

Junior Monthly Class Plans Ages 6-16

On the Green

Week 38



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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 |

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Class Timetable - Week 38

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Short Putts

Whole Child Focus
Personal:
Passion

Learning the Game Focus:
Rules and Etiquette:
Ready Golf

Mastering the Game Challenge:
Short Putt 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"> Ball Toss |
| 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"> Ready Golf |
| 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"> Passion |
| 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"> Back to School Through the Gates Short Putt 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+ |

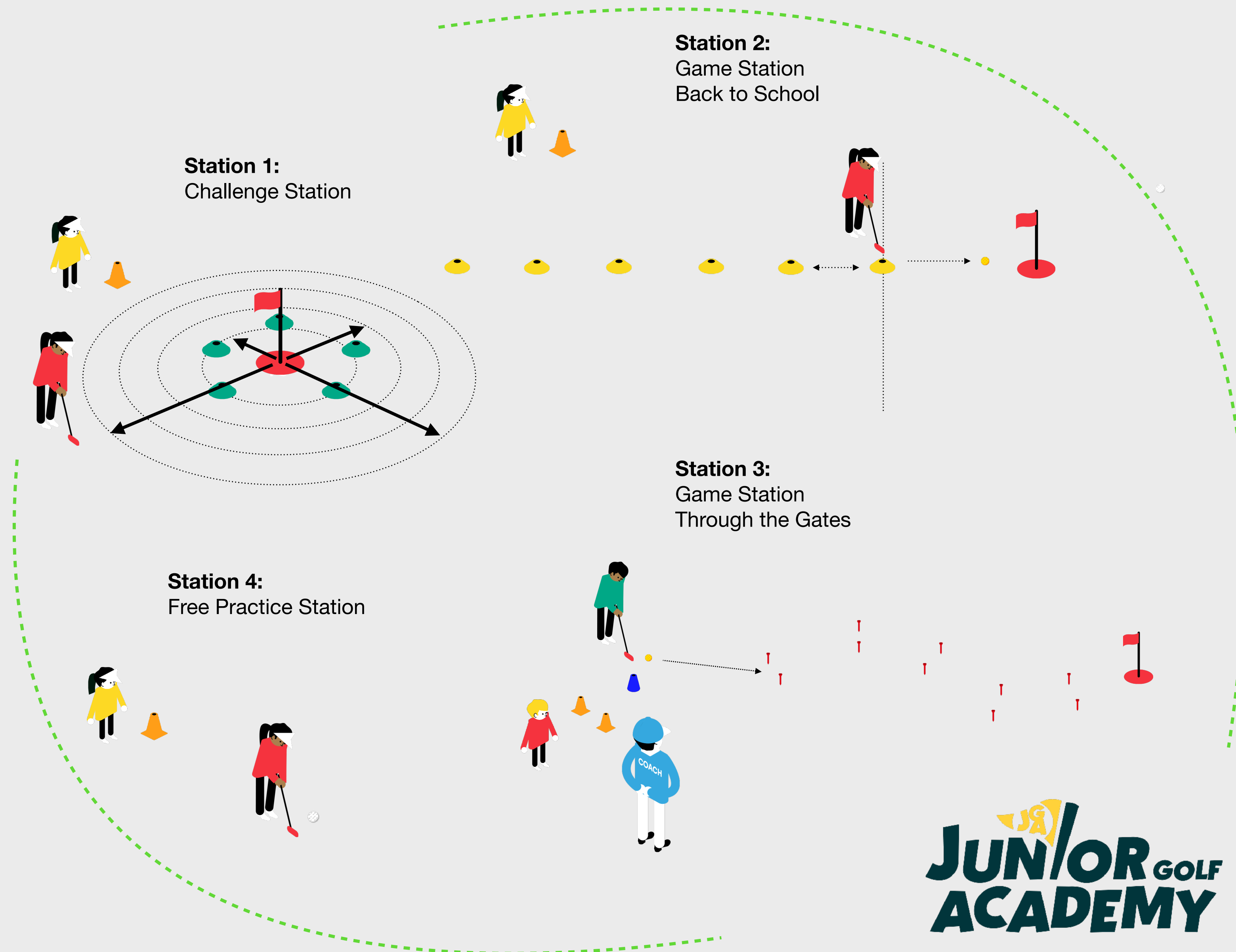
Layout and Setup



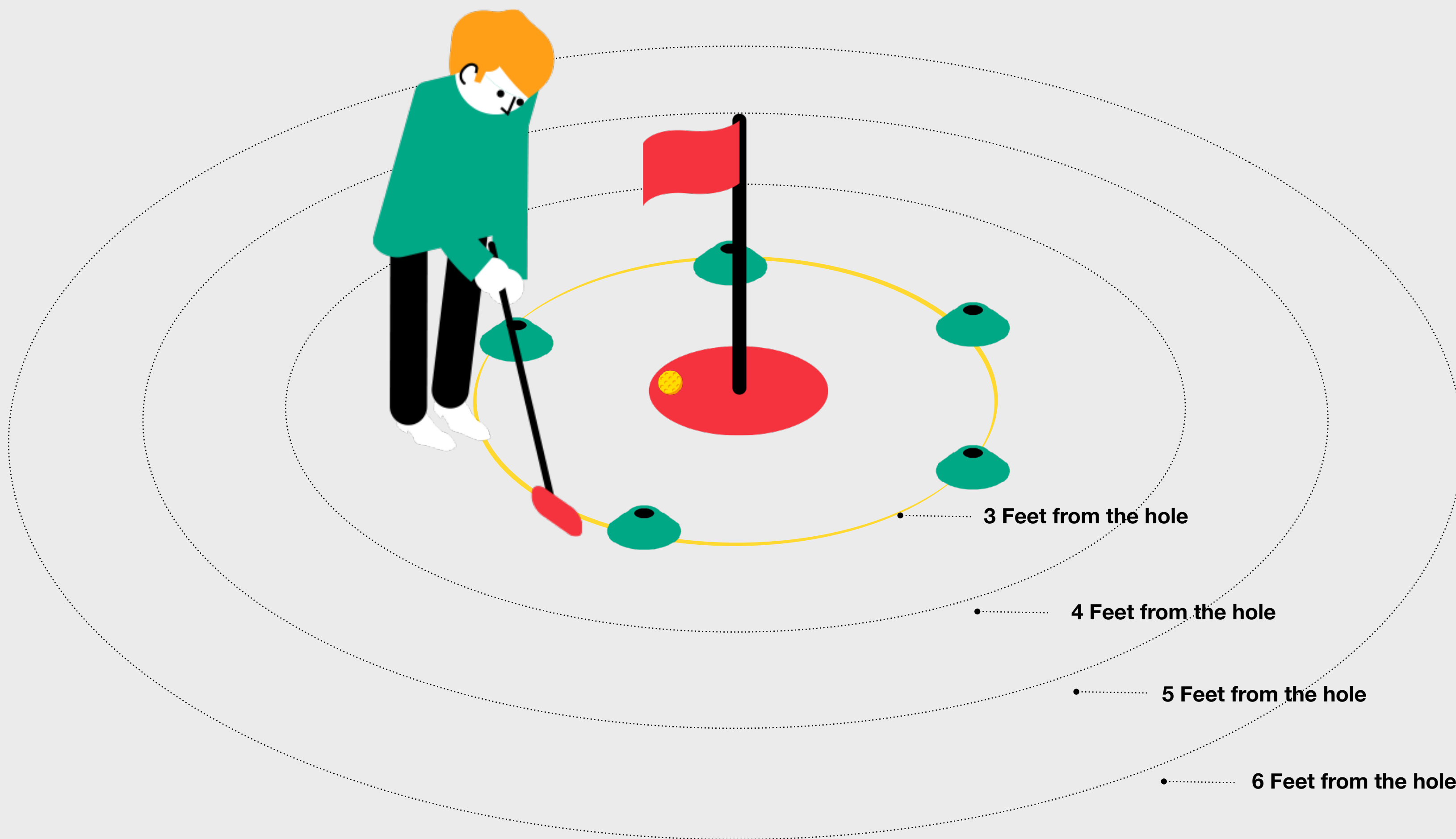
Class Layout and Setup

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



Short Putts Challenge Setup



Setting out the Challenge

- A hole should be selected on the putting green on an average sloped surface
- The 6 foot diameter ring from your equipment bag can be used to mark the 3 foot distance
