

# Swing Week 37



# Contents

- 3 **Class Timetable**
- 5 **Class Setup and Layout**
- 8 **Physical Literacy Warm Up**
- 12 **The Whole Child Focus**
- 14 **Learning the Game Focus**
- 16 **Mastering the Game Cards**
- 21 **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"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Cone Collector</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Introducing the Scorecard</li> </ul>
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Practice at Home</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li>10 Pin Bowling</li> <li>Single, Double, Triple</li> <li>Scoring Challenge</li> </ul>

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# 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"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	<ul style="list-style-type: none"> <li>Hand Volleyball</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Lie Angle</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Preparation</li> </ul>
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games and challenge</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice</li> </ul>	<ul style="list-style-type: none"> <li>Straight Shooter</li> <li>X's &amp; O's</li> <li>The Iron Challenge</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Children can complete <i>myProgress</i> Wheel and add stickers where appropriate to the <i>myAcademy</i> folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li><i>myAcademy</i> Folders</li> <li>GLF. Connect <i>myGame+</i></li> </ul>

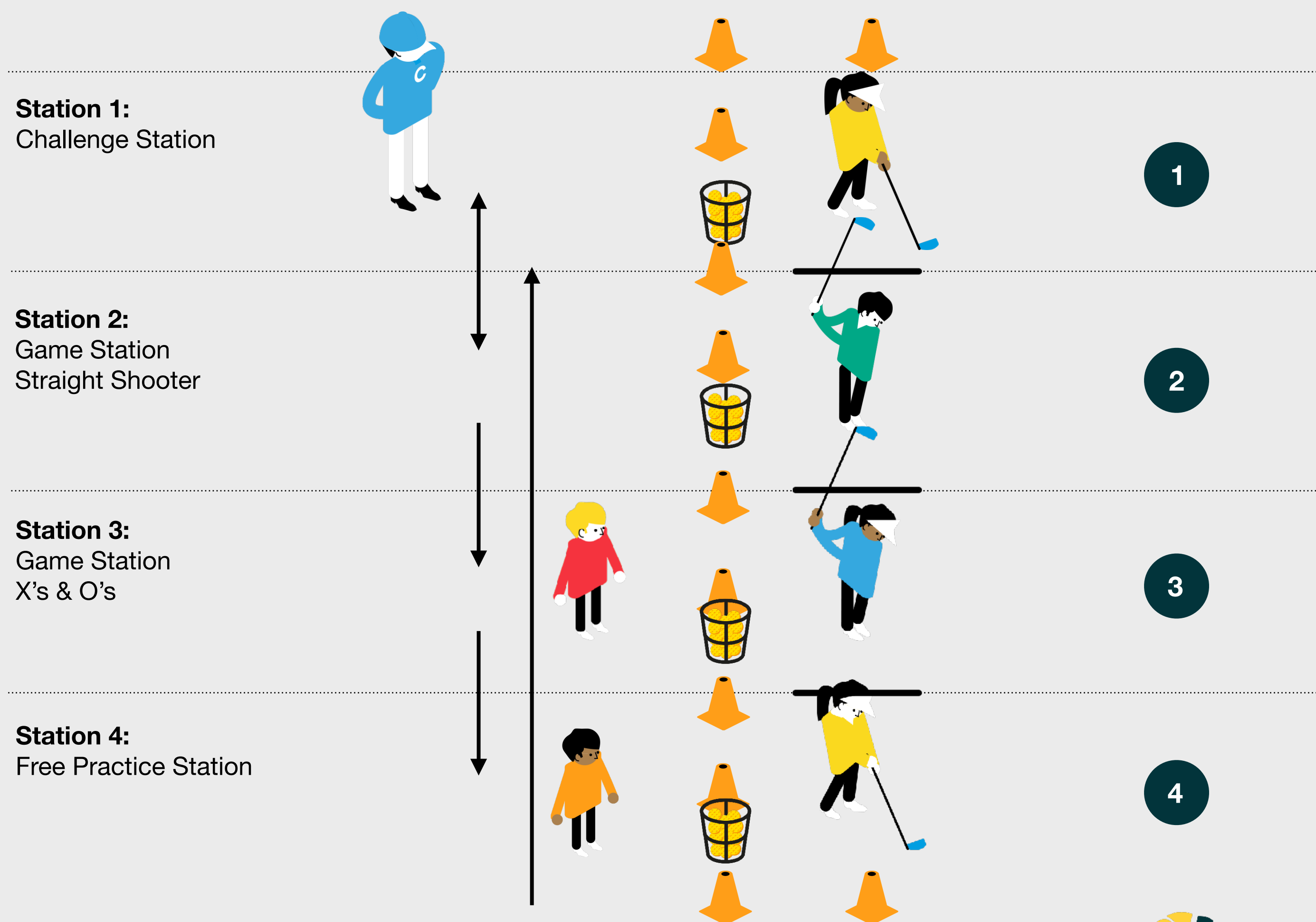
# Layout and Setup



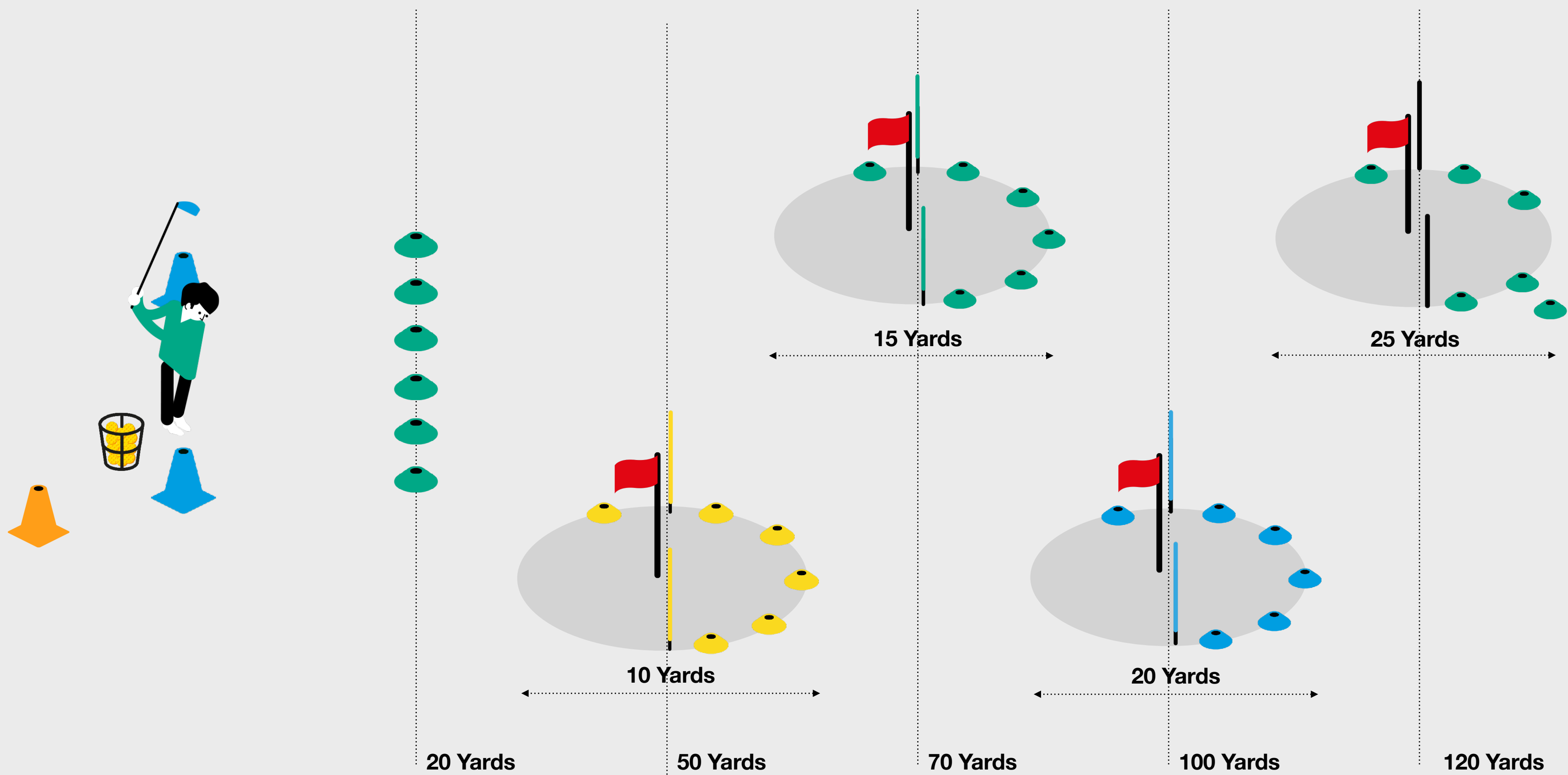
# Class Layout and Setup

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



# 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

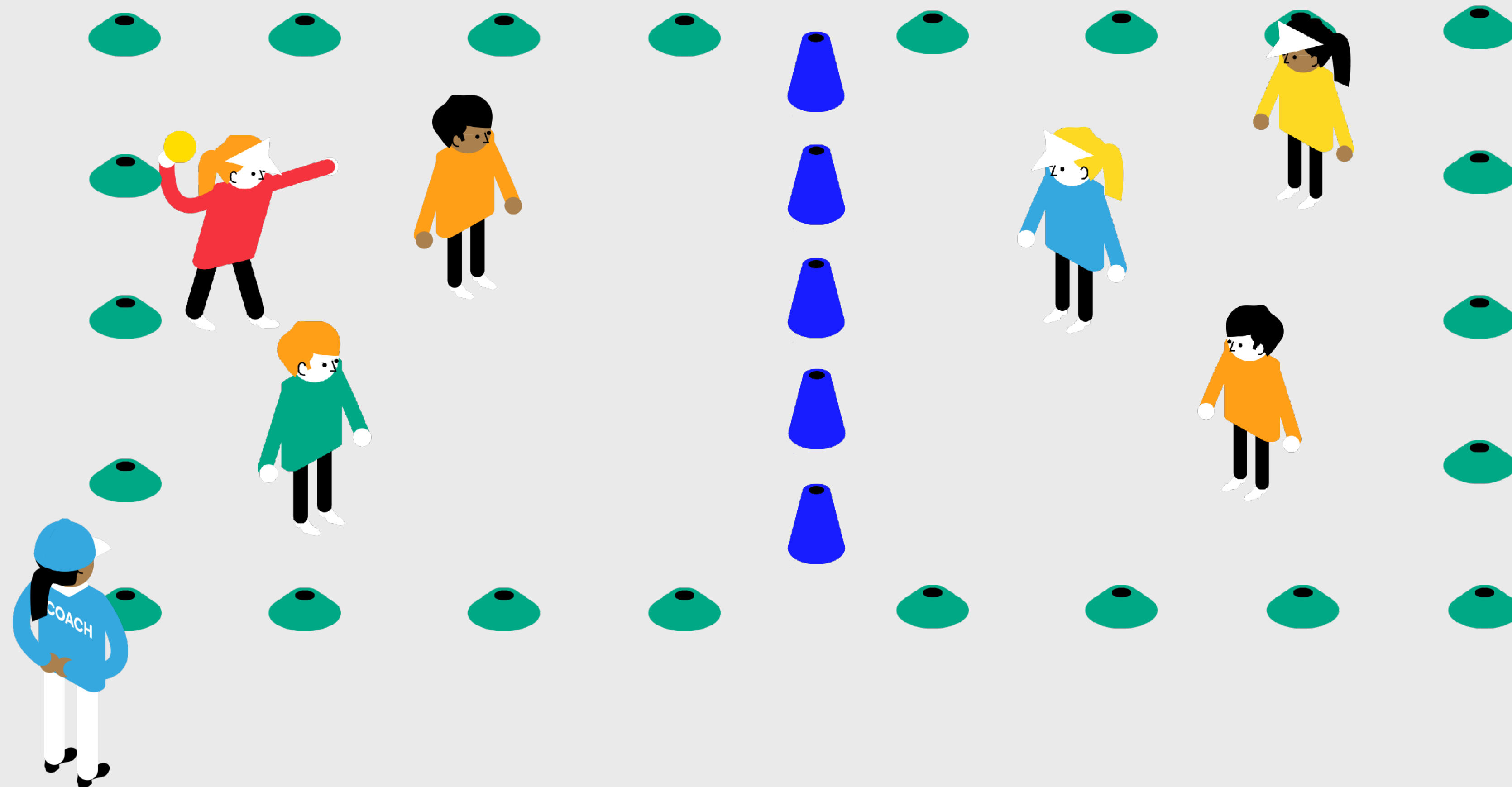
- Foam Noodles placed onto the alignment sticks should be used to mark the perimeter of the target zones either side of the flag
- Alignment sticks should be used to mark the target when a flag isn't possible
- Green Cones should be used to mark the target lines for the level 2 challenge
- Set out all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

