

Junior Monthly Class Plans Ages 6-16

# 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

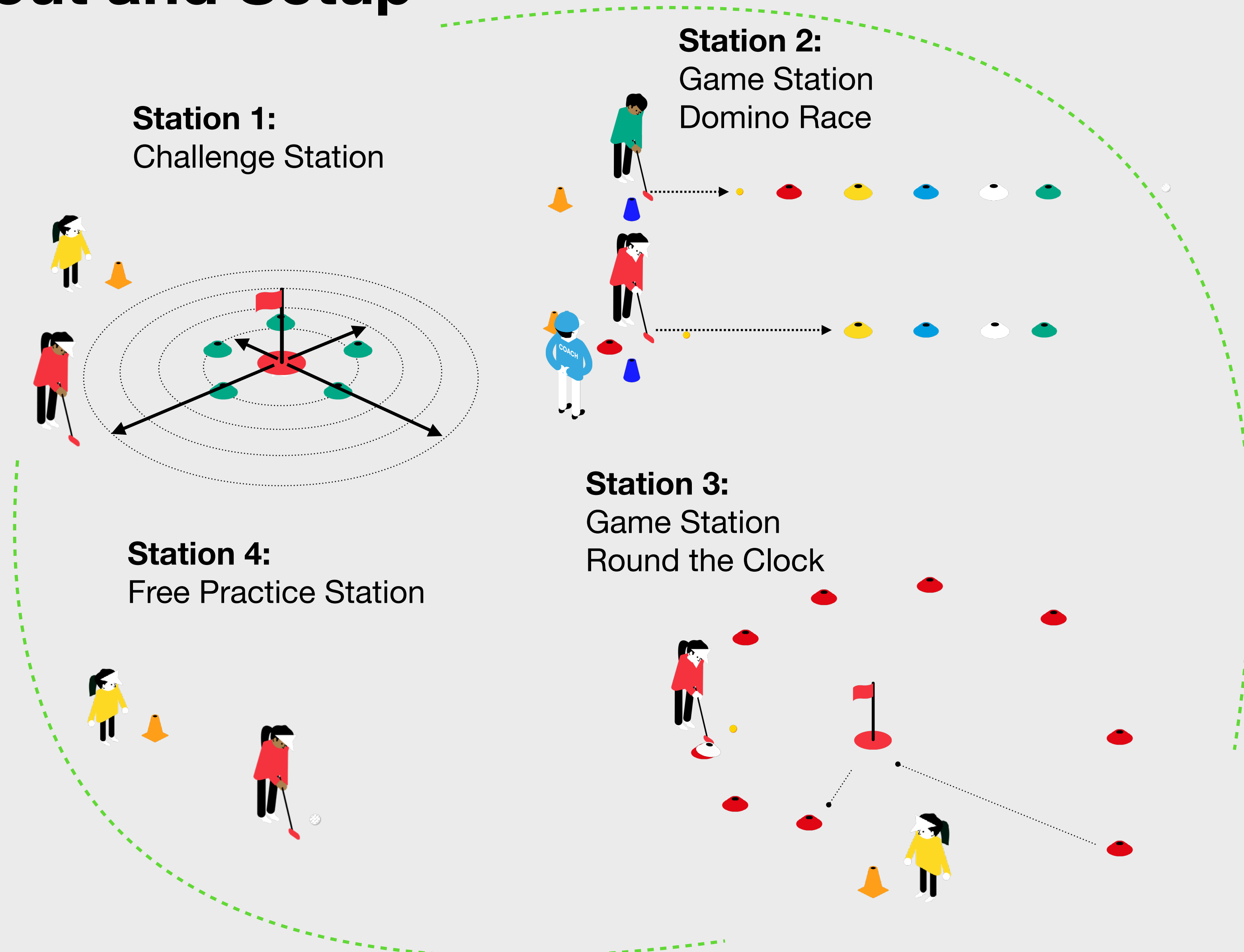
**Whole Child Focus**  
Social:  
Caring

