

Junior Monthly Class Plans Ages 6-16

On the Green

Week 50



Class Timetable - Week 50

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Scoring

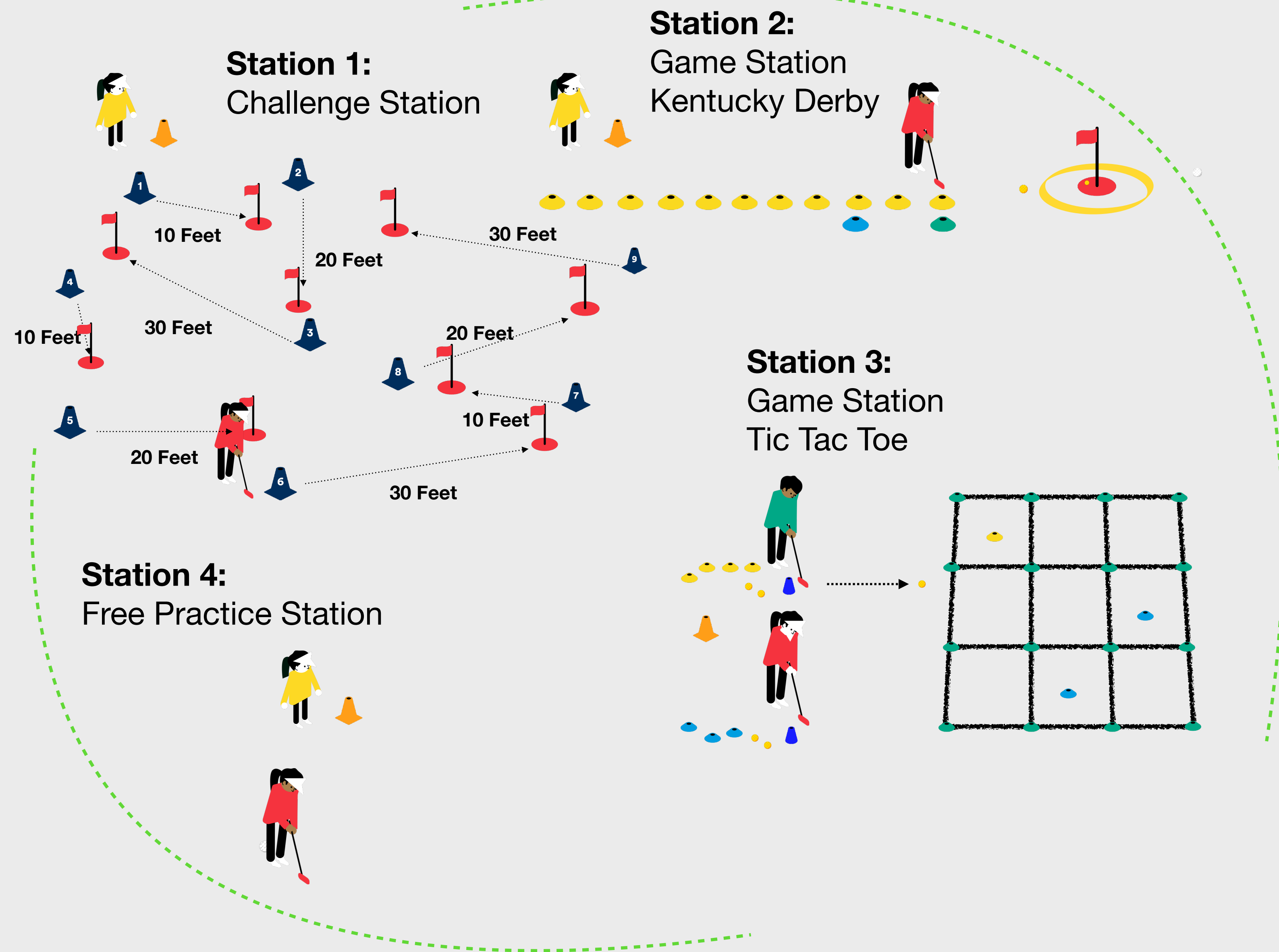
Whole Child Focus
Creative:
Practice at Home