# Physical Literacy Warm Up Game





# 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



# 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



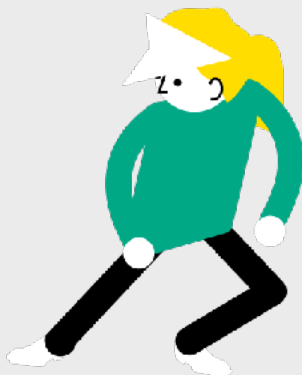
### Run

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



# Cognitive Preparation

The Whole Child theme this week is to learn about preparing for golf.

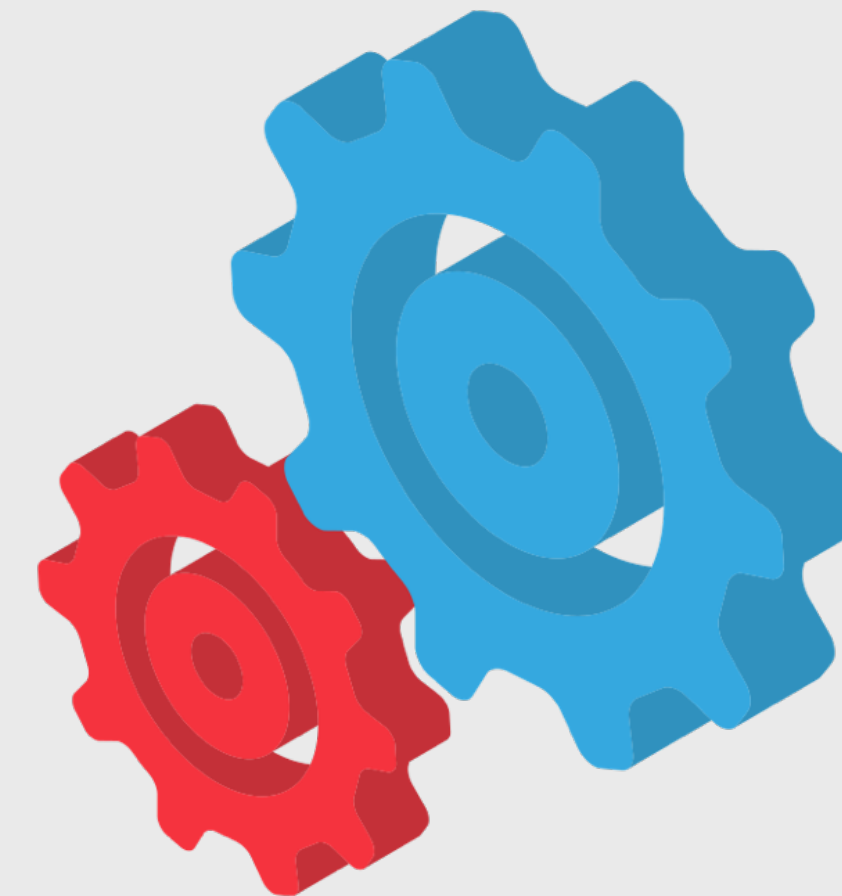
Carry this theme into the class by asking the children to bring a specific golfing item with them to the next session as a way of testing their preparation skills.

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

Examples of this could be preparation for a particular shot, or for the lesson as a whole.

