

# Around the Green

## Week 48





# Contents

- 3 **Class Timetable**
- 5 **Class Setup and Layout**
- 8 **Physical Literacy Warm Up**
- 11 **The Whole Child Focus**
- 13 **Learning the Game Focus**
- 15 **Mastering the Game Cards**
- 18 **Mastering the Game Challenges**





# 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 48

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Around the Green:  
Chipping

**Whole Child Focus**  
Creative:  
Imagination

**Learning the Game Focus:**  
Rules and Etiquette:  
How many clubs are you  
allowed in the bag?

**Mastering the Game Challenge:**  
Chipping 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 Zig - Zag</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>How many clubs are you allowed in the bag?</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>Imagination</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>Single, Double, Triple</li> <li>Tic Tac Toe - Rings</li> <li>Chipping 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



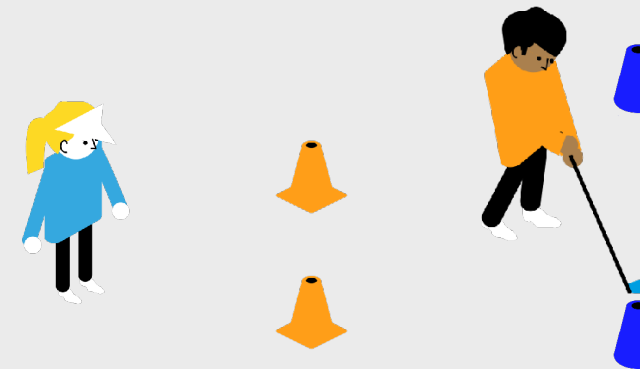


# Class Layout and Setup

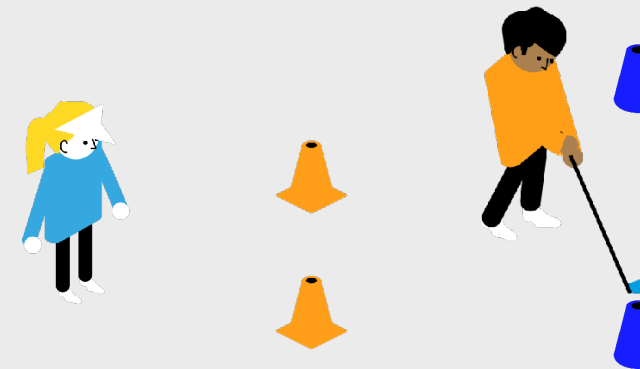
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Station 1 is the **Challenge Station**. This is where the child, under the supervision of the coach, can attempt the Mastering the Game Challenge to achieve their Achiever Sticker, virtual reward on GLF. Connect and work towards their pins and hats
- Stations 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. Those in the Practice Station rotate with their partner in the Challenge Station. You may decide the layout 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

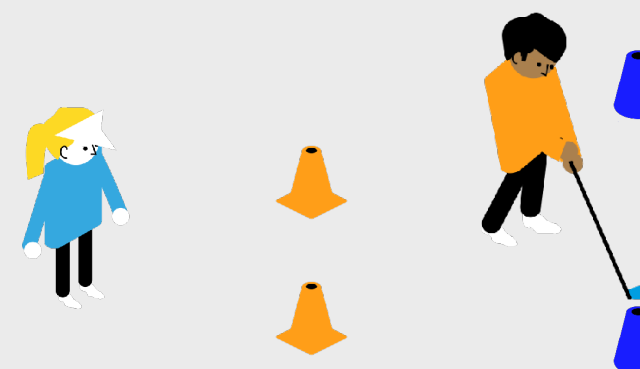
**Station 3:**  
Game Station  
Single, Double, Triple



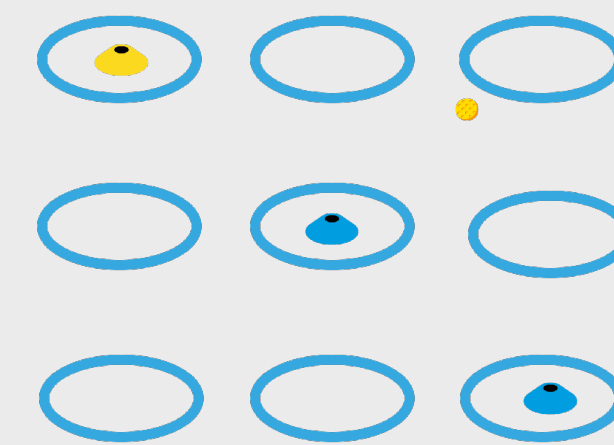
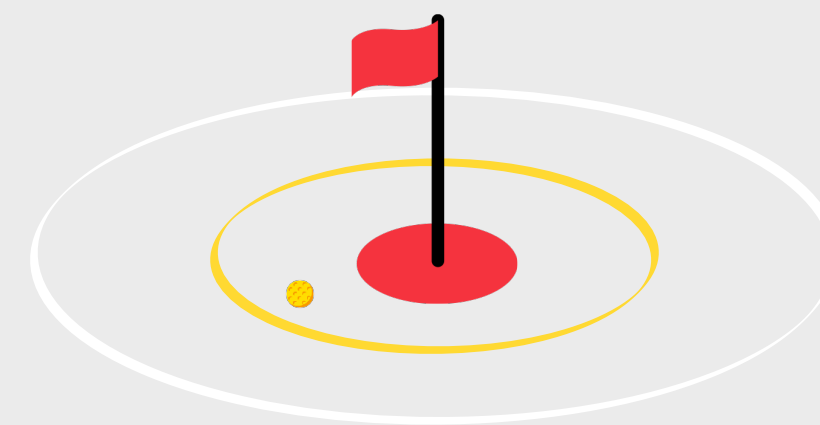
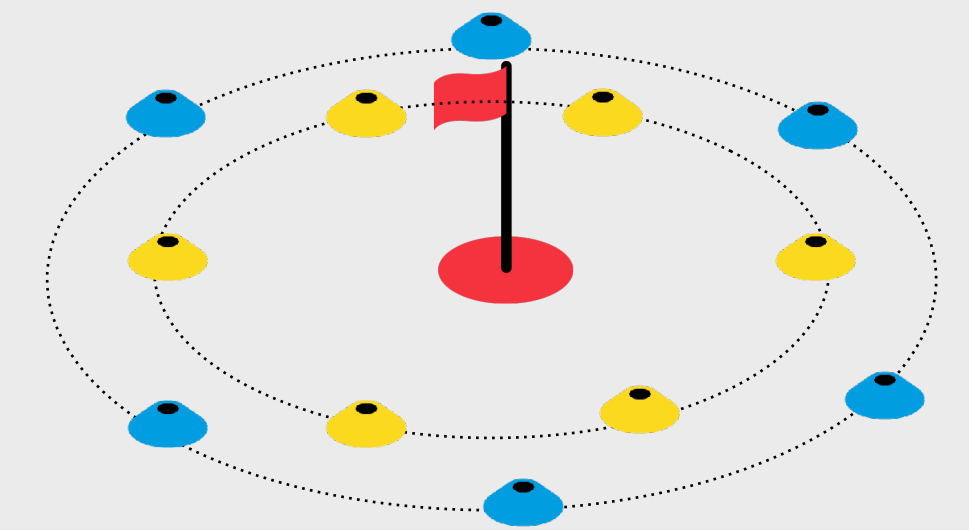
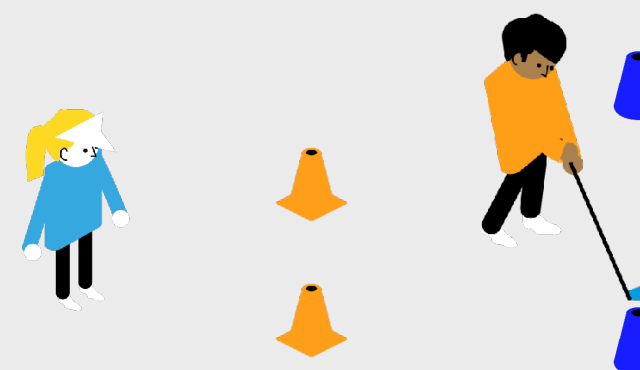
**Station 4:**  
Free Practice Station



