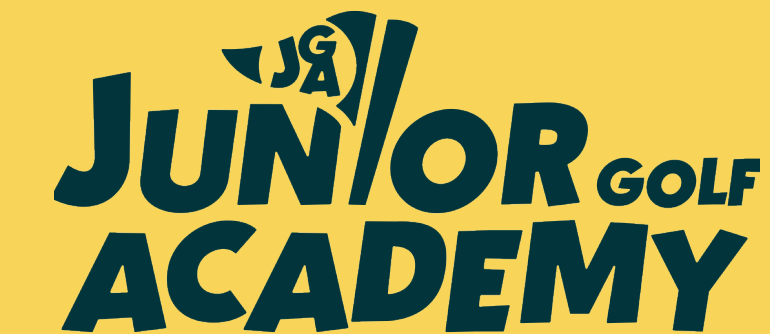


Junior Monthly Class Plans Ages 4-6

On the Green

Week 5



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"> 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 	
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"> Cone Collector
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"> Introducing the Scorecard
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games, tasks and challenges 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 if appropriate 	<ul style="list-style-type: none"> Practice at Home
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"> 10 Pin Bowling Single, Double, Triple Scoring Challenge

© 2023 Powered by Orbis Golf



Class Timetable - Week 5

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Long Putts

Whole Child Focus
Cognitive:
Your Goals

Learning the Game Focus:
Preparing to Play:
Why should we warm up?

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"> Ball Toss
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"> Why should we warm up?
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"> Your Goals
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games, tasks and challenges 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 if appropriate 	<ul style="list-style-type: none"> Curling Stick Shift Up the Ladder
5 Mins	myAcademy Folder Track	<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