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 	<ul style="list-style-type: none"> Heads, Shoulders, Knees and Toes
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"> Pre-Round Routine
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"> Create your own game
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"> Tic Tac Toe Kentucky Derby Scoring Challenge
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"> myAcademy Folders GLF. Connect myGame+

Class Layout and Setup



Scoring Challenge Setup

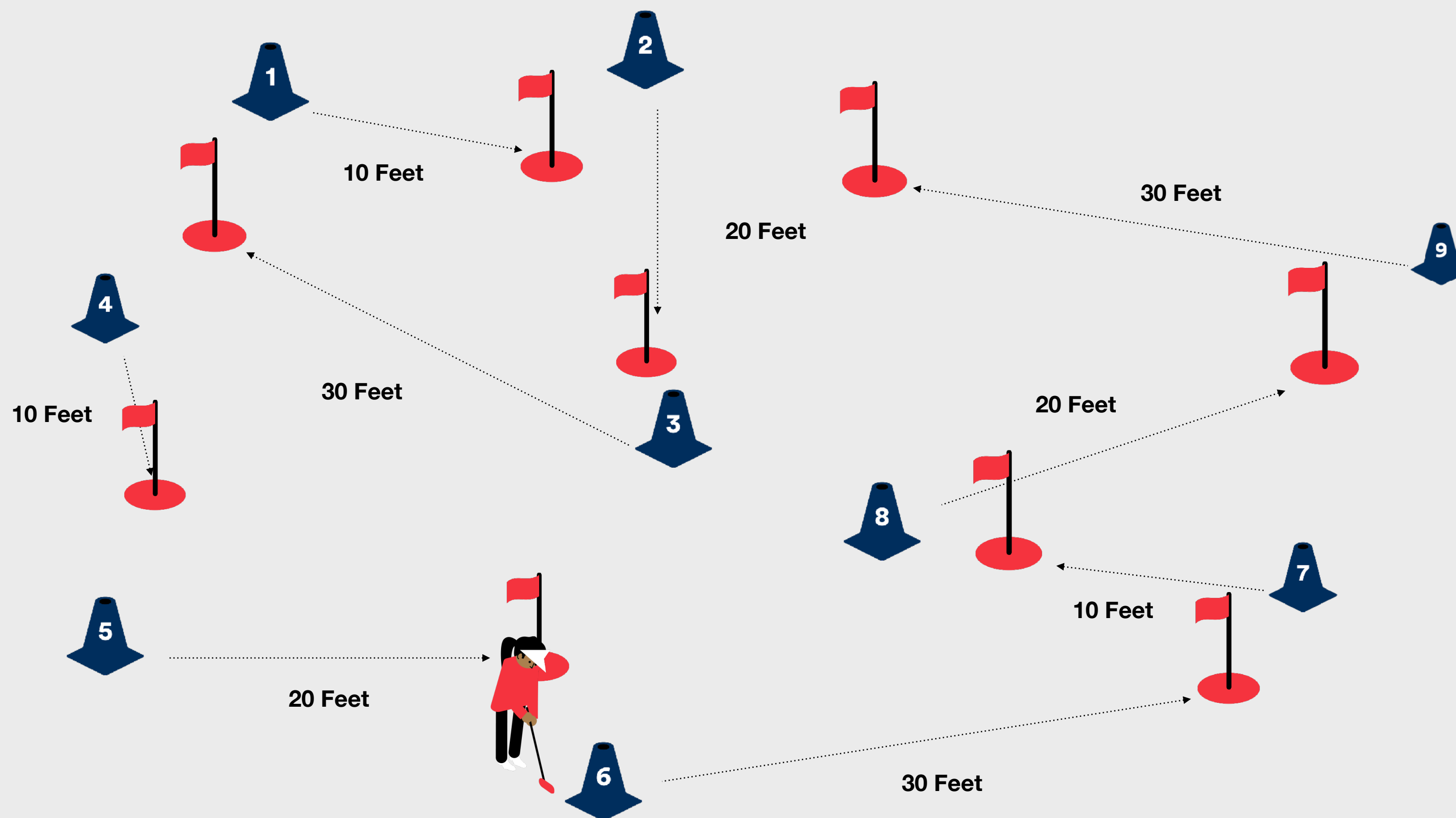


Setting out the Challenge

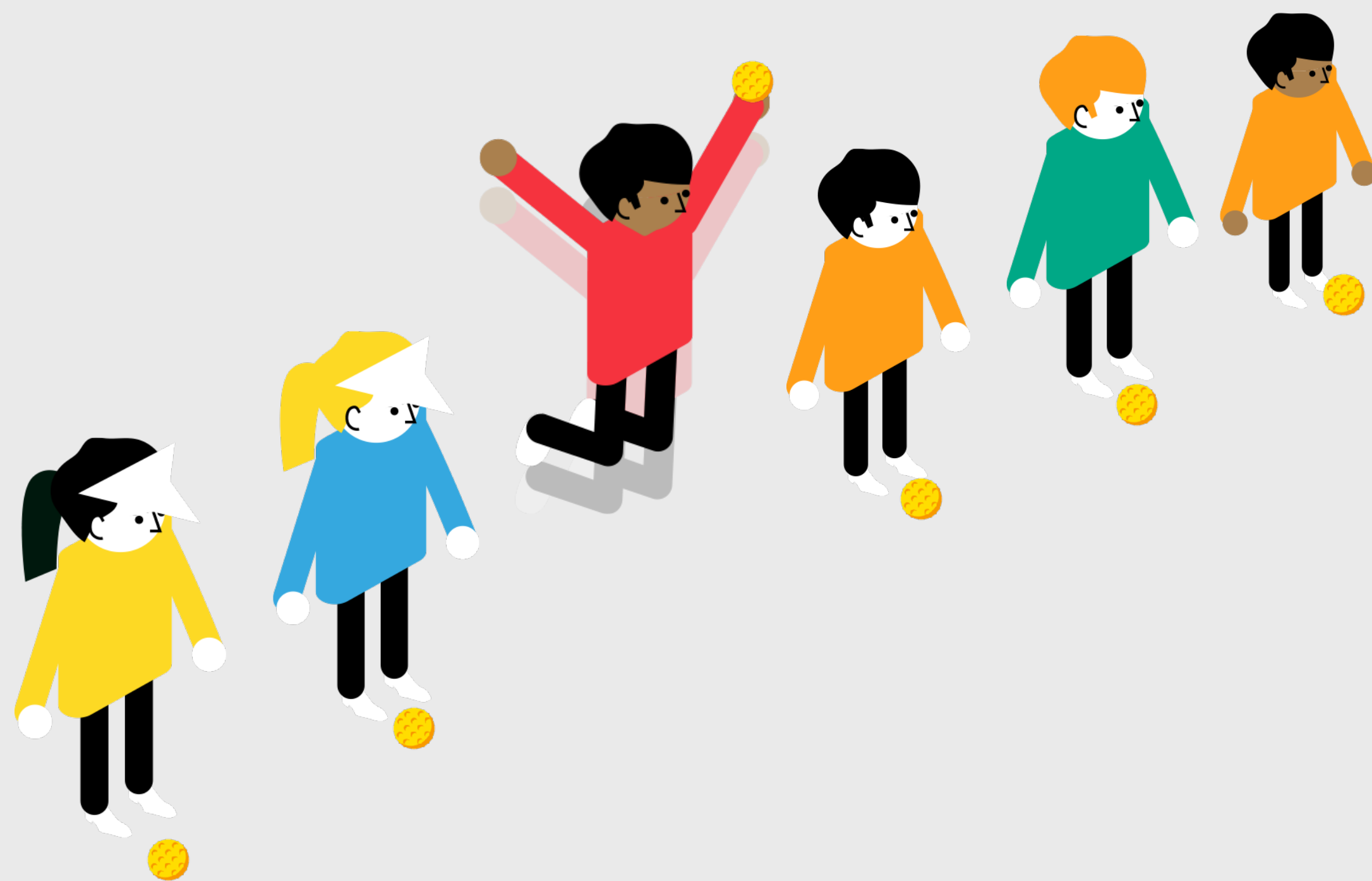
- 9 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet, 3 cones at 20 feet and 3 cones at 30 feet
- You can use your string to clearly define each putting hole
- Children can attempt the challenge depending on the progression level they are on by playing the required number of holes and distances

