

Junior Monthly Class Plans Ages 4-6

# On the Green

## Week 44



# Contents

- 3 **Class Timetable**
- 5 **Class Setup and Layout**
- 7 **Physical Literacy Warm Up**
- 10 **The Whole Child Focus**
- 12 **Learning the Game Focus**
- 14 **Mastering the Game Cards**



# 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"> <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>	
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>Cone Collector</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>Introducing the Scorecard</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, tasks and challenges</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 if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Practice at Home</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li>10 Pin Bowling</li> <li>Single, Double, Triple</li> <li>Scoring Challenge</li> </ul>

© 2023 Powered by Orbis Golf



# 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"> <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>Connected</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>Stableford Points</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>Talent</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>Tic Tac Toe</li> <li>Build a Hole</li> <li>Scoring Challenge</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<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>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> <li>GLF. Connect myGame+</li> </ul>

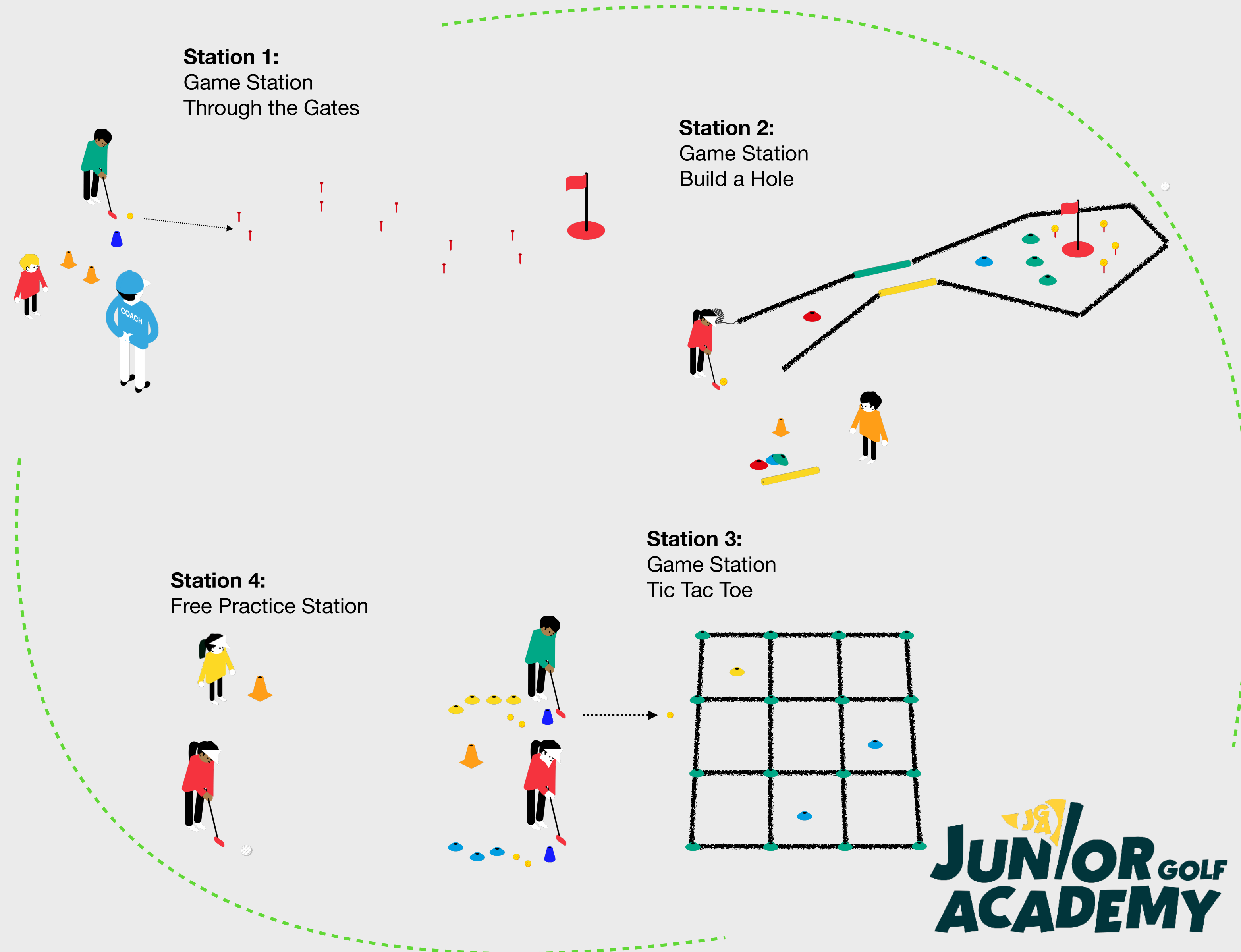
# Layout and Setup



# 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:

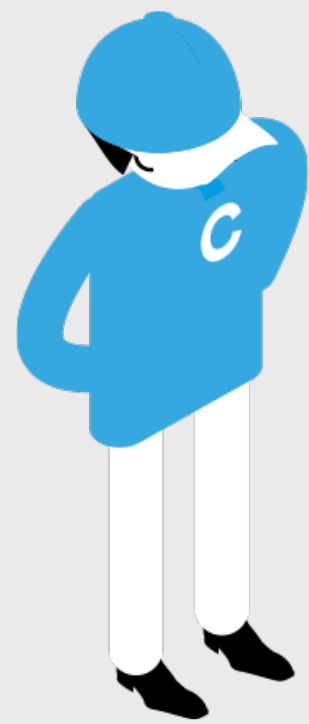
- Stations 1, 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, 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



# Physical Literacy Warm Up Game



# Connected



**JUNIOR GOLF  
ACADEMY**



## How to Play

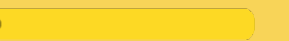
- This game should be played in pairs
- Each pair is connected by a foam noodle
- The aim is to get from the starting cones to the other side, round the JGA cone and back with out dropping the noodle or touching it with their hands

## 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





# 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



# 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.

It should be highlighted that the Achiever Award is presented to the child that demonstrates effort in their practice and has earned the talent that they’ve developed.

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.



**JUNIOR GOLF ACADEMY**



## 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



# 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.

Make sure children understand the scoring and encourage them to try this next time they play.