**Station 1:**  
Challenge Station



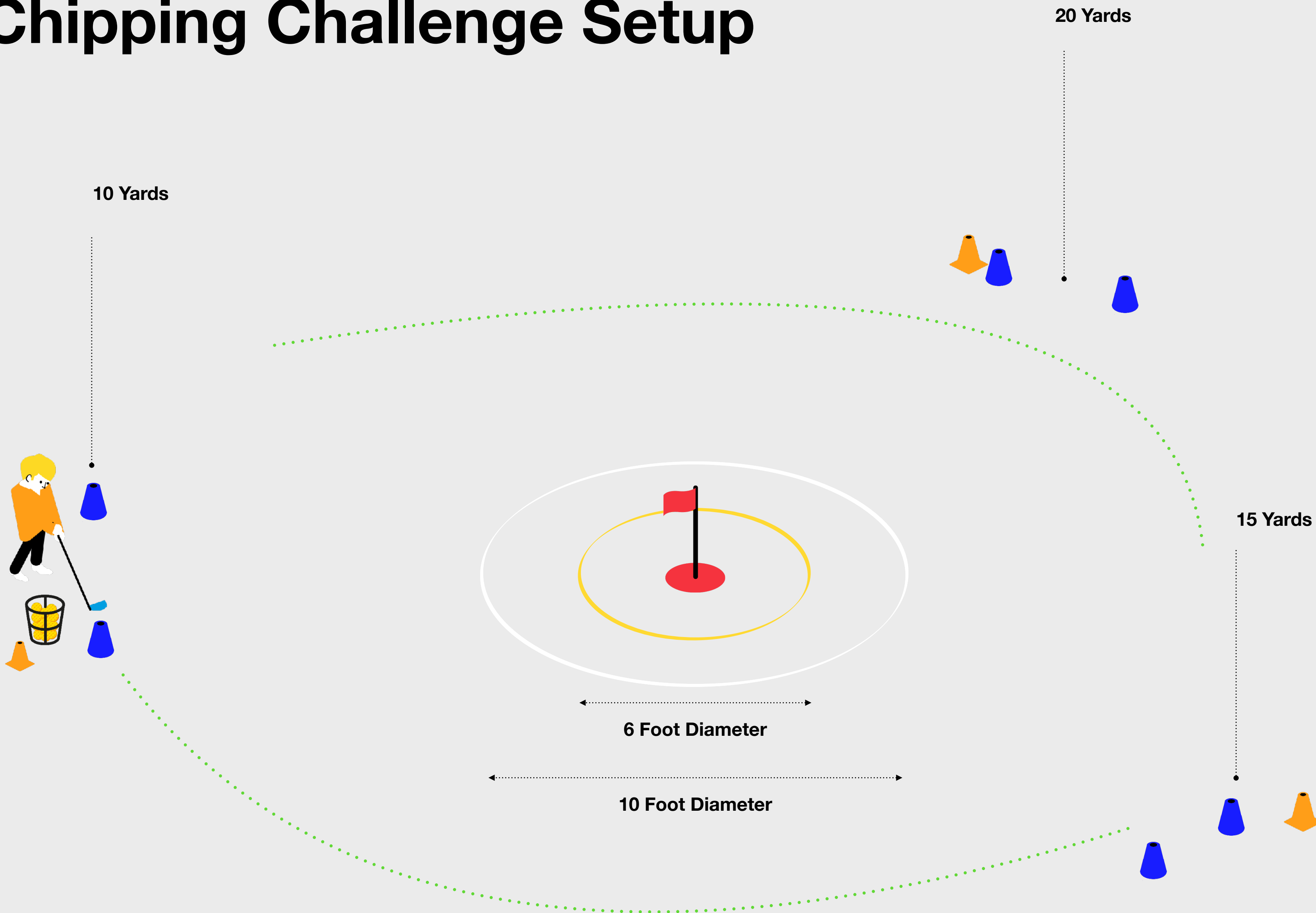
**Station 2:**  
Game Station  
Tic Tac Toe - Rings



**JUNIOR GOLF  
ACADEMY**



# Chipping Challenge Setup



## Setting out the Challenge

- 1 flag should be selected on the green. Alignment sticks could be used where this isn't possible
- 2 target circles from your equipment bag are placed around the flag at the diameters in the graphic opposite
- Three starting points are positioned around the green for level 3-6 challenges
- These should offer variation and at the approximate distance indicated in the graphic