- 5 tee pegs should be placed around the hole at 3 feet, 4 feet, 5 feet and 6 feet. Cones have been used in the graphic opposite to represent these positions for the 3 foot circle
- Children can attempt the challenge depending on their progression level

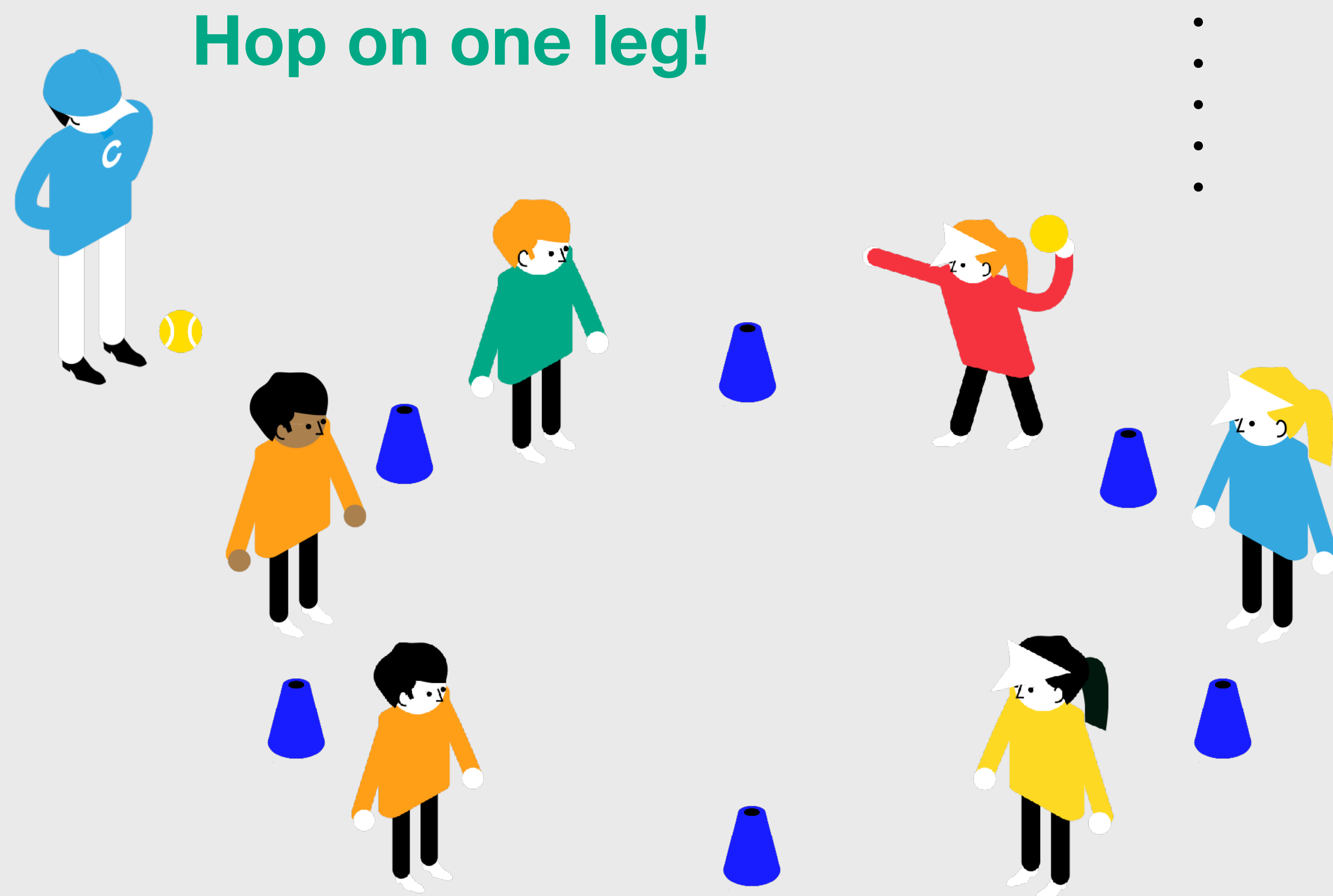
Equipment Required

- 1 hole on the green
- 20 x tee pegs to mark the 5 starting positions at 3 feet, 4 feet, 5 feet & 6 feet

Physical Literacy Warm Up Game



Ball Toss



Coach commands

- Hop on one leg
- Switch legs
- Throw low
- Throw high
- Step left
- Step right
- Changeover
- Jog on the spot
- Hop on one leg
- Stand on one leg
- One arm catching



How to Play

- This game is played individually. Children form a small circle an even distance apart. Each child starts with 3 points.
- One child starts with the ball, and the aim is to throw the ball to another child directly at stomach height. When throwing the ball, the aim is attempts to throw that the other child can catch.
- If the ball is dropped, the player loses a point. If a player throw the ball out of reach of a player, they lose a point.
- When a child loses all of their points, they exit the game and the game continues until one player is left.

