

# Swing

## Week 40



# Class Timetable - Week 40

**Session Length:**  
60mins

**Group Size:**  
1:8

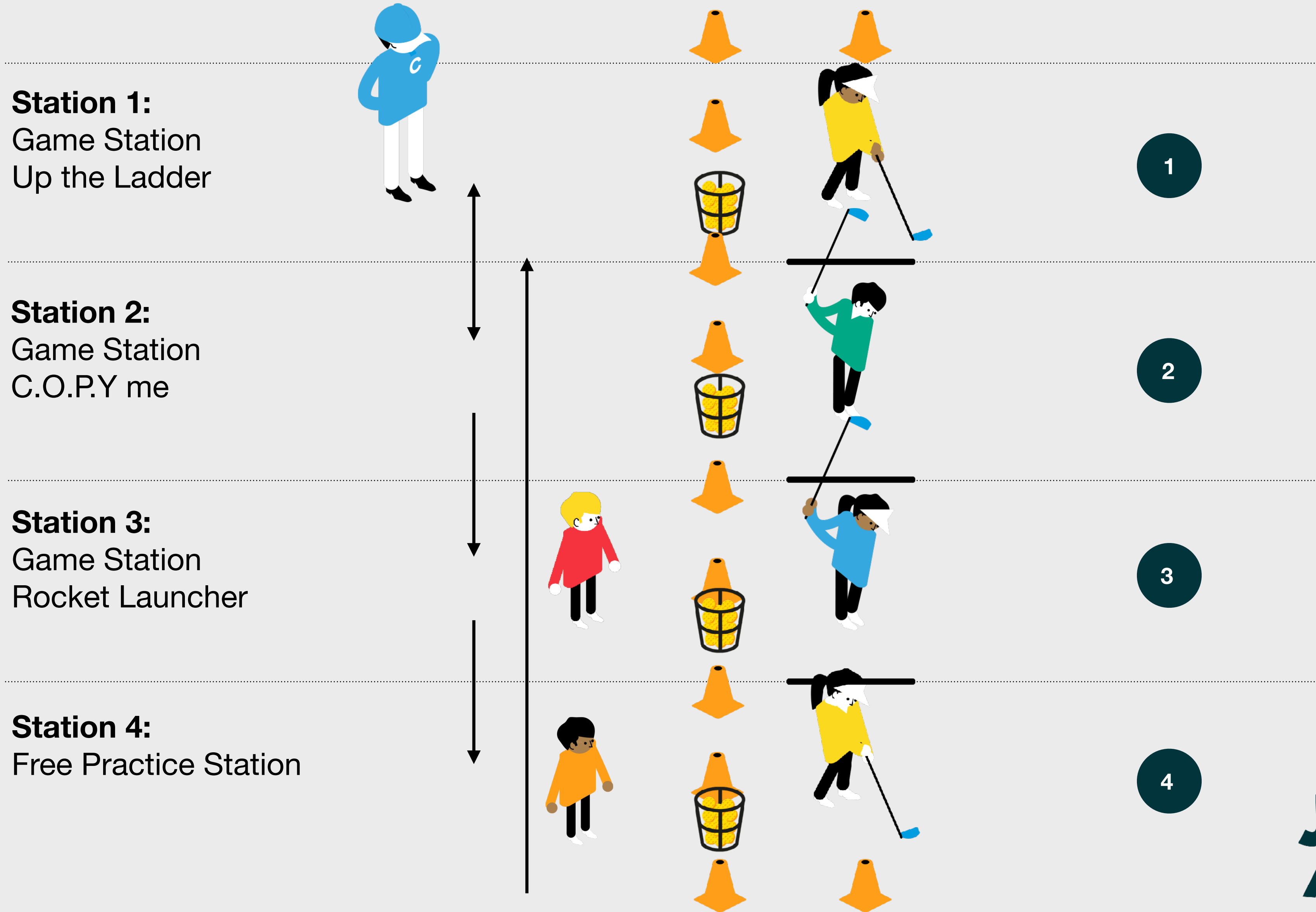
**Mastering the Game Focus:**  
Swing:  
Fairway Woods