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



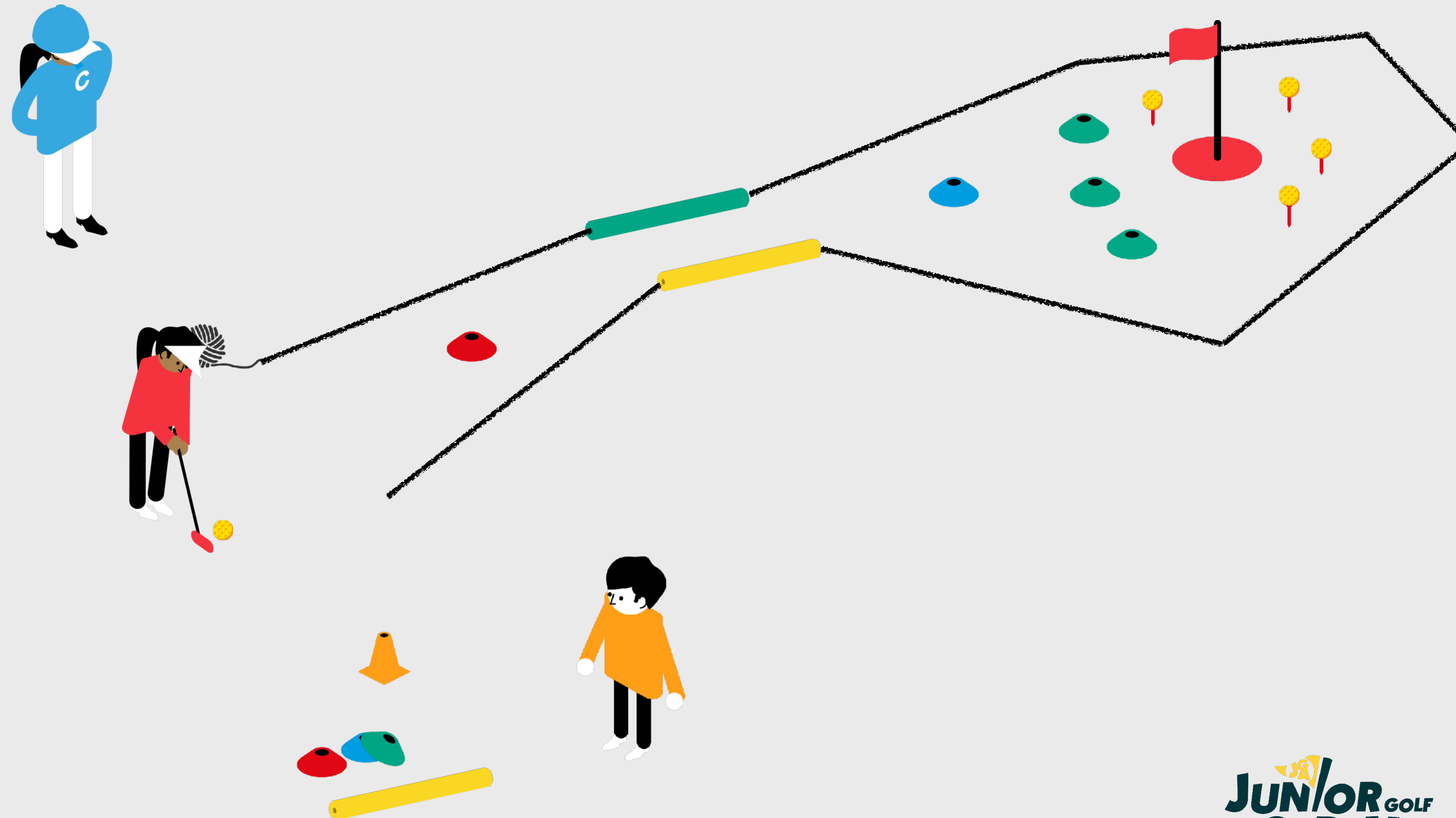
### Questions to Ask

- How many points do you score for a par?
- How many points do you score for a birdie?
- How many points do you score for a bogey?
- Will you try playing stableford points?