Progression Ideas

- Increase the distance between each child
- Increase the size of the circle
- Add multiple balls into the game.
- Decrease the size of the ball
- Use faster and more advanced coach commands during the game

Equipment Needed

Cones to mark the edge of the circle



Soft Balls



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 Passion

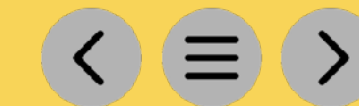
The Whole Child theme this week is to encourage the children to develop a passion for the game.

Carry this theme into the class by showing the children some clips of golfers celebrating and explain how it is important to celebrate the good moments.

It should be highlighted that the Achiever Award is presented to the child that displays a passion for golf, the games and challenges that the children are playing.

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



Rules and Etiquette

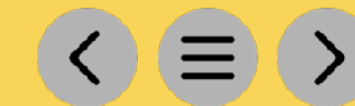
Ready Golf

The Learning the Game focus this week is learning to play “Ready Golf”

You should highlight to the children that it is important to be ready to play when it is their turn, this helps to keep the pace of play with the rest of the field

Be sure that children understand it is important that they don't play slowly as this will frustrate other golfers.

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



Questions to Ask

- Why is it important to keep up the pace of play?
- Who's turn is it next?
- What do you need to be thinking about as you approach your shot?
- Do you need to get anything ready in preparation for your shot?
- When can you start doing practice swings for your shot?

Mastering the Game Cards





Back to School



How to Play

- Aim of the game is achieve a Grade A by making a putt from each of the cones
- Nominate a child to play first
- From the starting cone at 5 feet, if the putt is holed the player moves back a cone and can have another go. If the putt is missed the player has to wait until their go to have another attempt
- The player who wins is the one who reaches the Grade A cone first and holes their putt

Progression Ideas

- Change the distance between the starting cone and the hole
- Change the distance between each of the cones
- Introduce a rule where the number of attempts is limited otherwise the player moves back a step
- Attempt the game on a sloped surface