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 reward 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



# 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.

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



### Questions to Ask

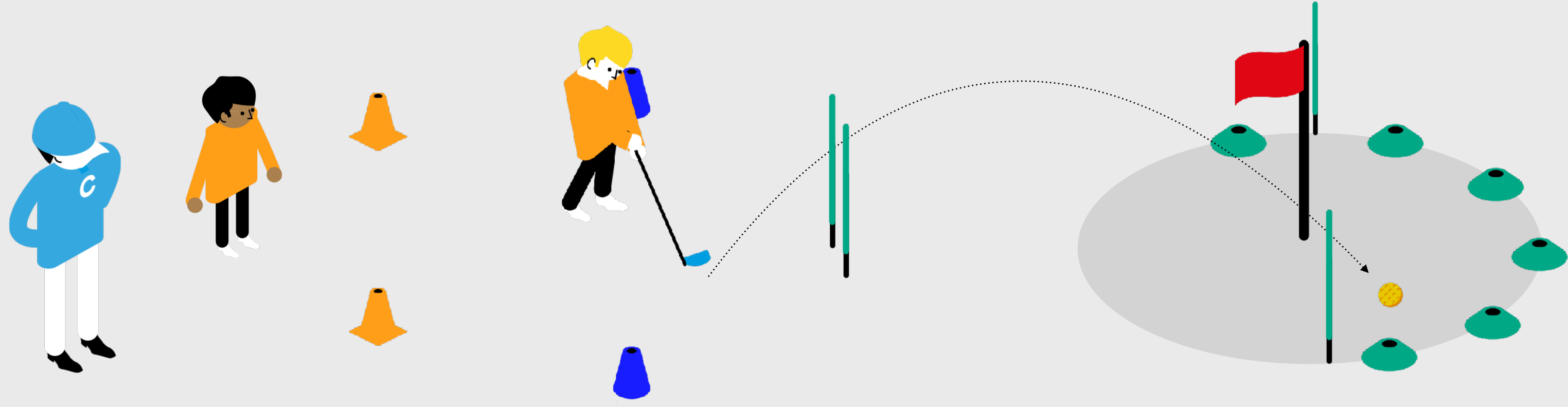
- What is the lie angle?
- What happens on a sloped lie with the ball above your feet?

# Mastering the Game Cards





# 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.

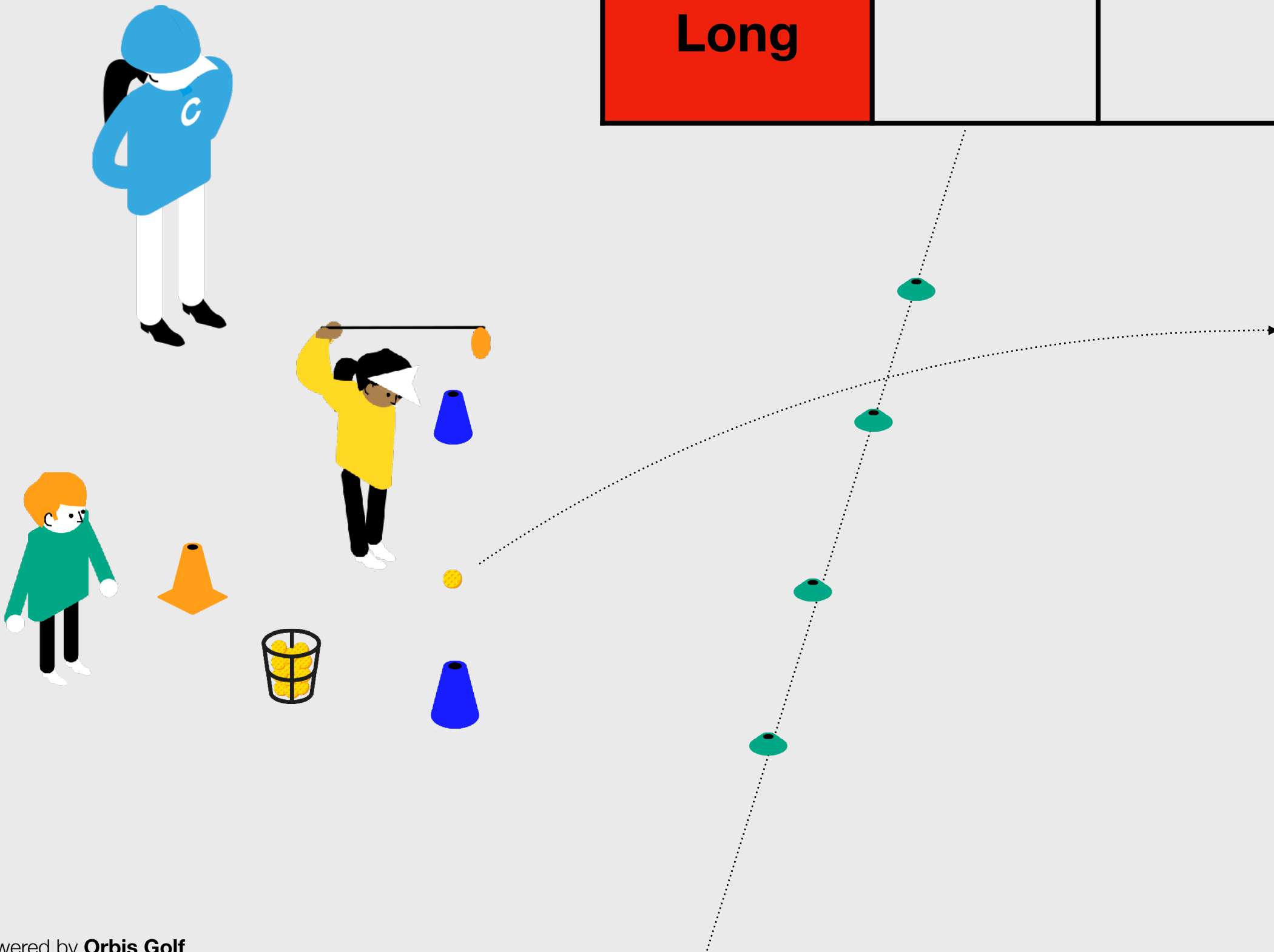






# X's & O's

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 



# Mastering the Game Challenge Cards



# Iron Challenge



3 out of 5

**JUNIOR GOLF  
ACADEMY**



## The Challenge

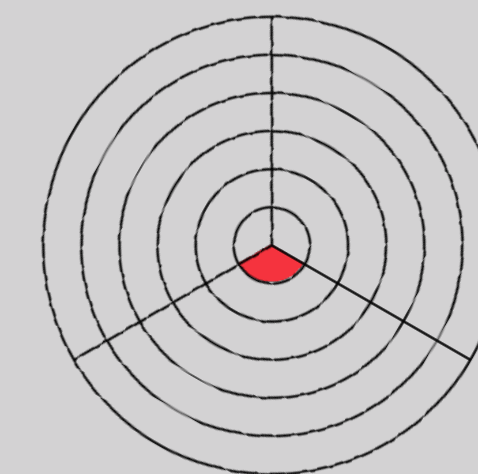
To complete the Level 1 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air.

