

Junior Monthly Class Plans Ages 4-6

On the Green

Week 47



Class Timetable - Week 47

Session Length:
60mins

Group Size:
1:8

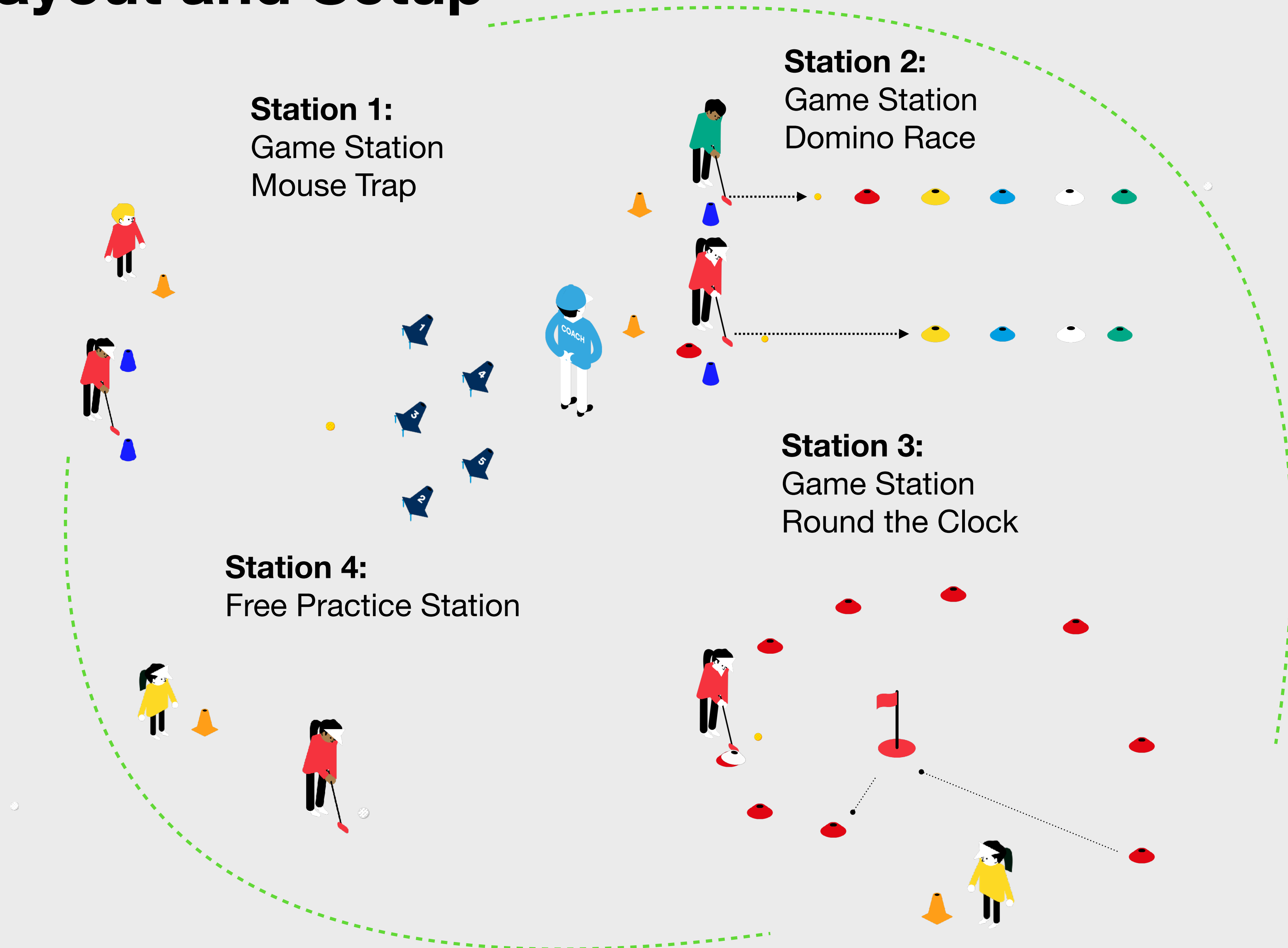
Mastering the Game Focus:
On the Green:
Short Putts

