

Junior Monthly Class Plans Ages 6-16

On the Green

Week 35



Class Timetable - Week 35

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Scoring

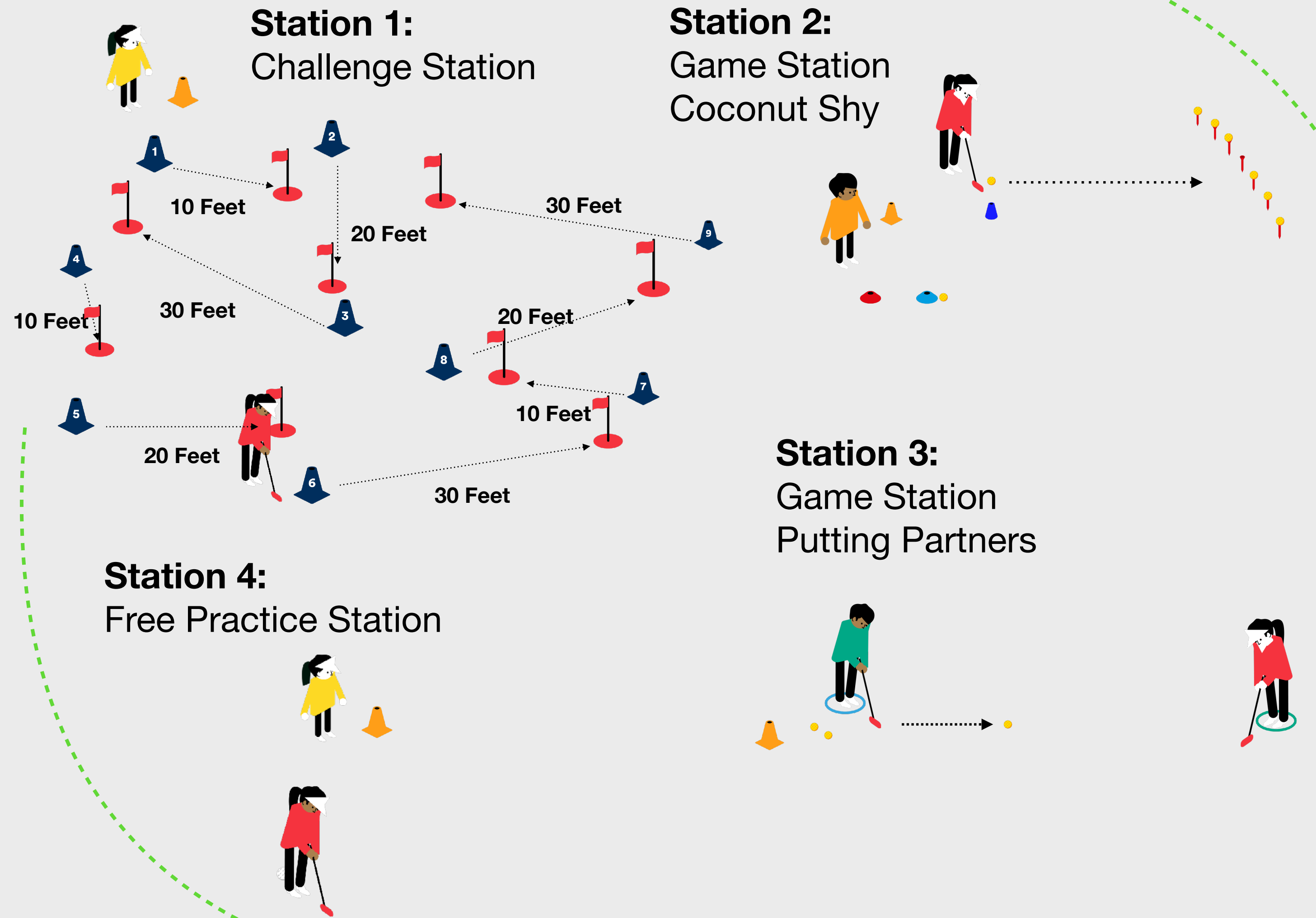
Whole Child Focus
Social:
Safety

Learning the Game Focus:
Preparing to Play:
Simple Stretches

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 	<ul style="list-style-type: none"> Fill the Bucket
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"> Simple Stretches
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"> Safety
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"> Coconut Shy Putting Partners Scoring 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



