

Swing Week 37



Class Timetable - Week 37

Session Length:
60mins

Group Size:
1:8

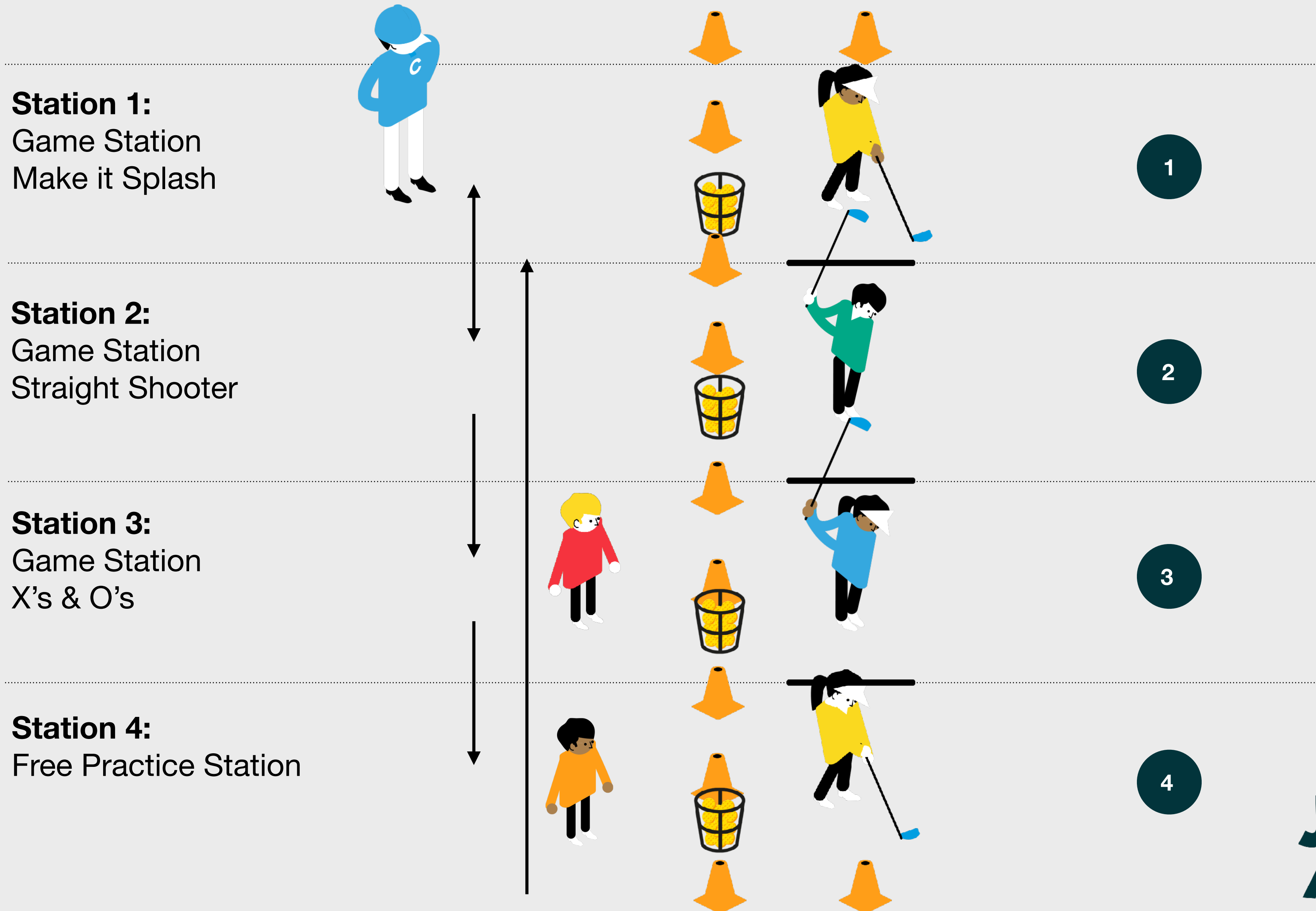
Mastering the Game Focus:
Swing:
Irons

Whole Child Focus
Cognitive:
Preparation

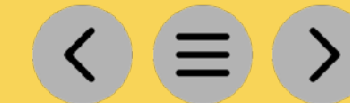
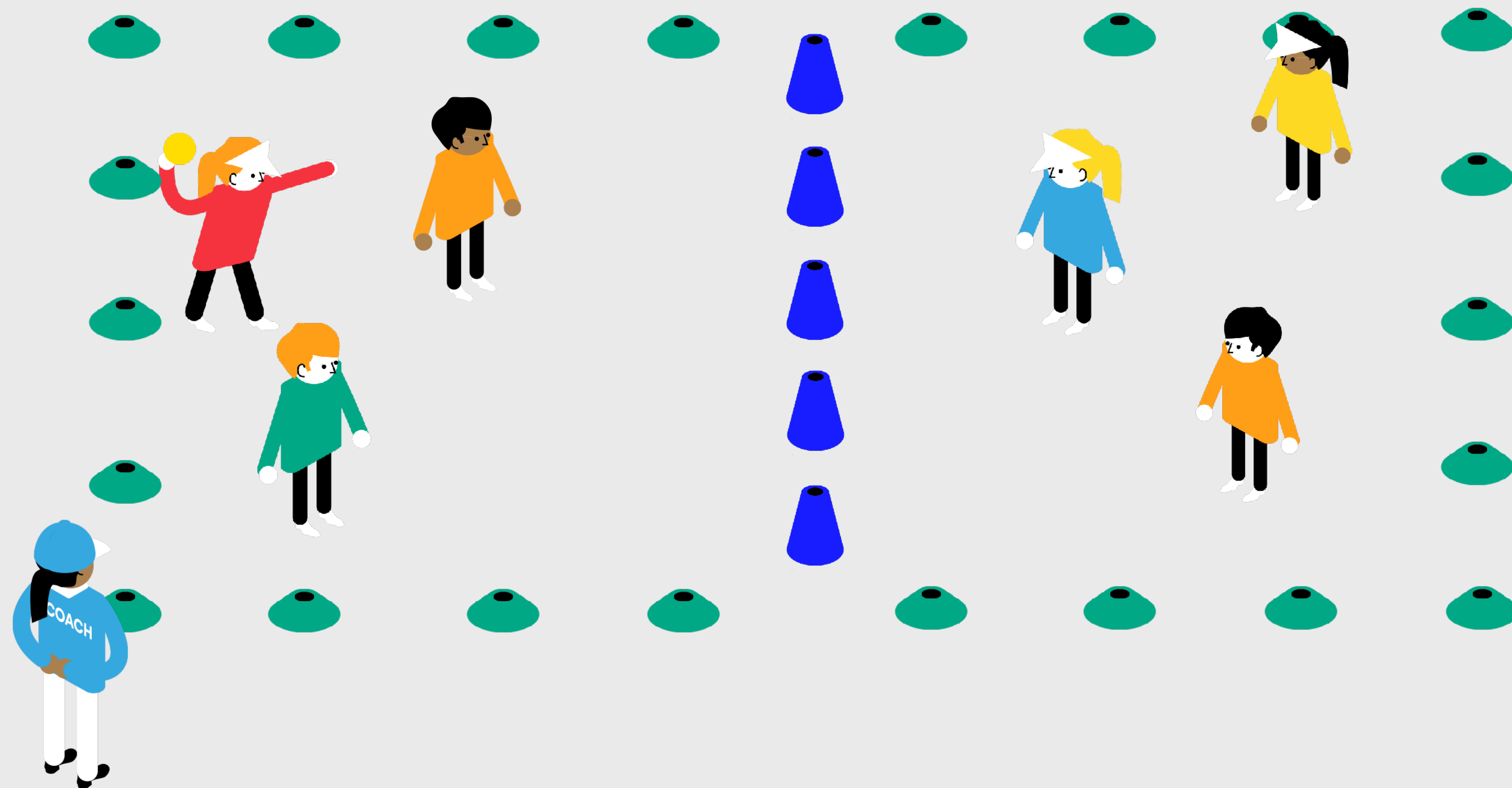
Learning the Game Focus:
Orientation:
Lie Angle

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"> Hand Volleyball
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"> Lie Angle
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"> Preparation
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"> Straight Shooter X's & O's Make it Splash
5 Mins	myAcademy Folder Track and Reward	<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 Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

Class Layout and Setup



Hand Volleyball



How to Play

- This game is played in two teams. Players are split evenly and one team starts on one side of the court and one team starts on the other side of the nett.
- The player serves by using the palm of their hand to hit the ball over the nett.
- The ball is able to bounce once and the opposing team attempt to return the ball over the nett using their hand.
- Players may pass the ball between team mates but are unable to let the ball drop.
- A team scores a point when the opposing team is unable to return the ball or hits it outside of the cones.