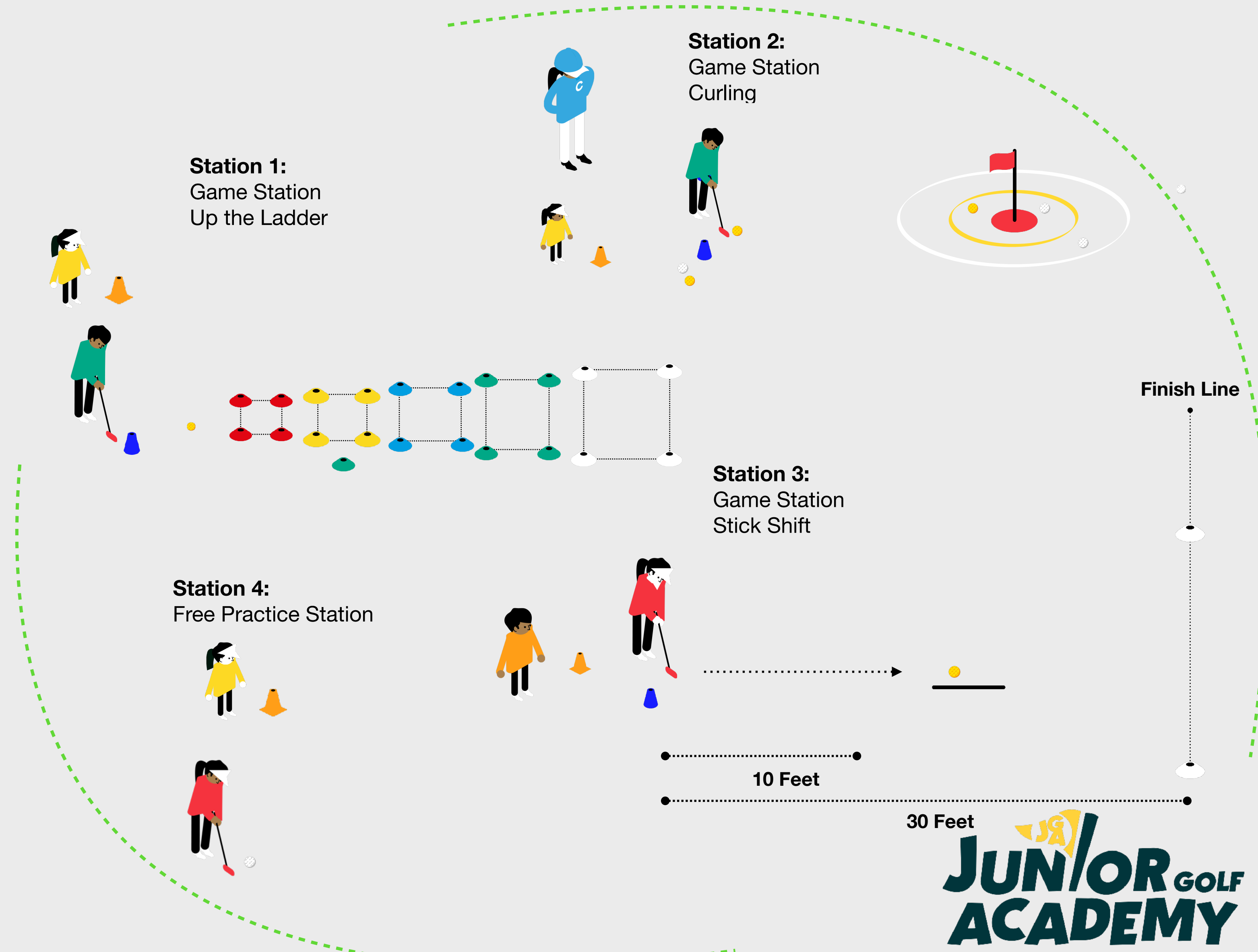
Layout and Setup



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

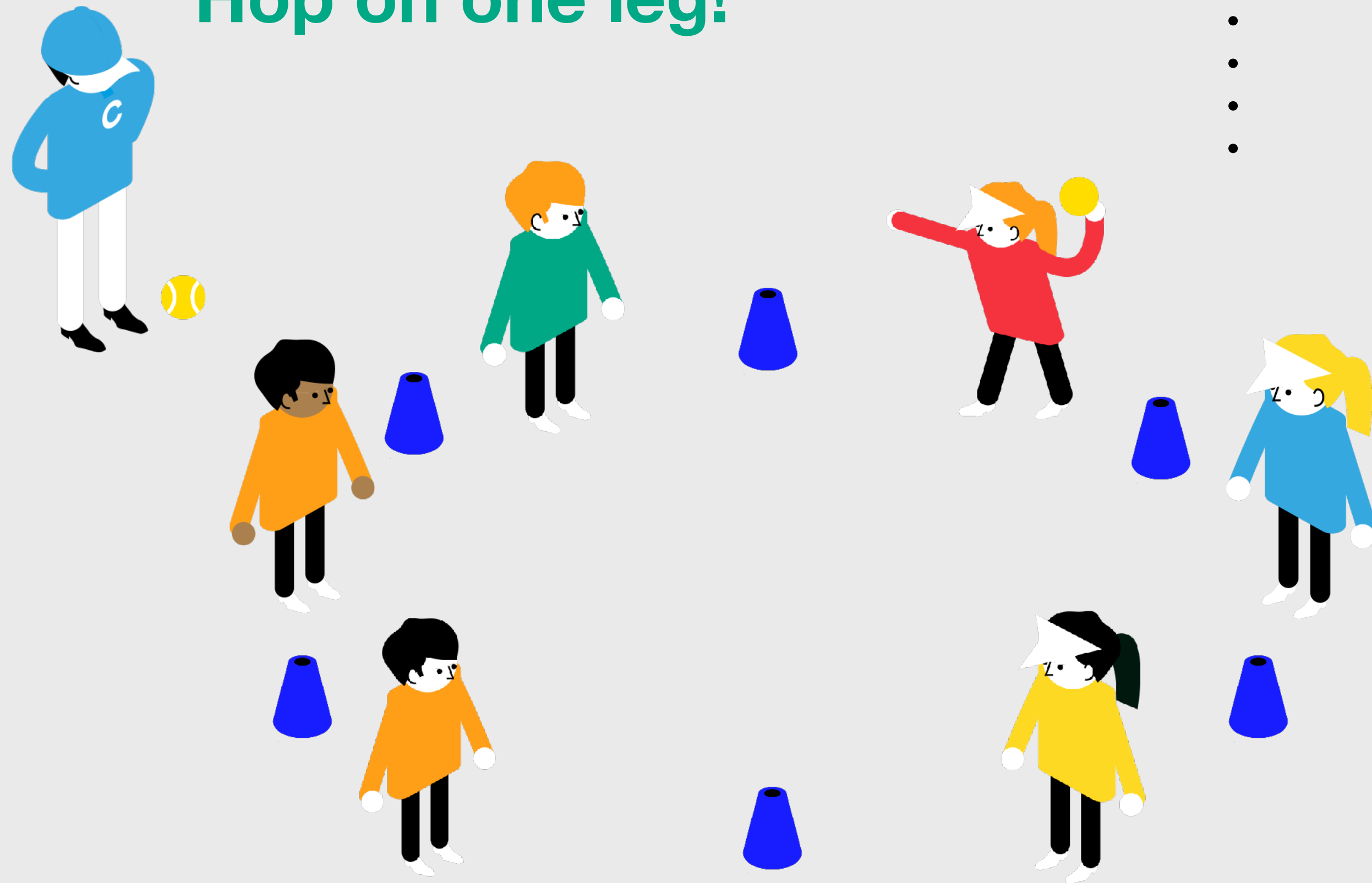


Physical Literacy Warm Up Game



Ball Toss

Hop on one leg!



Coach commands

- Hop on one leg
- Switch legs
- Throw low
- Throw high
- Step left
- Step right
- Changeover
- Jog on the spot
- Hop on one leg
- Stand on one leg
- One arm catching



How to Play

- This game is played individually. Children form a small circle an even distance apart. Each child starts with 3 points.
- One child starts with the ball, and the aim is to throw the ball to another child directly at stomach height. When throwing the ball, the aim is attempts to throw that the other child can catch.
- If the ball is dropped, the player loses a point. If a player throw the ball out of reach of a player, they lose a point.
- When a child loses all of their points, they exit the game and the game continues until one player is left.

Progression Ideas

- Increase the distance between each child
- Increase the size of the circle
- Add multiple balls into the game.
- Decrease the size of the ball
- Use faster and more advanced coach commands during the game

