

Swing Week 37



Class Timetable - Week 37

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Irons

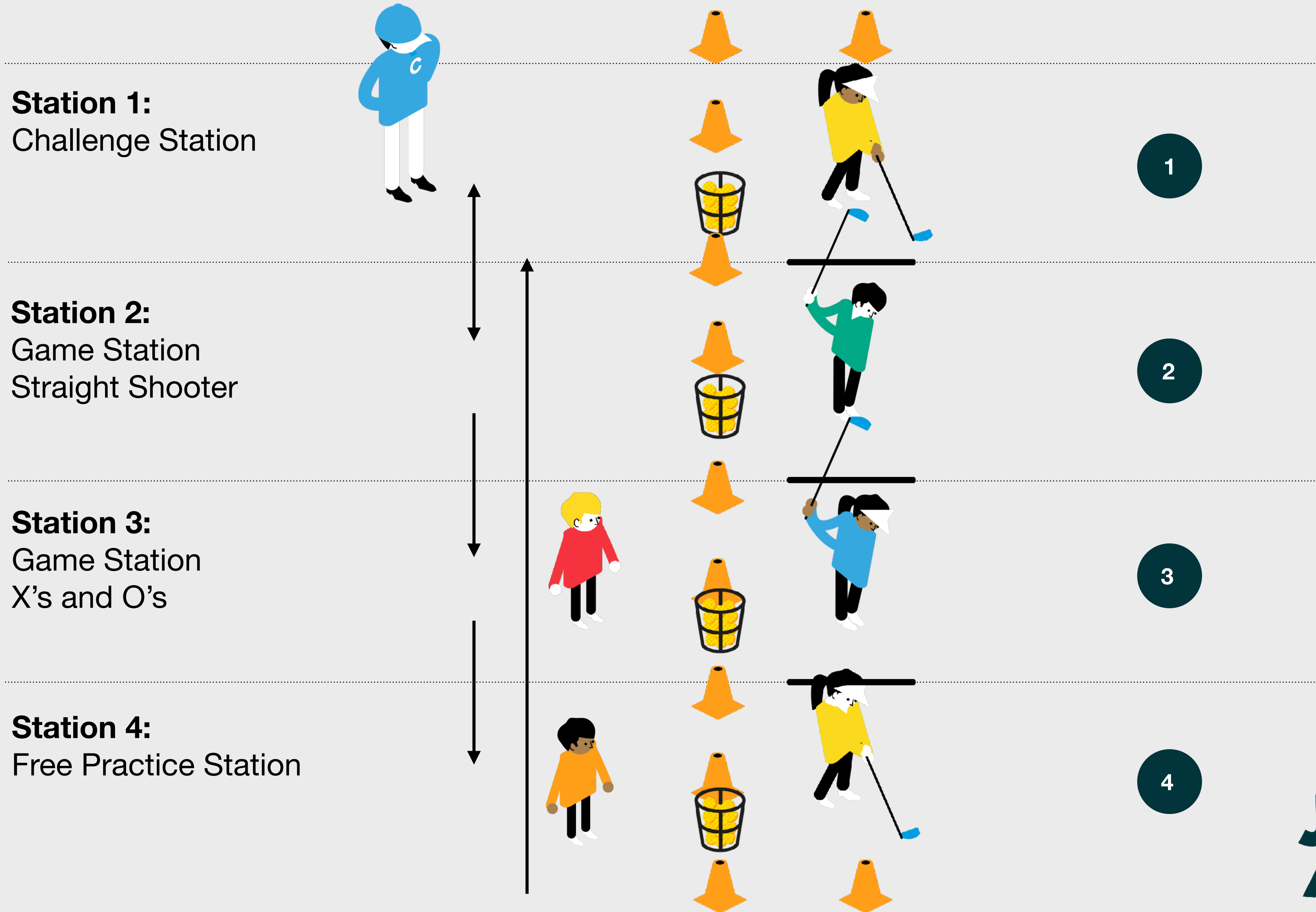
Whole Child Focus
Cognitive:
Preparation

