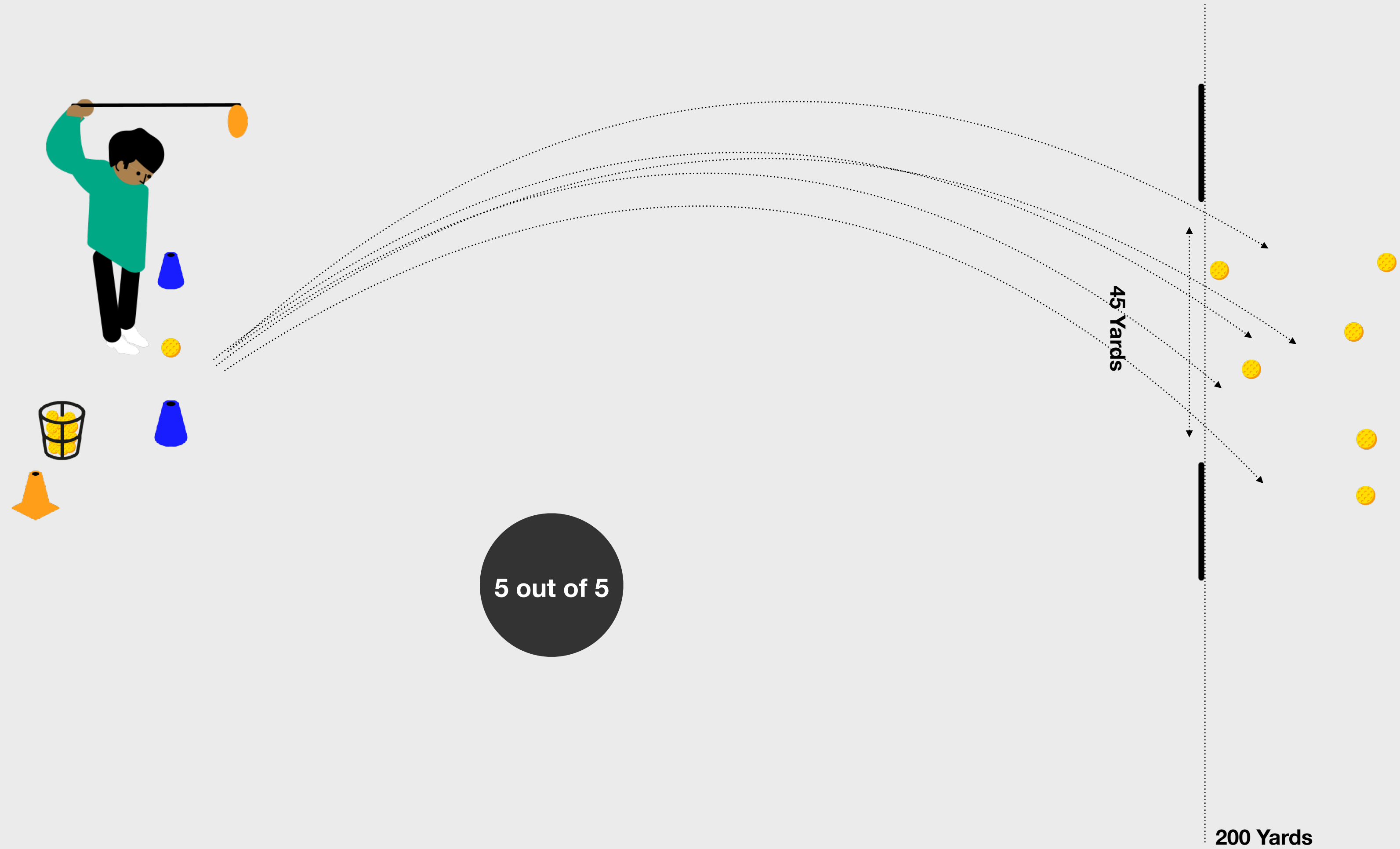
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF, Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Driver



Driver Challenge



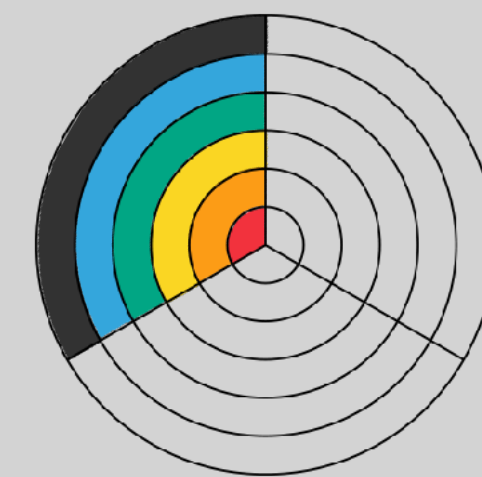
The Challenge

To complete the Level 6 Challenge within the Driver Skill element, the child needs to demonstrate the ability to hit 5 out of 5 shots in the air, a minimum total distance of 200 yards. The ball needs to come to rest through a 45-yard-wide gate.

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.



Driver

