

Swing Week 43



Class Timetable - Week 43

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Driver

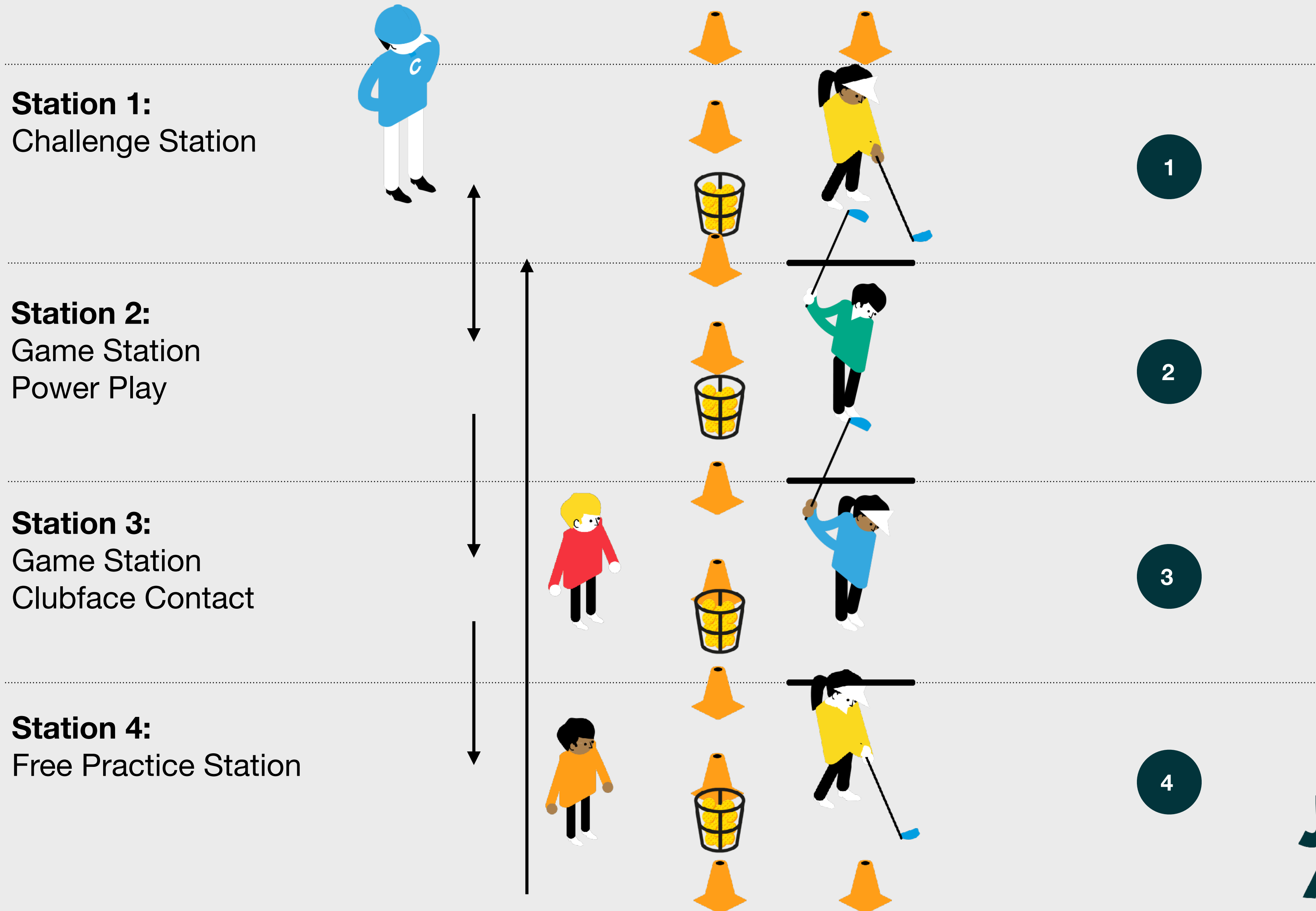
Whole Child Focus
Social:
Leadership

Learning the Game Focus:
Rules and Etiquette:
What are the rules on the tee?