Equipment Needed

Cones to mark the edge of the circle



Soft Balls



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



Cognitive

Your Goals

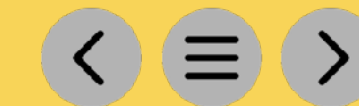
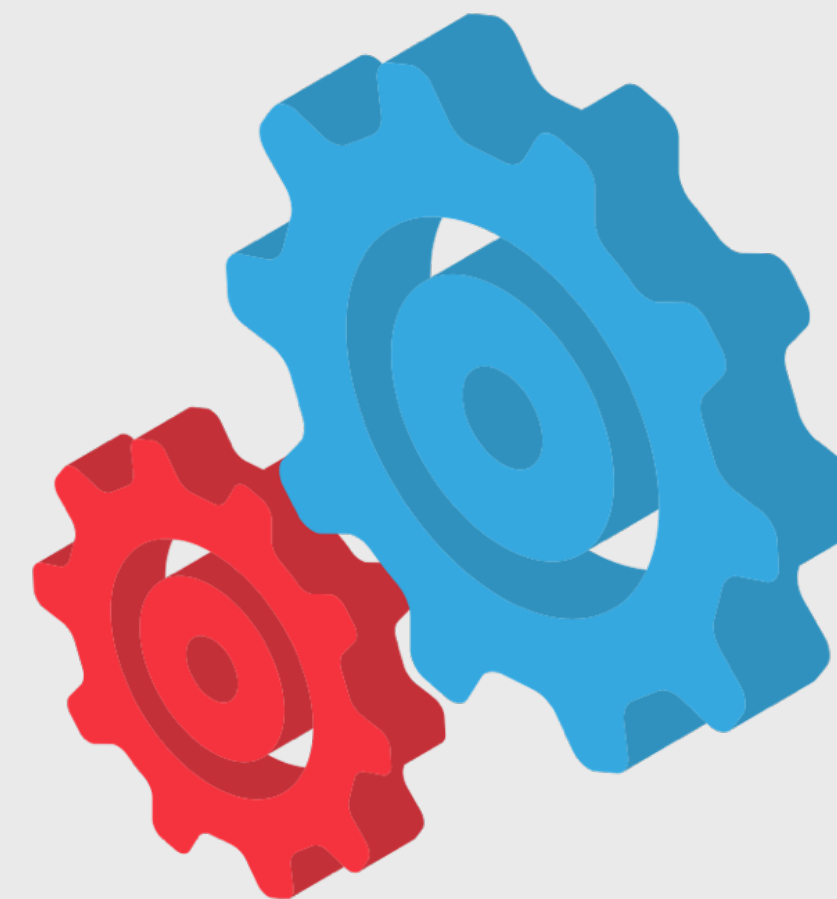
The Whole Child theme this week is to encourage the children to set some goals for their golf.

Carry this theme into the class by asking the children to set a short term goal for the class such as ‘complete level 3 of challenge’ and set a long term for the future goal like ‘become better at long putting’.

It should be highlighted that the Achiever Award is presented to the child that has set and/or achieved their goals.

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.



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



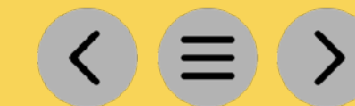
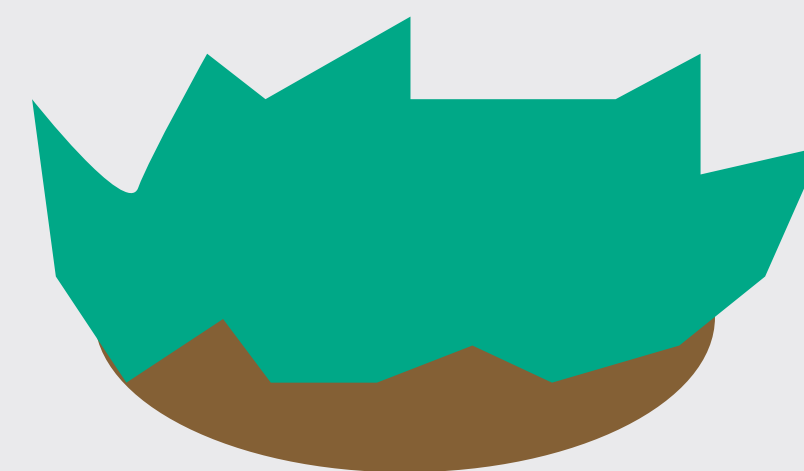
Preparing to Play

Why should we warm-up?

The Learning the Game focus this week is about warming up before a round and why it is important.

You should highlight to your juniors that by going through a warm-up they will be more prepared to play which will help improve their performance.

For more advanced groups take the time to discuss a warm-up routine and include both mental and physical preparations.