Equipment Required

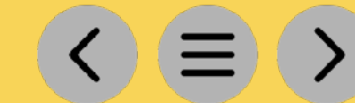
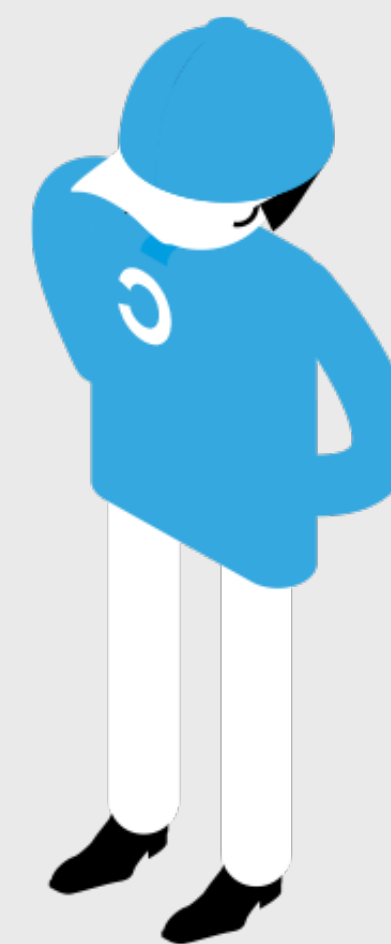
- 9 holes on the green
- 9 numbered starting cones
- String
- Scorecard and pencil



Head, Shoulders, Knees and Toes



5!



How to Play

Each child has a golf ball that they place at their feet. The coach calls out a number between 1 and 5. If the coach calls "1" the juniors have to place their hands on their head. If "2" is called, the juniors have to place their hands on their shoulders, "3" is knees, "4" is feet and if the coach calls "5" the children need to pick up the ball and jump into the air.

The coach should call slowly at first, then faster and faster before finishing the round by calling "5".

The winner is the first child to pick up their ball and jump into the air!

Progression Ideas

- Allow the children to call the numbers
- Add in additional actions with more numbers

Equipment Needed

Golf Balls





Creative

Create your own game

- The Whole Child theme this week is to encourage the children to create their own games when they are playing and practicing.
- Carry this theme into the class by encouraging every child in the class to pitch in with ideas for games. The games designed by children should result in increased engagement, meaning they will be more likely to play the games for longer and therefore improve.