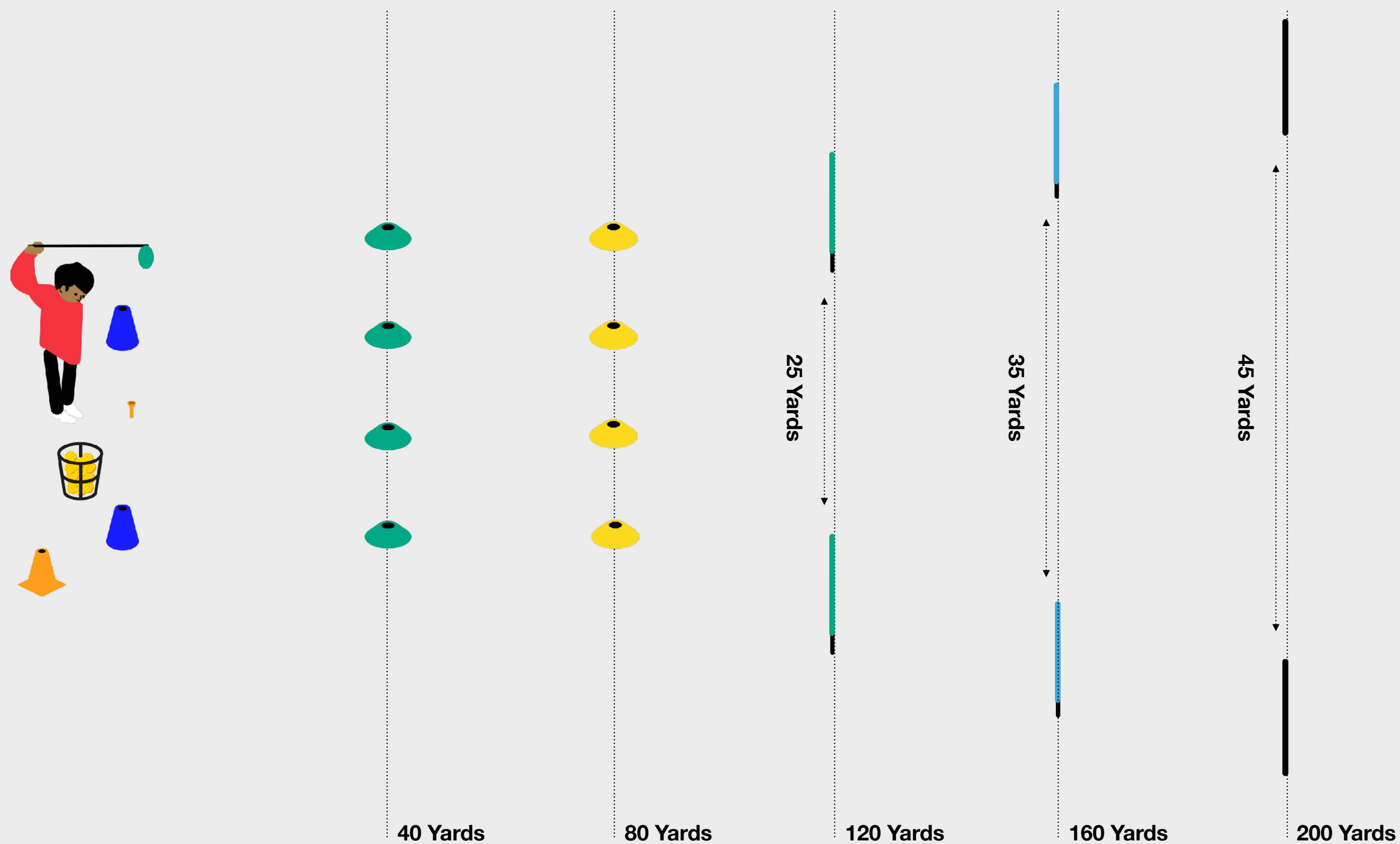
Mastering the Game Challenge:
Driver Challenge