Progression Ideas

- Call out the commands faster and faster.
- Add in more numbers and therefore more actions to remember.

Equipment Needed

Cones for the Net Line



Colored cones for the Court



Large Soft Ball





Cognitive Preparation

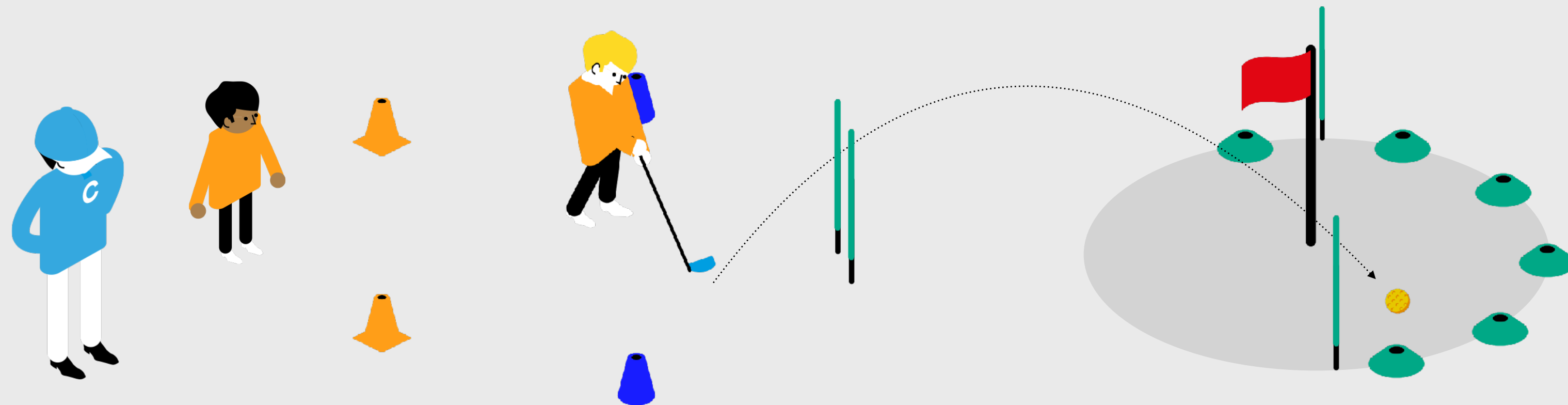
- The Whole Child theme this week is to learn about preparing for golf.
- Carry this theme into the class by asking the children to bring a specific golfing item with them to the next session as a way of testing their preparation skills.



Orientation Lie Angle

- The Learning the Game focus this week is to learn about the lie angle of the club and the effect it can have on the direction of the shot.
- For the younger groups you should highlight how the direction the ball travels can be directly influenced by the lie angle of the club and indicate how this is exaggerated on a sloped lie, with the ball above your feet.

Straight Shooter



How to Play

- Set a target score for the children to achieve
- The first child attempts to hit their shot to the through the foam noodle gate and into the target area
- They receive 1 point for hitting the ball through the gate, and 1 more if they hit the target
- Players take it in turns, until both have hit 10 shots, the aim is to achieve the target score as a team

Progression Ideas

- Vary the target on each shot
- Vary the width of the gate
- Allow the children to try throwing the ball through the gate