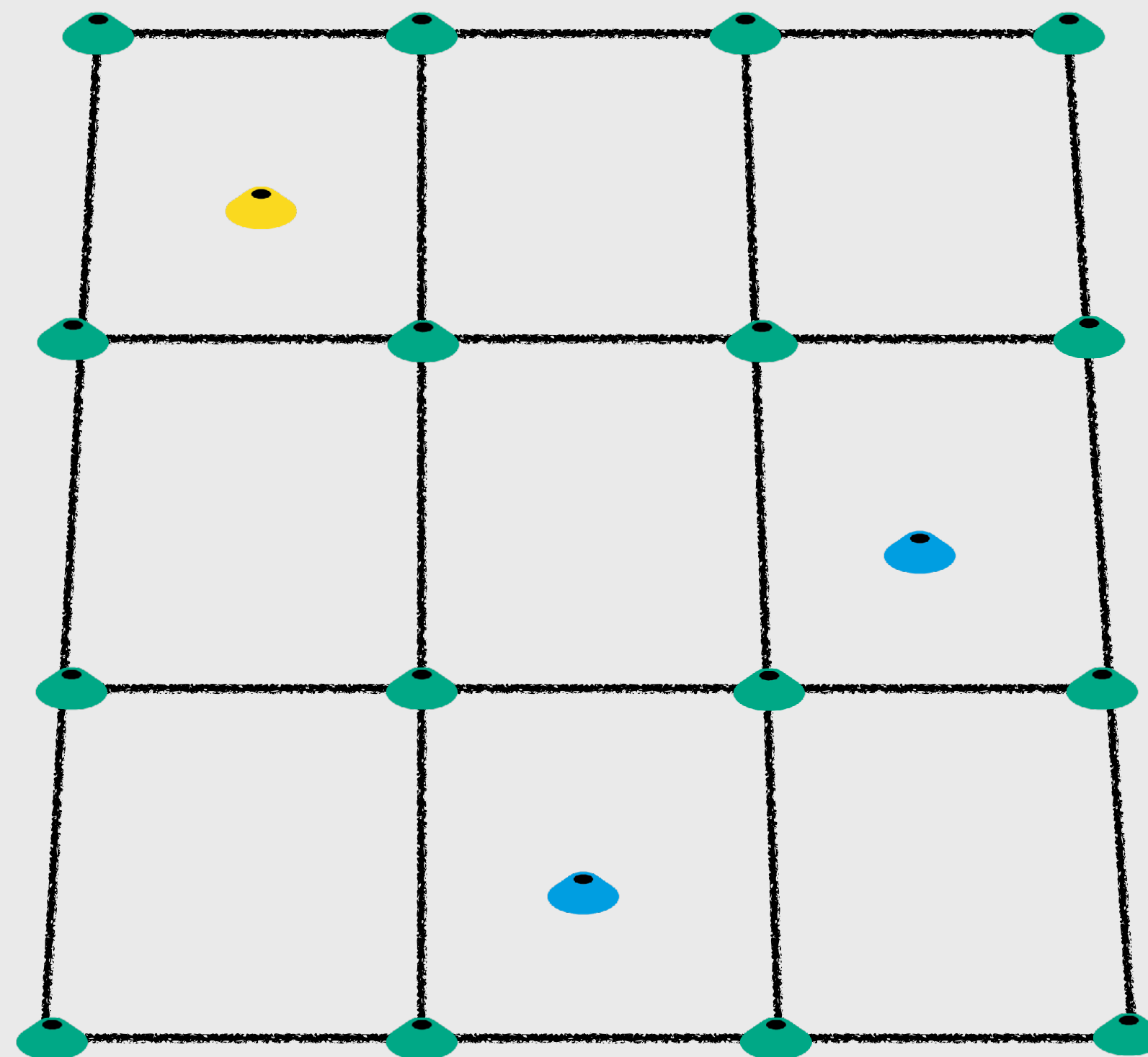