# Mastering the Game Cards



# 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

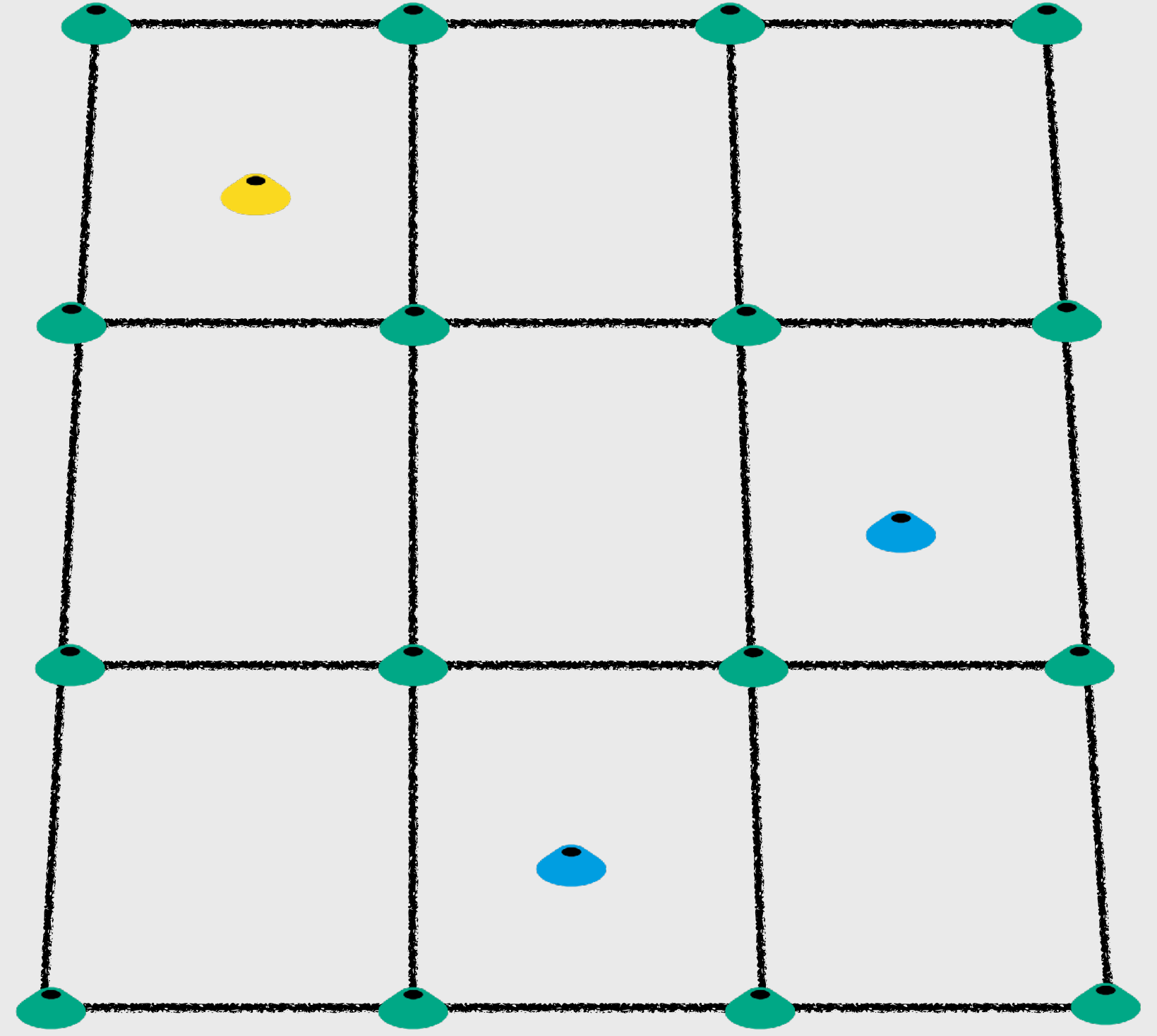
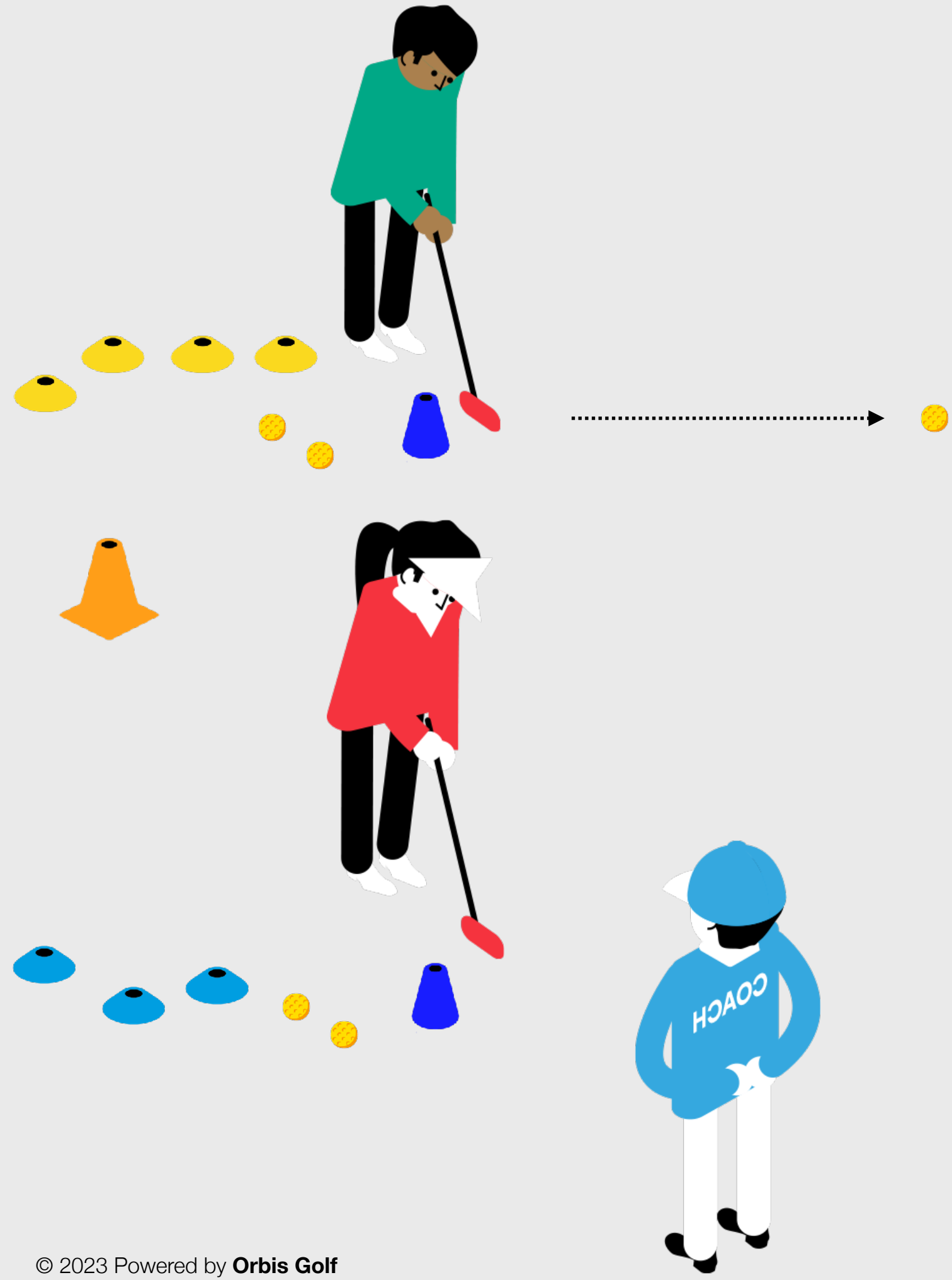