Learning Outcomes

- Learn to control the direction the ball travels

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out hitting stations



2 x Foam Noodles



2 x Alignment Sticks



Golf Balls



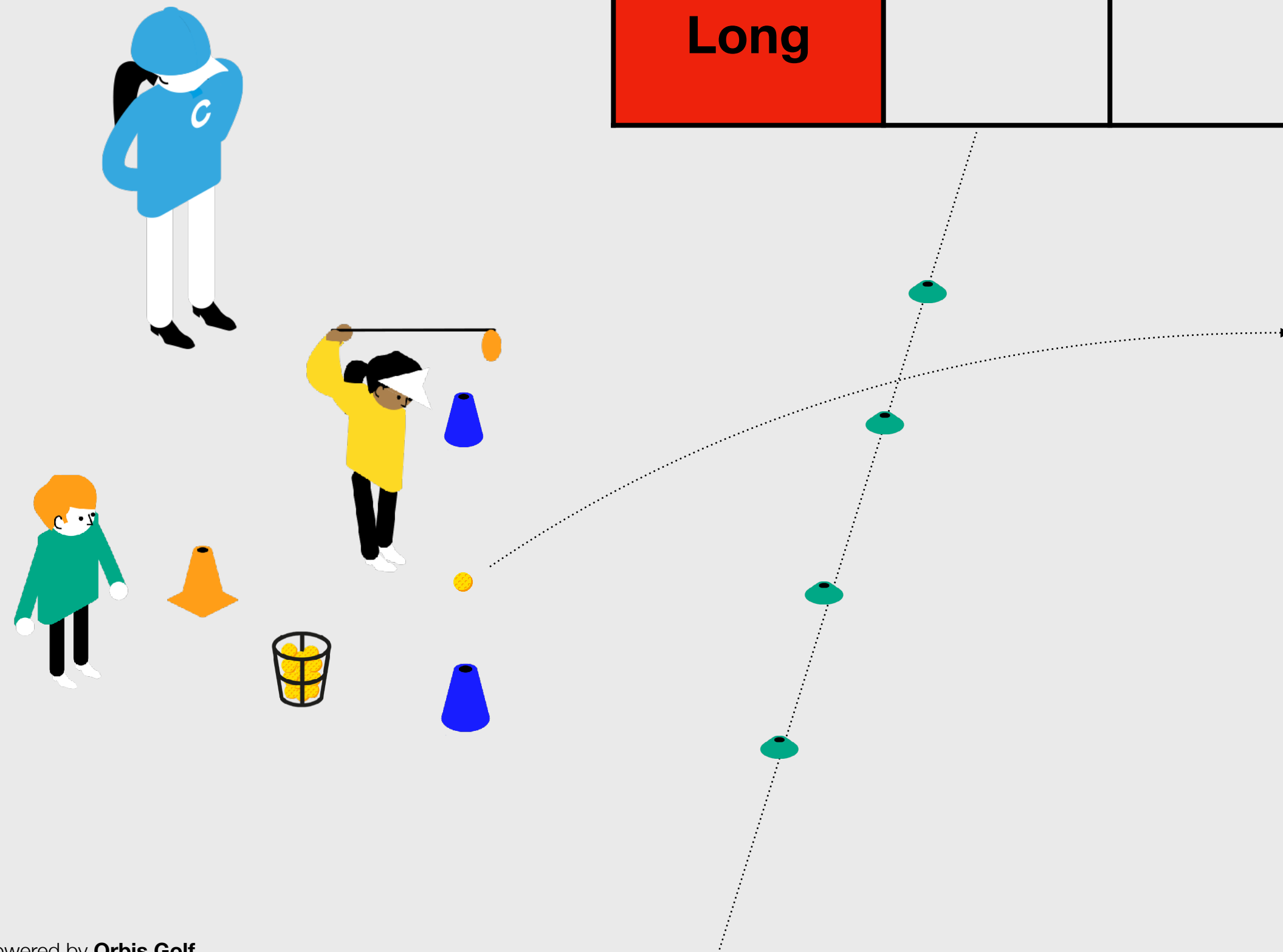
Spare equipment that may be required for the group attendees.



X's & O's



Shot Type	Left	Straight	Right
Short	X		
Medium		X	
Long			X



How to Play:

- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The children take it in turns to hit their shots
- If they are successful hitting their chosen shot then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

Progression Ideas:

- Move the minimum distance cone line further out

Equipment Needed:

Orange Safety Cones



Cones to mark out the necessary hitting stations.