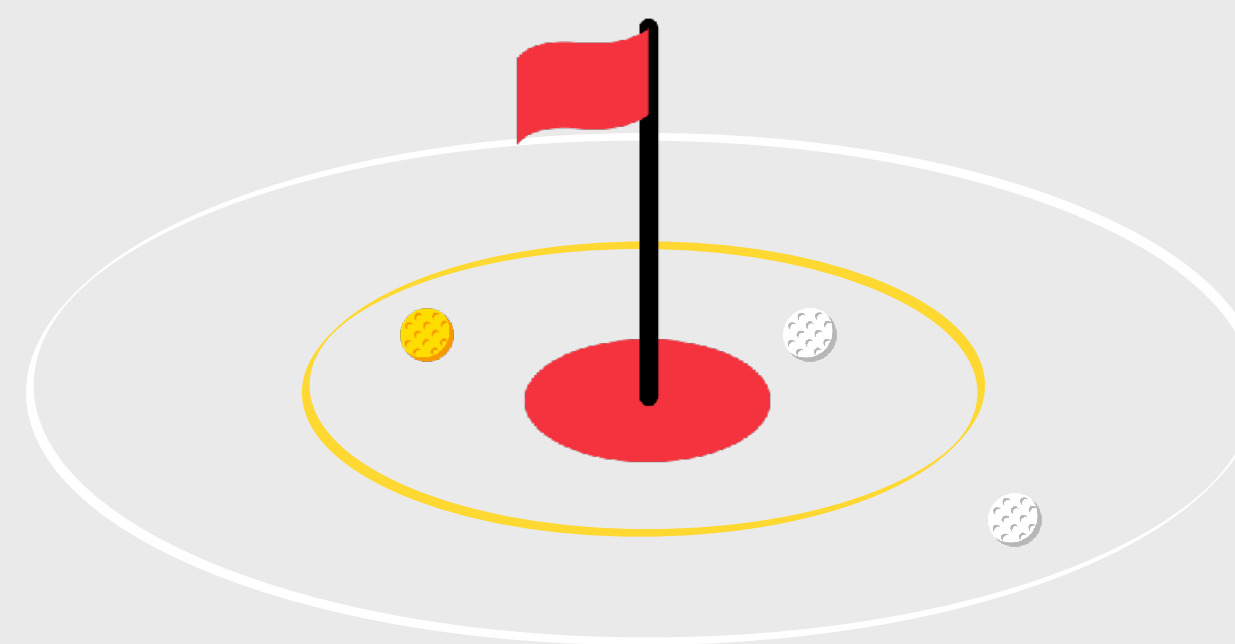
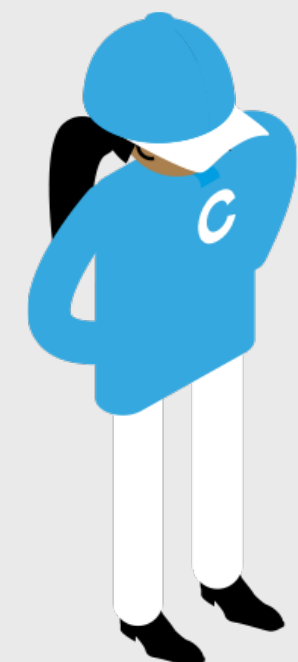
Questions to Ask

- Why do we need to warm up?
- What muscles are important for golf?
- Do you know any stretches or movements we can do to warm up?
- What do we need to think about before playing golf?
- If you could step onto the first tee and be totally prepared, what would you have done, and what would that feel like?

Mastering the Game Cards



Curling



----->
20 Feet

How to Play

- Nominate a player to play first. Each child is given 3 golf balls of different colors
- The first player attempts their first shot and aims to get their ball as close to the flag as possible
- Players alternate turns until all of the golf balls have been used
- The closest ball to the flag wins the round

Progression Ideas

- Introduce the game on a slope
- Change the size of the target circles
- Change the distance between the starting position and the target circles

- Play with more or fewer balls

Learning Outcomes

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

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out the necessary hitting station