Learning the Game Focus:
Orientation:
Lie Angle

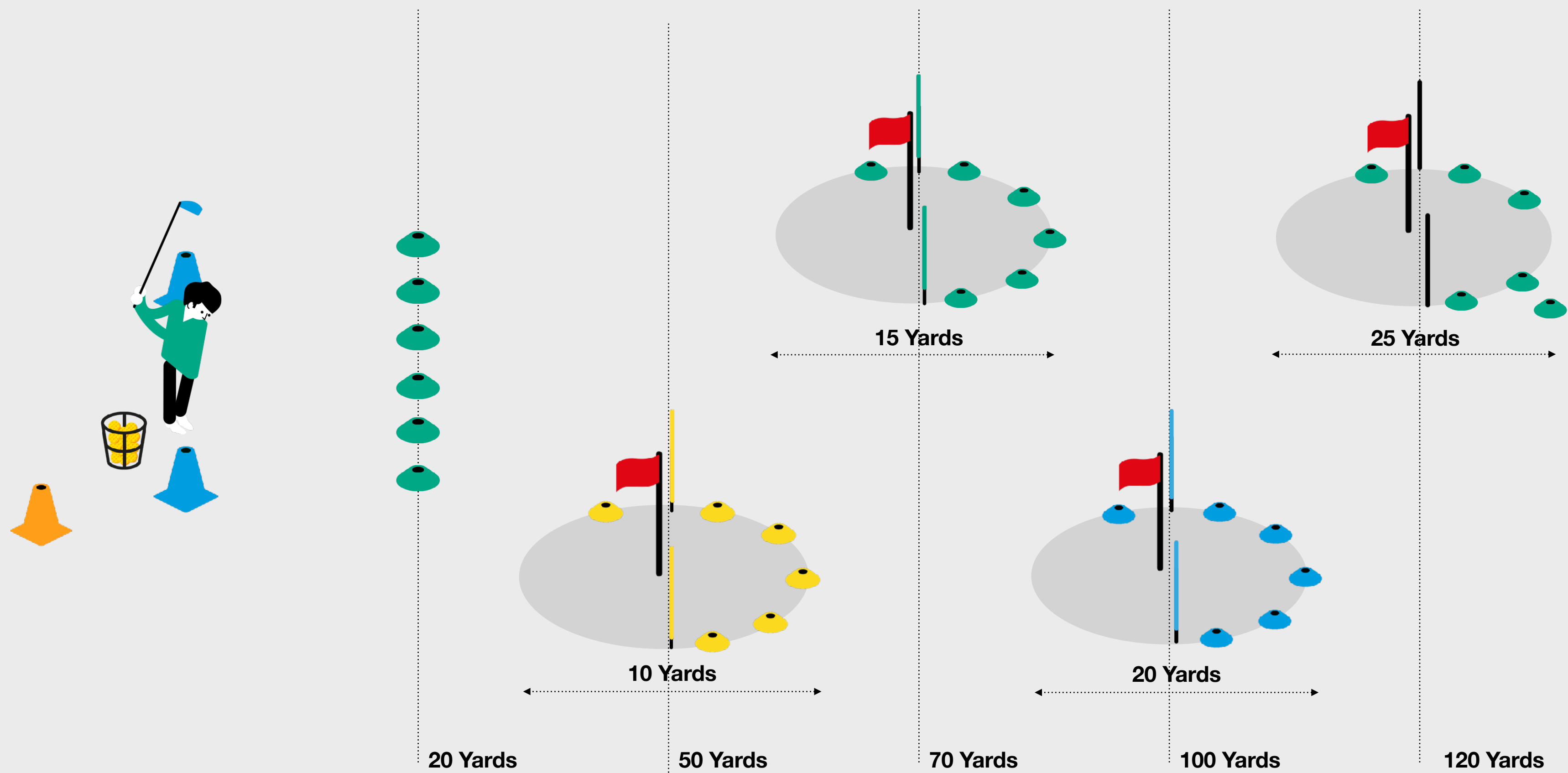
Mastering the Game Challenge:
Iron Challenge