## Equipment Required

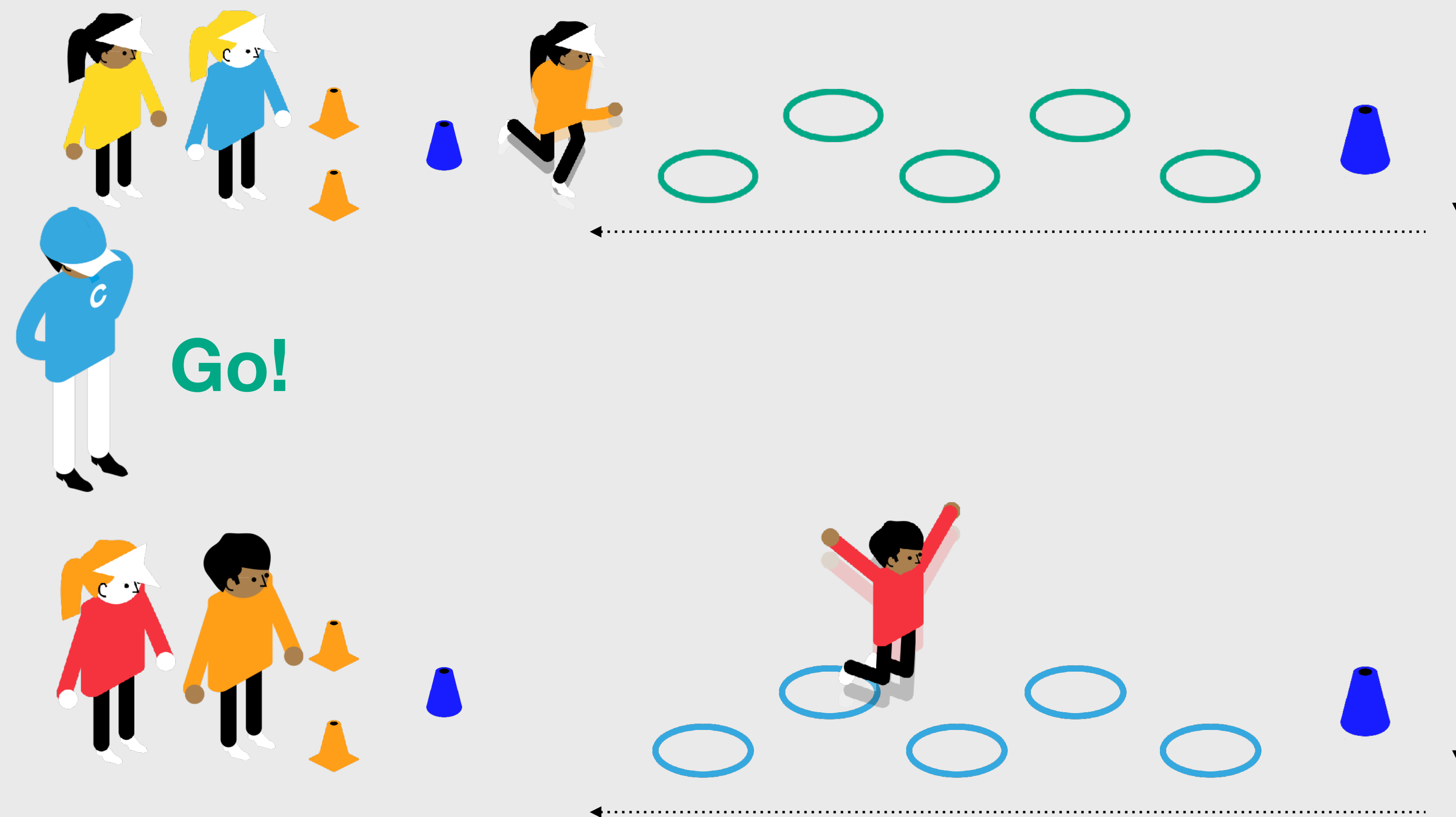
- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Target circles
- Flag
- Alignment Sticks for a flag if this isn't possible



# Physical Literacy Warm Up Game



# Hop Frog Zig-Zag



## How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child jumps with both feet together into each hoop in alternative directions
- The team that wins is the one who gets all players home first

## Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with different fundamental movements such as single leg jumping and alternative leg jumping
- Increase the number of steps of the ladder
- Increase the width of the ladder steps.

## Equipment Needed

Orange Safety Cones

SAFETY

4 x Cones

10 x Hoops



# 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 Imagination

The Whole Child theme this week is to encourage the children to use their imagination in practice and on the golf course.

Carry this theme into the class by urging children to imagine the shot they're going to hit before each shot and explain how this can help them to hit successful shots more regularly.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated a great imagination, this could be related to golf or outside of golf.

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





# Rules and Etiquette

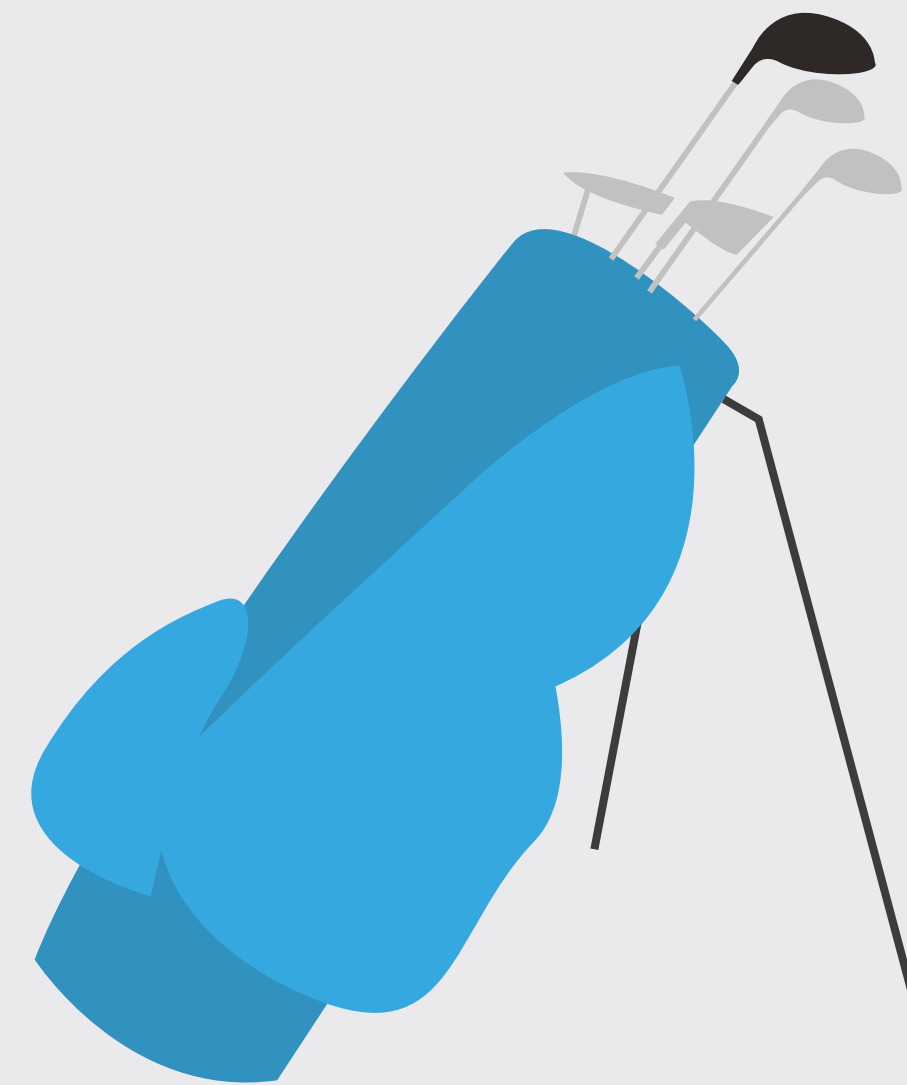
## How many clubs are you allowed in your bag?

The Learning the Game focus this week is about the different clubs in your bag and how many you are allowed to use.

You should make sure your juniors understand they don't need to have 14 clubs to play golf well, but that is the maximum number any player is allowed.

Find out how much your juniors know about the different types of clubs and what they are used for.

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



**JUNIOR** GOLF  
**ACADEMY**



### Questions to Ask

- How many clubs are you allowed to play with?
- What is the lowest number of clubs that you could use to play golf?
- Can you hit different shots with just one club?
- What are the different clubs designed to do?