Scoring Challenge Setup

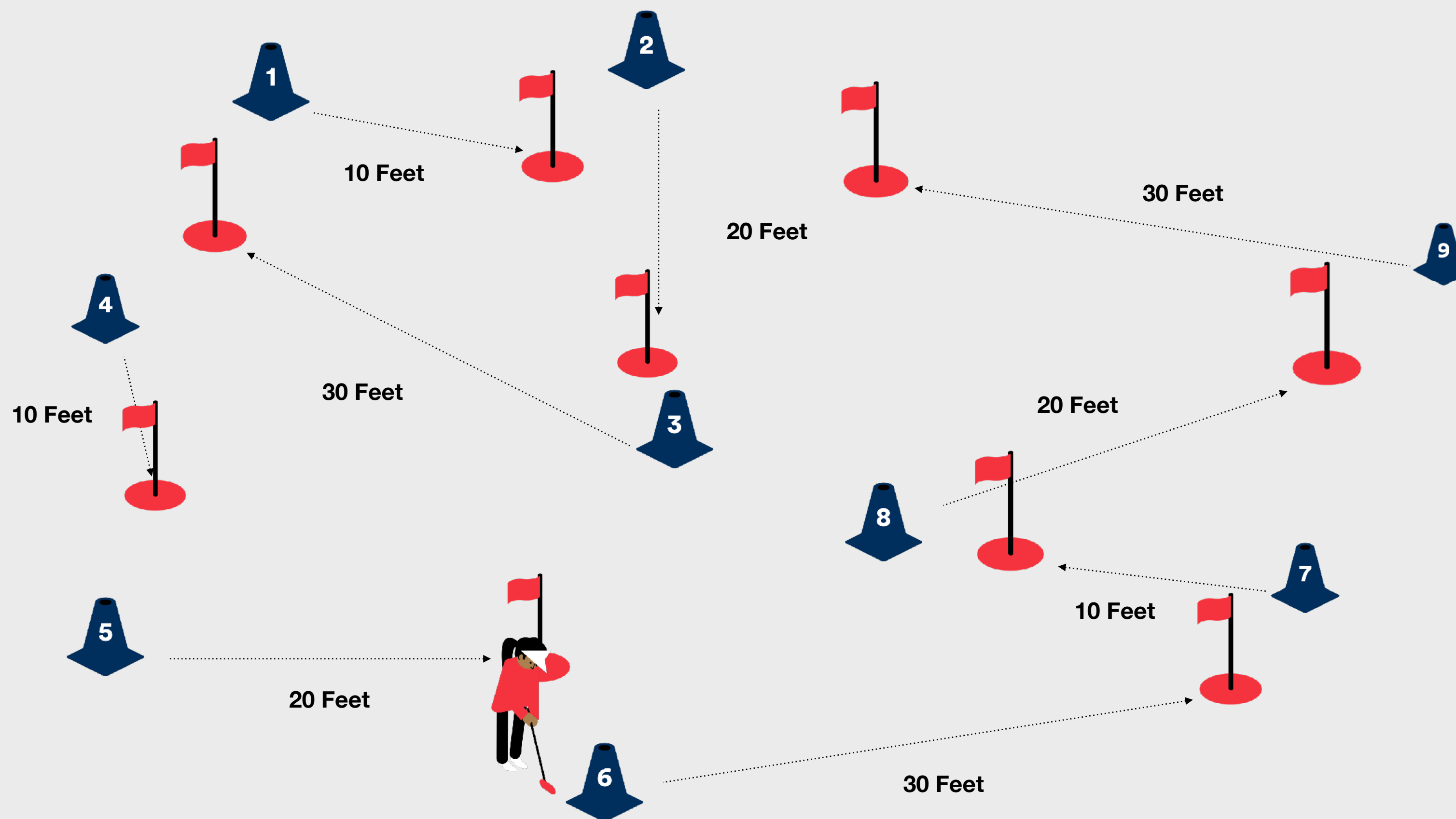


Setting out the Challenge

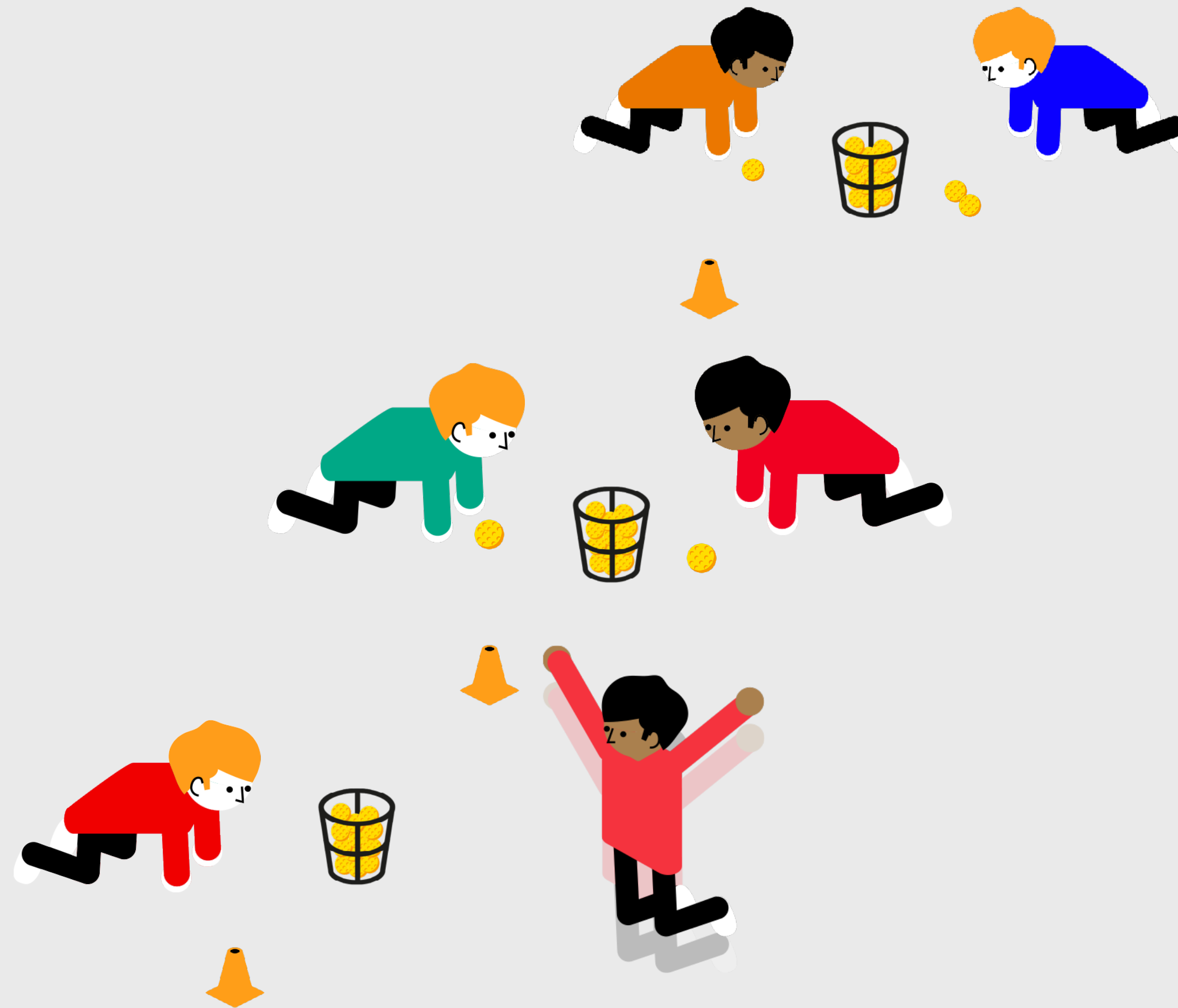
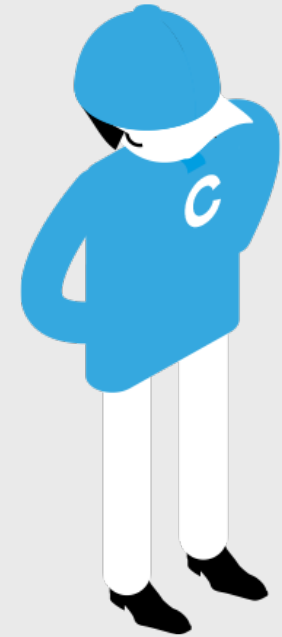
- 9 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet, 3 cones at 20 feet and 3 cones at 30 feet
- You can use your string to clearly define each putting hole
- Children can attempt the challenge depending on the progression level they are on by playing the required number of holes and distances

