

Junior Monthly Class Plans Ages 4-6

On the Green

Week 44



Class Timetable - Week 44

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Scoring

Whole Child Focus
Creative:
Talent

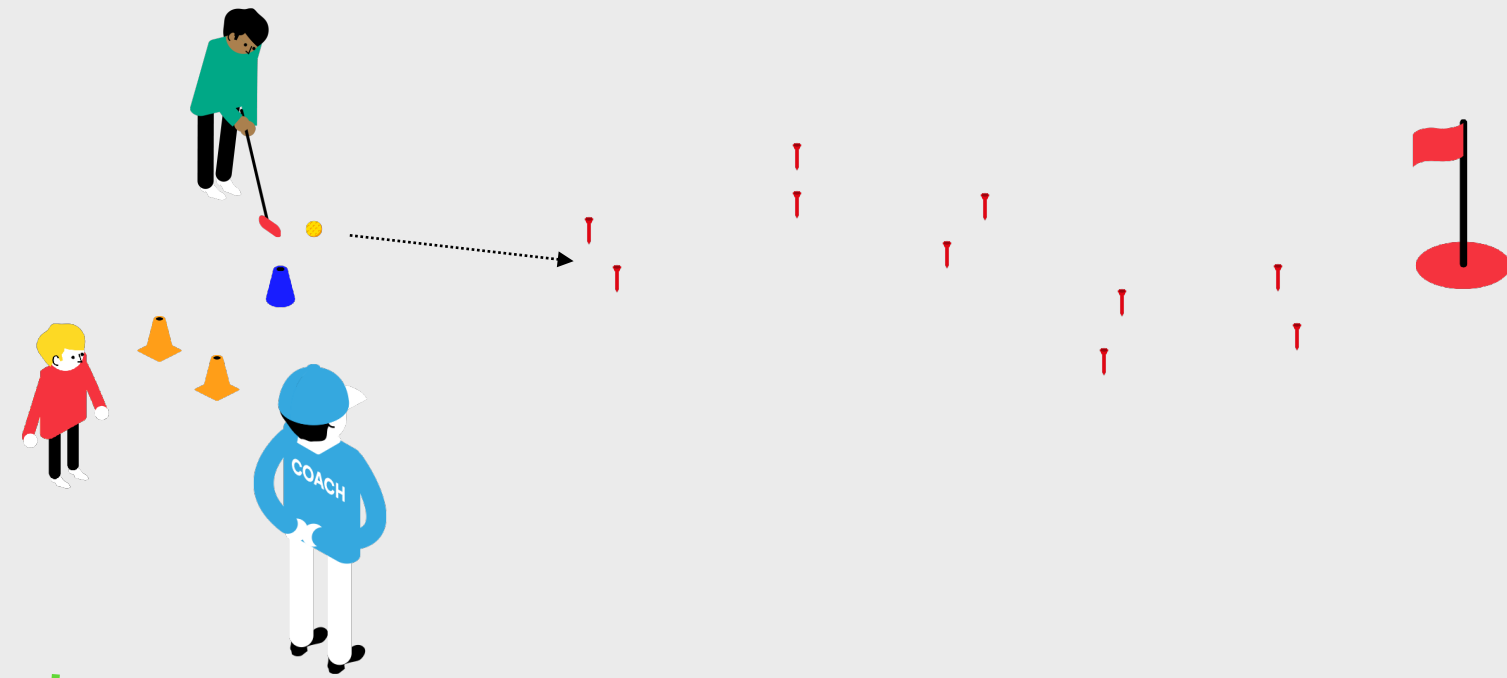
Learning the Game Focus:
Playing and Scoring:
Stableford Points