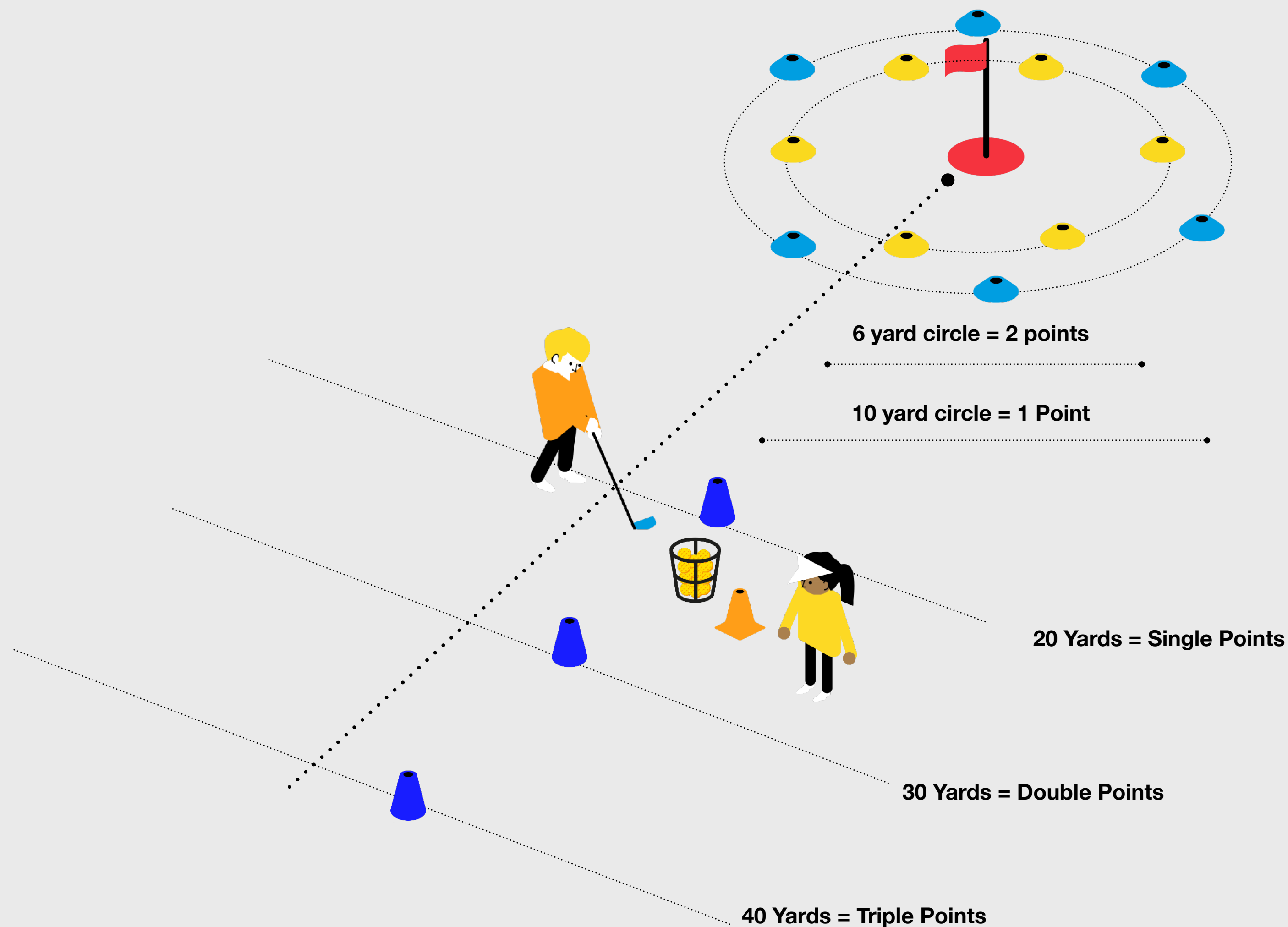
# Mastering the Game Cards







# Single, Double, Triple - Chipping



## How to Play

- Players take it in turns to choose which distance they want to start from
- If the player starts from the 20 yard line and they chip the ball inside the 10 yard circle they score 1 point, or 2 points for the 6 yard circle
- If the player starts from the 30 yard line they score double points; 4 points inside the the 6 yard circle, or 2 points for the 10 yard circle
- If the player chooses to start from the 40 yard they score triple points; 6 points for pitching the ball into the 6 yard circle and 3 points if they chip the ball into the 10 yard circle
- The game continues until both players have hit 5 shots, the winner is the player who has the most points after 5 shots

## Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Change the distance from the green
- Change the size of the target circles
- Change the points given for each circle
- Change the number of shots each player is allowed