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"> 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 The Iron 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 <i>myProgress</i> Wheel and add stickers where appropriate to the <i>myAcademy</i> 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"> <i>myAcademy</i> Folders GLF. Connect <i>myGame+</i>

Class Layout and Setup



Irons Challenge Setup



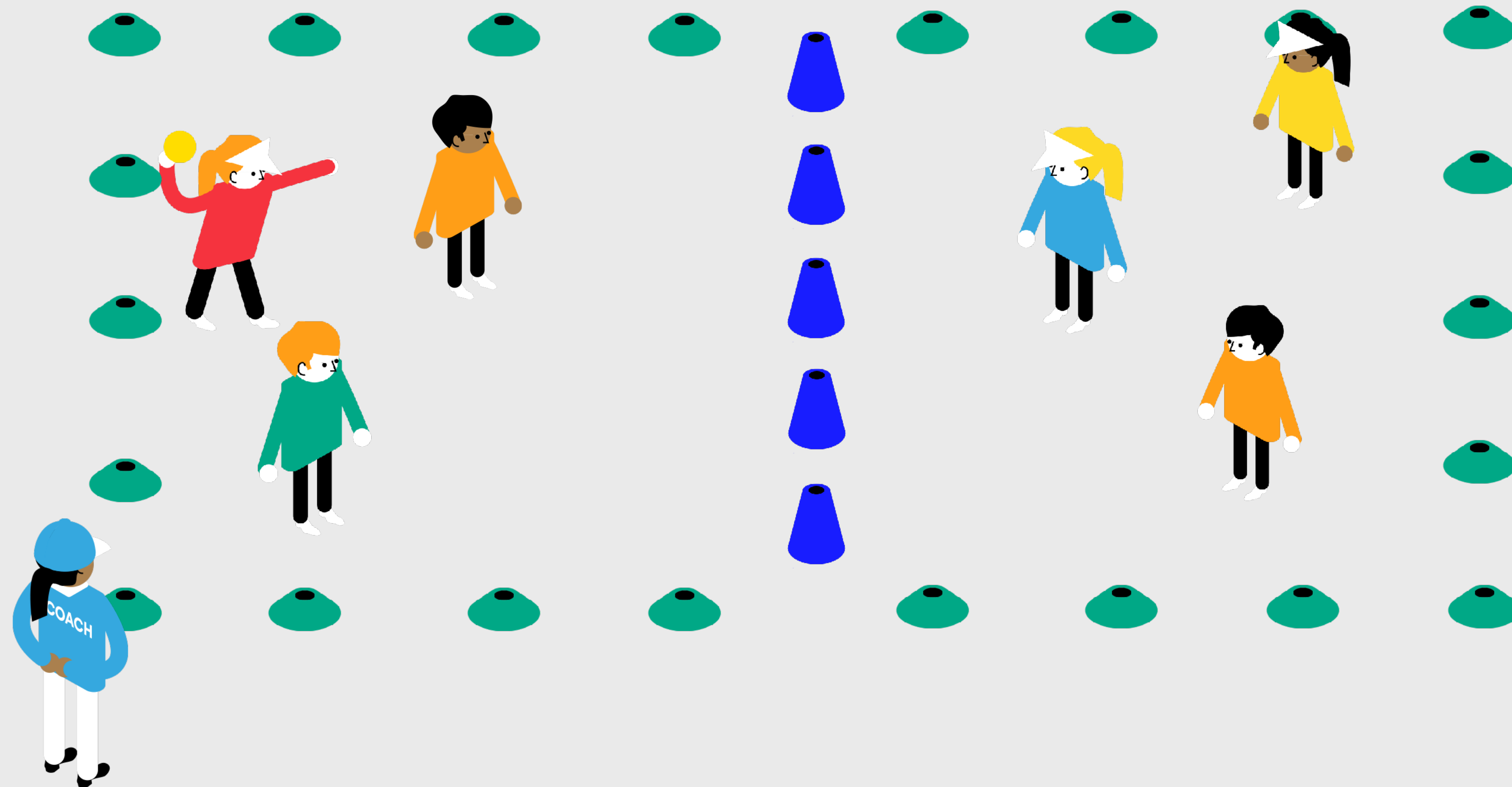
Equipment Needed

- Orange safety cones for a safety line
- Cones to mark out the necessary hitting stations
- Cones to mark the target zones if foam noodles aren't available
- Alignment Sticks
- Flag (if available)
- Foam Noodles