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"> Fairway Run
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"> What are the rules on the tee?
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"> Leadership
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"> Power Play Clubface Contact Driver 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+

Class Layout and Setup



Driver Challenge Setup



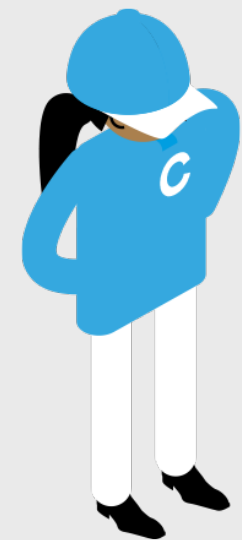
Equipment Needed

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines
- Alignment Sticks with foam noodles to mark the target gates

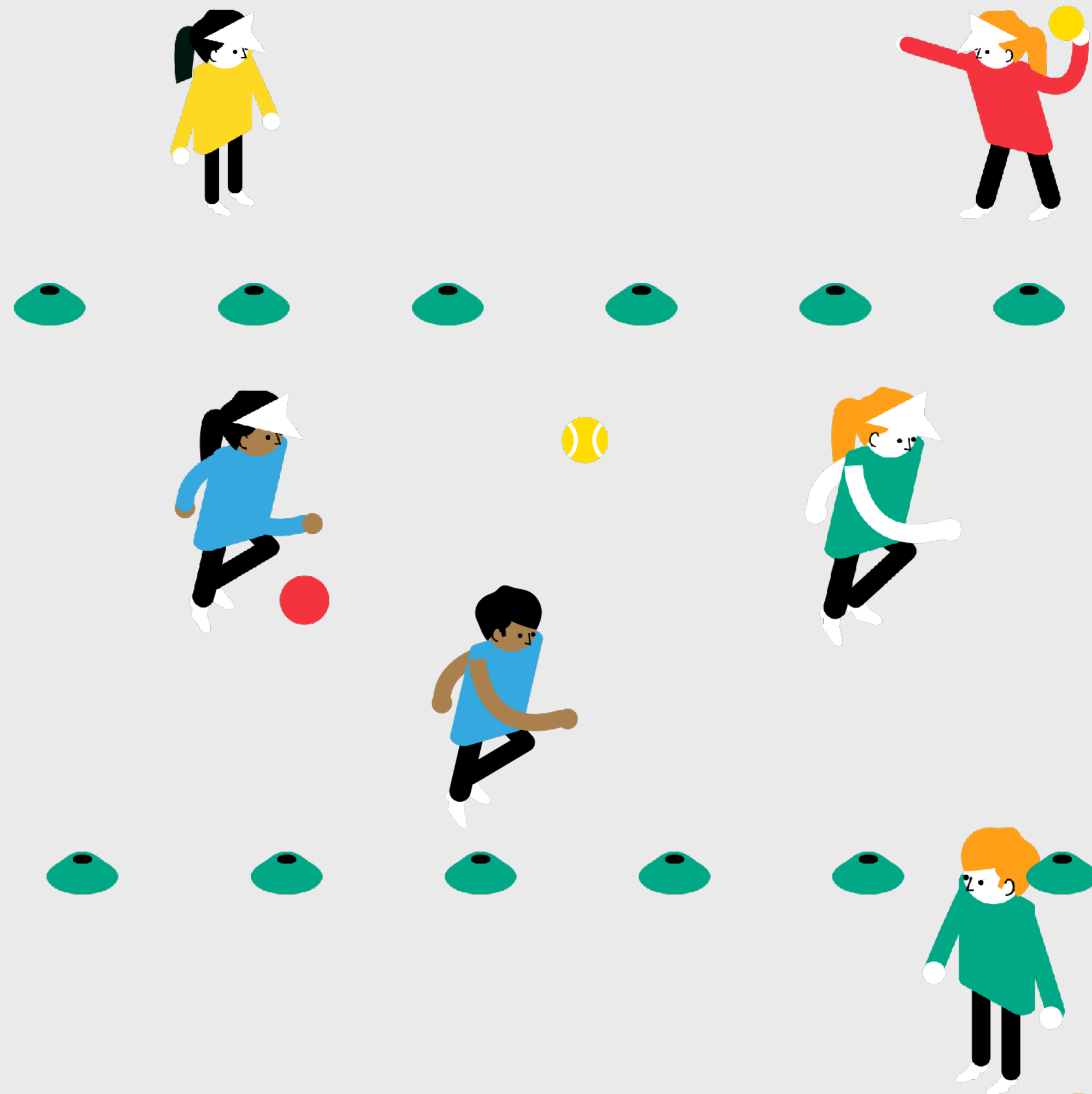
Setting out the Challenge

- Use the cones to mark out the carry distance lines for the level 2 and 3 challenges
- Alignment sticks with foam noodles should be used to measure the gates for the level 4-6 challenges at the target distances and widths
- Set out all the markers to enable every child to attempt their challenges in the class

Fairway Run



Go!



**JUNIOR GOLF
ACADEMY**



How to Play

- This game is best played in two team. Split the children into even teams.
- 1 team starts on one side of the centre line and the other team starts on the opposite side.
- The team nominated by the coach starts with the 3 soft balls
- The team attempts to throw the soft balls waist height and hit the players on the opposing team
- When a player is hit they drop out of the game
- If a ball is caught, then any players out of the game can be re-introduced or the throwing players drops out
- The winning team is the team with players left in the playing area

Progression Ideas

- Decrease the size of the playing area
- Increase the number of softballs
- Play the game with different movement skills such as rolling the balls or nominating the arm the throw with

Equipment Needed

Cones to mark the edge of the tunnel



Soft Balls





Social Leadership

- The Whole Child theme this week is to encourage the children to develop leadership skills.
- Carry this theme into the class by appointing captains for the session in order to teach the children how a leader can inspire their team and improve performance.