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure

Equipment needed

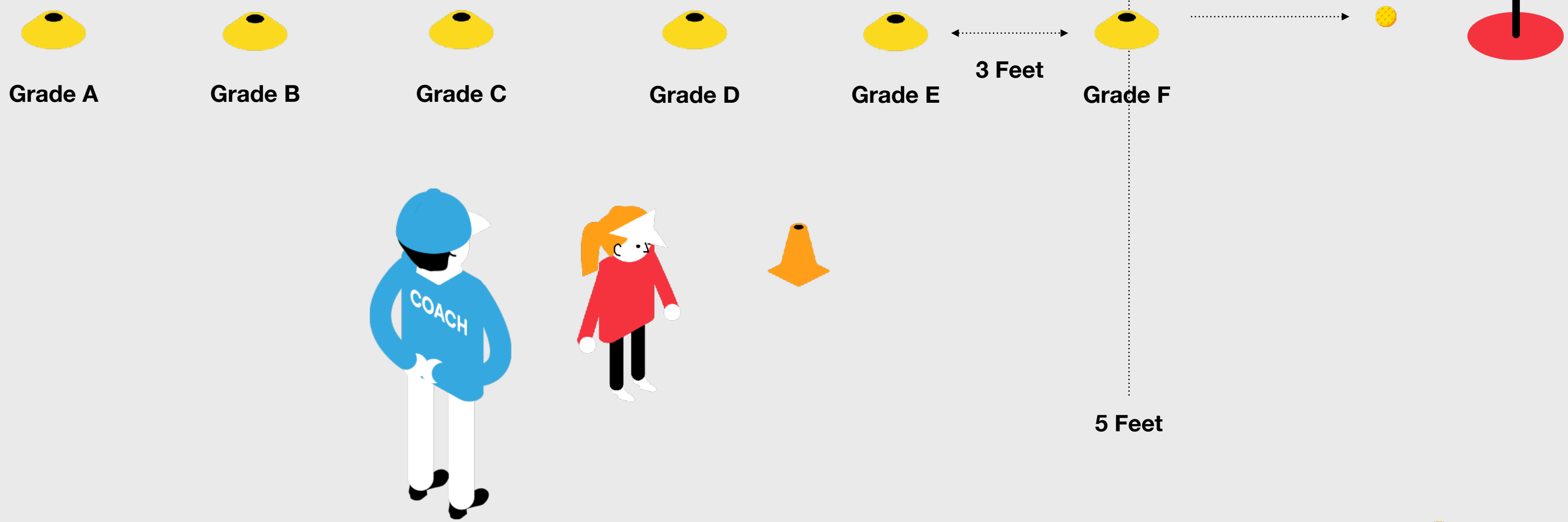
2 x Orange Safety Cones

SAFETY

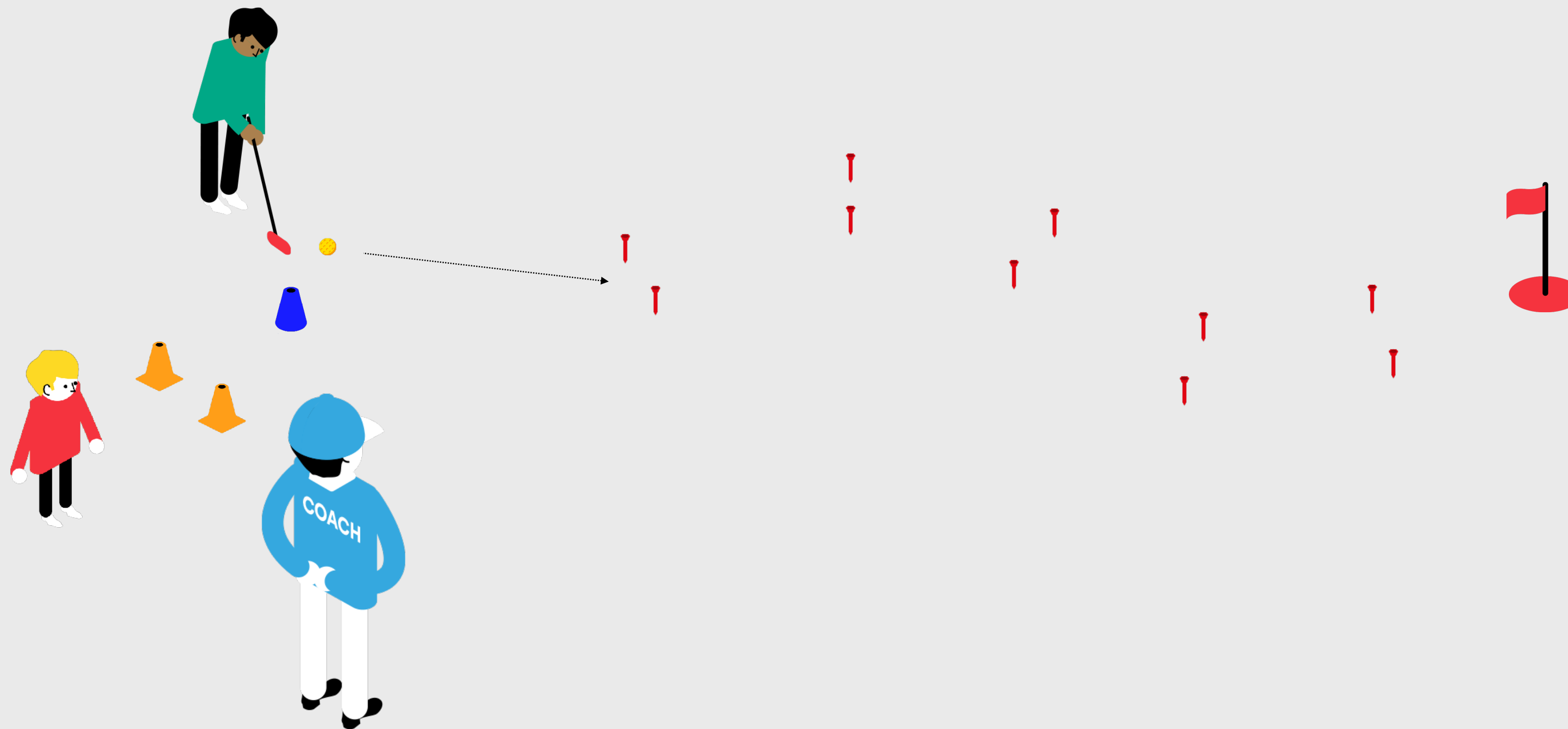
6 x Colored Cones

Spare equipment that may be required for the group attendees.

Golf Balls



Through the Gates



How to Play

- Players take it in turns to hit the ball
- The aim is to get the ball through each of the gates in turn and then putt it into the hole
- If misses a gate they have to putt it back and get it through the correct direction
- The team should count how many putts it takes them to get the ball into the hole and then try to beat that score

Progression Ideas

- Change the distance between the starting cone and first gate
- Change the distance between each of the gates
- Reduce the size of the gates
- Attempt the game on a sloped surface
- Place a ball on each of the tees and introduce a rule that if the team knock a ball off they have to start again

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore green reading skills and understanding the impact of slopes on the roll of the ball

Equipment needed

Orange Safety Cones

SAFETY

Tee Pegs

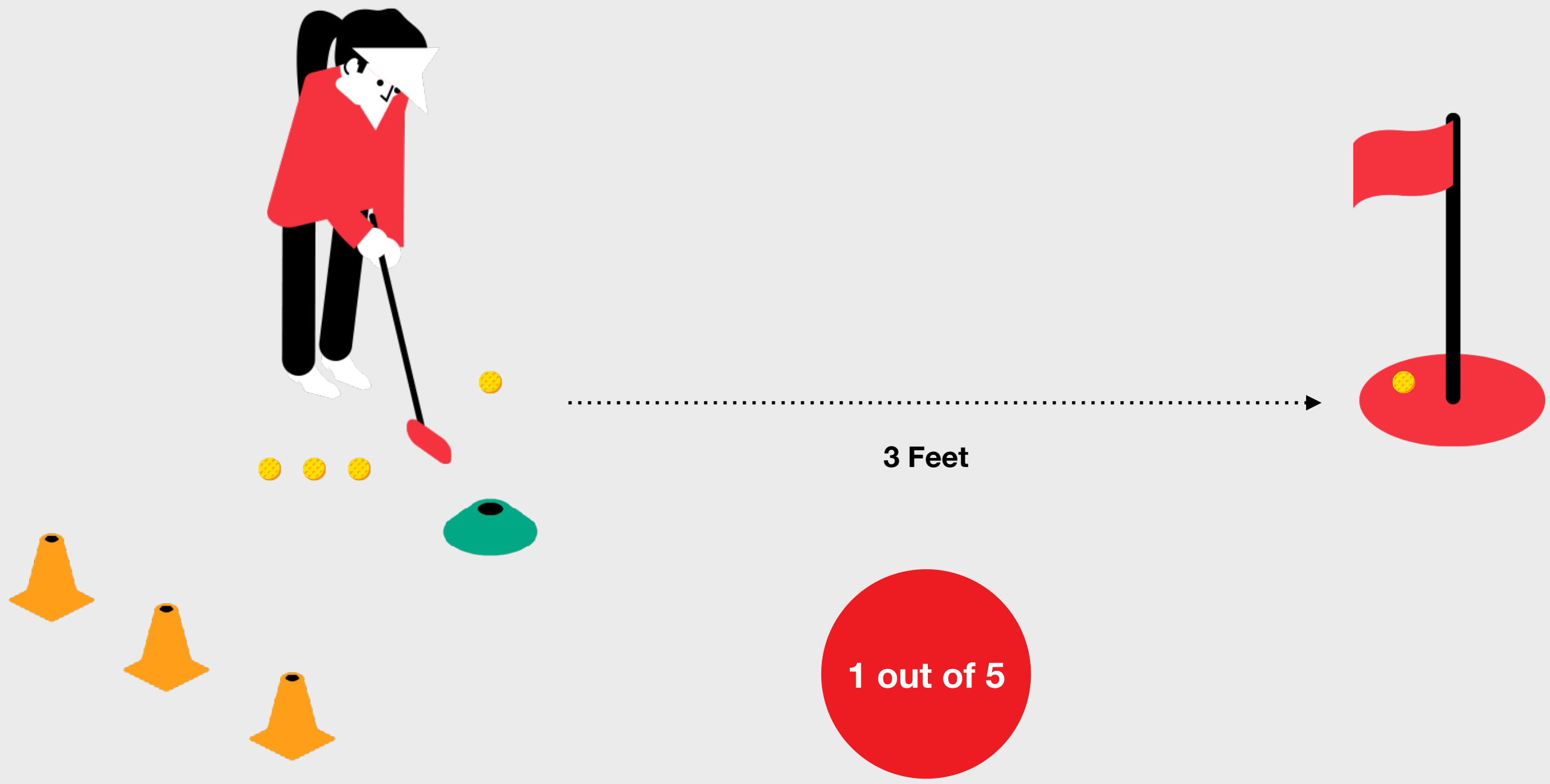
2 Colour Cones or Markers

2 x Cones to mark the starting point

Mastering the Game Challenge Cards



Short Putts Challenge



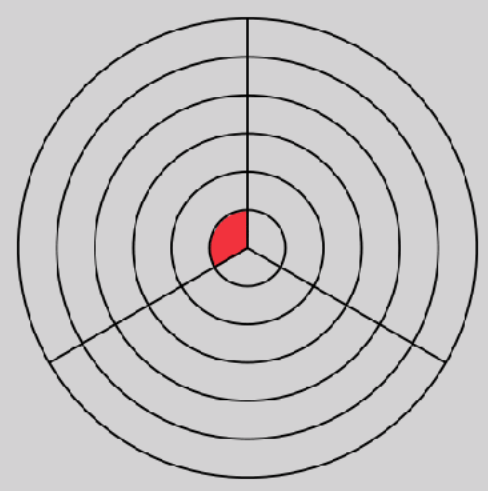
The Challenge

To complete the Level 1 Challenge within the Short Putts skill element, the child has 5 attempts to putt 1 ball into the hole from a single position 3 feet from the hole.