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

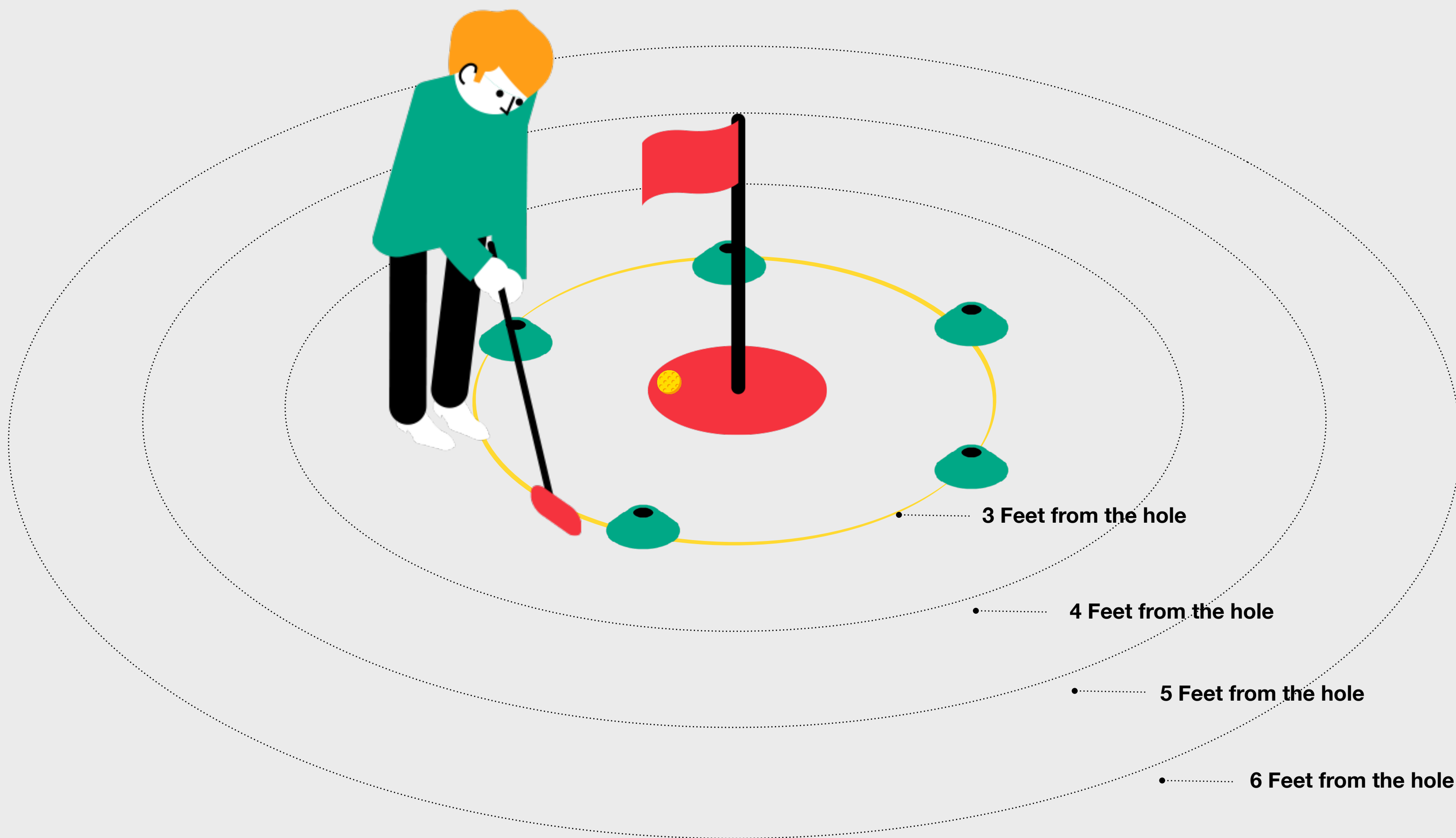
**Mastering the Game Challenge:**  
Short Putt Challenge

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>Hop Frog</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>Ryder Cup Playing Formats</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>Caring</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>Round the Clock</li> <li>Domino Race</li> <li>Short Putt 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>