**Whole Child Focus**  
Creative:  
Positive Energy

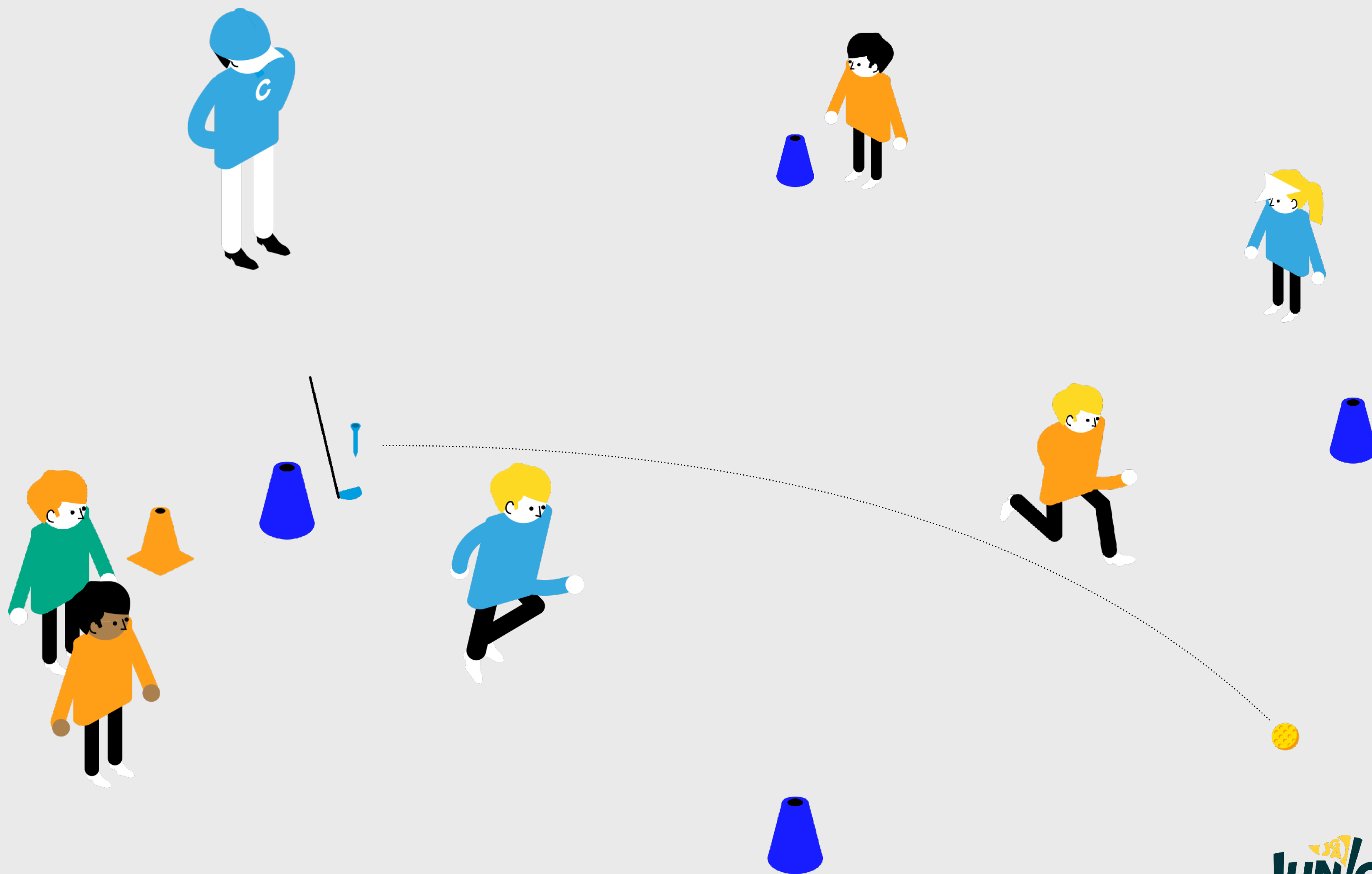
**Learning the Game Focus:**  
Preparing to Play:  
What's in the Bag?