Whole Child Focus
Social:
Caring

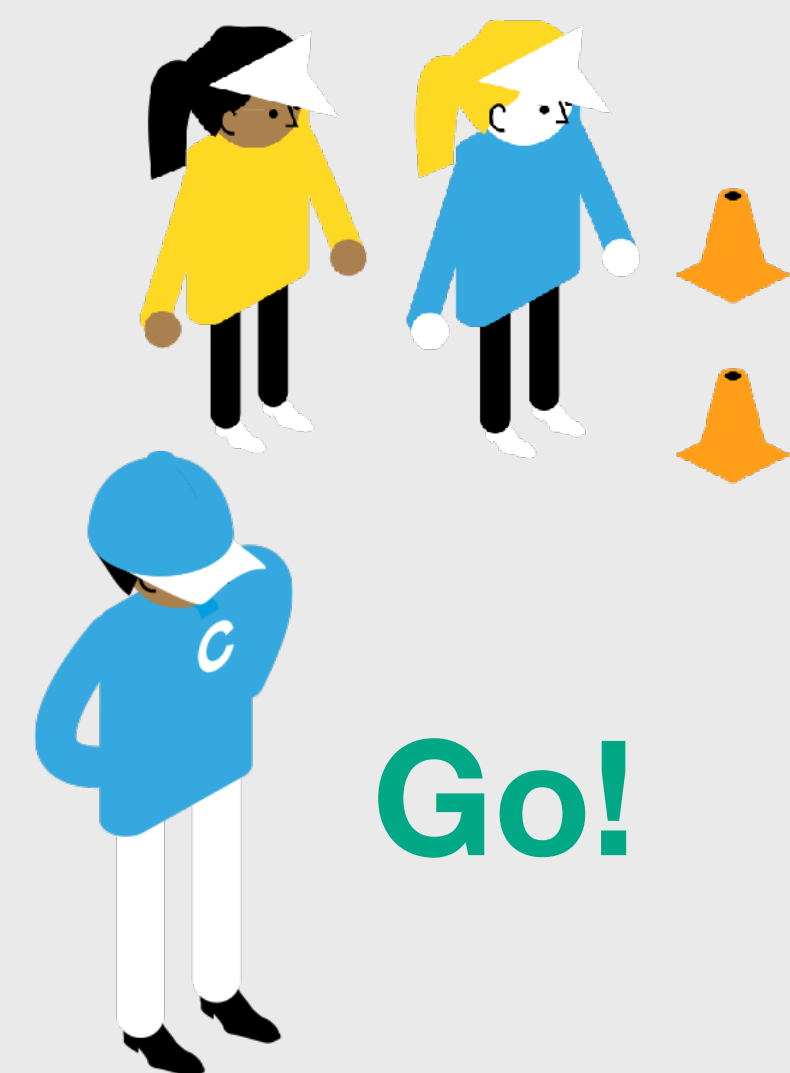
Learning the Game Focus:
Playing and Scoring:
Ryder Cup Playing Formats

| 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"> Hop Frog |
| 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"> Ryder Cup Playing Formats |
| 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"> Caring |
| 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"> Round the Clock Domino Race Mouse Trap |
| 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 |