# Class Layout and Setup



# Short Putts Challenge Setup



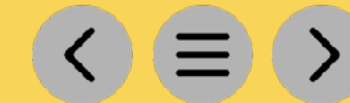
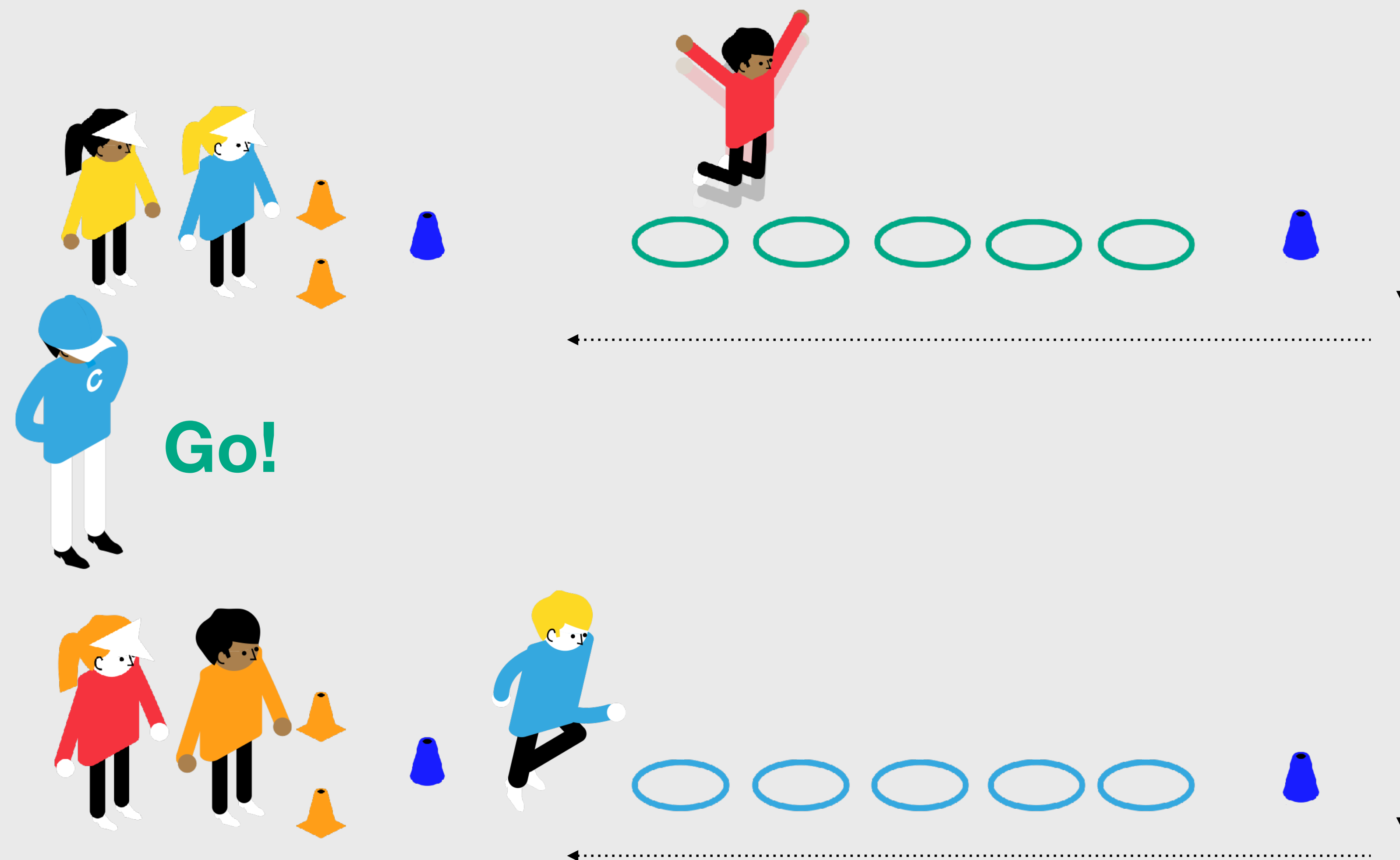
## Setting out the Challenge

- A hole should be selected on the putting green on an average sloped surface
- The 6 foot diameter ring from your equipment bag can be used to mark the 3 foot distance
- 5 tee pegs should be placed around the hole at 3 feet, 4 feet, 5 feet and 6 feet. Cones have been used in the graphic opposite to represent these positions for the 3 foot circle
- Children can attempt the challenge depending on their progression level

## Equipment Required

- 1 hole on the green
- 20 x tee pegs to mark the 5 starting positions at 3 feet, 4 feet, 5 feet & 6 feet

