

Around the Green

Week 42



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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 42

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Pitching

Whole Child Focus
Personal:
Self-Discipline

Learning the Game Focus:
Preparing Play:
Pace of Play

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"> Launch Pads
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"> Pace of Play
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"> Self-Discipline
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"> Over or Under Matchplay Pitch Pinseeker
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

Layout and Setup

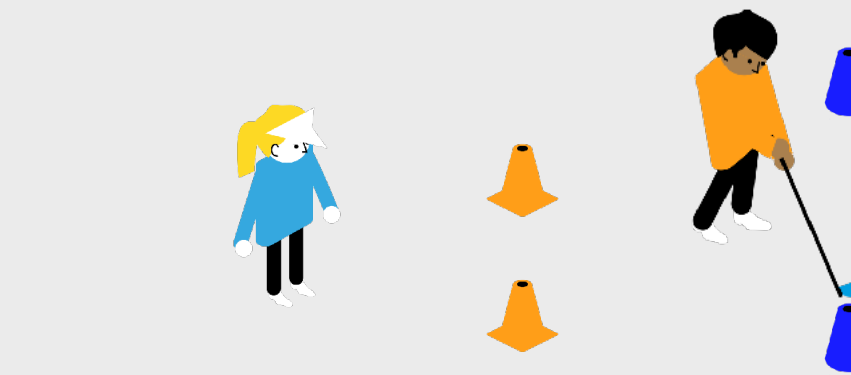


Class Layout and Setup

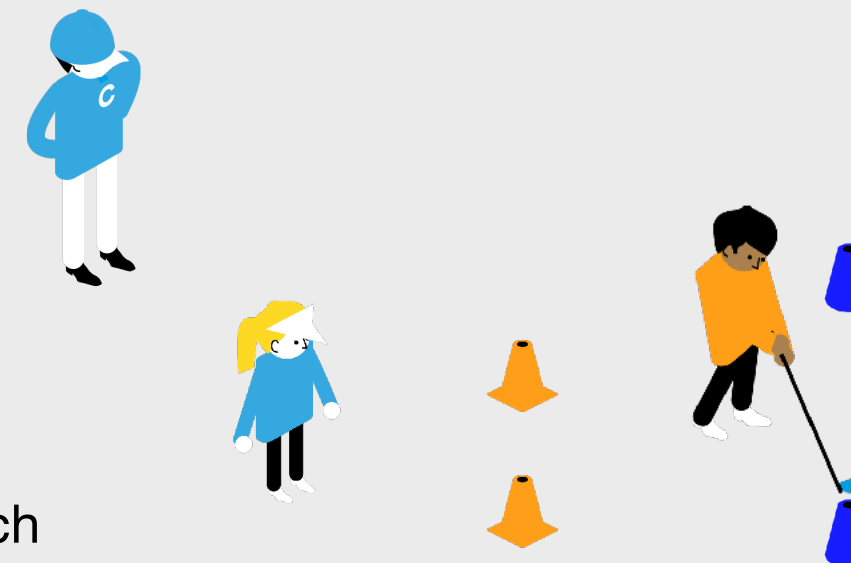
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Stations 1, 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. You may decide the lay out 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