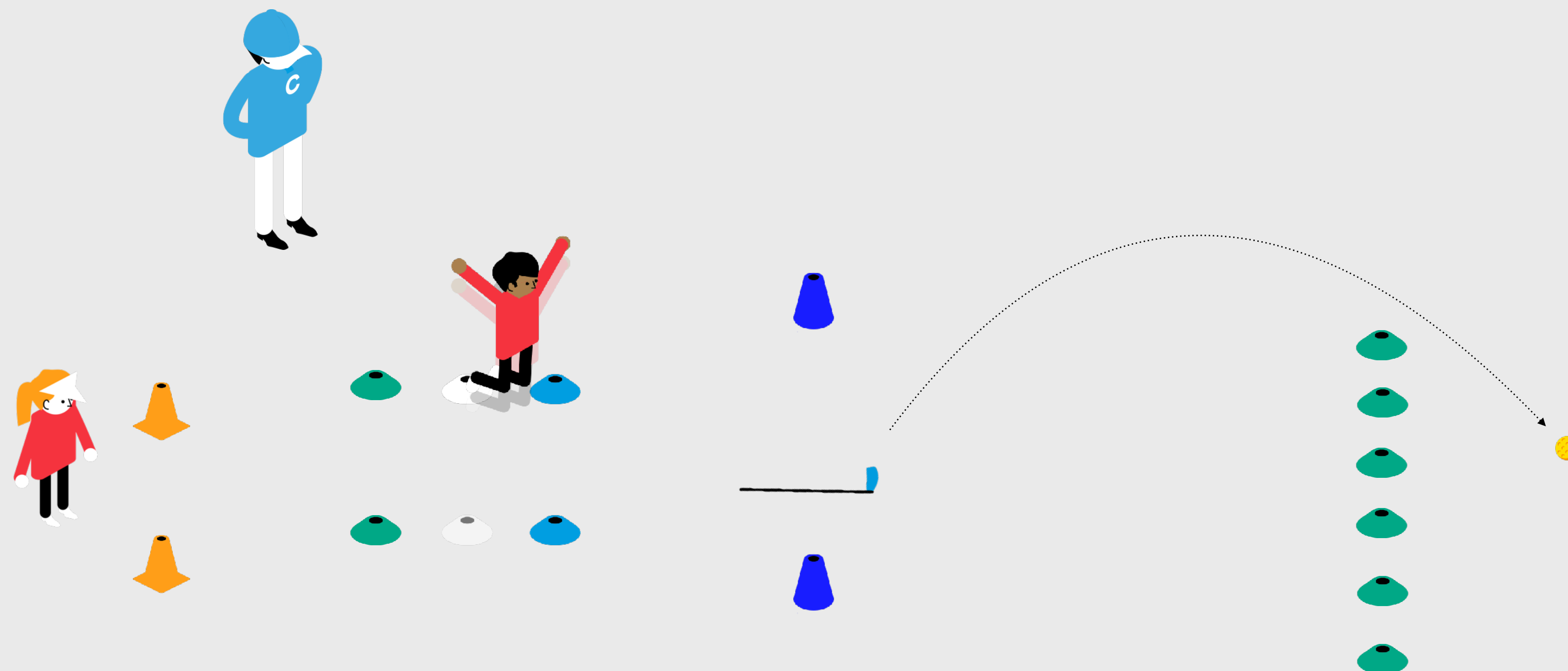


Rules and Etiquette

What are the rules on the tee?

- The Learning the Game focus this week is about learning the different rules on the tee box.
- You should make sure the children understand where they are allowed to play from, what the different markers mean, and the information that is provided on the tee signage

Power Play



How to Play

- Children take it in turns to do a standing long jump from the first set of cones, seeing if they can jump past the next two sets of cones
- After jumping as far as possible they then try to hit the ball as far as possible
- The children take it in turns to do this, each time trying to beat their personal best long jump, and furthest shot

Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest

Learning Outcomes

- Improve strength and power
- Learn how improving different movement skills can improve their golf shots