Mastering the Game Challenge:
Scoring Challenge

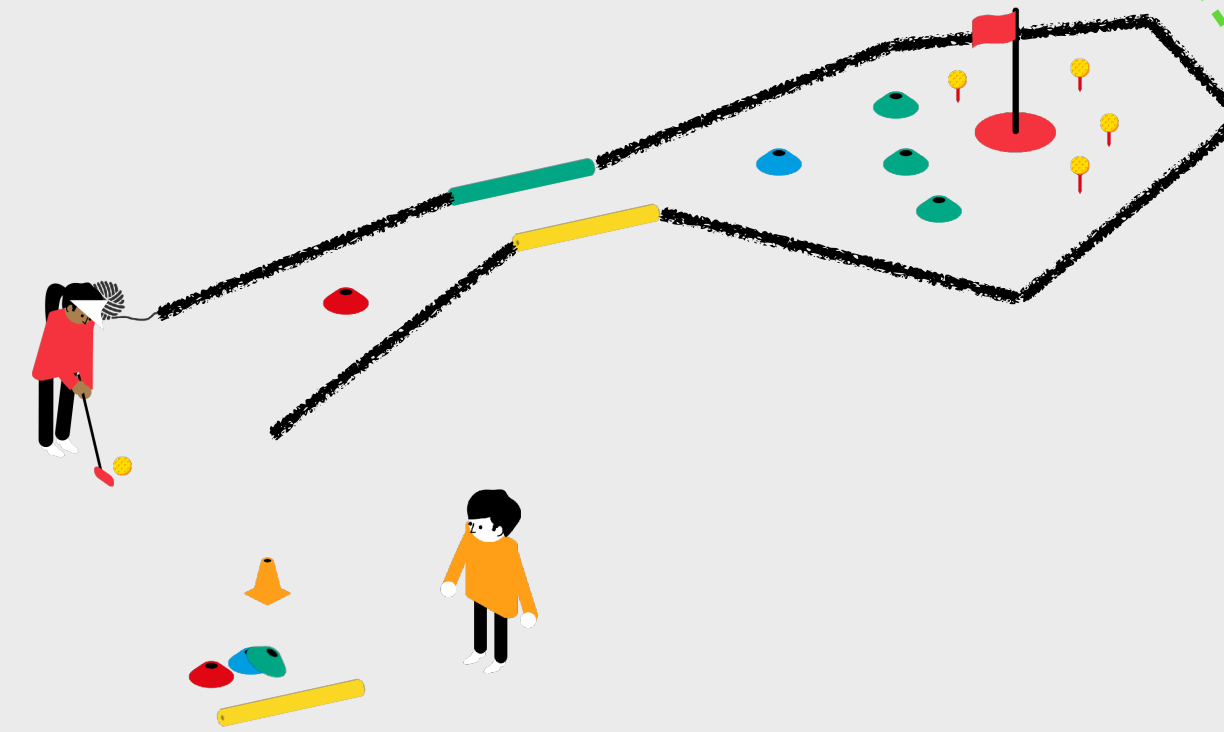
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Connected
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"> Stableford Points
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"> Talent
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"> Tic Tac Toe Build a Hole Scoring 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