Spare equipment that may be required for the group attendees

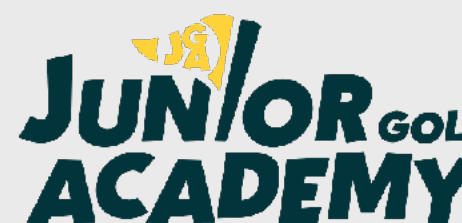
3 x Yellow Golf Balls

3 x White Golf Balls

10 x Yellow Colored Cones for Middle 6 Yard Target Circle

10 x Blue Colored Cones for Outer 10 Yard Target Circle

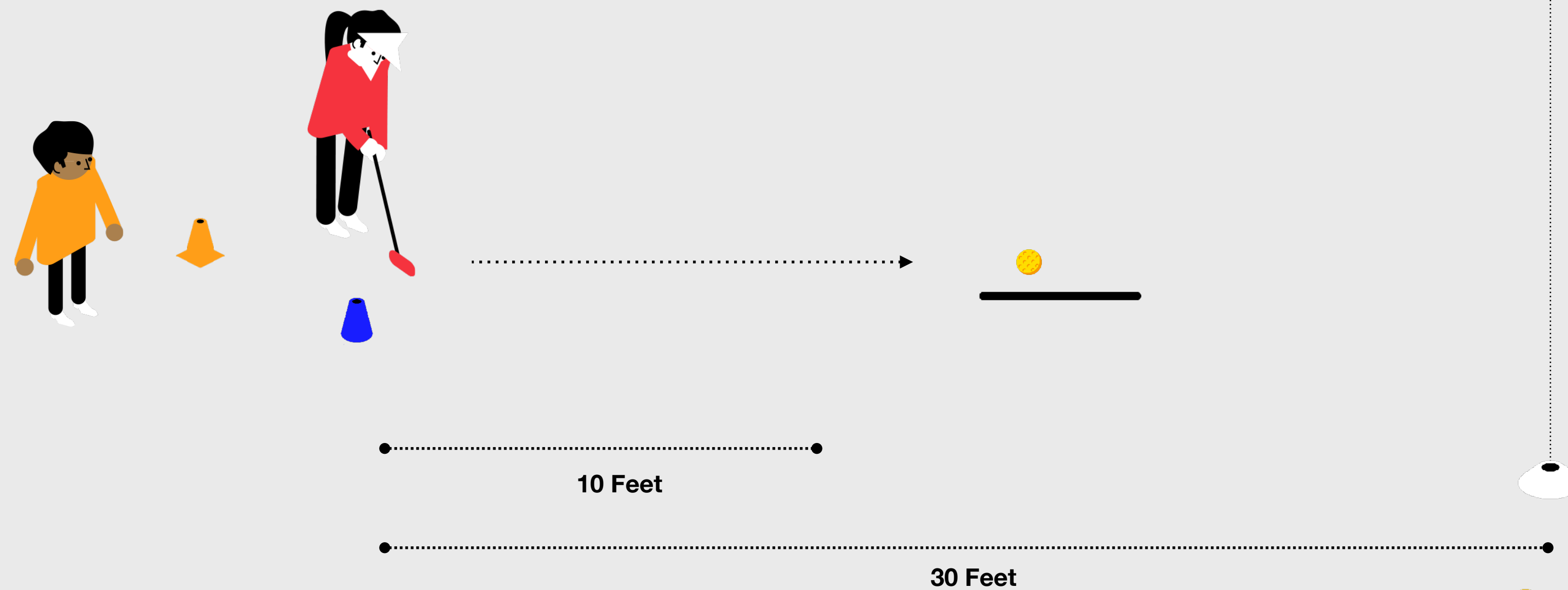
8 x Green Colored Cones for Inner 3 Yard Target Circle



Stick Shift



Finish Line



How to Play

- The children are working together to move the alignment stick from its starting point 10 feet away, to the finish line
- The children take it in turns to hit a putt towards the alignment stick
- The aim is to get the ball to stop within the length of the alignment stick. If they are successful they get to move the alignment stick one length further on
- If the player is not successful in putting the ball inside the length of the alignment stick they have to try again when it is their turn
- The team complete the game when they get the alignment stick past the finish line

Progression Ideas

- Increase or decrease the starting distance and the finish line distance
- Add in a rule whereby the player has to move the alignment stick back one distance if they are not successful

Learning Outcomes

- The primary learning outcome is control of distance
- Consistency of distance control

Equipment needed

Orange Safety Cones

SAFETY

2 x Cones to mark out the necessary hitting stations.