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.

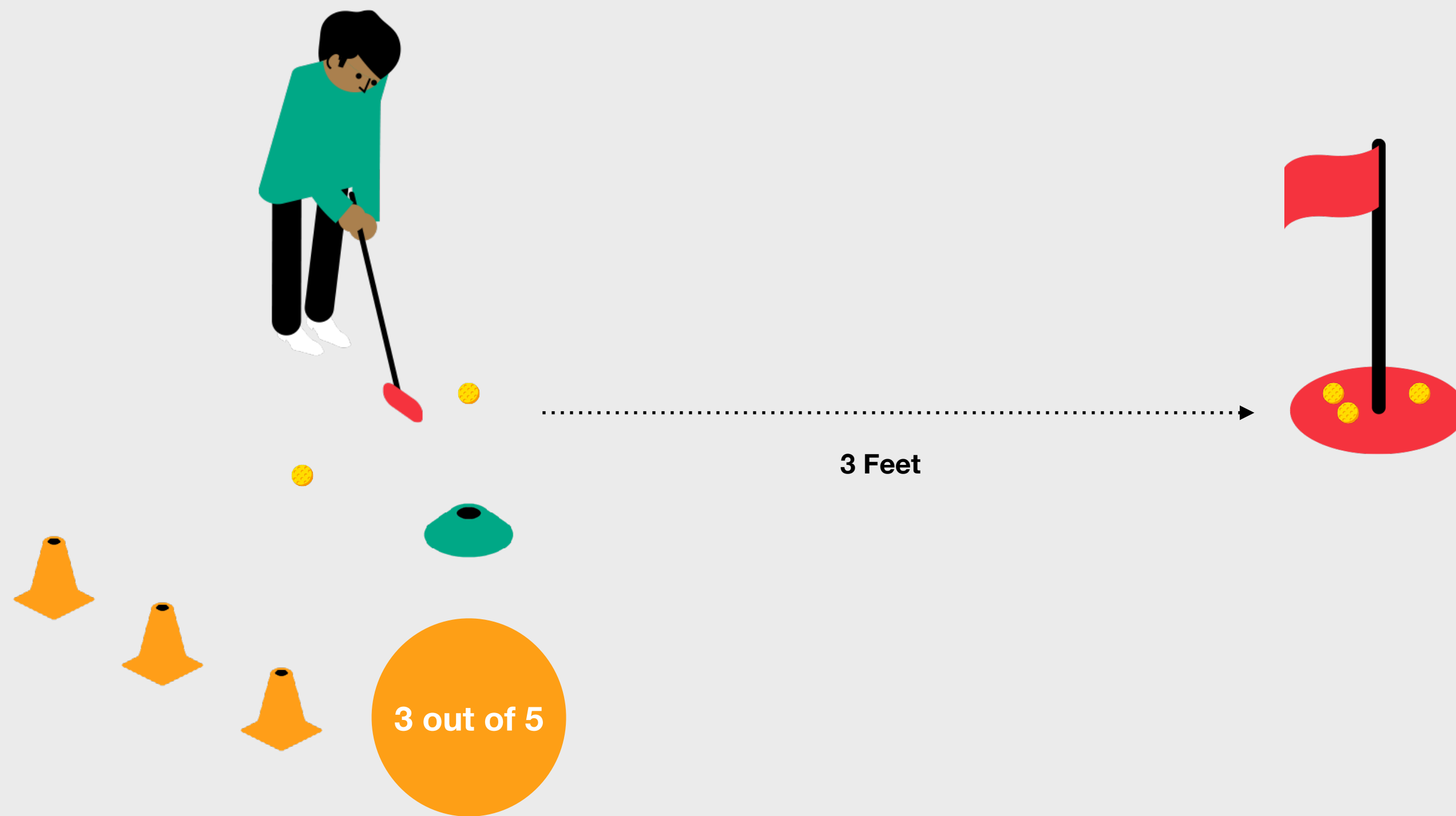
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



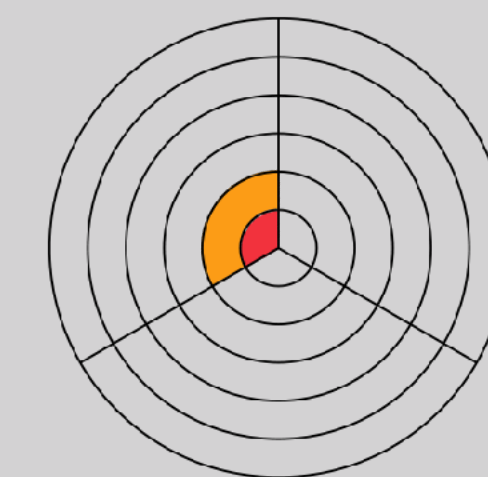
The Challenge

To complete the Level 2 Challenge within the Short Putts skill element, the child has 5 attempts to putt 3 balls into the hole from a single position 3 feet from the hole.

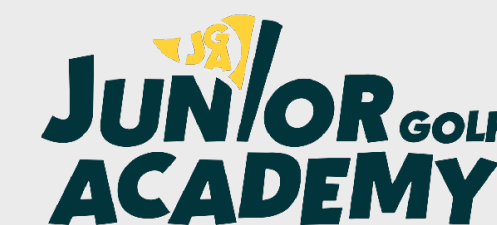
What to do next?

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.