Setting out the Challenge

- Foam Noodles placed onto the alignment sticks should be used to mark the perimeter of the target zones either side of the flag
- Alignment sticks should be used to mark the target when a flag isn't possible
- Green Cones should be used to mark the target lines for the level 2 challenge
- Set out all the markers to enable every child to attempt their challenges in the class

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

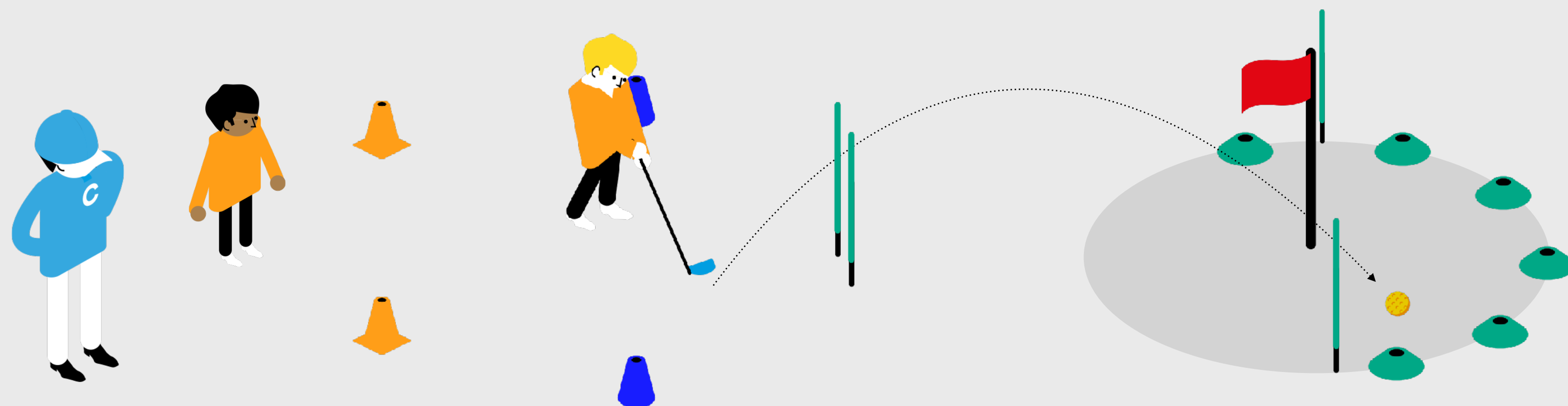
- The Whole Child theme this week is to learn about preparing for golf.
- Carry this theme into the class by asking the children to bring a specific golfing item with them to the next session as a way of testing their preparation skills.