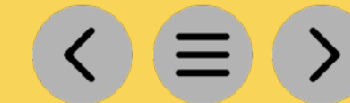
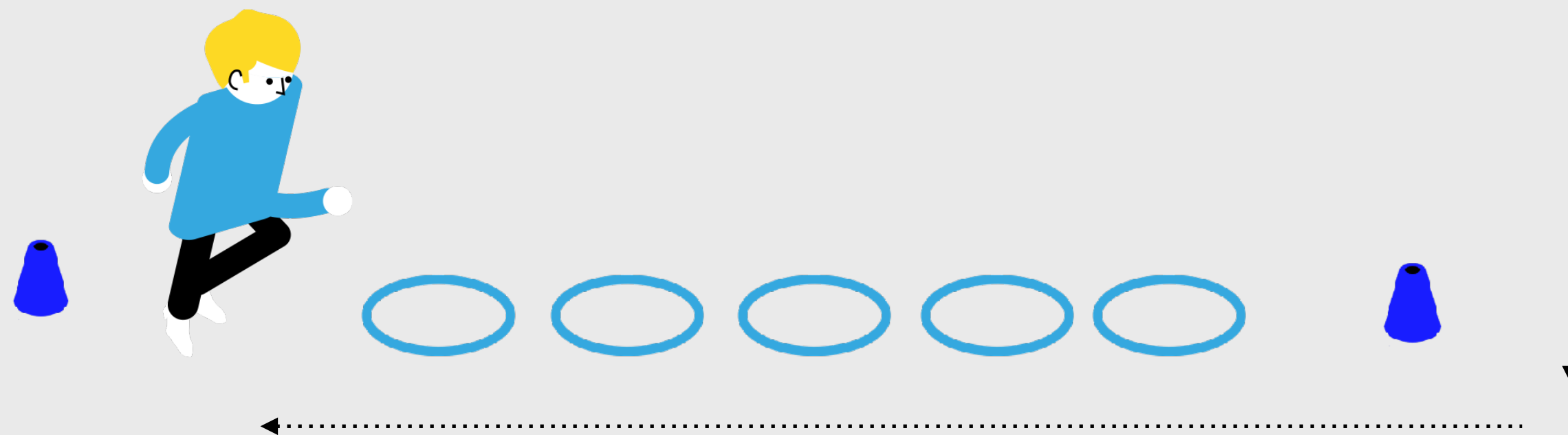
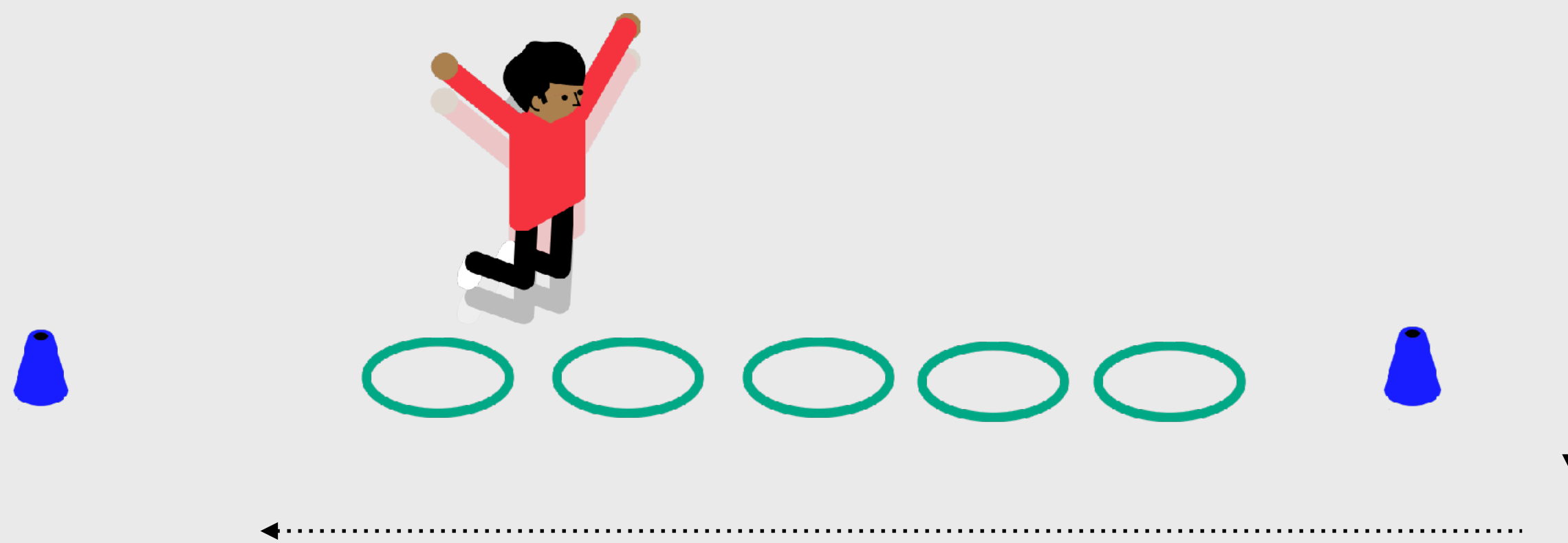
Class Layout and Setup