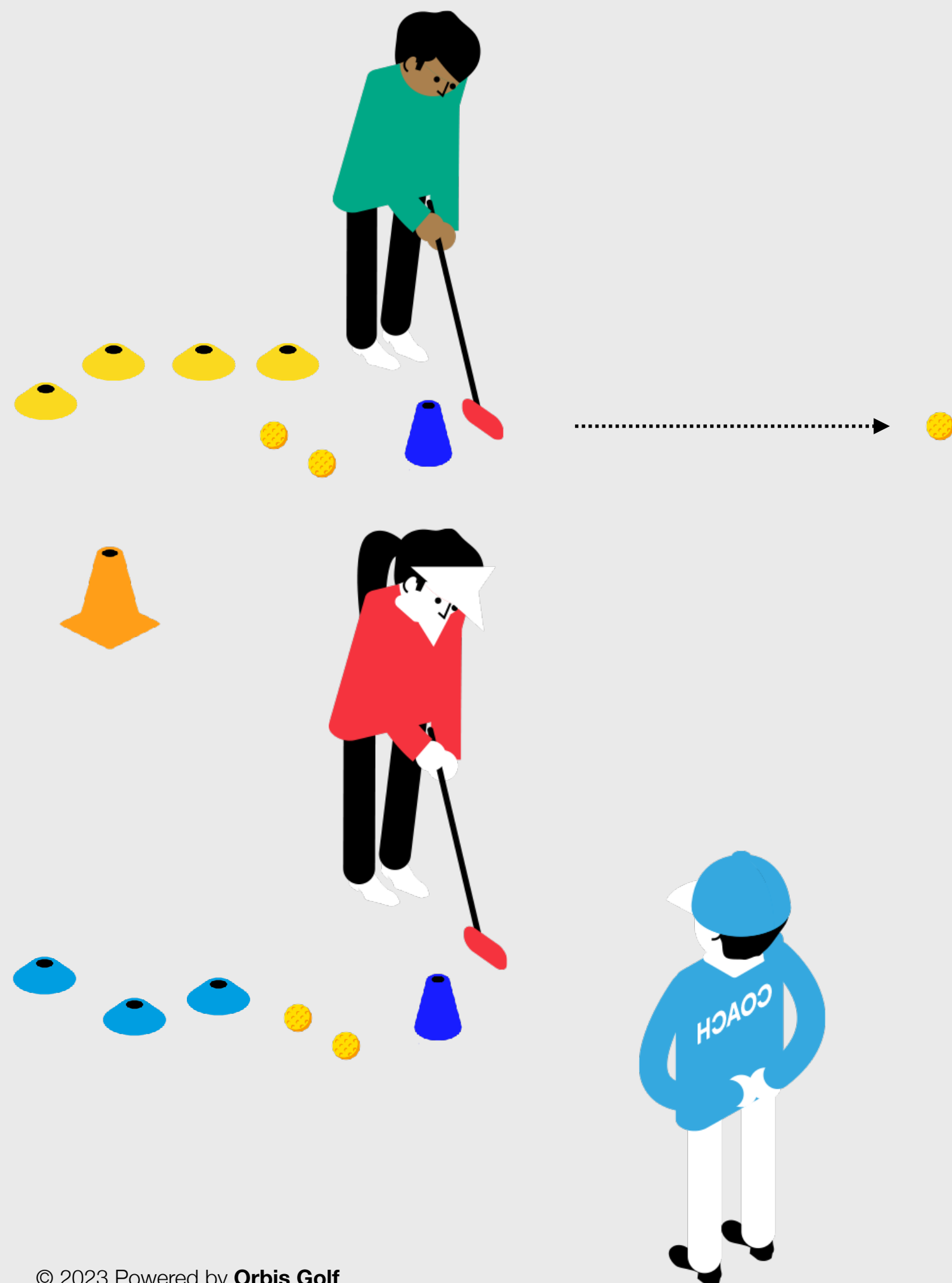