Golf balls





# 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

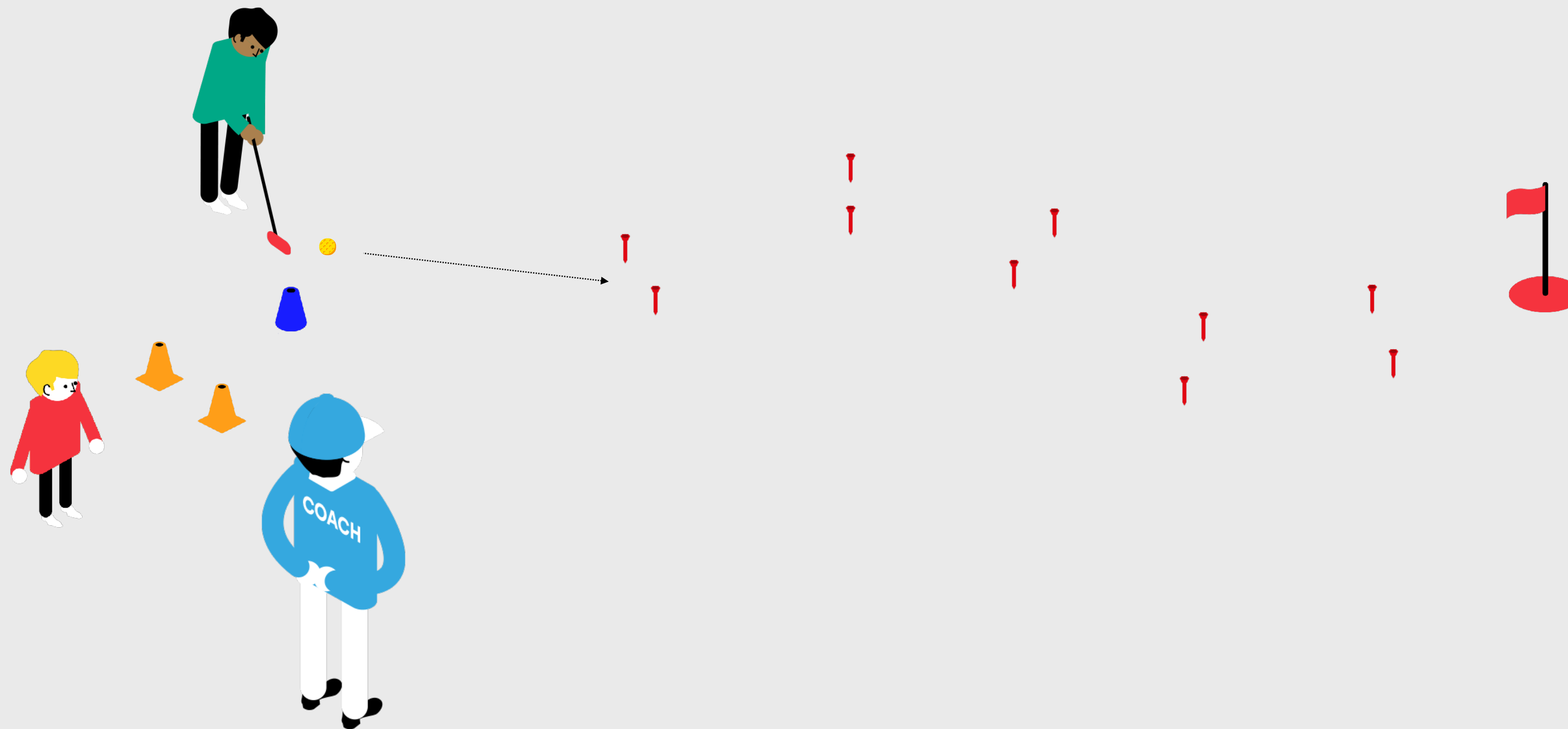
### Equipment needed

Orange Safety Cones	
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