Hop Frog



Go!



How to Play

- Split the children into two even teams
- Mark out 10 hoops, approximately 1 yard apart in a line or in a curve
- Half the group starts at one end, the other half starts at the other
- The first child from each side bunny hops along the hoops until they reach the end cone
- They run back from the end cone and the next player on their team can go
- This continues until one of the groups gets all their players back to the start

Progression Ideas

- Explore FMS during the game
- Change the distance between the hoops
- Add in additional turns

Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



10 x Hoops





Social Caring

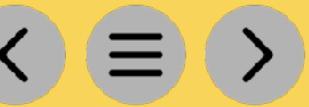
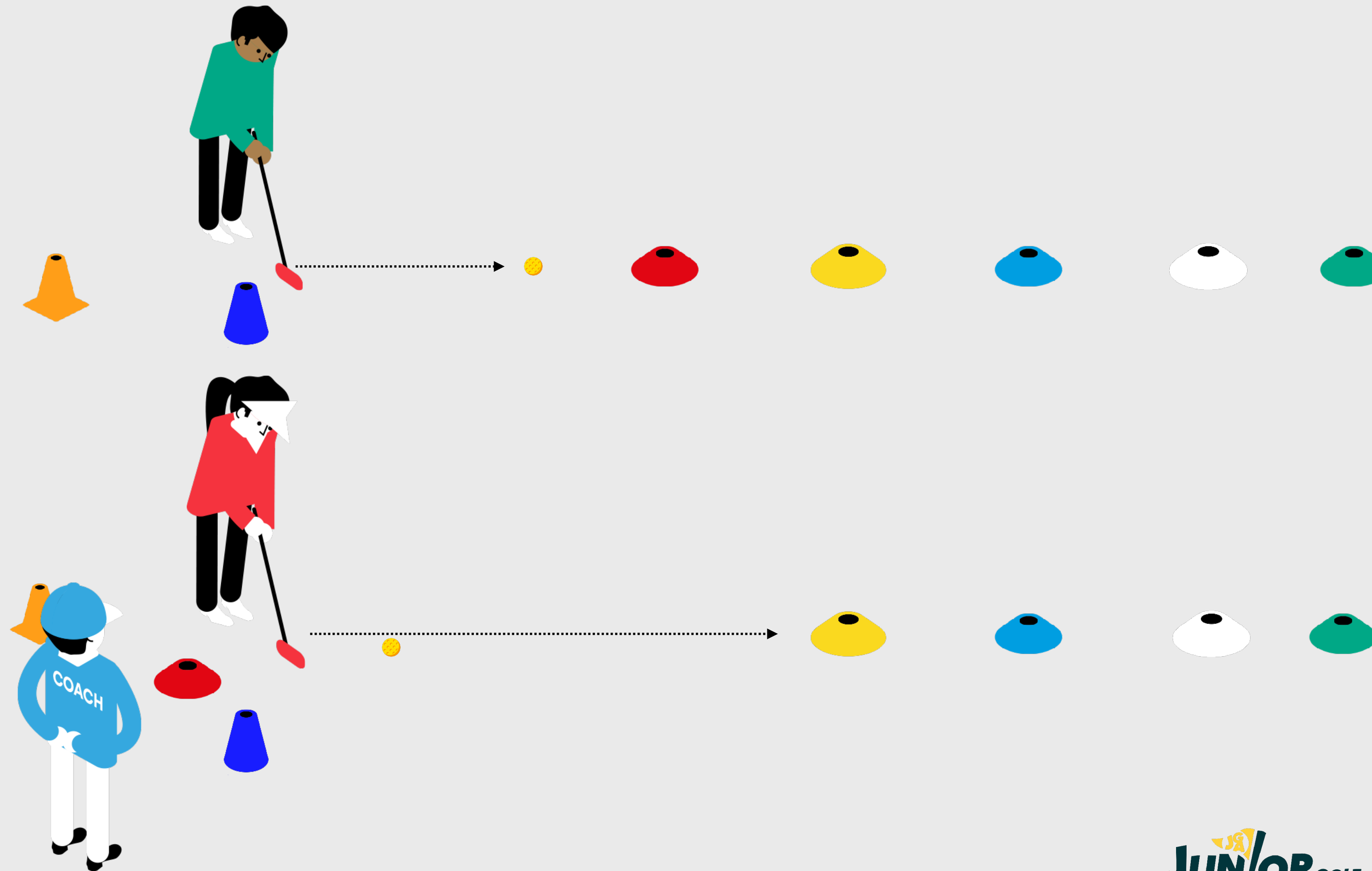
- The Whole Child theme this week is to instill a caring mindset within each child.
- Carry this theme into the class by highlighting to the children the importance of the orange cones for safety, the games for practicing and the challenges for improving.