## Equipment needed

Orange safety cones

SAFETY

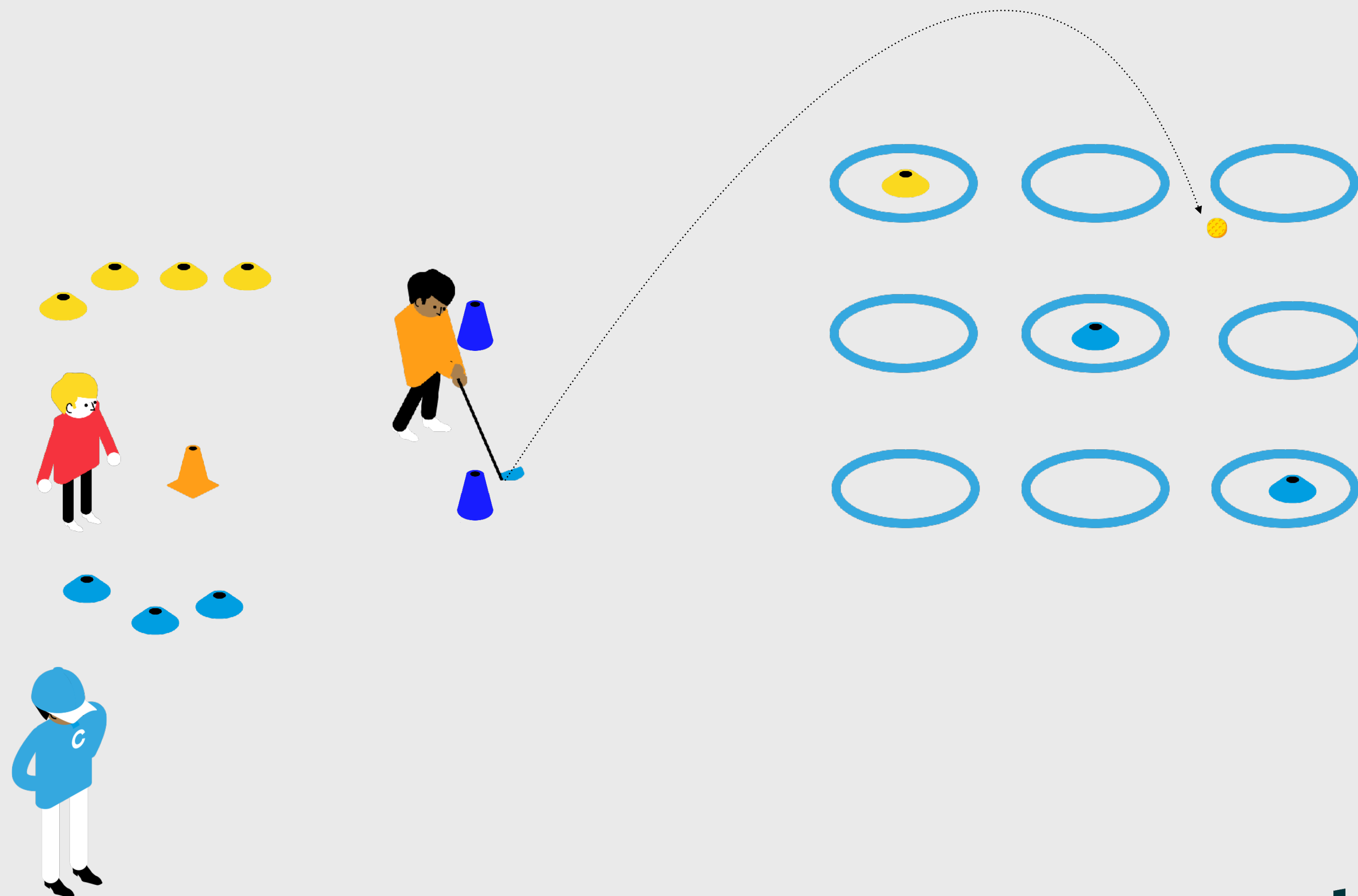
3 x cones

Golf balls

10 x Colored cones to mark the 10 yard circle

10 x Colored cones to mark the 6 yard circle

# Tic Tac Toe - Rings



## 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 hoop by either landing or rolling the ball into the hoop. This should be defined at the start of the game by the coach
- When the child successfully gets the ball into the hoop that has been nominated, they place their colored cone into the centre of the hoop
- The child who wins is the one who makes 3 in a row in one direction

## Progression Ideas

- Vary the distance between the hoops
- Vary the distance between the starting point around the green and the hoops
- Increase the number of shots that must go into the hoops before the hoop is owned
- Define whether the ball lands or rolls into the hoop
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



String and 16 tees to create the grid or rings



Colored cones for one team



Colored cones for the other team



Golf Balls



Spare equipment that may be required for the group attendees.



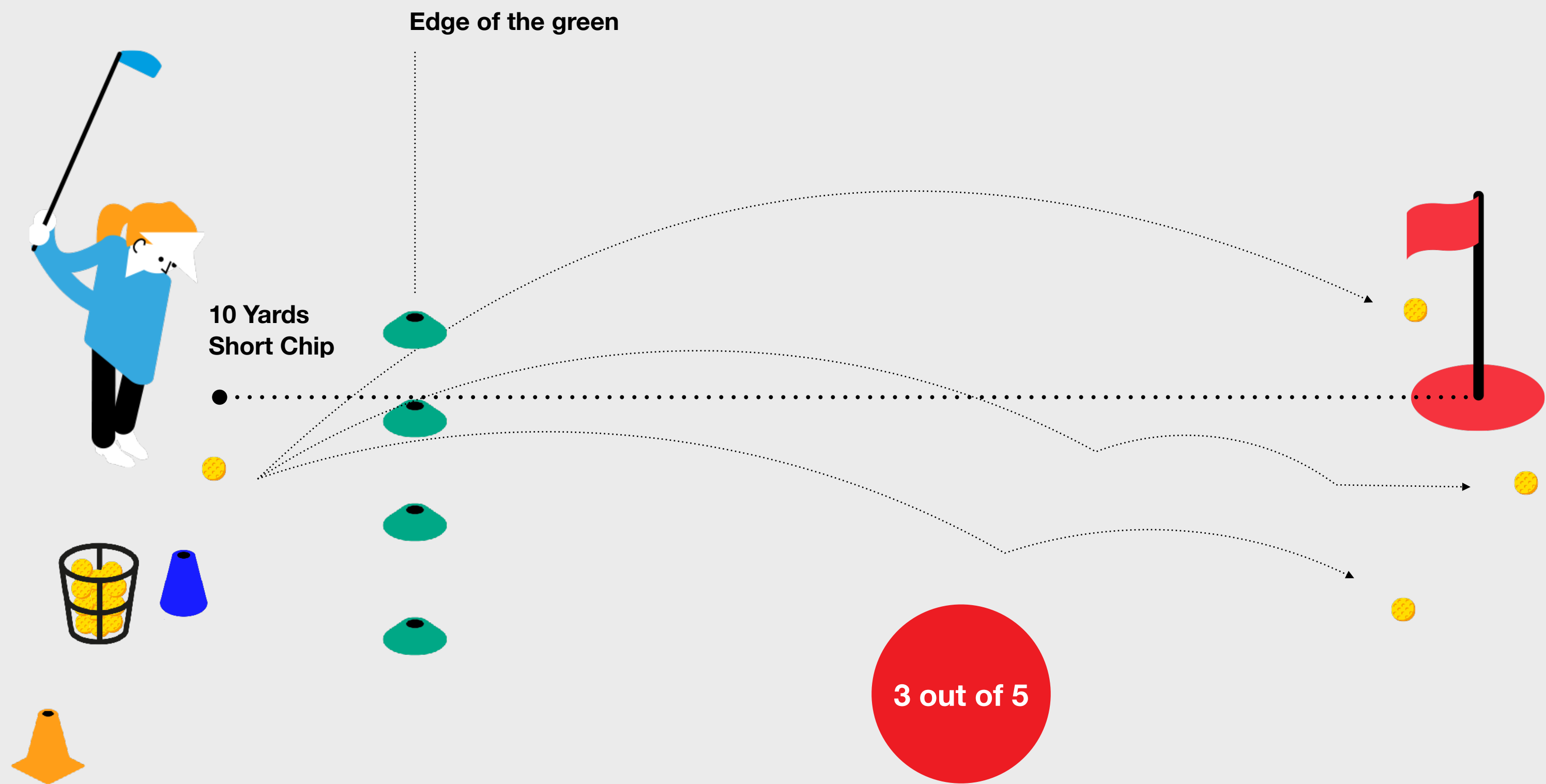


# Mastering the Game Challenge Cards





# Chipping Challenge



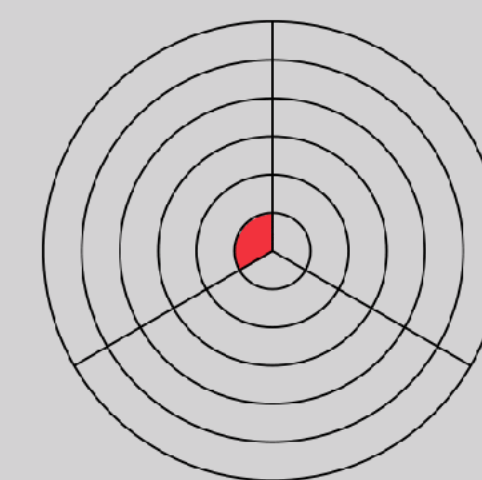
## The Challenge

To complete the Level 1 Challenge within the Chipping skill element, the child needs to get 3 shots out of 5 anywhere on the green from a starting distance of 10 yards.