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



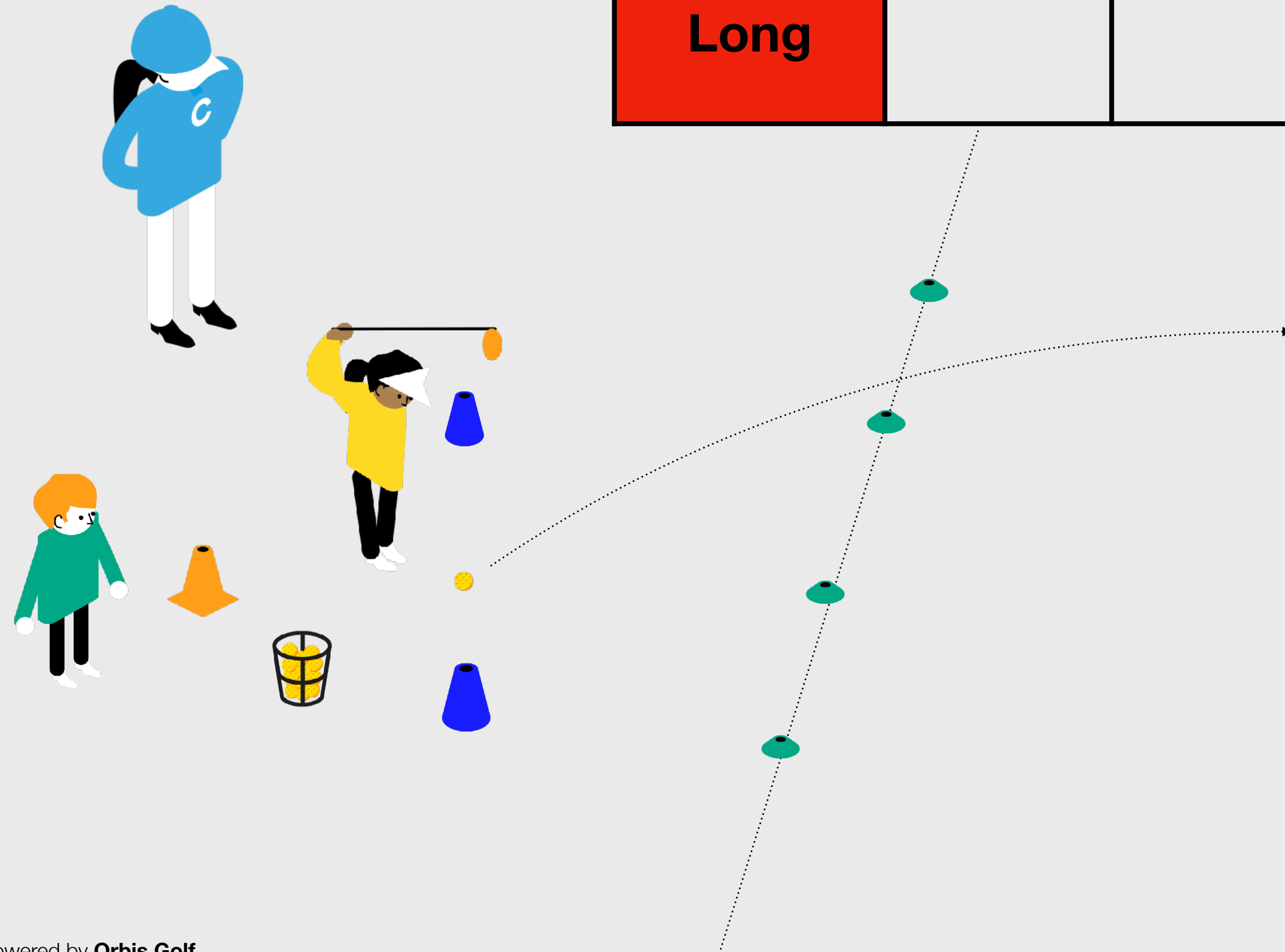
Spare equipment that may be required for the group attendees.