Playing and Scoring Ryder Cup Playing Formats

- The Learning the Game focus this week is learning about the Ryder Cup.
- You should highlight the different formats, how they are played and encourage the children to experiment with playing different formats when they're playing on the course.

Domino Race



How to Play

- Each player is nominated a line of colored cones and a starting point
- Each player hits their first putt and attempts to hit the first colored cone. If the player misses, they return to the start and tries again
- When a player successfully hits the cone, they pick the cone up and bring it back to the start
- The player who wins is the one who hits every cone in order

Progression Ideas

- Change the distance between the starting cone and the target cones
- Change the size of the targets
- Introduce a sloped surface when playing the game
- Introduce a rule where the player must return the cone after a certain number of attempts
- Alternate the direction of each cone

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure

Equipment needed

Orange Safety Cones

SAFETY



2 x Blue cones



2 x Green cones



2 x Yellow cones



2 x Orange cones



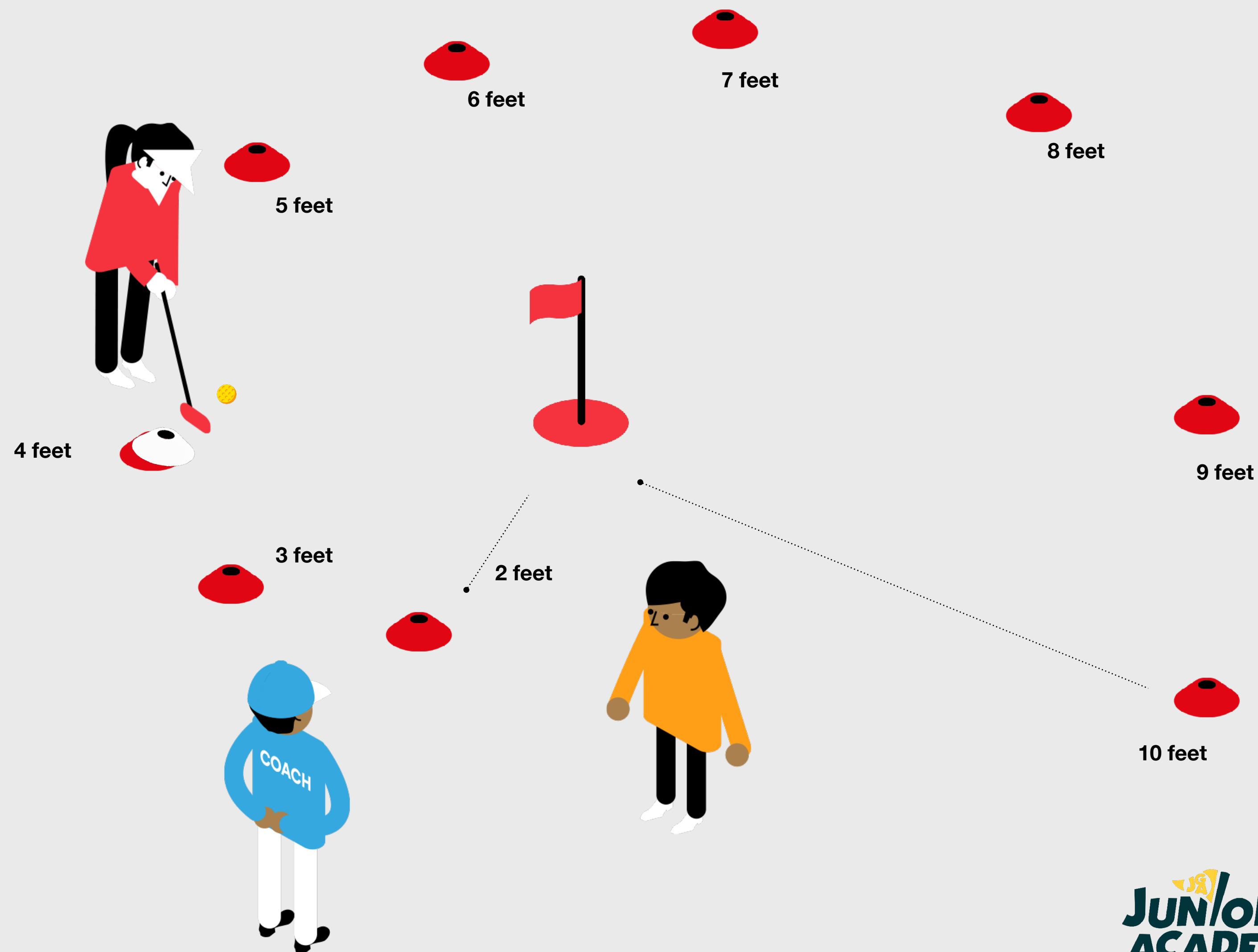
2 x White cones



2 x Starting Cones



Round the Clock Spiral



JUNIOR GOLF
ACADEMY



How to Play

- Nominate one of the children to play first and nominate a colored cone for the team. This cone is to track their progress around the spiral
- The player attempts to hole their putt from the 1st cone nearest to the hole
- If the player misses, the team stays where they are and their partner has a turn. If they successfully hole the putt, they move to the next cone
- The next player then goes and the game continues until the team completes the spiral

Progression Ideas

- Change the distance between the cones and the hole
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the players must move back a step or go back to the start

Learning Outcomes

- Perseverance is needed to complete the challenge
- Direction, distance control, and ability to read greens are all being tested in this game
- Improves the player's ability to adapt from one direction of putt to another