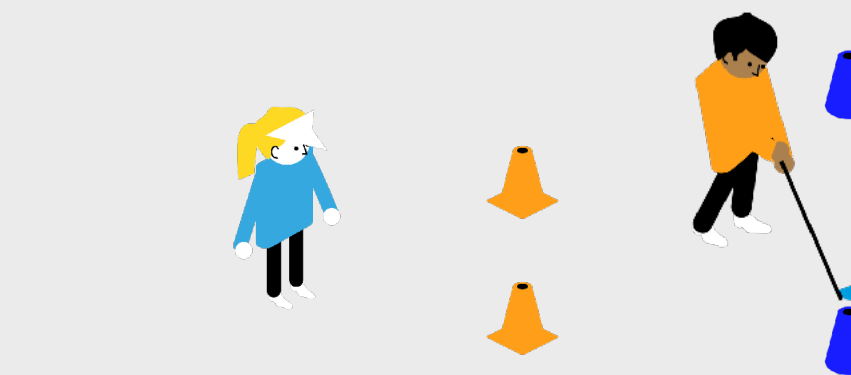
Station 3:
Game Station
Over or Under



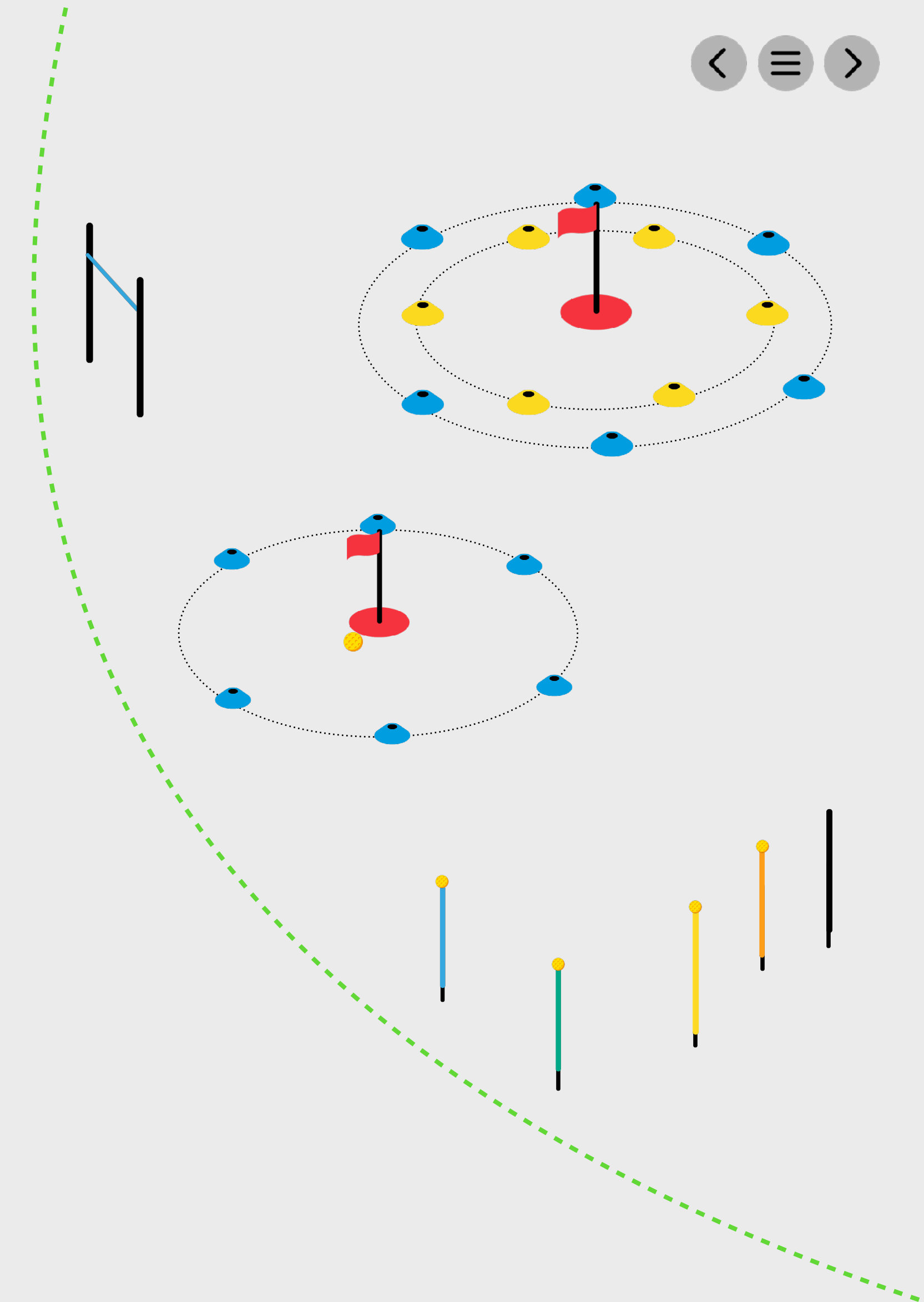
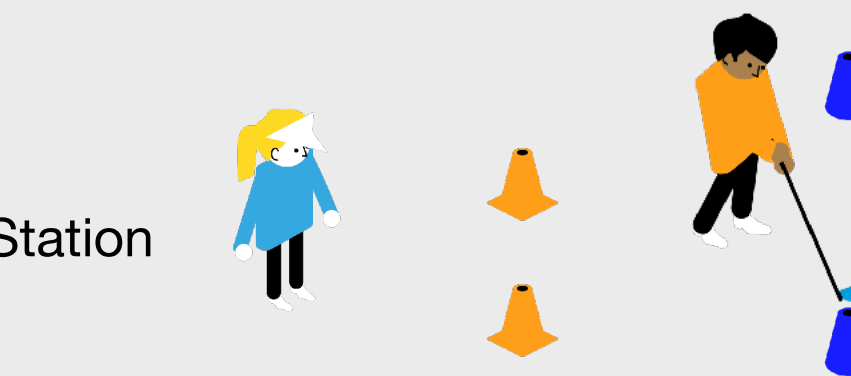
Station 2:
Game Station
Matchplay Pitch