To complete the challenge, the child doesn't need to demonstrate control over direction or distance and the challenge can be completed off a tee.

## 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.

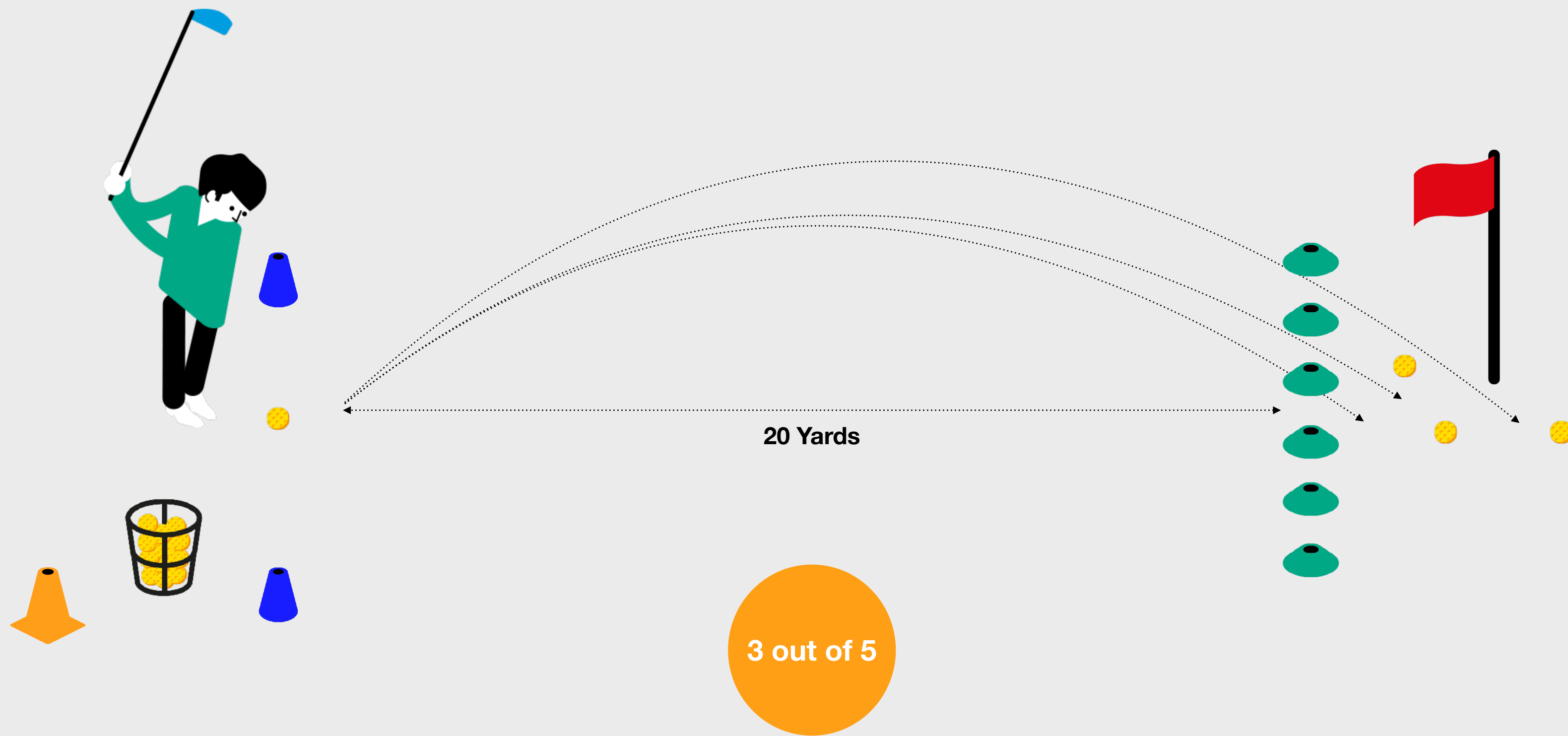
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF, the challenge can be marked as complete and the virtual rewards will be issued automatically.



Irons



# Iron Challenge



## The Challenge

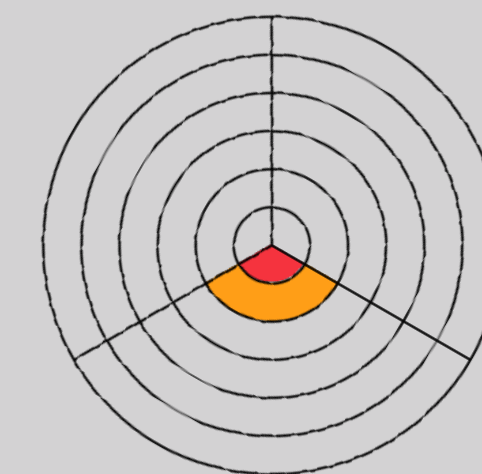
To complete the Level 2 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots in the air, a minimum carry distance of 20 yards.

To complete the challenge, the child doesn't need to demonstrate control over direction, and the challenge can be completed off a tee.