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>Golf Baseball</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>What's in the Bag?</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>Positive Energy</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>C.O.P.Y me</li> <li>Rocket Launcher</li> <li>Up the Ladder</li> </ul>
5 Mins	myAcademy Folder Track and Reward	<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>Present the Achiever Award to a student in front of the parents and the group</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> </ul>

# Class Layout and Setup



# Golf Baseball



**JUNIOR GOLF**  
**ACADEMY**



## How to Play

- This game is best played in two teams. Split the children evenly.
- One team starts as the fielders and one team starts as the hitters. The hitting team number themselves and the fielding team disperse to the outfield and bases.
- Player number 1 plays first and gets 3 attempts before 'striking out'. When the player strikes the ball, they immediately drop the club and run to first base.
- Players attempt to get round the bases in one go to score a 1 point. Players who make it round but stop at a base score half a point.
- Players swap over once all hitters have struck out, been caught or didn't make it to a base.

## Progression Ideas

- Reduce the number of attempts before striking out.

## Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



Golf Wedge



Soft Ball





## Creative Positive Energy

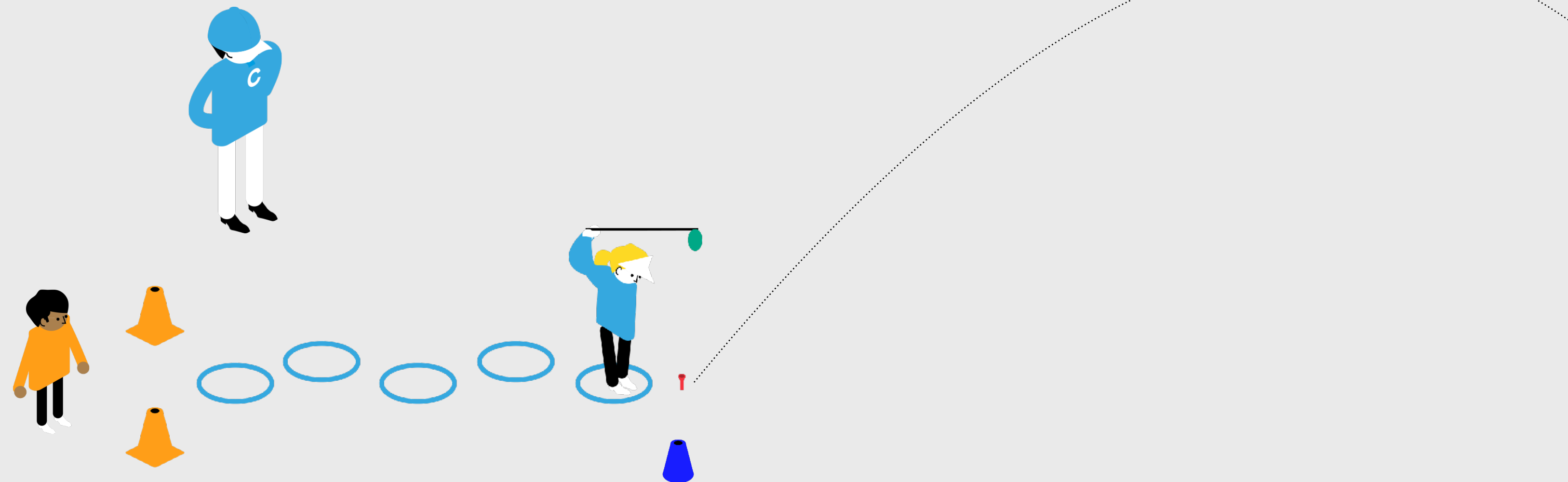
- The Whole Child theme this week is to encourage creativity, specifically through bringing a great energy to each game and challenge that each child faces.
- Carry this theme into the class by showing lot's of enthusiasm towards the games and challenges. Make sure everyone is making lot's of positive comments on each others golf and generally too.



## Preparing to Play What's in the Bag?

- The Learning the Game focus this week is to make sure your are prepared to play by keeping by knowing what you need in your golf bag.
- You should highlight to your juniors that it is their responsibility to know what they need and to make sure they have it ready each time they play.