Equipment Required

- 9 holes on the green
- 9 numbered starting cones
- String
- Scorecard and pencil



Fill the Bucket



How to Play

- This game is best played in pairs
- The children start either side of their team's bucket, with 10 balls each on the floor next to the bucket
- On go, from a raised plank position, the children have to pick the balls up from the ground and put them into the bucket
- The team that wins is the one that fills their bucket first and jumps up

Progression Ideas

- Experiment with different poses, holding a squat position, balancing on one leg, etc
- Increase or decrease the number of golf balls for each player
- Introduce a distance between the balls and the bucket so the player has to crawl or travel using a different FMS

Equipment Needed

Orange Safety Cones

SAFETY



3 x Baskets



10 x Golf balls per child





Social Safety

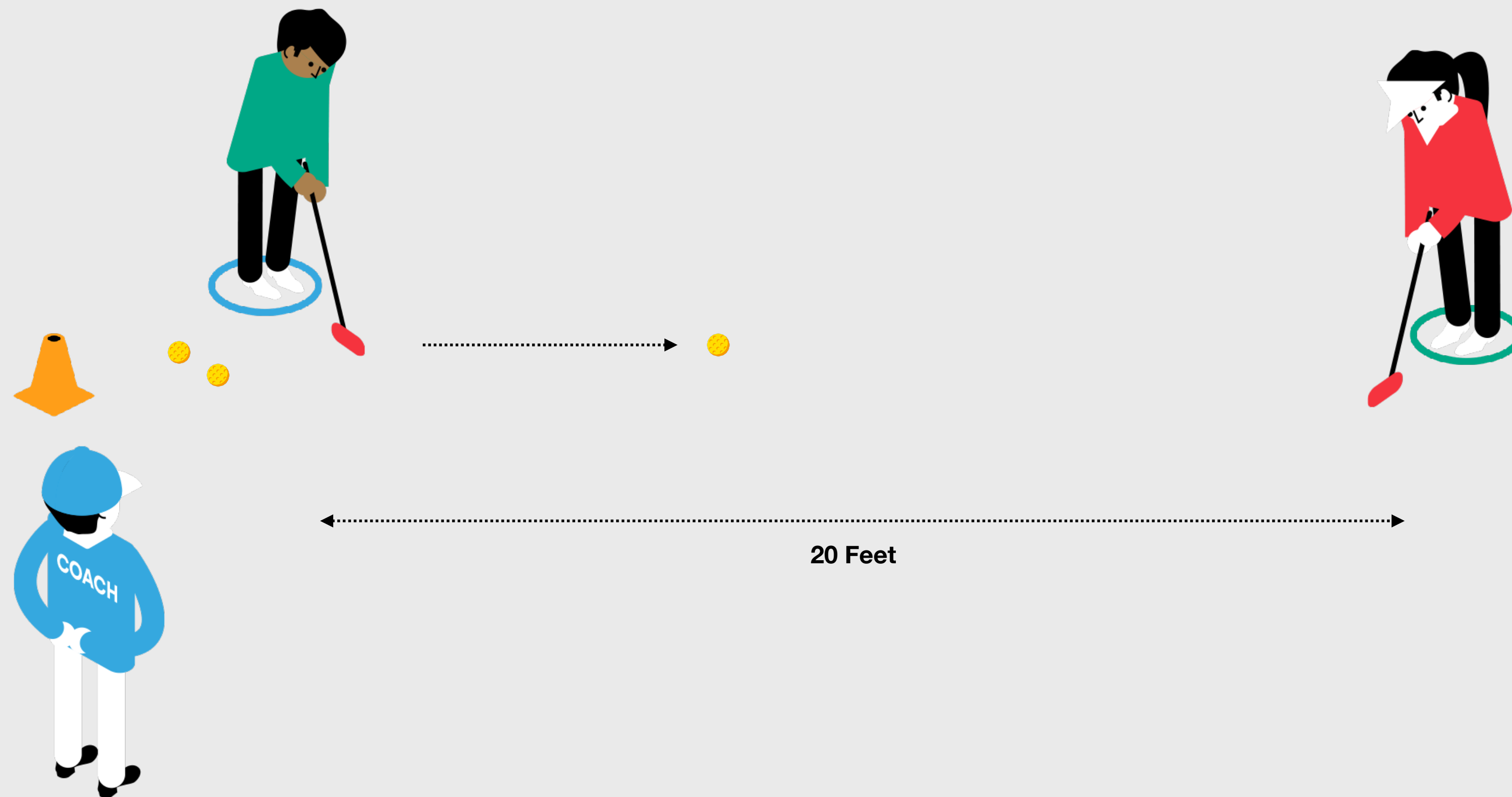
- The Whole Child theme this week is to promote the importance of playing safely.
- Carry this theme into the class by looking for those moments when the juniors are playing safely when not being supervised directly by the coach and praise them for this behaviour.