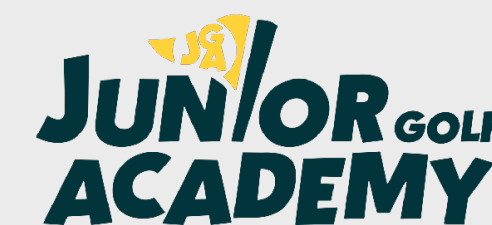
## What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.

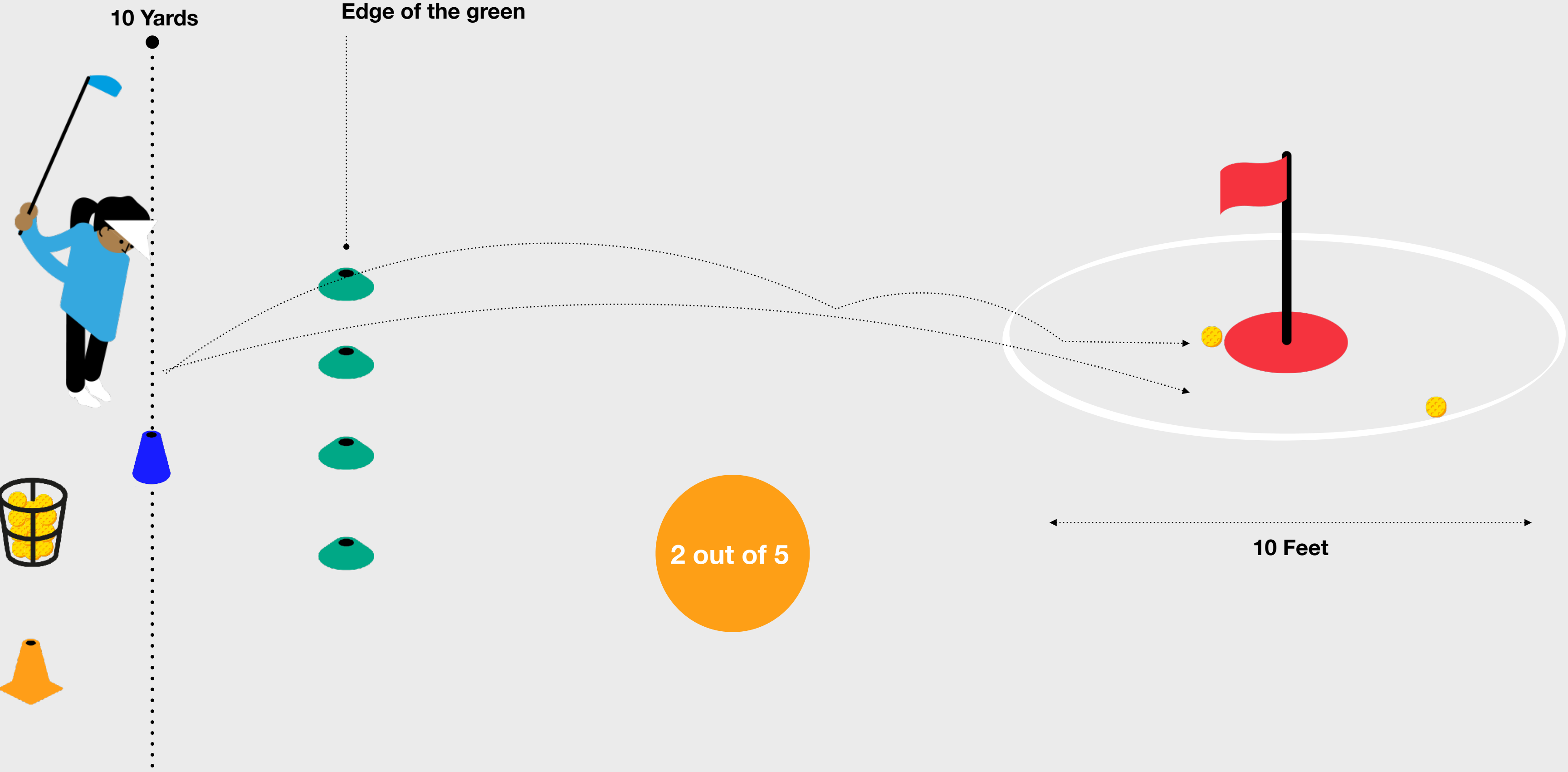


## Chipping





# Chipping Challenge



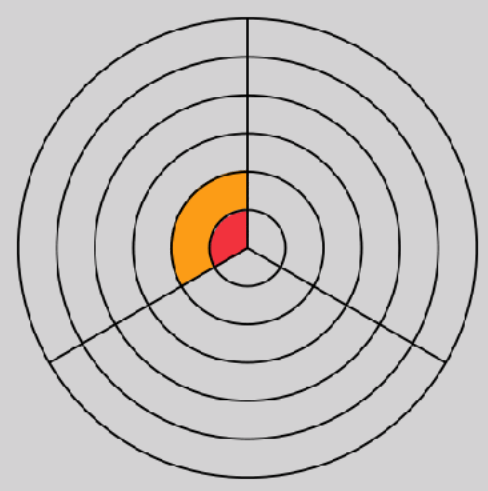
### The Challenge

To complete the Level 2 Challenge within the Chipping skill element, the child needs to get 2 shots out of 5 within a 10-foot diameter target circle from a starting distance of 10 yards from the flag.

### What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

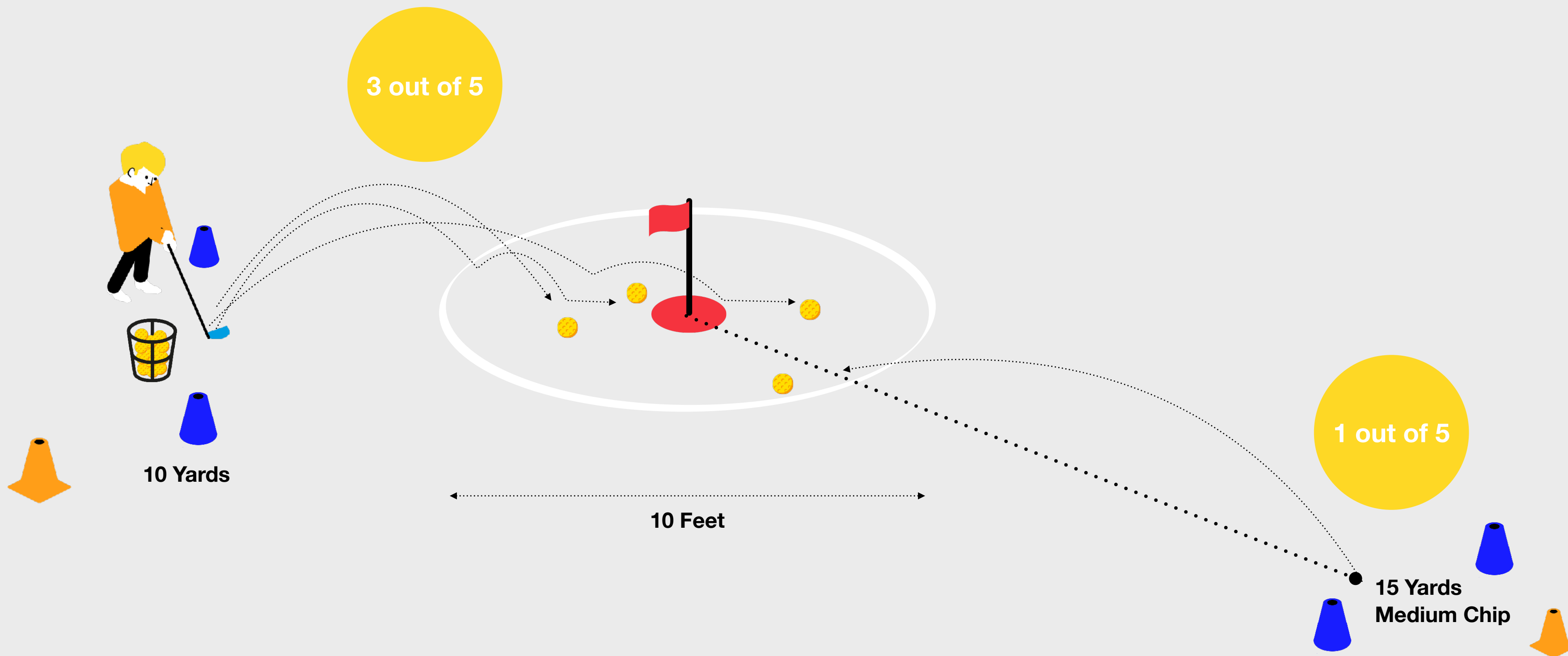
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Chipping