Station 1:
Game Station
Through the Gates



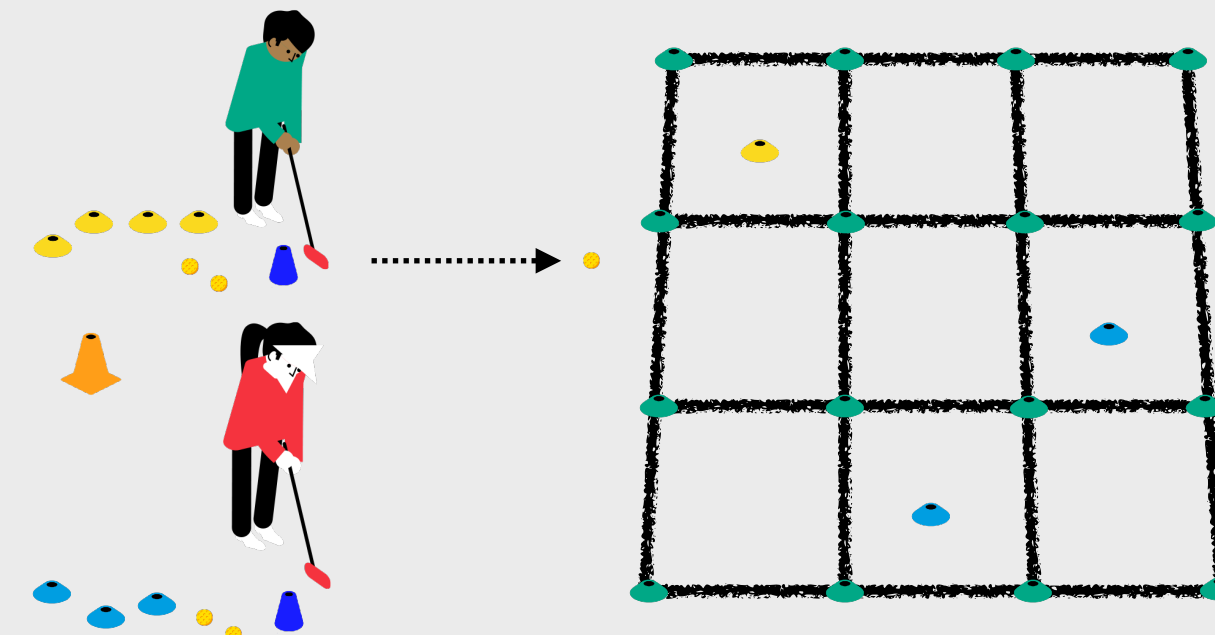
Station 2:
Game Station
Build a Hole



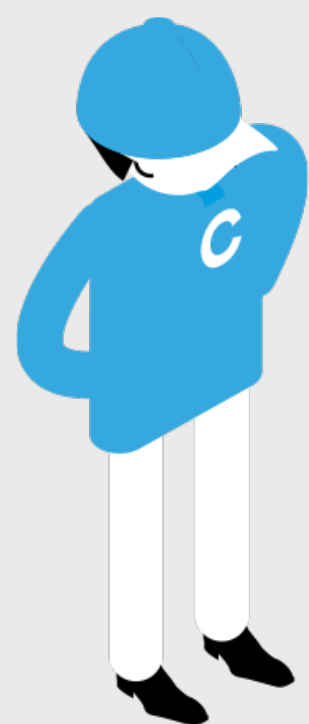
Station 4:
Free Practice Station



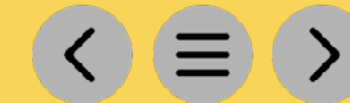
Station 3:
Game Station
Tic Tac Toe



Connected



JUNIOR GOLF
ACADEMY



How to Play

- This game should be played in pairs
- Each pair is connected by a foam noodle
- The aim is to get from the starting cones to the other side, round the JGA cone and back with out dropping the noodle or touching it with their hands

Progression Ideas

- The pairs gets an extra go to beat their time
- Increase the distance between the cones
- Switch partners and try the game again
- Add penalties for dropping the noodle or touching it with their hands