Equipment needed

Orange Safety Cones

SAFETY

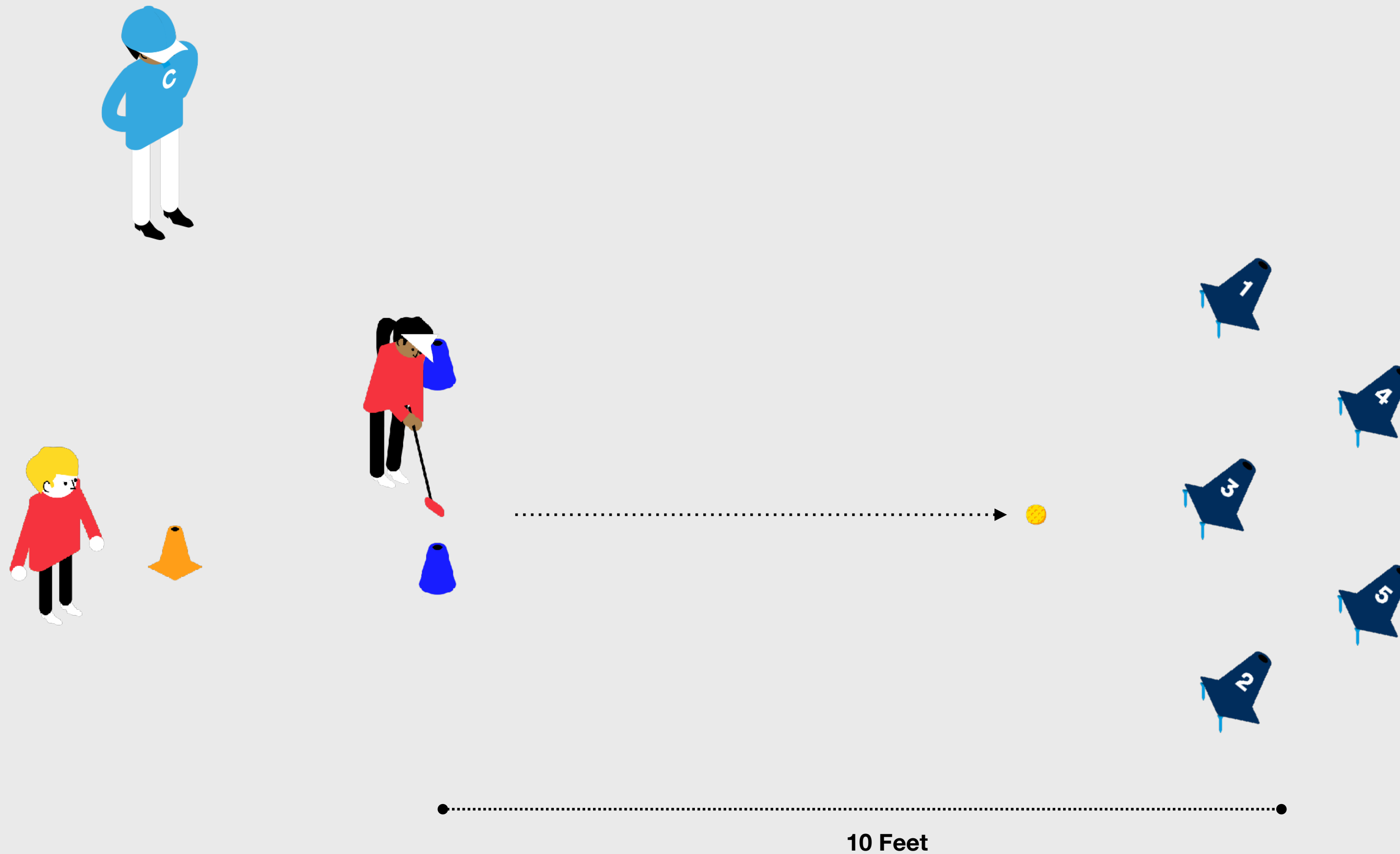
9 x Colored Cones to mark distance from 2-10 feet

Spare equipment that may be required for the group attendees.

2 x different Colored Cones

Golf Ball

Mouse Trap



How to Play

- Children take it in turns to hit their putts towards the cones that have been propped up with tees
- The aim of the game is to knock the cone so it traps the golf ball
- The children take it in turns to hit their putts
- The challenge is complete when the team manage to trap all the balls using the cones available

Progression Ideas

- Vary the distance of the putt
- Add or reduced the number of traps
- Add points for each cone equal to the number on the cone, set the children a target to achieve a certain score

Learning Outcomes

- Ability to control distance on a putt
- Ability to control direction

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark starting position

5 x Crush It cones and tees for the mouse traps

Spare equipment that may be required for the group attendees.

Golf Balls