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out hitting stations

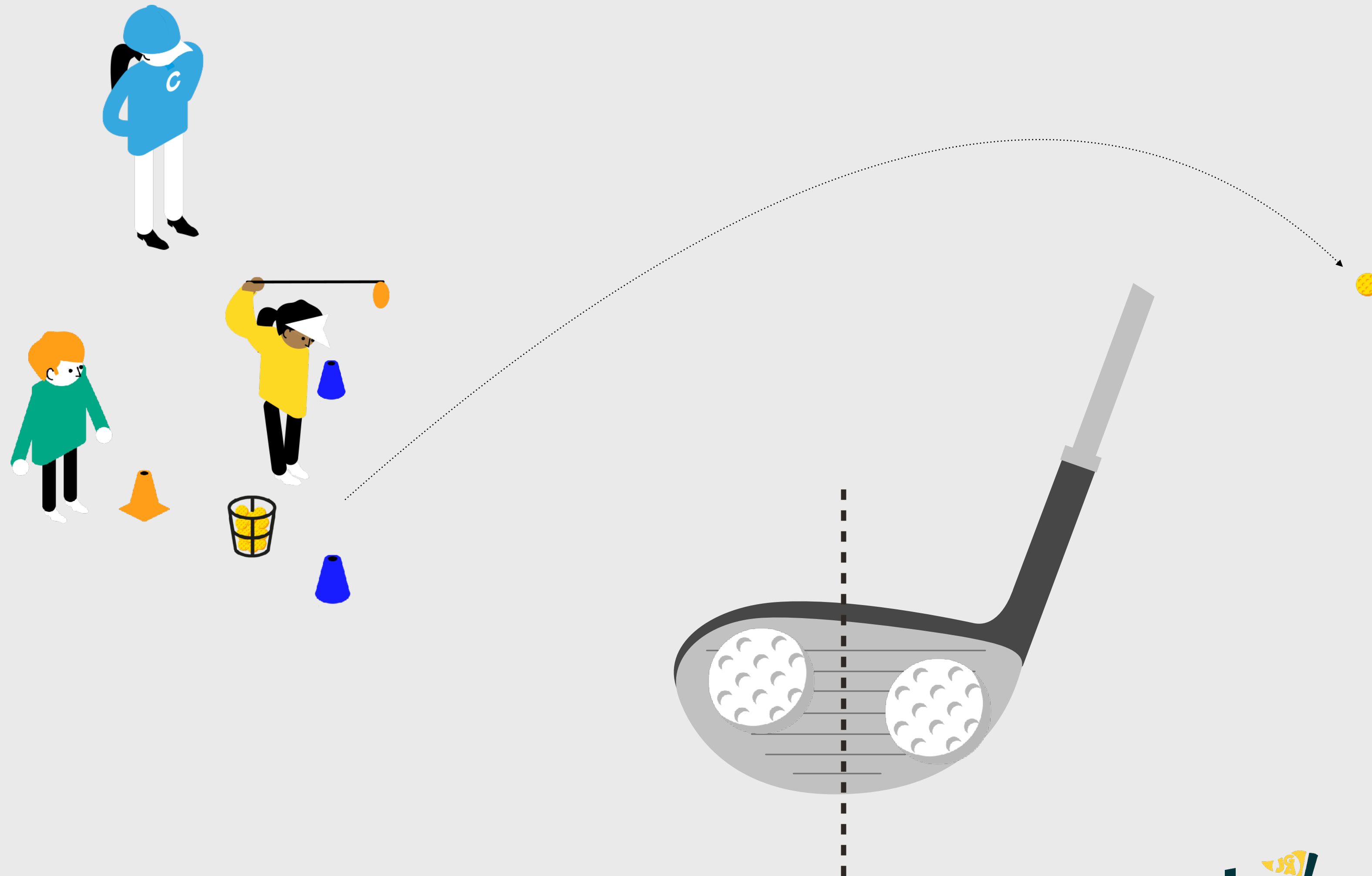
2 x Foam Noodles

2 x Alignment Sticks

Golf Balls

Spare equipment that may be required for the group attendees.

Clubface Contact



How to Play

- Players take it in turns to hit a shot with impact tape on the clubface in order to see where they made contact
- Draw a line down the middle of the impact tape
- The aim is to be able to deliberately strike the ball with the toe and then the heel
- The challenge is complete when the child successfully strikes the ball using the toe and the heel of the club

Progression Ideas

- Draw quarters on the impact tape and challenge the juniors to hit each quarter of the club face
- If the juniors aren't able to generate enough clubbed speed to make a mark on the impact tape then use foot spray as an alternative
- Swap out the golf ball for marshmallows - a fun alternative that will engage the juniors and still make a mark on the club face

Equipment needed

Orange Safety Cones

SAFETY



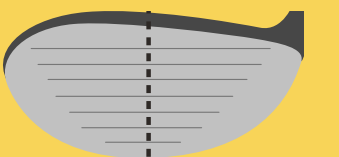
Cones to mark out the necessary hitting stations.