Preparing to Play Simple Stretches

- The Learning the Game focus this week is to learn some simple stretches that will help them to warm up and be ready to play.
- You should highlight which muscles are being used when demonstrating the stretches and why it helps with golf performance.

Putting Partners



How to Play

- In this game the players are working as a team. The aim is to keep their 3 golf balls in play for as long as possible
- Each player has to remain in their circle at all times
- The first player putts the balls towards their partner, who has to remain motionless in the circle
- Once the balls have come to rest the partner has to reach out and retrieve the balls without leaving the circle or touching the ground with their knees or elbows
- The second player is only allowed to putt back the balls they can reach
- The game ends when no balls are remaining

Progression Ideas

- Change the distance between the hoops
- Don't allow players to use their putter when retrieving balls
- Introduce a sloped surface when playing the game
- Change the number of balls being used

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- Also a great game to promote team work

Equipment needed

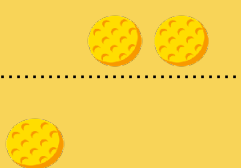
Orange Safety Cones

SAFETY

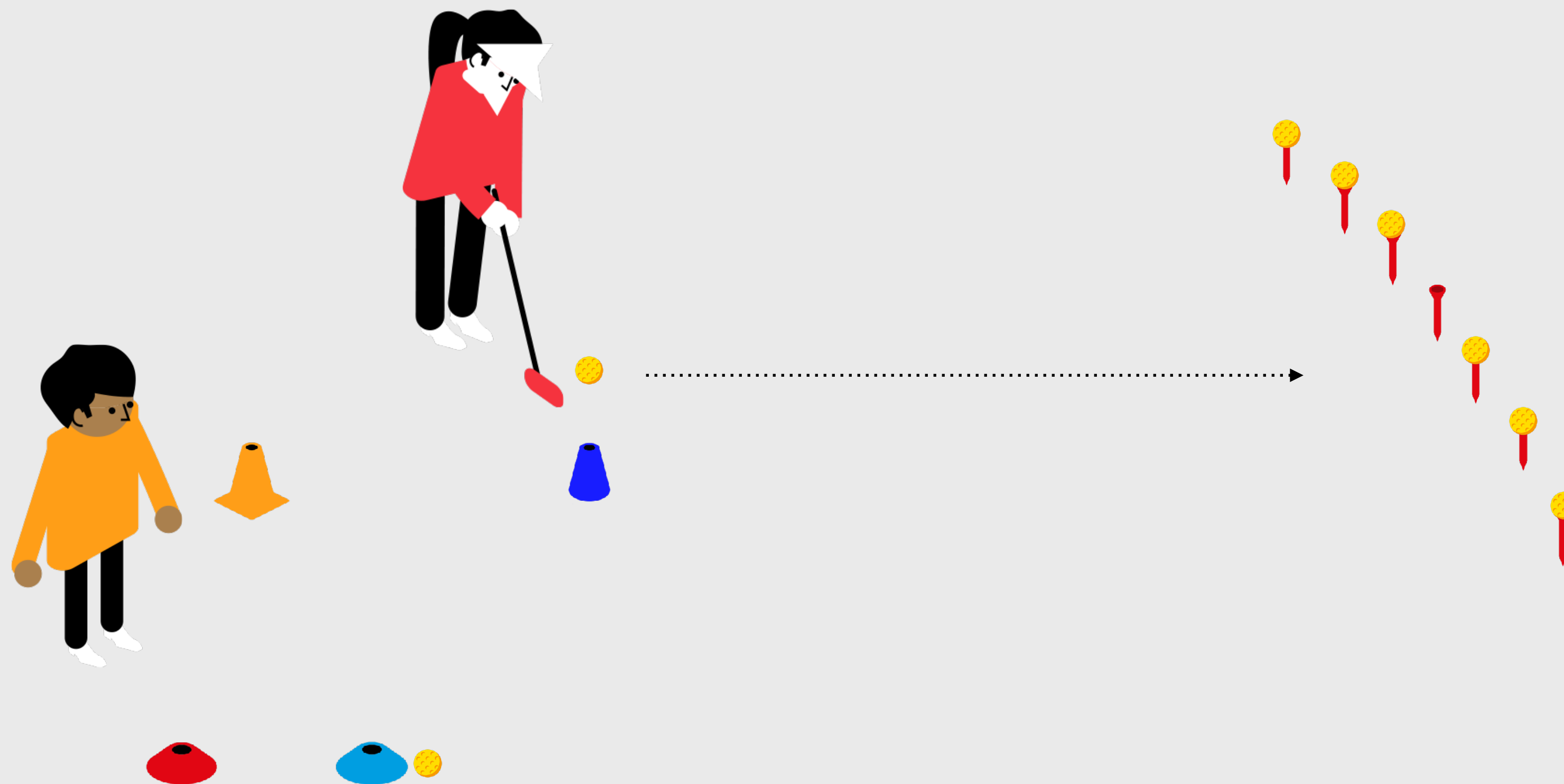
2 x Hoops



3 x Golf Balls



Coconut Shy



How to Play

- Each child is nominated a color cone. In this example either blue or red
- The children take it in turns to hit a putt towards the tees that have a ball resting on them
- If the child is successful in knocking a ball off a tee then they collect the ball and place it next to their coloured cone
- Once all the balls have been knocked off the children count how many balls they have collected and the one with the most is the winner

Progression Ideas

- Increase or decrease the number of target balls to hit
- Add in a line of cones as a backstop and if the child's ball goes over the backstop then they have to put a ball back onto one of the tees
- Change the distance from the starting cones to the target

Learning Outcomes

- The primary learning outcome is control of direction
- If the backstop is added then there is more emphasis on distance control

Equipment needed

Orange Safety Cones

SAFETY

2 x Cones to mark out the necessary hitting stations.