Station 1:
Game Station
Pinseeker



Station 4:
Free Practice Station



Physical Literacy Warm Up Game



Launch Pads



How to Play

- Split the children into pairs
- Both players must stay in their hoop. The challenge is to launch the noodle and for their partner to catch it without stepping out of the hoop
- The pair that manage the most consecutive catches without dropping the noodle

Progression Ideas

- Try using two noodles at a time and the partner has to catch both at the same time
- Decrease or increase the distance between the hoops
- Add in additional rules, for example standing on one leg, or catching with one hand
- Put a time limit on each round and switch partners after each round

Equipment Needed

3 x Orange Safety Cones

SAFETY



6 x Hoops



3 x Foam Noodles



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 Self Discipline

The Whole Child theme this week is developing self discipline.

Carry this theme into the class by performing a breathing exercise with the class to show a method of controlling emotions.

It should be highlighted that the Achiever Award is presented to the child that displays self discipline throughout the lesson. An example of this could be reacting well to losing one of the games or challenges by not getting aggravated.

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



Preparing to Play

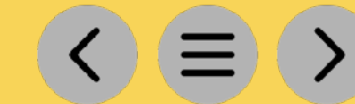
Pace of Play

The Learning the Game focus this week is to learn the pace you should be playing

You should highlight to the children how important it is to maintain the pace of play.

Make sure children understand the timings that are expected to complete a hole, or 9 holes at your golf course.