Preparing to Play

Pre-round routine

- The Learning the Game focus this week is to create a pre-round routine.
- You should highlight the importance of a pre-round routine and how it can influence performance.

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

SAFETY



2 x Cones



String and 16 tees to create the grid



Colored cones for one team



Colored cones for the other team



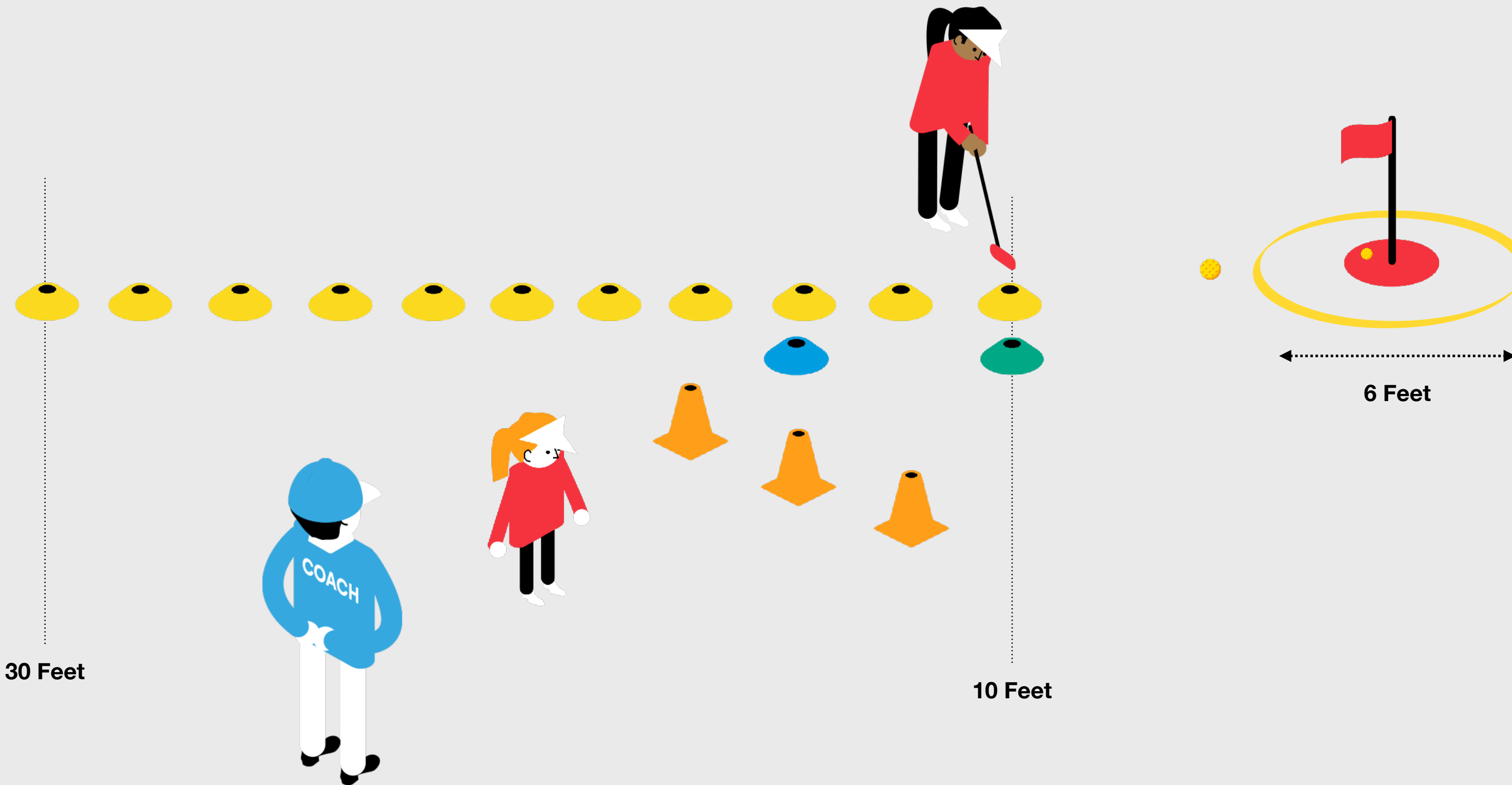
Golf Balls



Spare equipment that may be required for the group attendees.



Kentucky Derby



How to Play

- Nominate a child to play first. Both players place their cone opposite the first starting cone
- From the starting cone at 10 feet, any putt that is holed allows the player to jump three cones. Any ball finishing in the target circle but past the hole jumps two cones. Any putt that finishes in the target circle but short of the hole moves one cone
- The player who wins is the one who reaches the final colored cone first

Progression Ideas

- Change the distance between the starting cone and the hole
- Change the distance between each of the cones
- Introduce a rule where the number of attempts is limited otherwise the player moves back a step
- Attempt the game on a sloped surface
- Change the size of the target circle

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 over varying distances

Equipment needed

2 x Orange Safety Cones



10 x Colored Cones



1 x Colored Cone



1 x Colored Cone



Spare equipment that may be required for the group attendees.