Equipment Needed

3 x Foam Noodles



3 x Orange safety cones

SAFETY



6 x Cones





Creative Talent

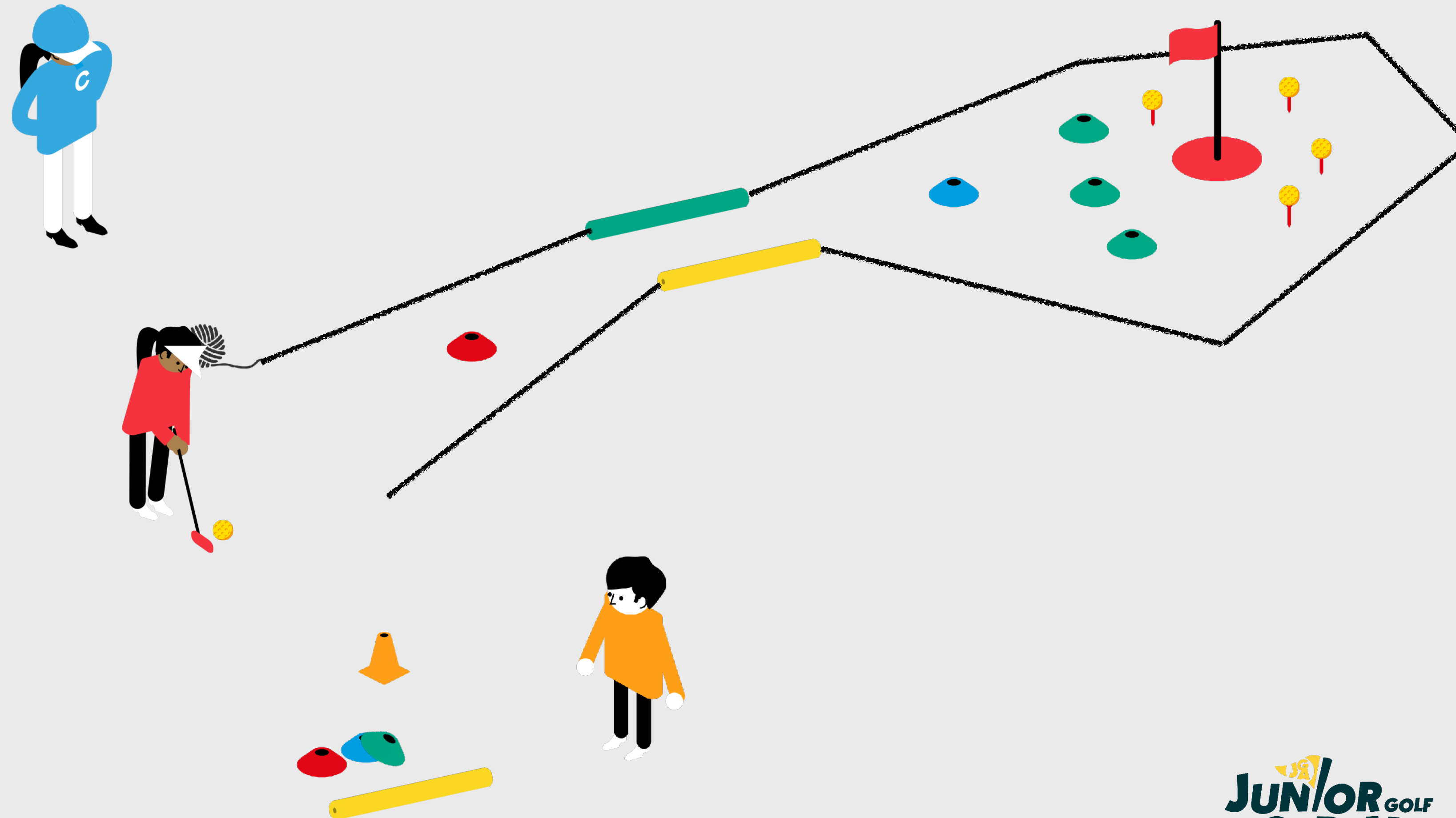
- The Whole Child theme this week is to educate parents and children that their “Talent” can be developed, and not to label a child as “talented” or “not talented”
- Carry this theme into the class by instilling a belief in the children that they can practice and improve to become more talented. Even introduce a known success story to emphasise the point.



Orientation Stableford Points

- The Learning the Game focus this week is to learn about the stableford scoring system.
- You should explain to the children what the different points are given for, and where appropriate explain how handicaps effect this too.

Build a Hole



How to Play

- Children work together to create their own putting hole
- Encourage use of all the equipment and allow the players to come up with their own rules
- Make sure they leave enough time to play their hole before switching to the next game

Junior Progression Ideas

- Introduce additional rules, for example an out of bounds area
- Add or remove equipment

Learning Outcomes

- This game is great for encouraging creativity and teamwork
- Depending on the hole that the children build, and the rules they introduce, the game can be linked back to the required skills needed to complete the hole in the least number of shots