# Rocket Launcher



## How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1...”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

## Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

## Equipment needed

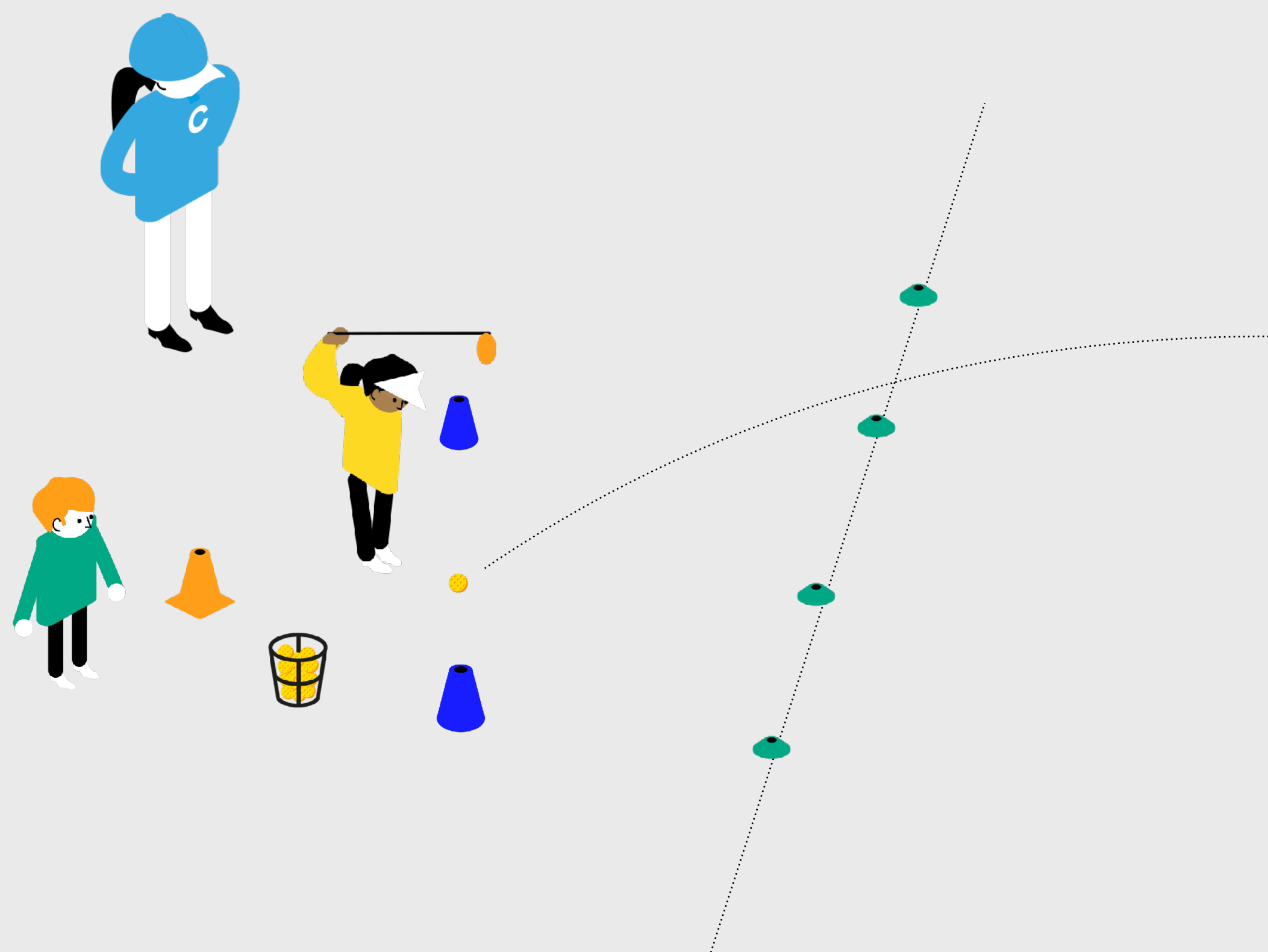
4 x Orange Safety Cones

SAFETY

Hoops



# C.O.P.Y me



## How to Play

- The children should take it in turns to choose a shot for their partner to replicate
- If the child cannot produce the shot themselves they receive a letter “C”
- If their partner does not manage to replicate the intended shot they receive a letter “C”
- The game continues until one learner has completed the word “COPY” then they lose