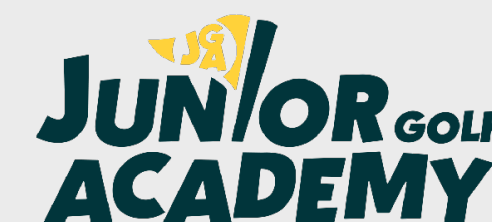
## What to do next?

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.



Irons



# Iron Challenge



## The Challenge

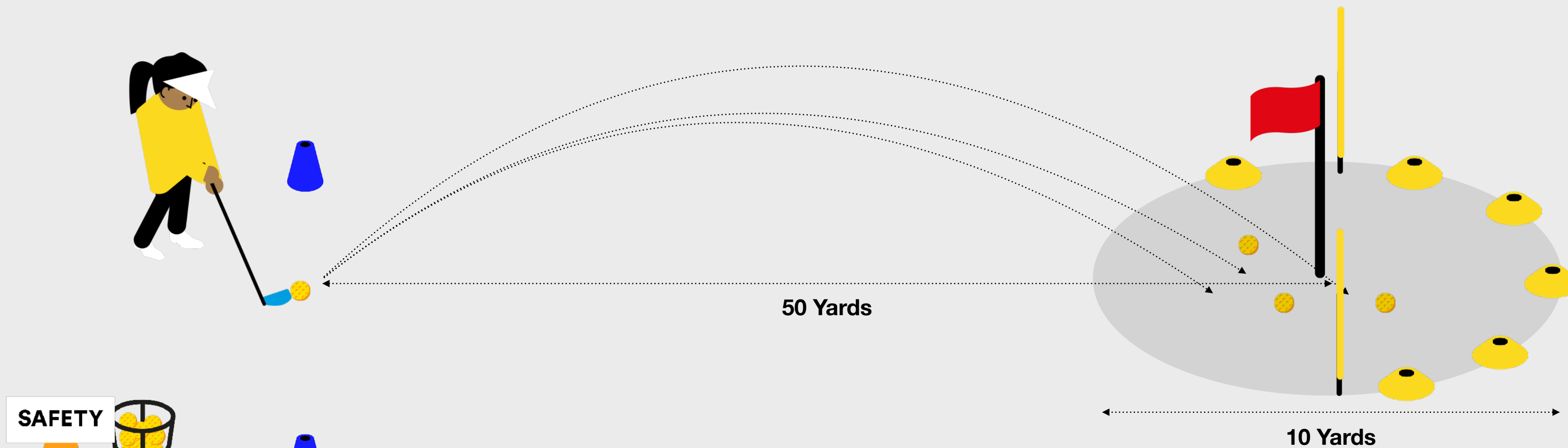
To complete the Level 3 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots where the ball must come to rest within a 10-yard diameter target circle to a target flag 50 yards away.

This challenge can be completed off a tee.

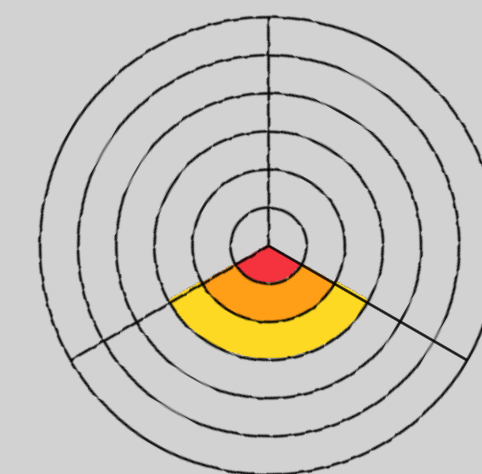
## What to do next?

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.

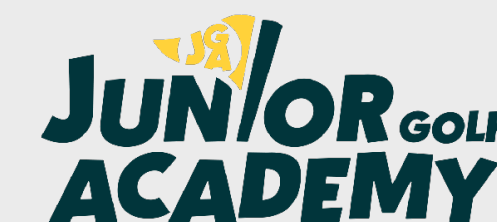
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



3 out of 5



Irons



# Iron Challenge



## The Challenge

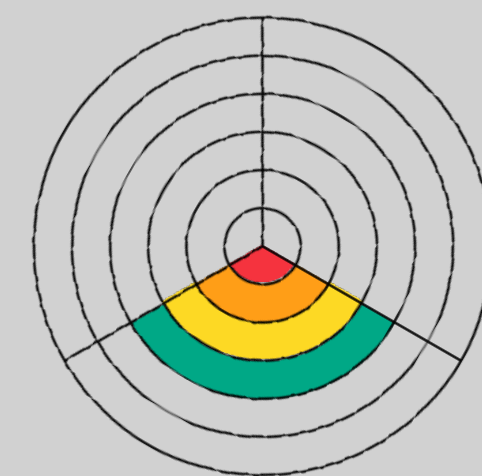
To complete the Level 4 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 3 out of 5 shots where the ball must come to rest within a 15-yard diameter target circle 70 yards away.

This challenge should be completed with the ball on the ground.