# Hop Frog



## 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

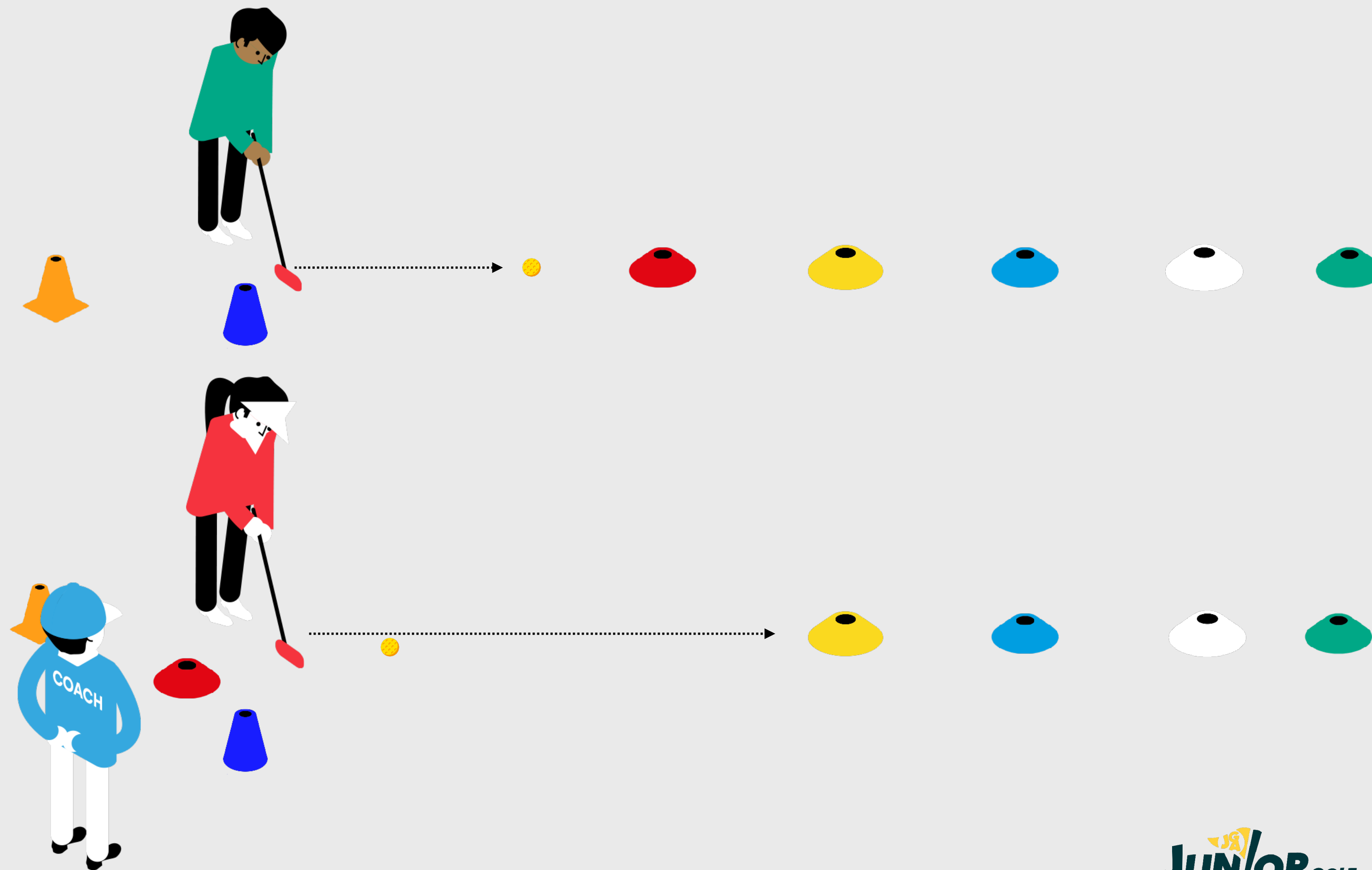
- The Whole Child theme this week is to instil a caring mindset within each child.
- Carry this theme into the class by highlighting to the children the importance of the orange cones for safety, the games for practicing and the challenges for improving.