Golf balls



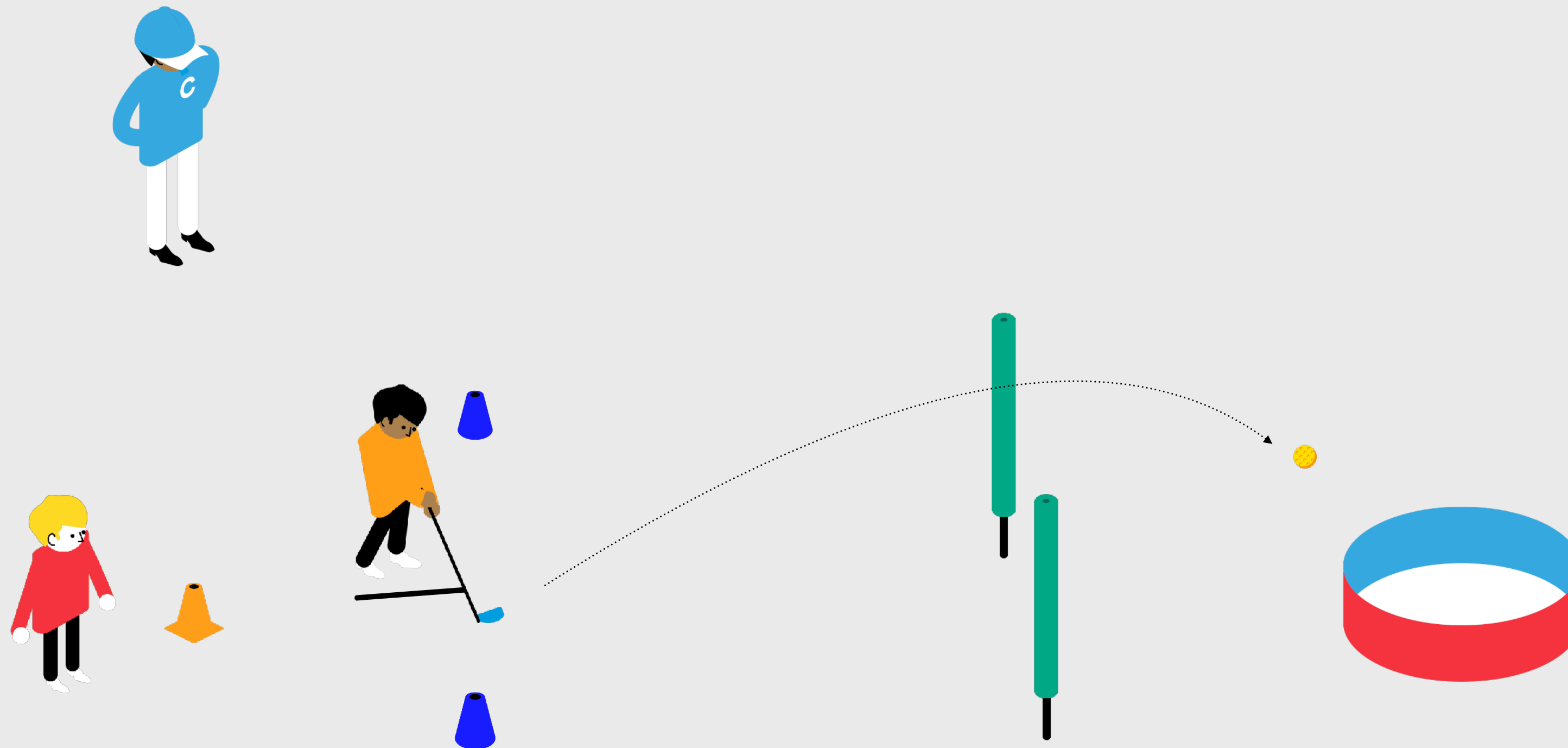
Paper and Pen to draw the grid



4 x Green Cones



Make it Splash



How to Play

- Children take it in turns to hit their shots, using the alignment stick to aid their alignment and club face aim
- The aim of the game is to pitch the ball into the pool
- Children score two points for pitching the ball straight into the pool, and one point if it bounces in
- The children aim to score as many points as possible before switching games

Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

Junior Learning Outcomes

- Ability to control distance on a pitch shot
- Ability to control direction

Equipment needed

4 x Orange Safety Cones

SAFETY

2 Alignment Sticks

2 x Foam Noodles

Pool