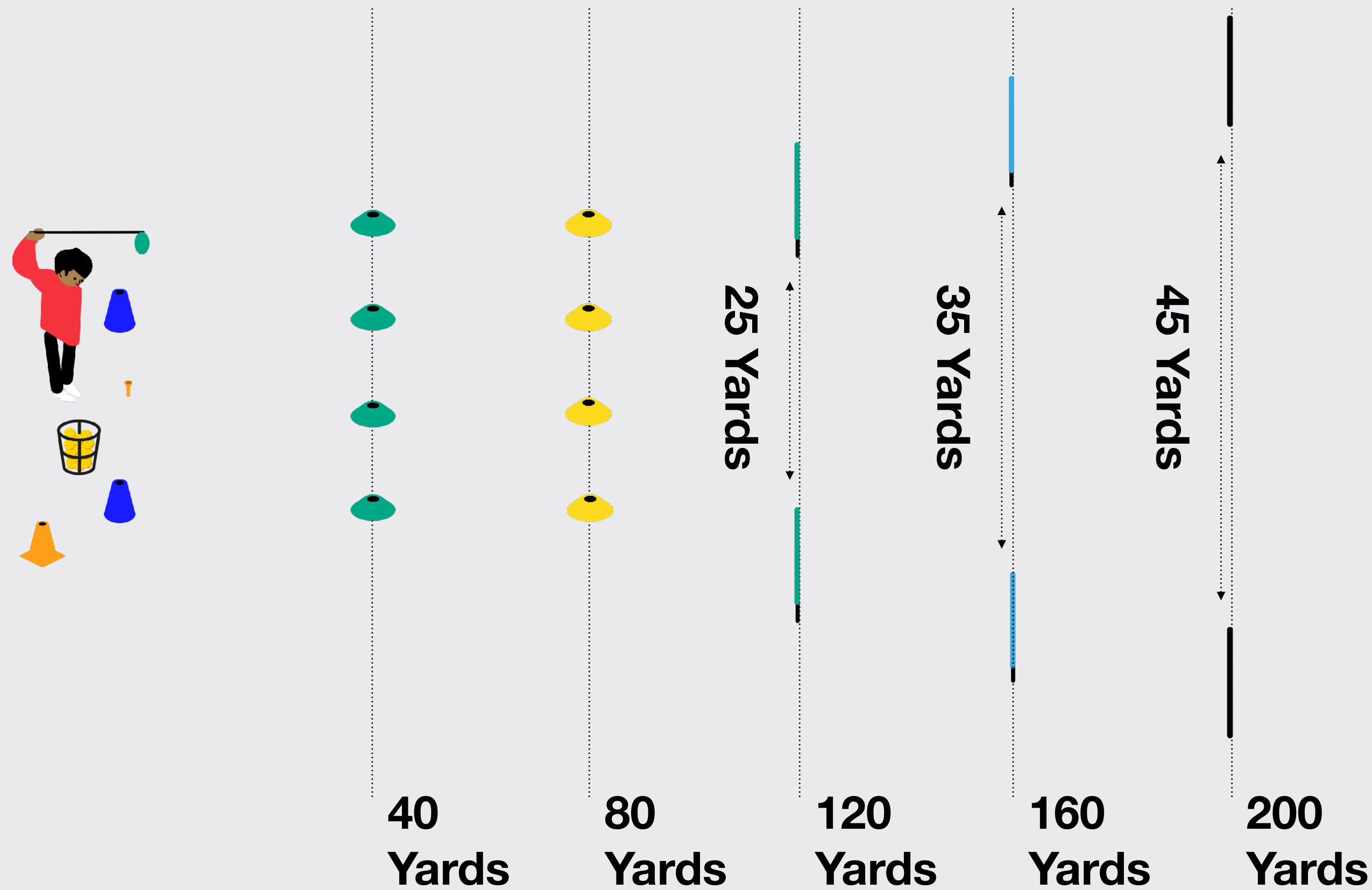
Golf balls



Impact tape and a marker pen to draw the lines



Driver Challenge



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 Complete this Level 1 Challenge by hitting 2 shots in the air with the Driver. You have 5 attempts and do not need to hit the ball in a certain distance or direction.
- 2 Complete this Level 2 Challenge by hitting 2 shots in the air with the Driver. The ball must carry a minimum of 40 yards. You have 5 attempts with no direction requirement.
- 3 Complete this Level 3 Challenge by hitting 3 shots in the air using the Driver. The ball must carry a minimum of 80 yards. You have 5 attempts with no direction requirement.
- 4 Complete this Level 4 Challenge by hitting 3 shots 120 yards with the Driver. The ball needs to finish through the 25-yard-wide gate. You have 5 attempts.
- 5 Complete this Level 5 Challenge by hitting 4 shots 160 yards with the Driver. The ball needs to finish through the 35-yard-wide gate. You have 5 attempts.
- 6 Complete this Level 6 Challenge by hitting 5 shots 200 yards with the Driver. The ball needs to finish through the 45-yard-wide gate/ You have 5 attempts.