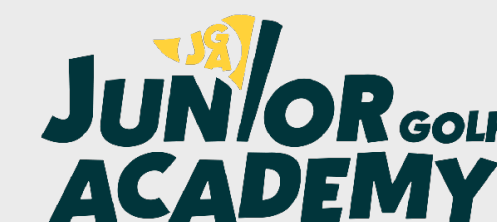
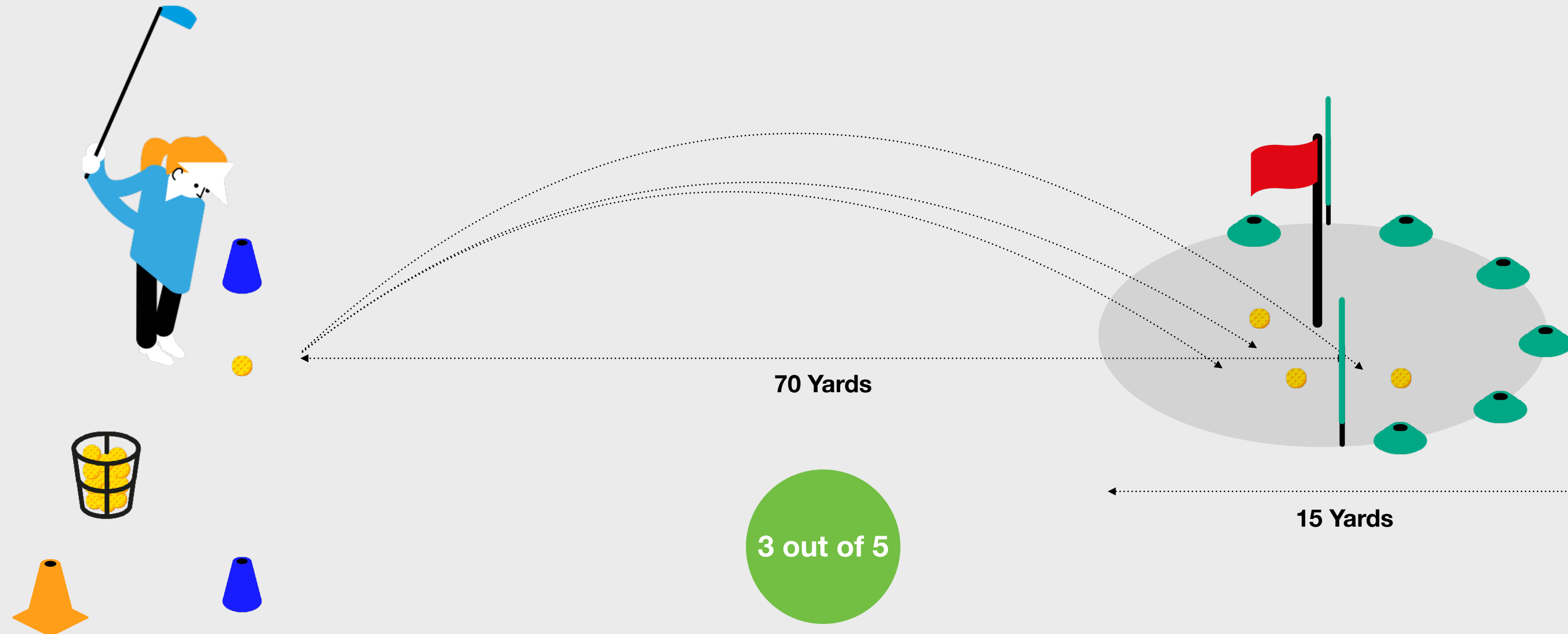
## What to do next?

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.

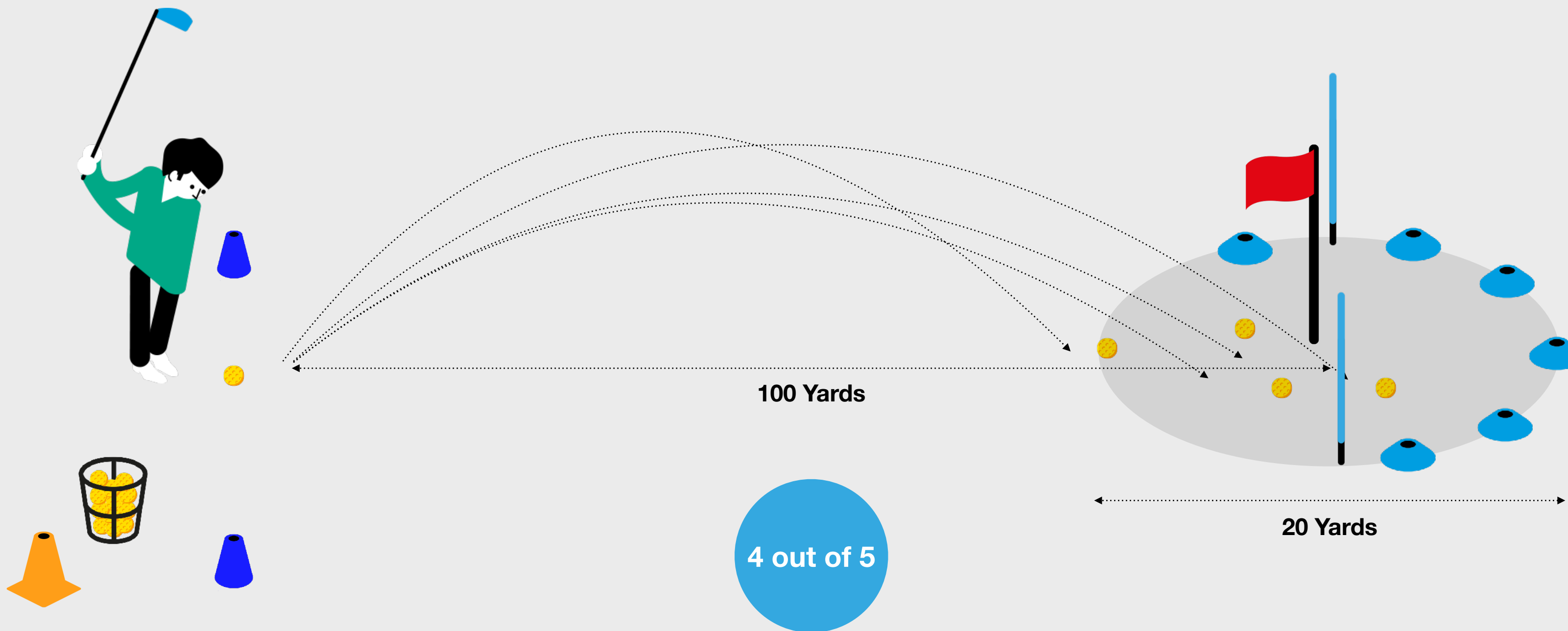
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Irons