Short Putts



Short Putts Challenge



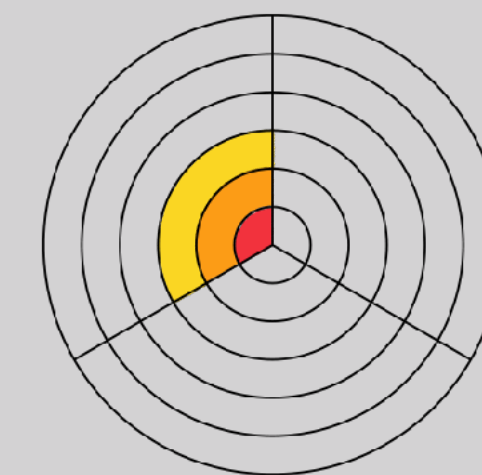
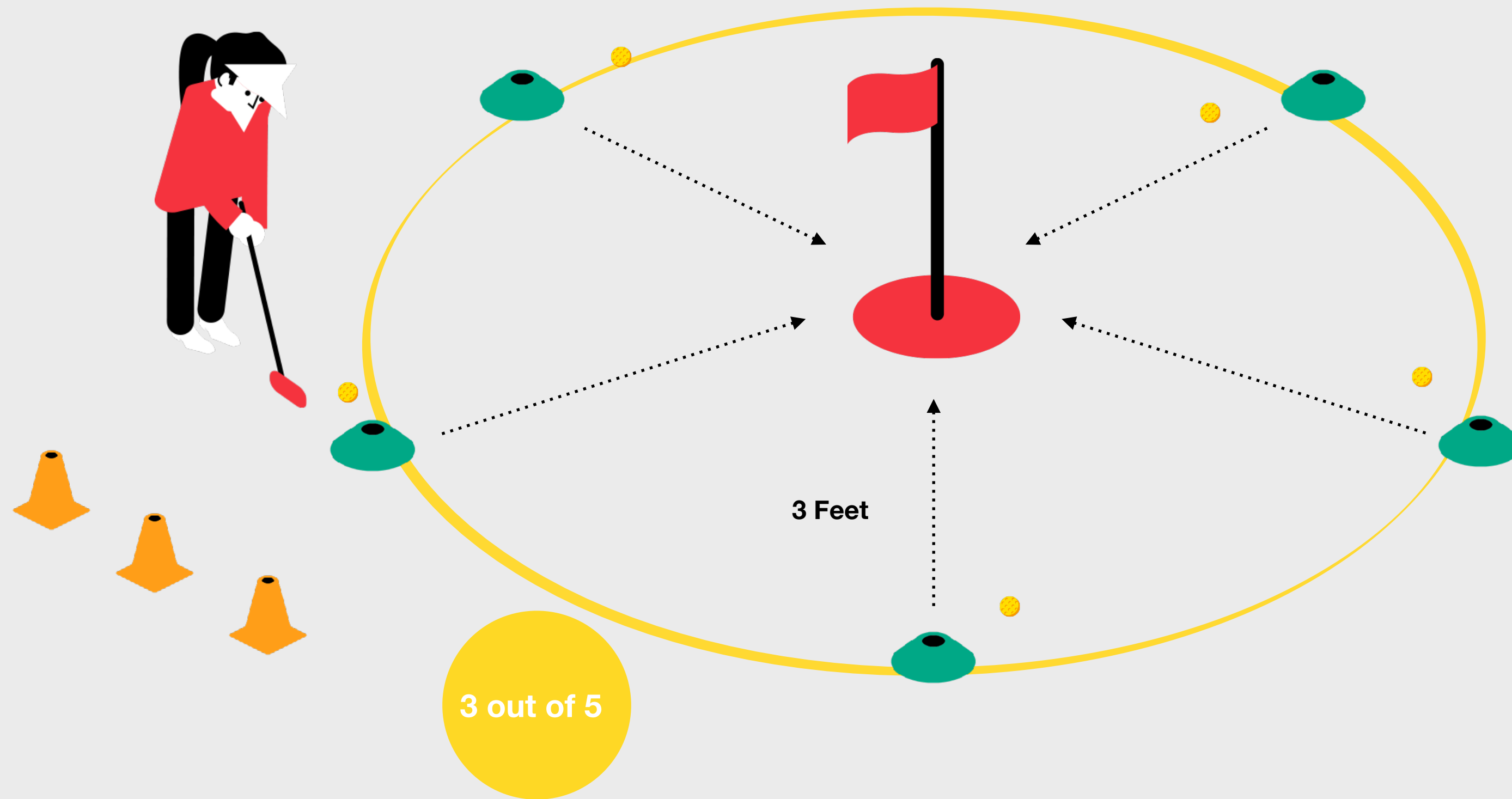
The Challenge

To complete the Level 3 Challenge within the Short Putts skill element, the child has 5 attempts to putt 3 balls into the hole from 5 different positions around the hole from a distance of 3 feet. One putt should be attempted from each position.

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.