## Progression Ideas

- Make it target based as well

## Equipment Needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations.



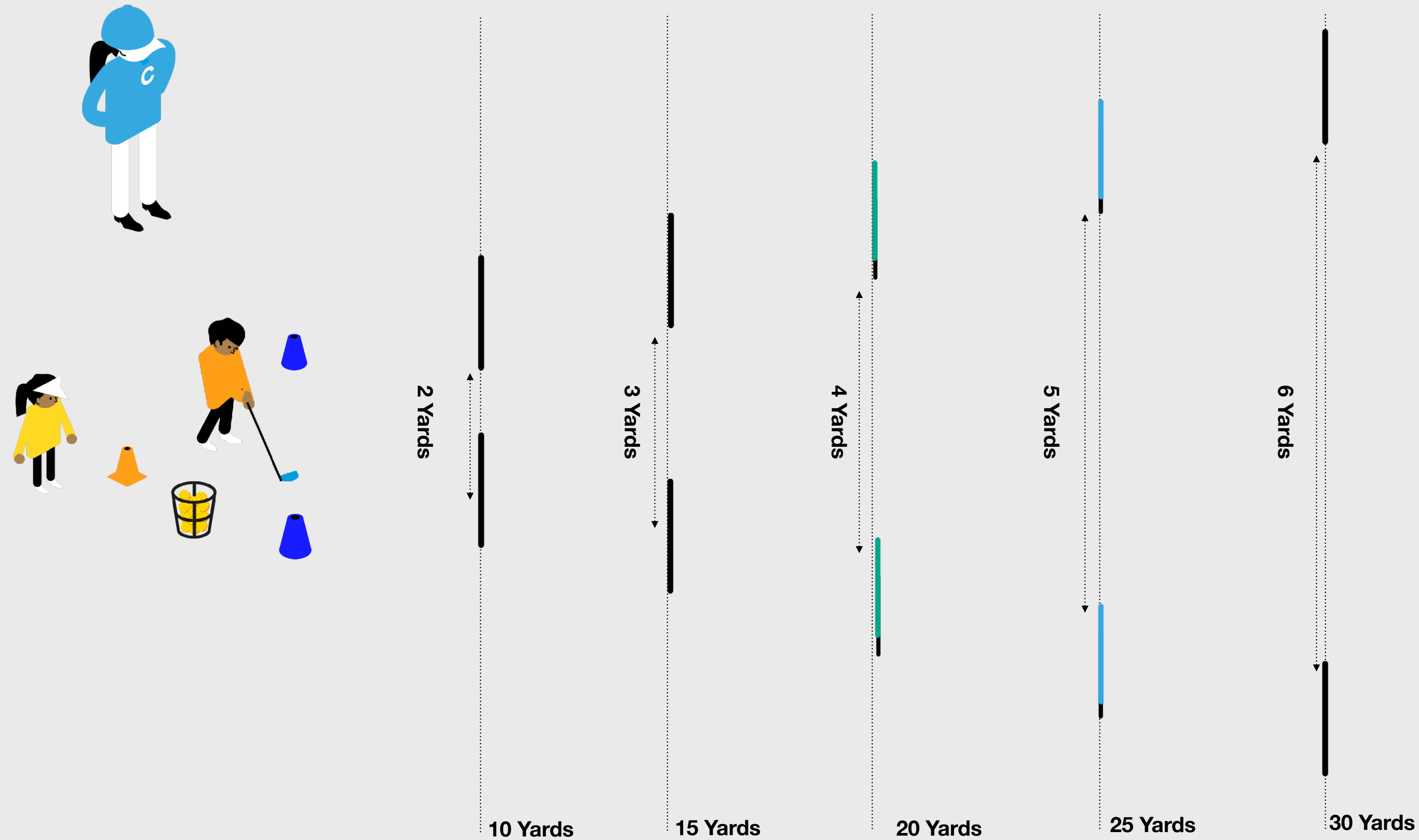
Golf balls



6 x Cones to build a target pyramid



# Up the Ladder



## How to Play

- Players attempt to work their way up the ladder in order, starting by trying to hit their shots through the nearest gate
- If a child misses, the team remain on that gate
- If a child successfully hits the ball through the gate, they progress to the next step of the ladder
- The game is complete when the team have completed every step of the ladder in order

## Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets to hit the ball through the gate
- Change the width of the target gates
- Introduce a rule where the ball must fly through the air and through the gate

## Equipment needed

Orange Safety Cones

SAFETY

10 x Alignment Sticks

10 x Foam Noodles