# Iron Challenge



## The Challenge

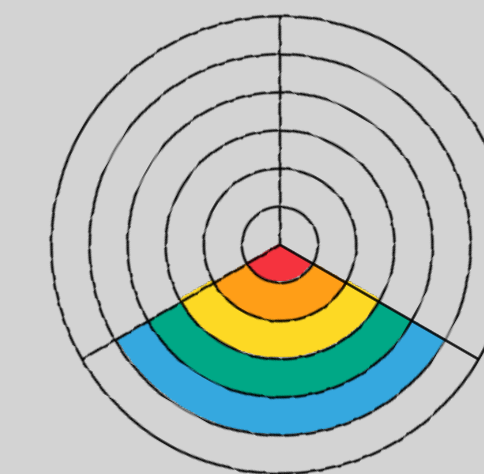
To complete the Level 5 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots where the ball must come to rest within a 20-yard diameter target circle 100 yards away.

This challenge should be completed with the ball on the ground.

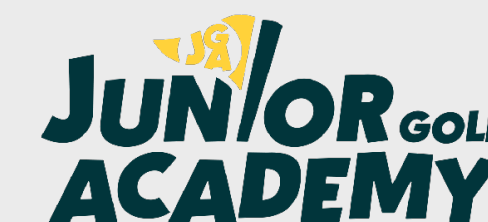
## What to do next?

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.

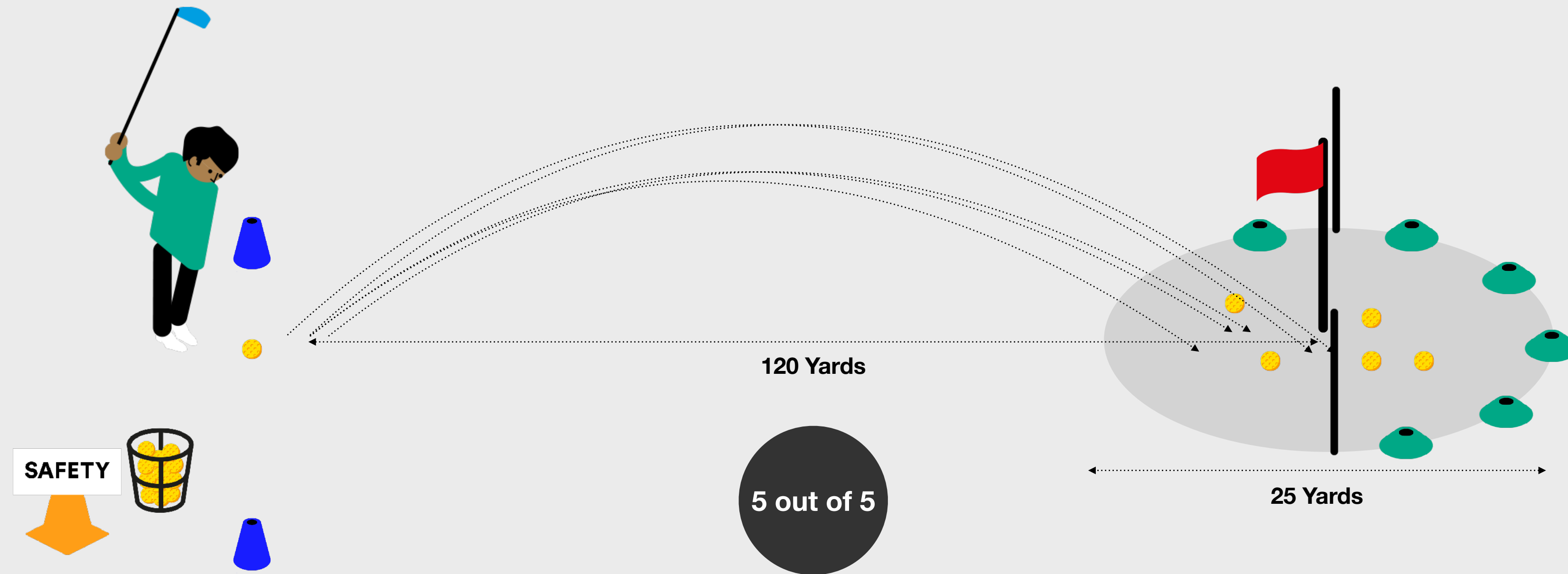
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Irons



# Iron Challenge



## The Challenge

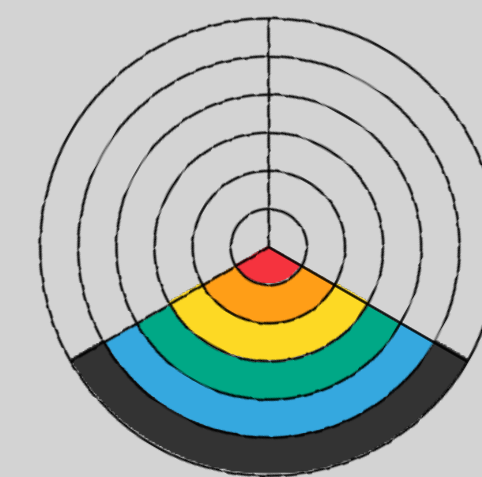
To complete the Level 5 Challenge within the Iron Skill element, the child needs to demonstrate the ability to hit 4 out of 5 shots where the ball must come to rest within a 20-yard diameter target circle 100 yards away.

This challenge should be completed with the ball on the ground.

## 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.



Irons