Equipment needed

1 x Orange safety cone

SAFETY



Colored cones



Foam Noodles



String



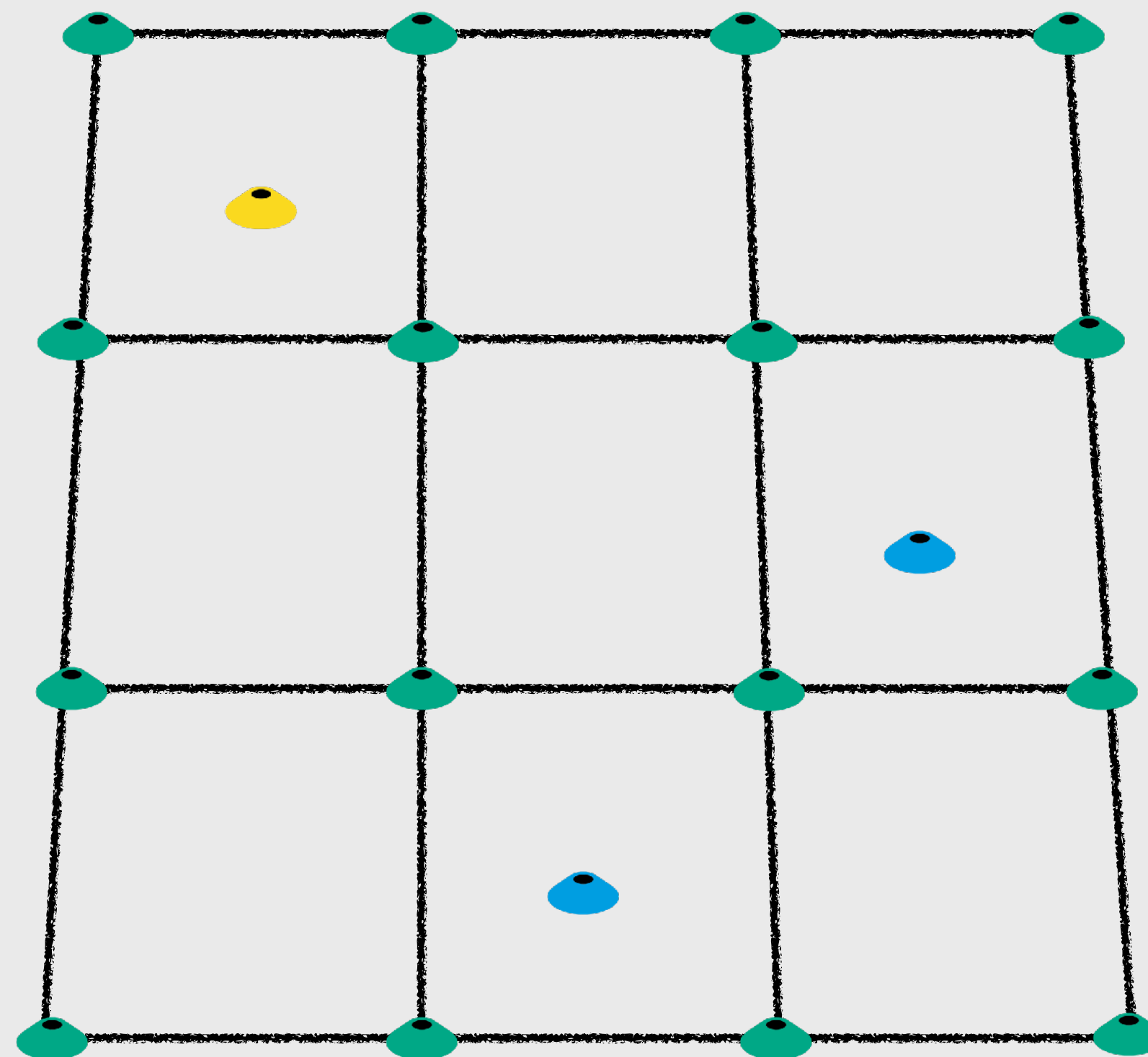
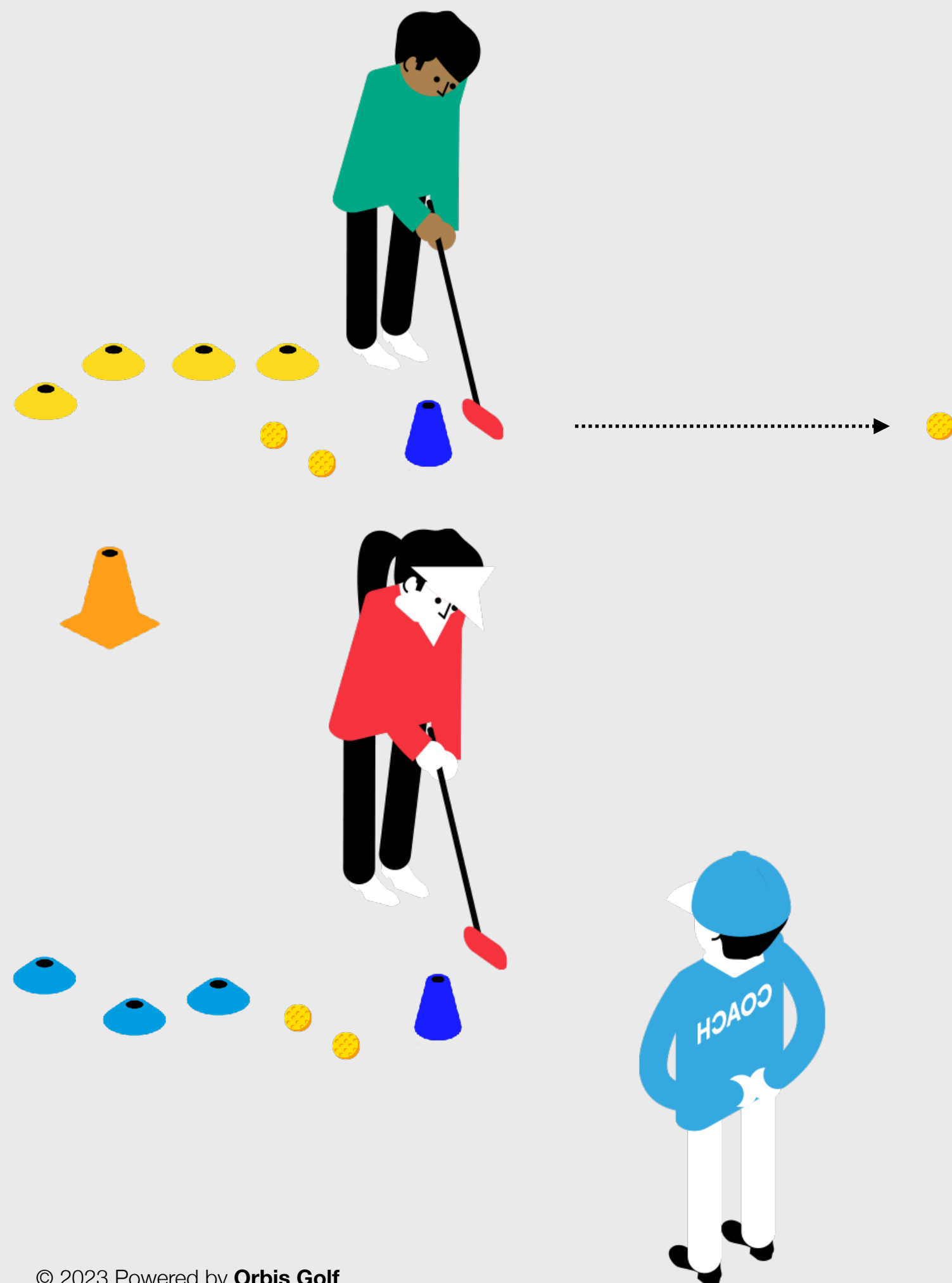
Tees