# Chipping Challenge



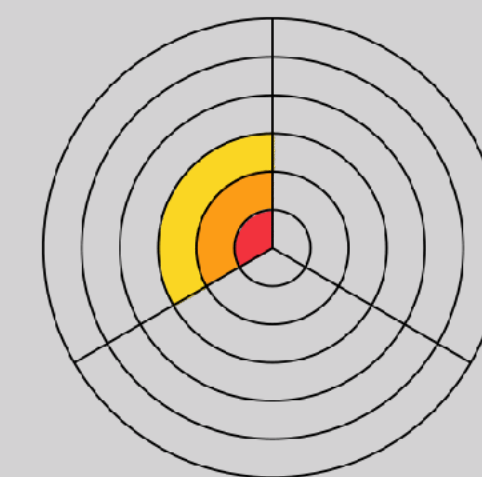
### The Challenge

To complete the Level 3 Challenge within the Chipping skill element, the child needs to hit 3 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter circle around the flag.

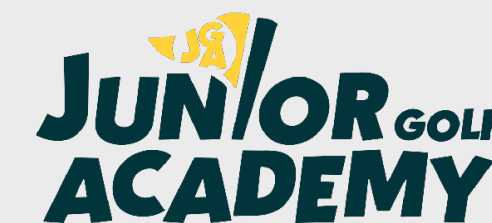
### What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Chipping





# Chipping Challenge



## The Challenge

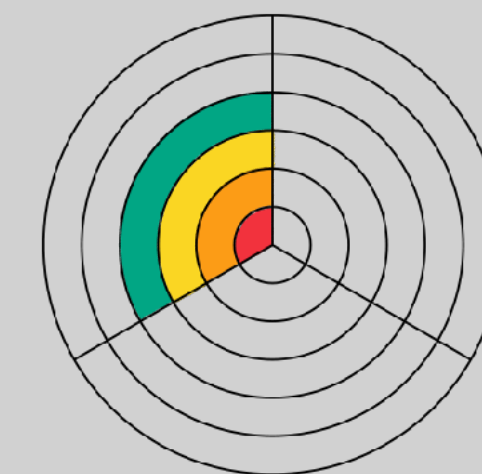
To complete the Level 4 Challenge within the Chipping skill element, the child needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 shots from 20 yards within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

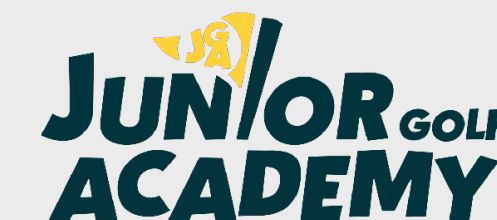
## What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

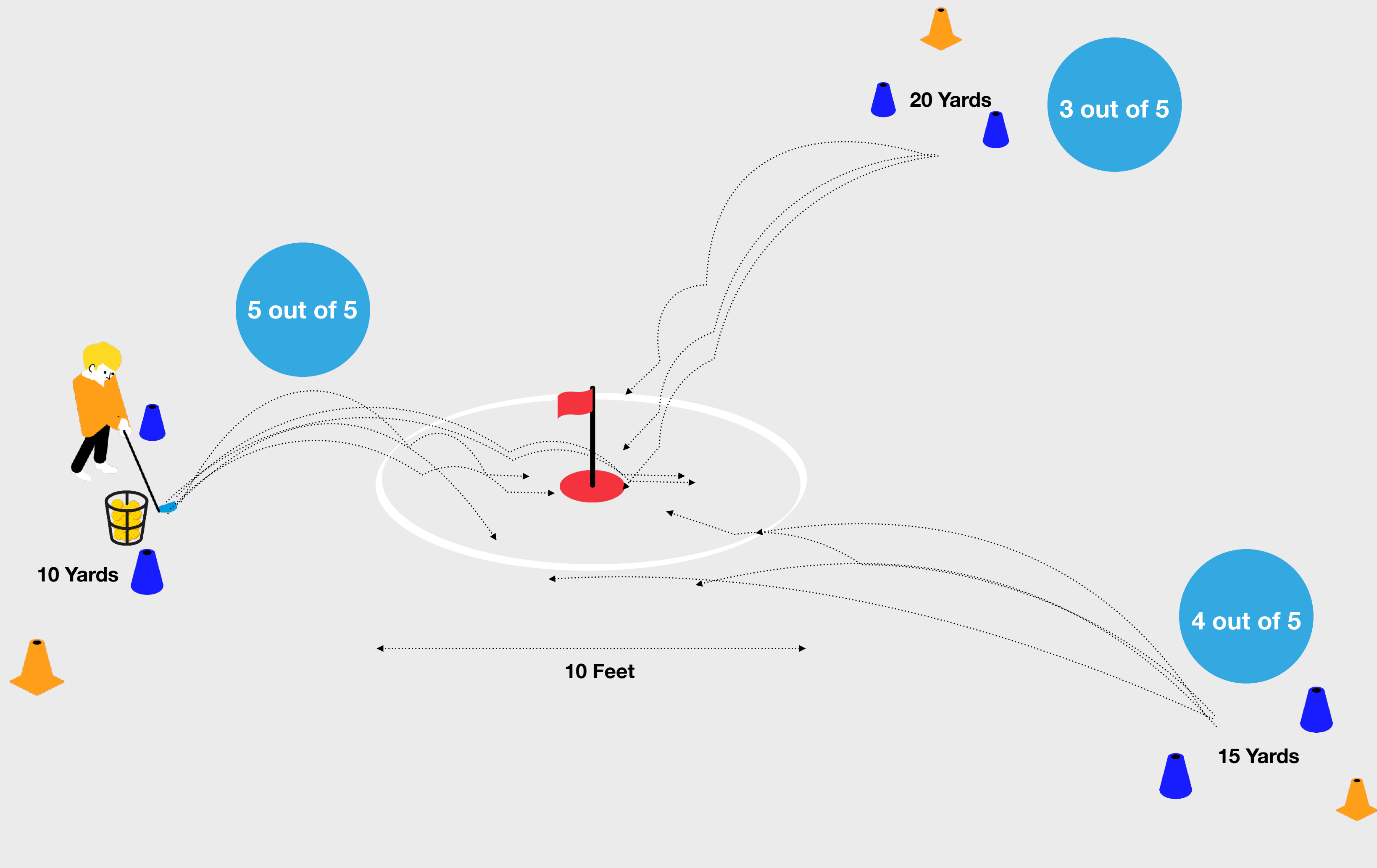
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Chipping