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



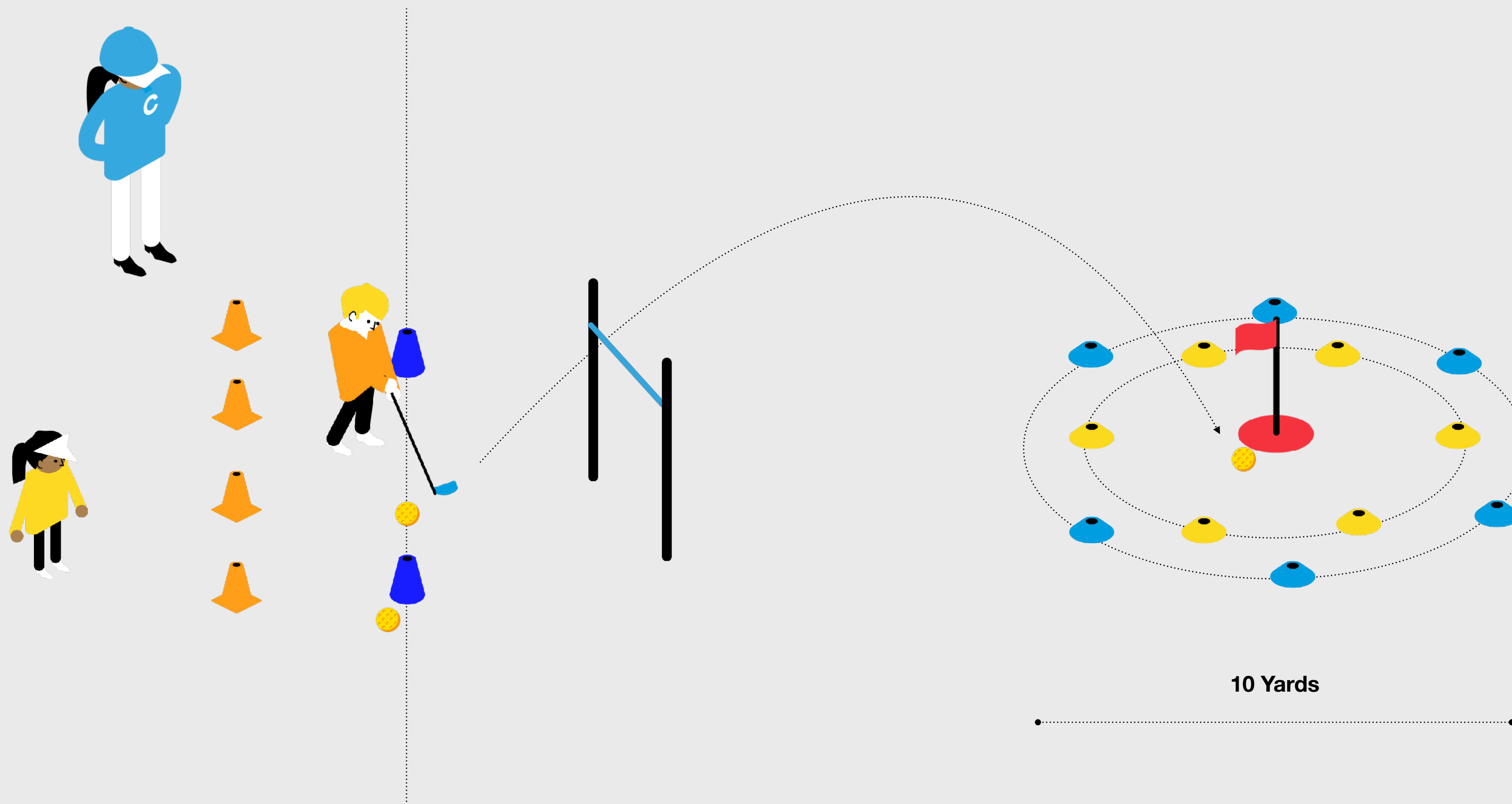
Questions to Ask

- Why is it important to know how long it should take you to play a round of golf?
- What can you do to make sure you are keeping up with the pace of play?

Mastering the Game Cards



Over or Under



How to Play

- Nominate a player to play first. Each child has 2 shots per round
- The first player attempts their first shot over the foam noodle and aims to get their ball as close to the flag as possible
- On their second go they try to chip the ball under the foam noodle and aims to get their ball as close to the flag as possible
- Players score points for getting as close to the flag as possible, 1 point for the outer circle 2 points for the inner circle
- Players have 5 rounds to score as many points as possible

Progression Ideas

- Vary the starting point from around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circles
- Change the distance between the starting position and the target circles

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out the necessary hitting station

Colored Cones for Target Circles

Spare equipment that may be required for the group attendees.