Golf balls



Tic Tac Toe - Putting



How to Play

- One child is the X's and the other child is the O's
- The objective is for the child to place their colored cones into the center of the box by putting the ball into the box.
- When the child successfully gets the ball into the box that has been nominated, they place their colored cone into the centre of the box
- The child who wins is the one who makes 3 in a row in one direction

Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point on the green and the boxes
- Increase the number of shots that must go into the boxes before the box is owned

Learning Outcomes

- Distance and directional control
- Game strategy
- Acceptance, that you cannot always control the outcome

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



String and 16 tees to create the grid



Colored cones for one team



Colored cones for the other team



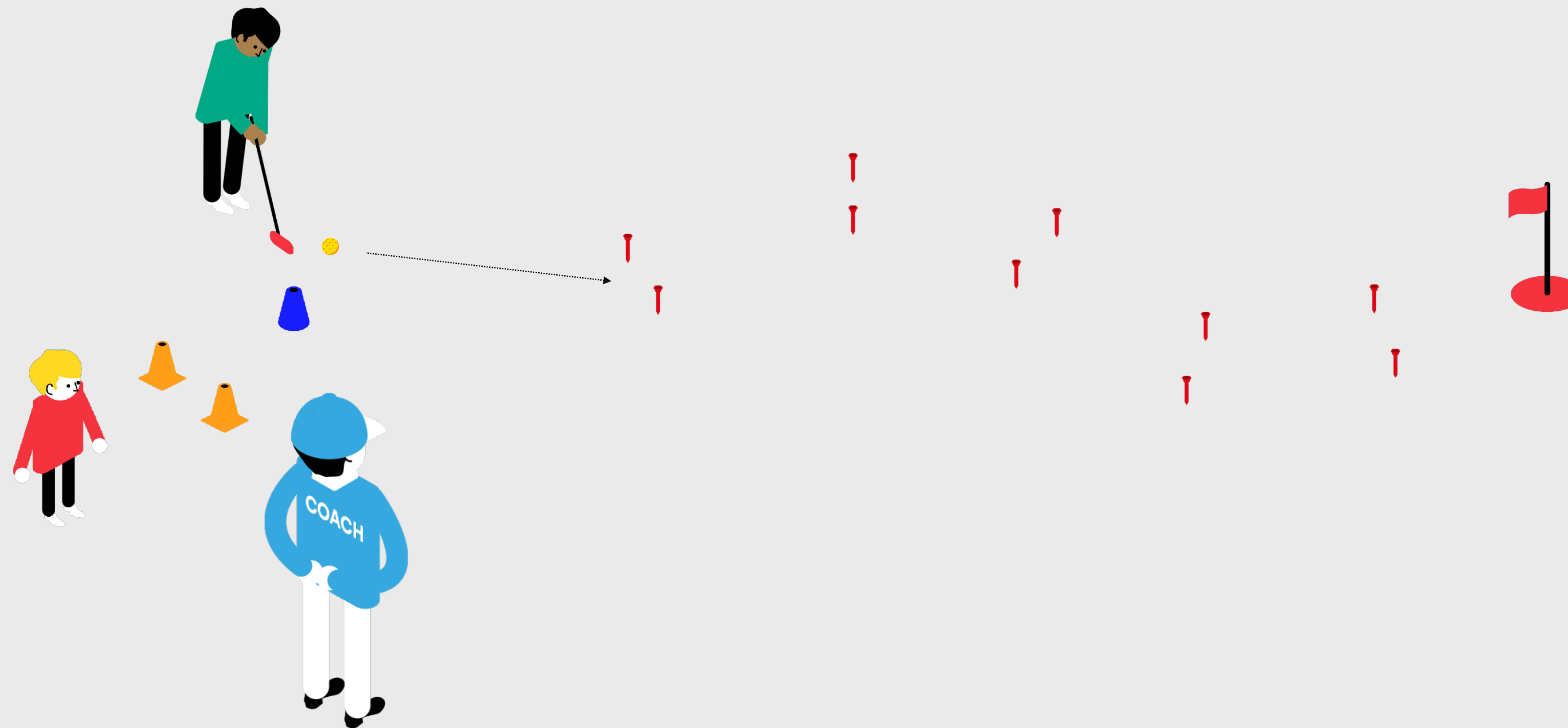
Golf Balls



Spare equipment that may be required for the group attendees.



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