7 x Tees

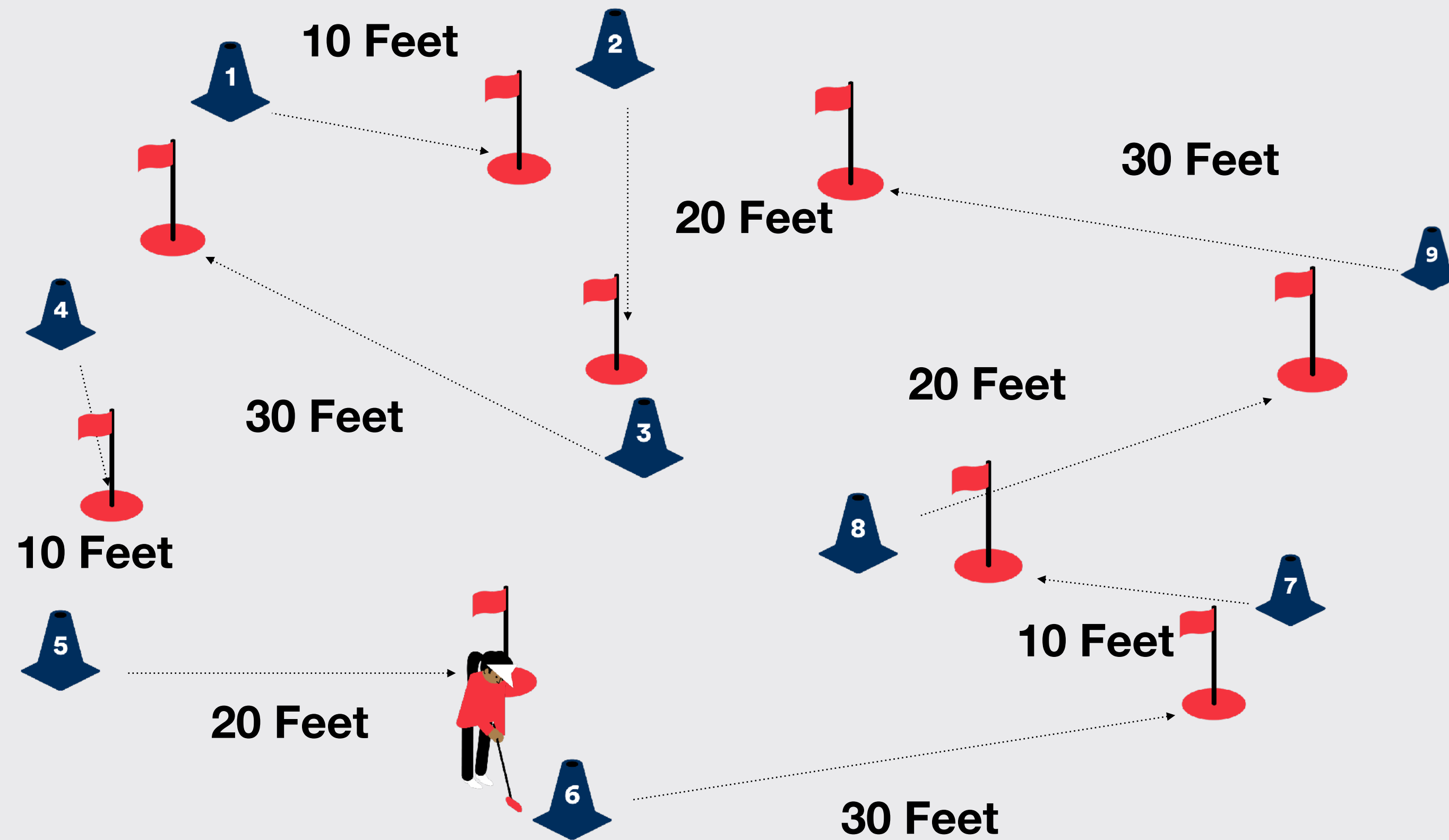
8 x Golf Balls

2 x Colored cones

Spare equipment that may be required for the group attendees.



Scoring Challenge



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 scoring a total of 12 or less over 3 holes. Start 10 feet away on each hole.
- 2 Complete this Level 2 Challenge by scoring a total of 21 or less over 6 holes. Start 10 feet away from each hole.
- 3 Complete this Level 3 Challenge by scoring a total of 18 or less over 6 holes. Start 10 feet away on 3 holes and 20 feet away on the other three holes.
- 4 Complete this Level 4 Challenge by scoring a total of 24 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.
- 5 Complete this Level 5 Challenge by scoring a total of 21 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.
- 6 Complete this Level 6 Challenge by scoring a total of 18 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.