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



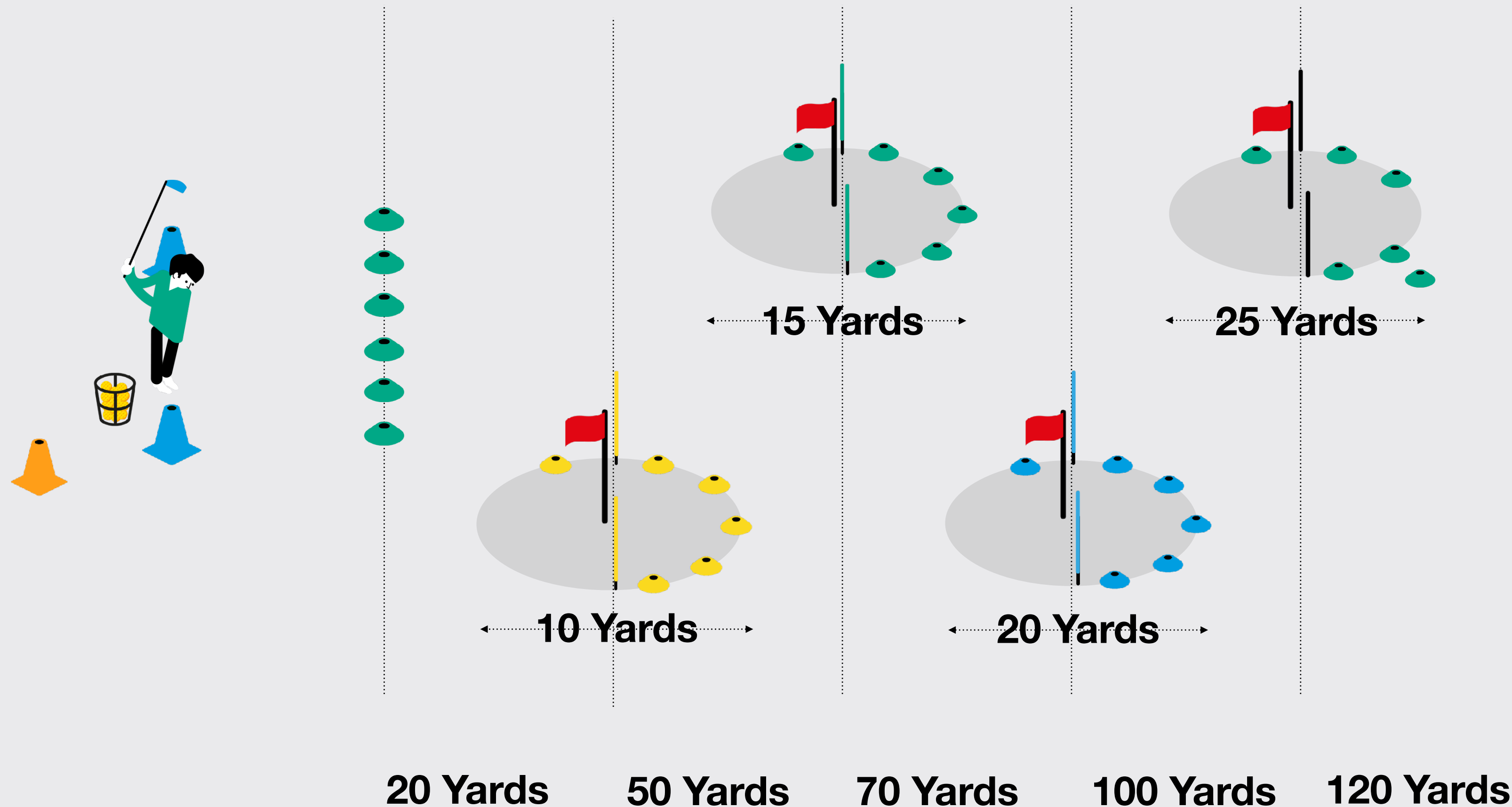
Paper and Pen to draw the grid



4 x Green Cones



Iron 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 Juniors complete this Level 1 Challenge by hitting 3 shots in the air with an Iron. They have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a
- 2 Juniors complete this Level 2 Challenge by hitting 3 shots in the air with an Iron. The ball must carry a minimum of 20 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 3 Juniors complete this Level 3 Challenge by hitting 3 shots where the ball must finish within a 10-yard circle surrounding a flag that is 50 yards away. They have 5 attempts and this challenge can be attempted off a tee.
- 4 Juniors complete this Level 4 Challenge by hitting 3 shots with the ball coming to rest within a 15-yard circle surrounding a flag that is 70 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 5 Juniors complete this Level 5 Challenge by hitting 4 shots where the ball must finish within a 20-yard circle surrounding a flag that is 100 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 6 Juniors complete this Level 6 Challenge by hitting 5 shots where the ball must finish within a 25-yard circle surrounding a flag that is 120 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.