Short Putts



Short Putts Challenge



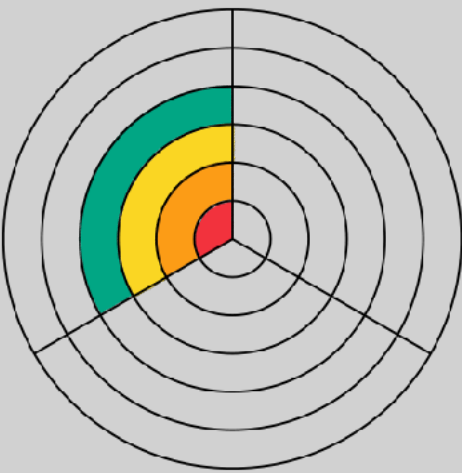
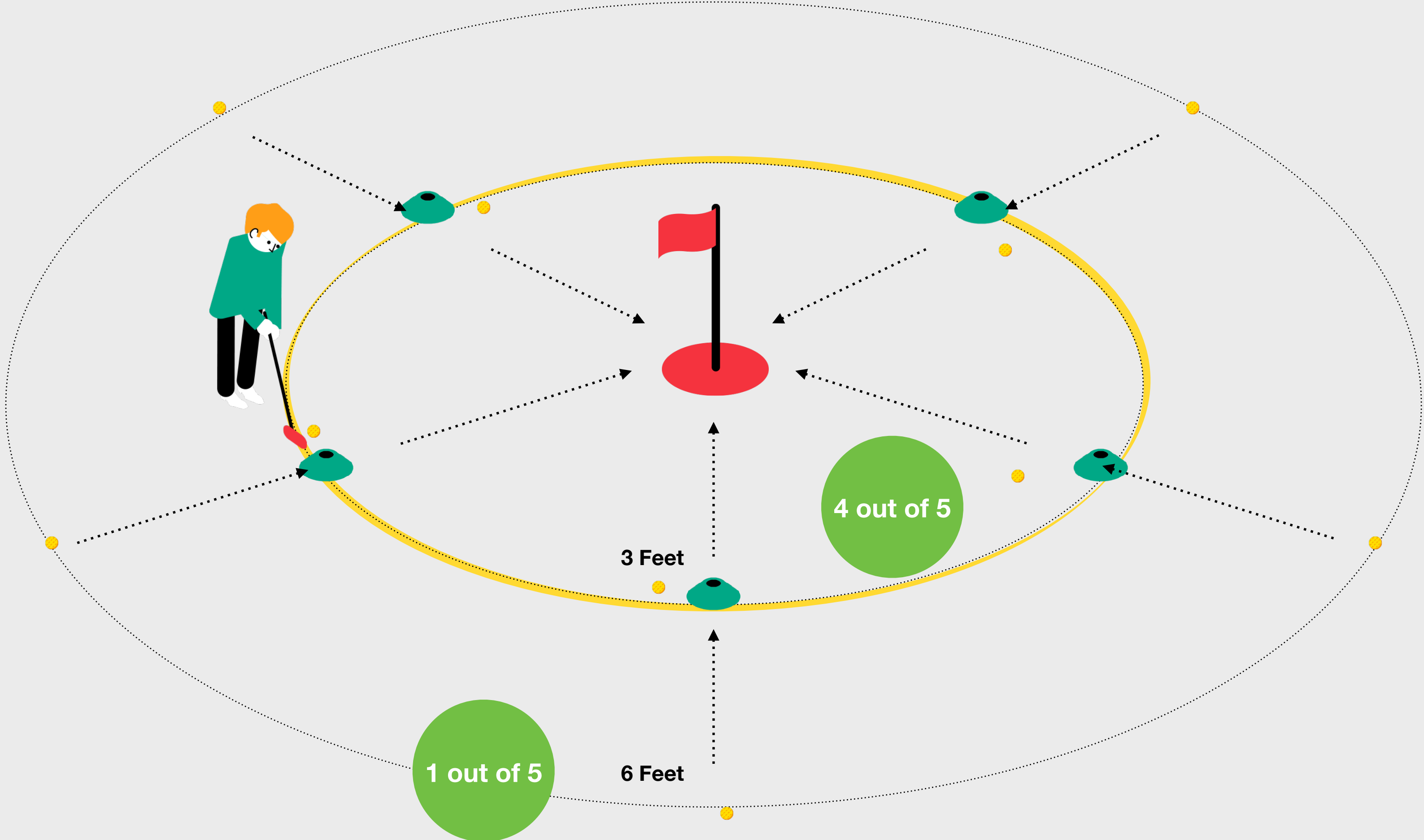
The Challenge

To complete Level 4 Challenge within the Short Putts skill element, the child has 5 attempts to putt 4 balls into the hole from 5 different positions around the hole from a distance of 3 feet. They also have 5 attempts to putt 1 ball into the hole from 5 different positions around the hole from a distance of 6 feet. One putt should be attempted from each position.

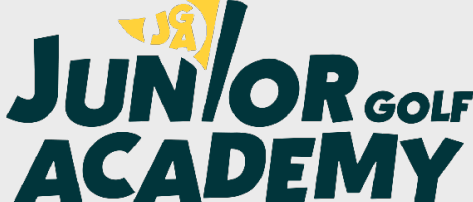
What to do next?

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.



Short Putts



Short Putts Challenge



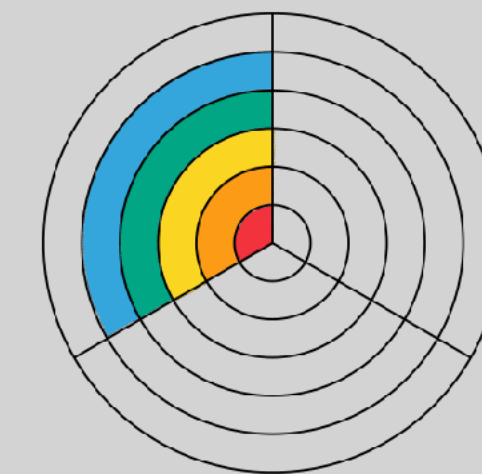
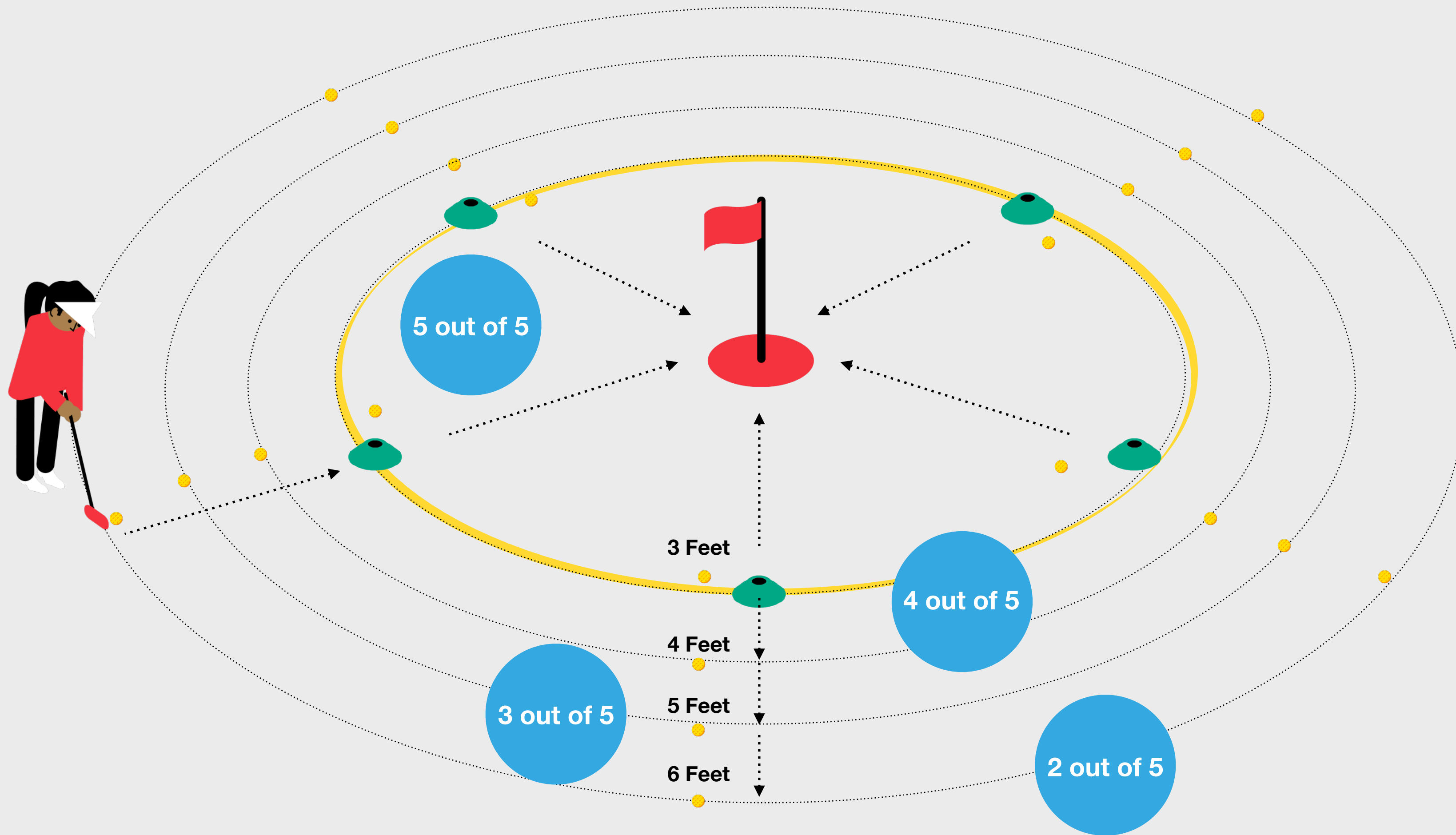
The Challenge