## 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



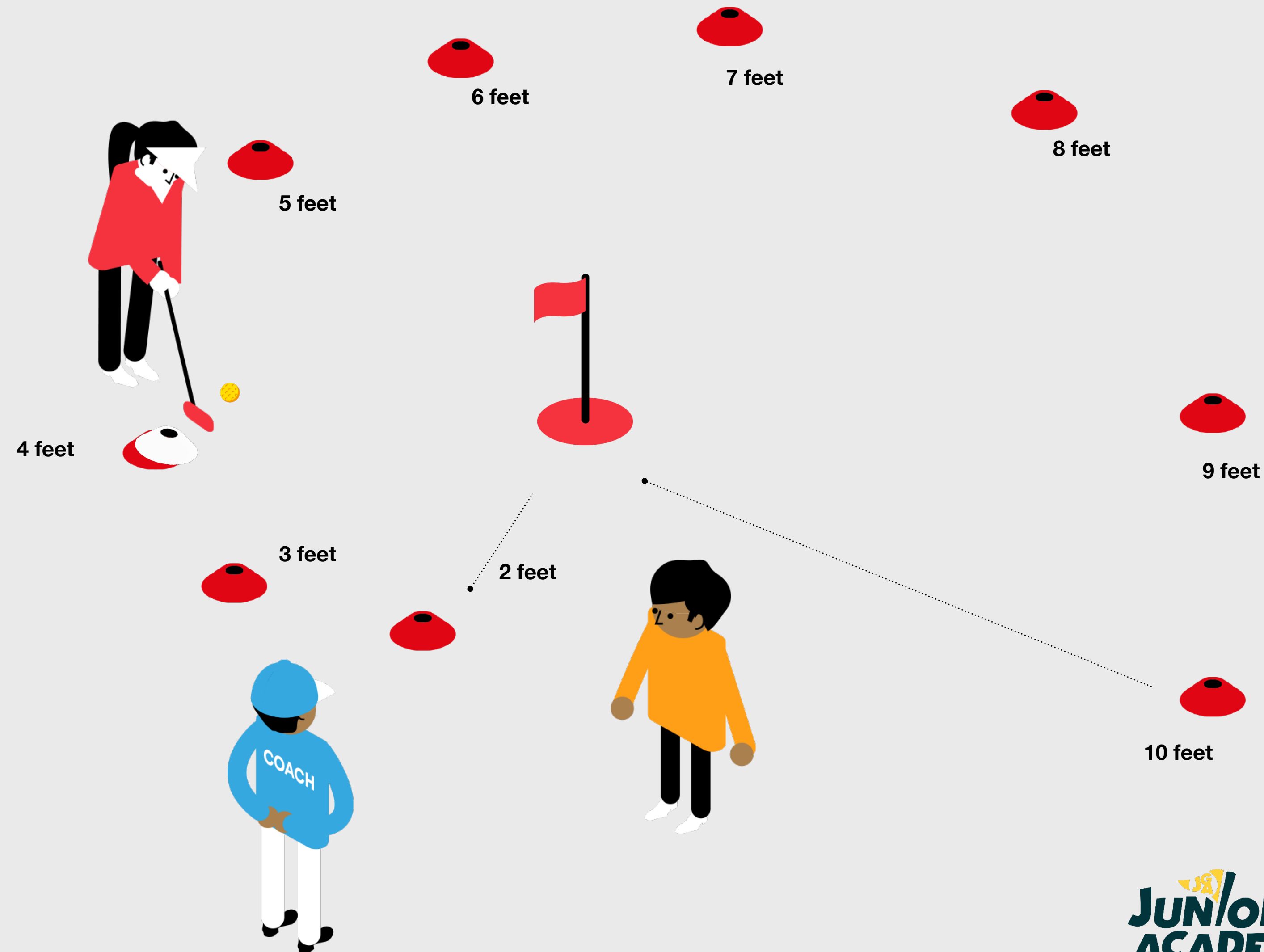
2 x White cones



2 x Starting Cones



# Round the Clock Spiral



## 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 1<sup>st</sup> 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

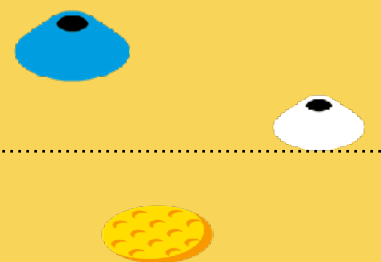
SAFETY

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

Spare equipment that may be required for the group attendees.