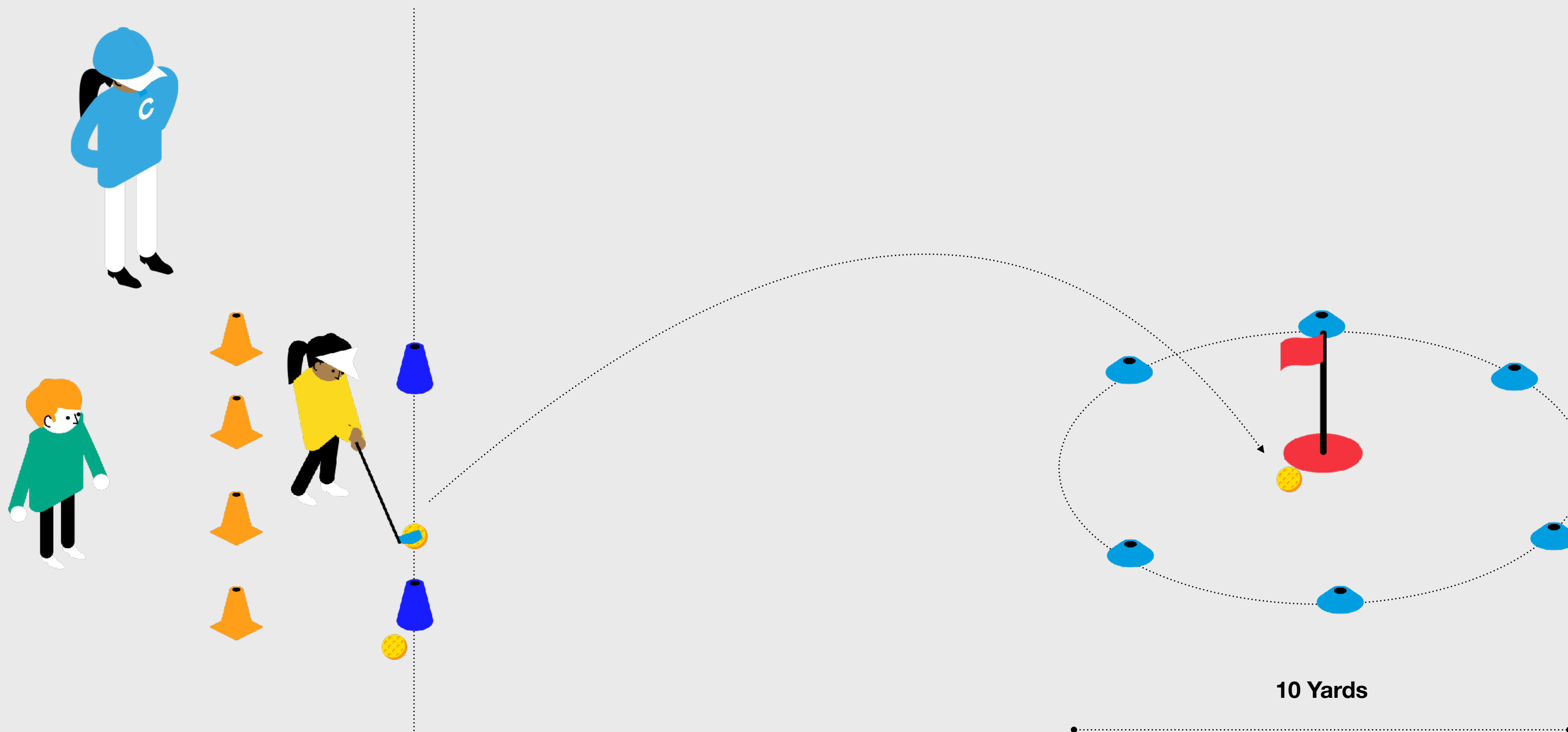
Golf Balls

Alignment Sticks

Foam Noodle



Matchplay Pitch



How to Play

- Nominate a player to go first, they try to hit their shot into the target circle
- The next player then takes their shot. If neither player hits their shot into the circle they lose the round and go 1 DOWN
- If both players manage to hit the ball into the inner target circle they win that round and the team scores 1UP
- If only one player pitches the ball into the target circle the game remains ALL SQUARE
- The game is played over 9 or 18 attempts, scoring in a matchplay format

Progression Ideas

- Vary the starting point from around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circles
- Change the distance between the starting position and the target circles