To complete the Level 5 Challenge within the Short Putts skill element, the child has to putt the ball into the hole 5 times from 3 feet., 4 times from 4 feet, 3 times from 5 feet & 2 times from 6 feet. You have 5 attempts at each distance and one putt should be attempted from 5 different positions around the hole.

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.

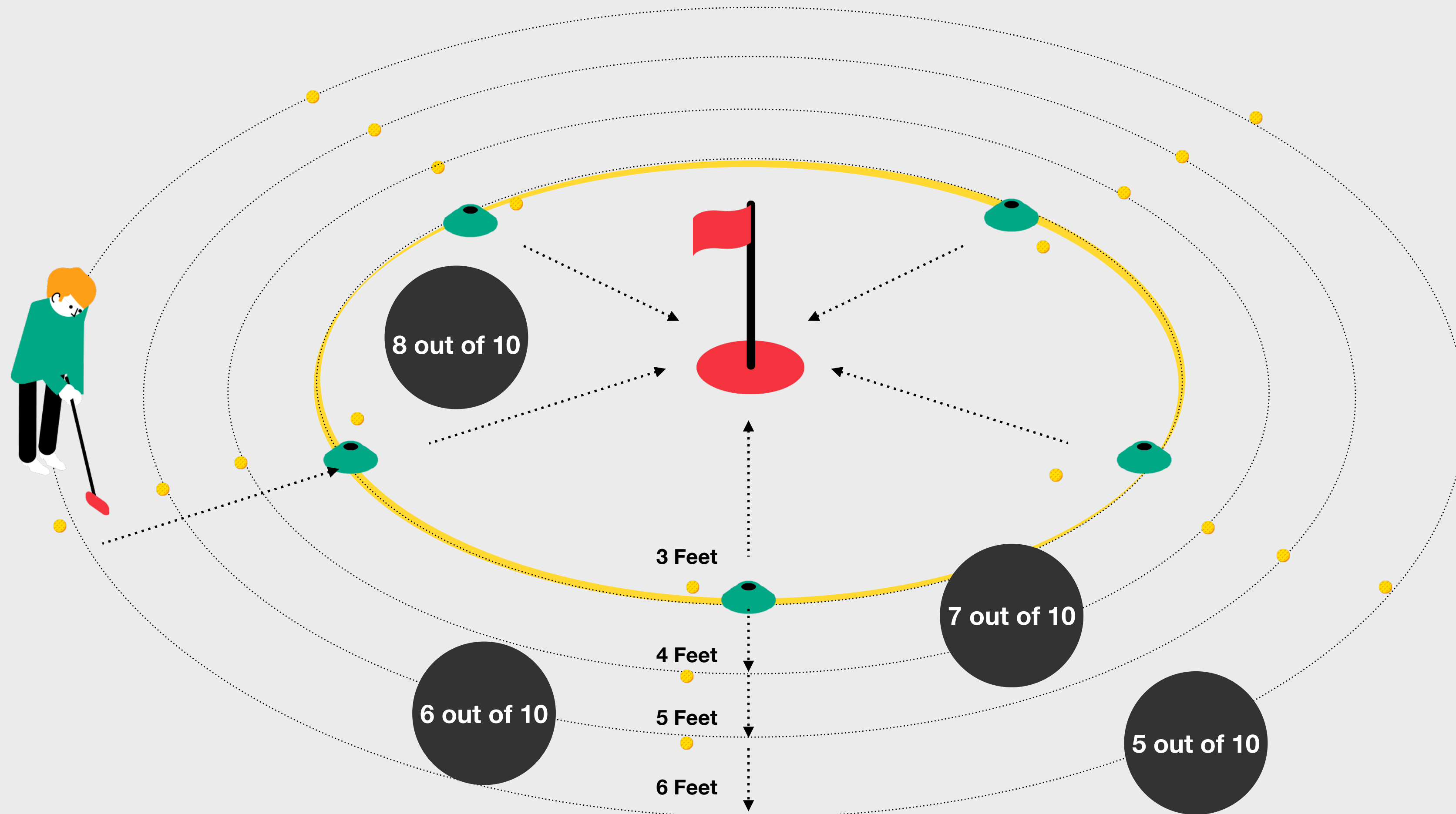
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Short Putts



Short Putts Challenge



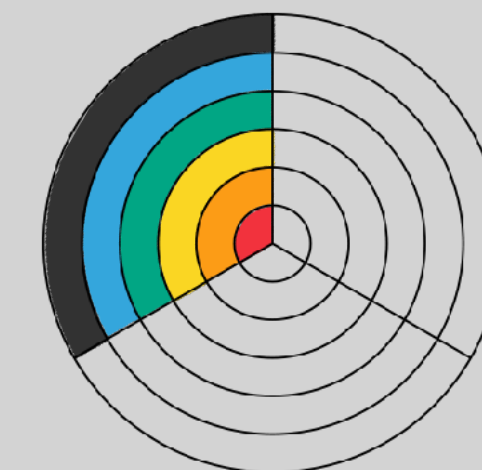
The Challenge

To complete the Level 6 Challenge within the Short Putts skill element, the child needs to putt the ball into the hole 8 times from 3 feet., 7 times from 4 feet, 6 times from 5 feet & 5 times from 6 feet. You have 10 attempts at each distance and one putt should be attempted from 5 different positions around the hole.

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.



Short Putts