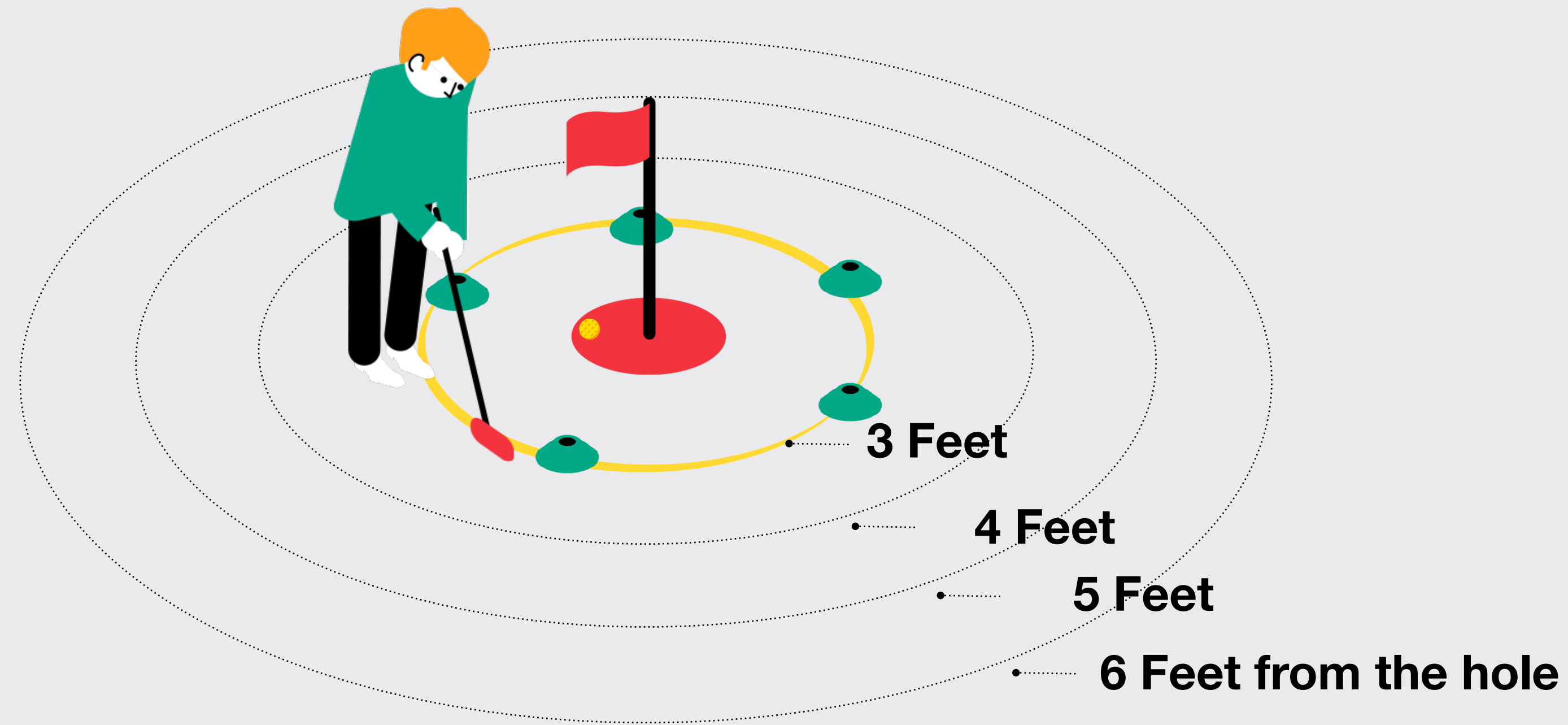
2 x different Colored Cones

Golf Ball





# Short Putt Challenges



## 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 Juniors complete this Level 1 Challenge by putting 1 ball into the hole from 3 feet. They have 5 attempts.
- 2 Juniors complete this Level 2 Challenge by putting 3 balls into the hole from 3 feet. They have 5 attempts.
- 3 Juniors complete this Level 3 Challenge by putting 3 balls into the hole from 3 feet. Attempt 1 putt from 5 different positions around the hole.
- 4 Juniors complete this Level 4 Challenge by putting 4 balls into the hole from 3 feet and Putting 1 ball into the hole from 6 feet. Attempt 1 putt from 5 different positions around the hole from each distance.
- 5 Juniors complete this Level 5 Challenge by putting 5 balls into the hole from 3 feet, Putting 4 balls into the hole from 4 feet, Putting 3 balls into the hole from 5 feet and Putting 2 balls into the hole from 6 feet. Attempt 1 putt from 5 different positions around the hole from each distance.
- 6 Juniors complete this Level 6 Challenge by putting 8 balls into the hole from 3 feet putting 7 balls into the hole from 4 feet, Putting 6 balls into the hole from 5 feet, putting 5 balls into the hole from 6 feet. Attempt 1 putt from 5 different positions around the hole from each distance.