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



Colored Cones for Target Circles



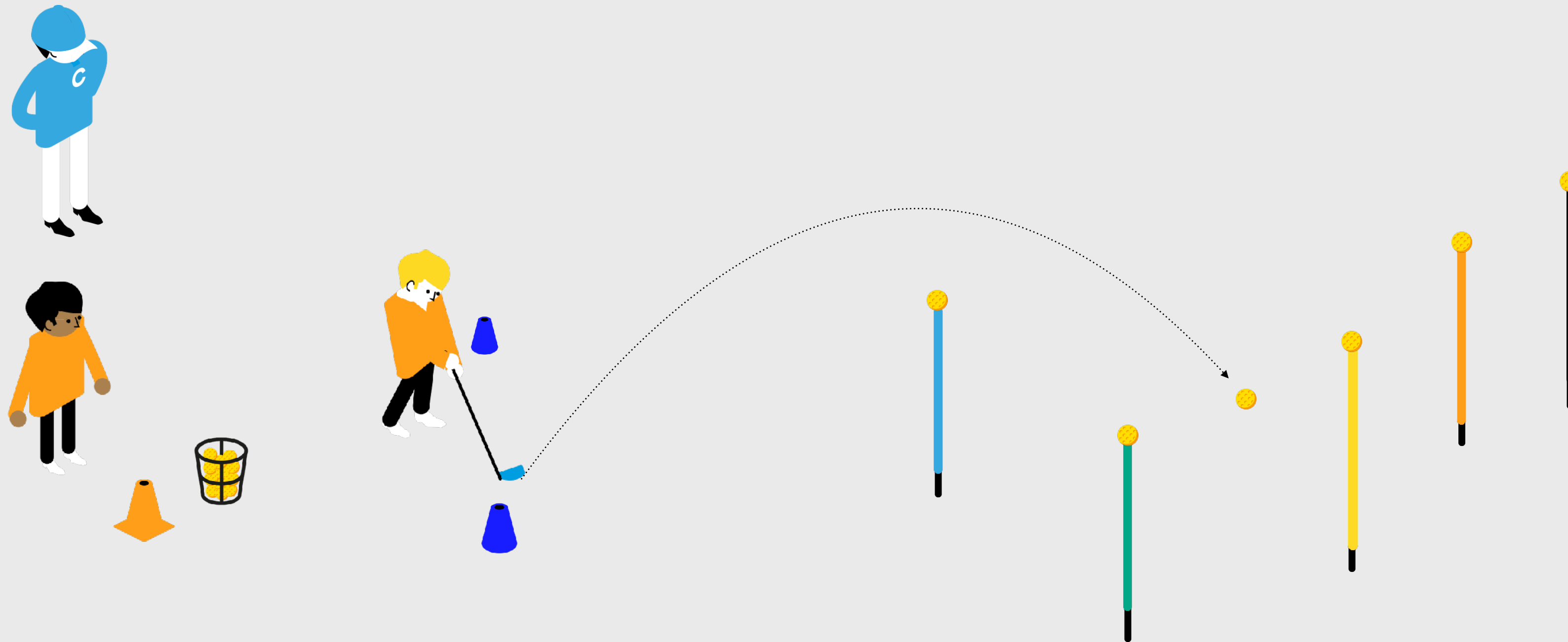
Spare equipment that may be required for the group attendees.



Golf Balls



Pinseeker



How to Play

- Set up the foam noodles between 10 and 30 yards from the starting cones. Balance a golf ball on top of the foam noodle for added excitement
- The first player chooses which foam noodle they want to aim for, if they hit the noodle and knock off the ball they score a point
- Players take it in turns until all balls have been knocked off or time runs out.
- The winner is the player who knocked off the most balls

Progression Ideas

- Vary the distance from the starting cones to the targets
- Allow playing partners to nominate which target the player has to aim for
- Introduce a rule where the player has to use a particular club to complete the challenge

Equipment needed

2 x Orange Safety Cones

SAFETY

2 x Cones

5 x Foam Noodles

5 x Alignment Sticks

Golf Balls