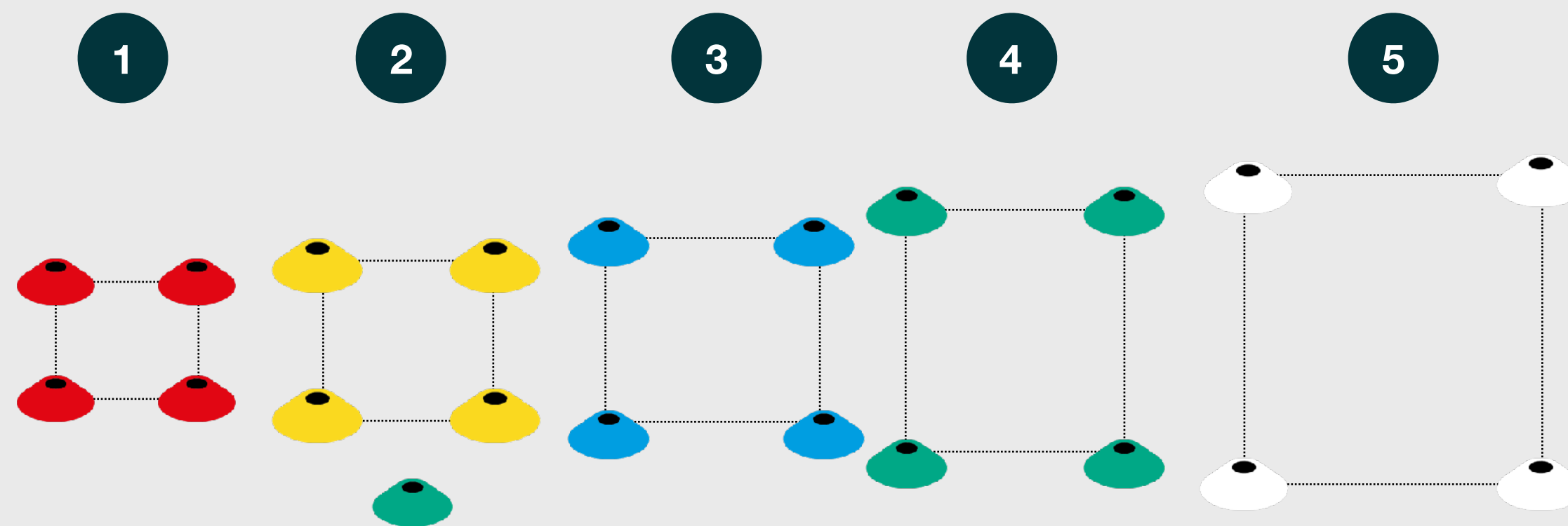
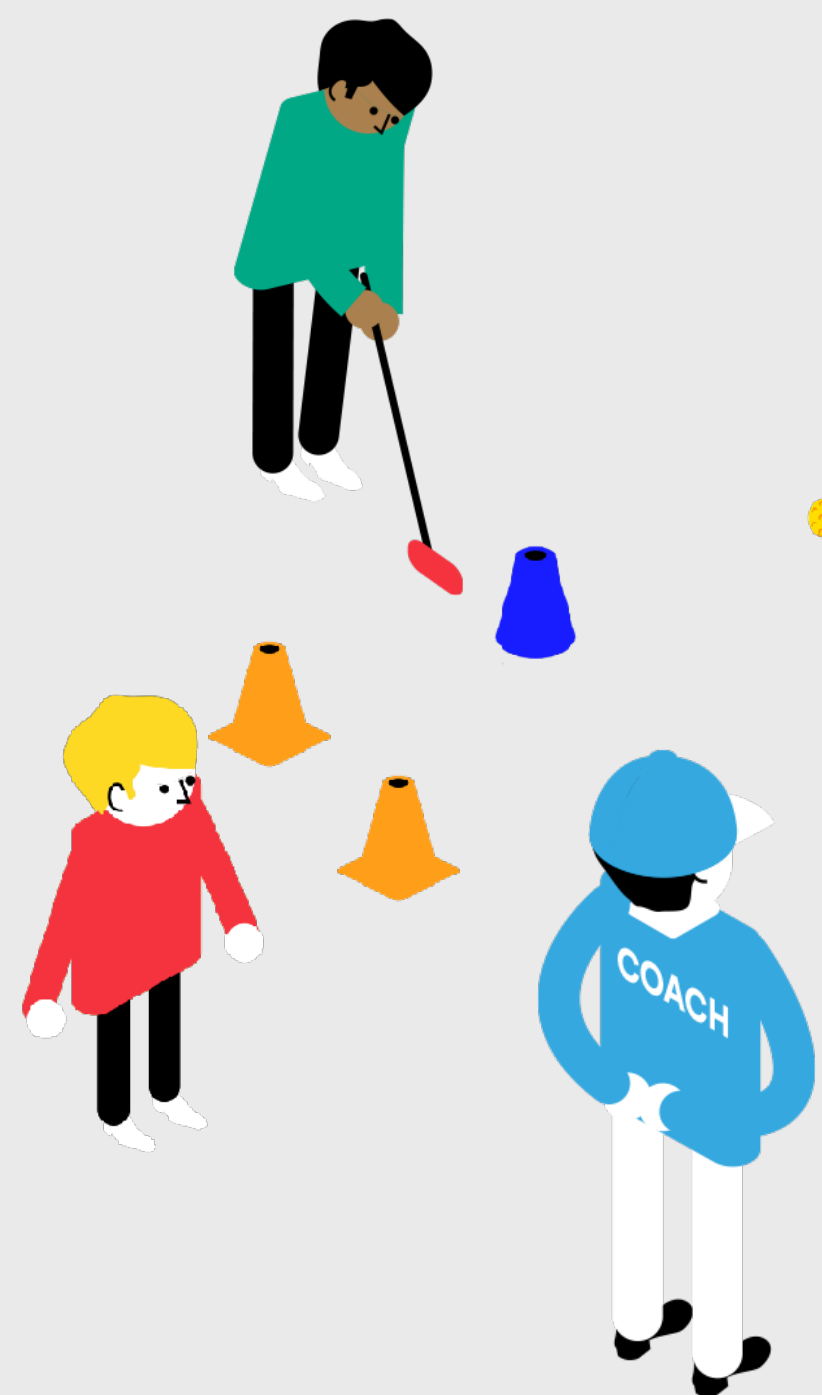
Spare equipment that may be required for the group attendees.

1 x Golf ball

1 x Alignment Sticks

2 x White cones for the finish line

Up the Ladder



How to Play

- Nominate a child to play first. The child attempts to hit their putt into the nearest but smallest target box
- If the child successfully gets the ball into the target box, they place the team's colored cone opposite the next target box
- The children take it in turns to putt the ball into the target boxes
- The game continues until the team gets their ball into the final box

Progression Ideas

- Change the distance between the starting cone and first box
- Change the distance between each of the target boxes
- Reduce the size of the target boxes
- Attempt the game on a sloped surface
- Limit the number of attempts on each box or limit the number of attempts to the corresponding box

Learning Outcomes

- A great game to explore the concept of distance control and direction control

Equipment needed

Orange Safety Cones

SAFETY

2 x Cones to mark out the necessary hitting stations.

Spare equipment that may be required for the group attendees.

Golf Balls

4 x Red Colored Cones

4 x Yellow Colored Cones

4 x Blue Colored Cones

4 x Green Colored Cones

4 x White Colored Cones