# Chipping Challenge



## The Challenge

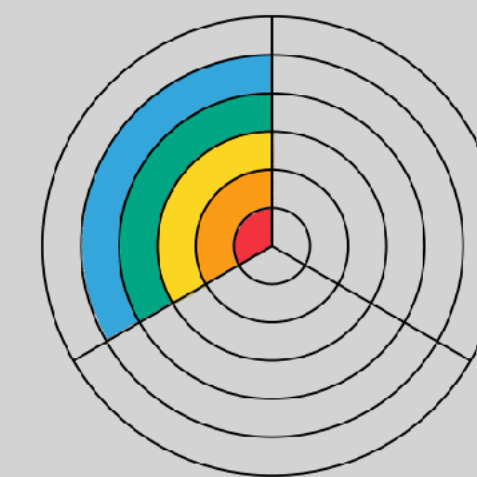
To complete the Level 5 Challenge within the Chipping skill element, the child needs to 5 out of 5 shots from 10 yards, 4 out of 5 shots from 15 yards and 3 out of 5 shots from 20 yards to finish within a 10-foot diameter circle.

All shots must finish on the green and the child should demonstrate control over contact.

## What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.

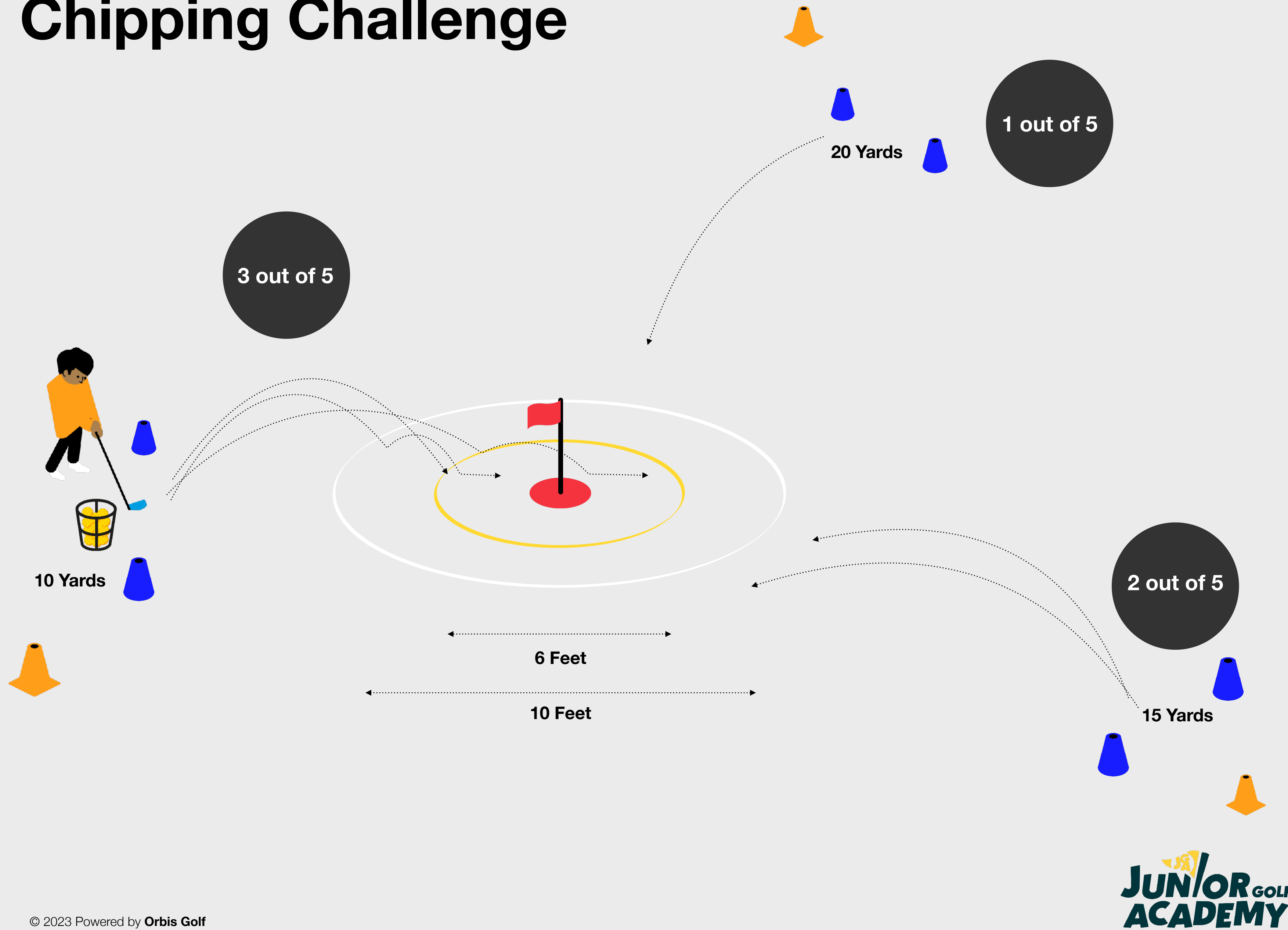


## Chipping





# Chipping Challenge



## The Challenge

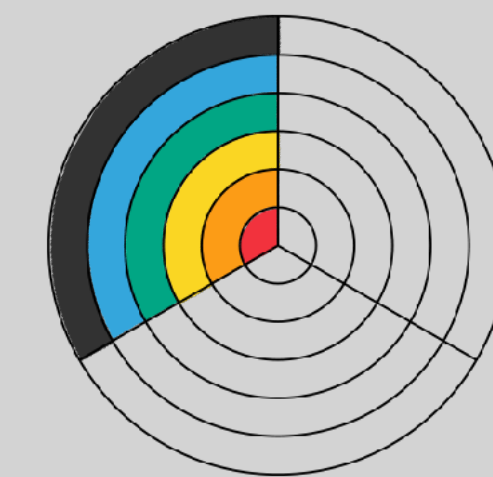
To complete the Black Sticker Challenge within the Chipping skill element, the child needs to get 3 out of 5 from 10 yards, 2 out of 5 from 15 yards and 1 out of 5 from 20 yards to finish within a 6-foot diameter circle.

All shots must finish with the 10 foot target circle and the child should demonstrate good control of contact.

## What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Chipping