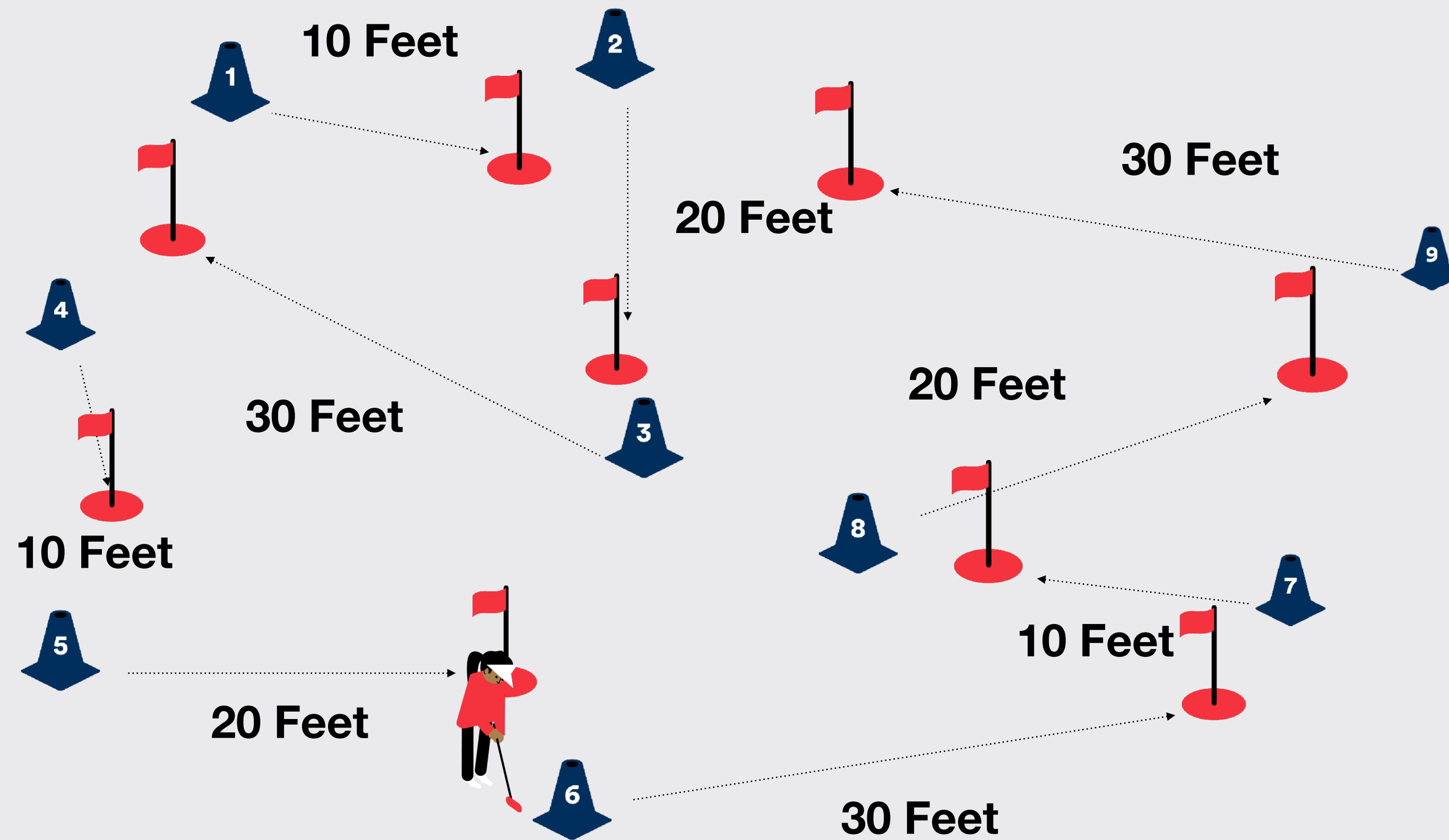
6 ft Target Circle



Golf Balls



Scoring Challenge



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 Complete this Level 1 Challenge by scoring a total of 12 or less over 3 holes. Start 10 feet away on each hole.
- 2 Complete this Level 2 Challenge by scoring a total of 21 or less over 6 holes. Start 10 feet away from each hole.
- 3 Complete this Level 3 Challenge by scoring a total of 18 or less over 6 holes. Start 10 feet away on 3 holes and 20 feet away on the other three holes.
- 4 Complete this Level 4 Challenge by scoring a total of 24 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.
- 5 Complete this Level 5 Challenge by scoring a total of 21 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.
- 6 Complete this Level 6 Challenge by scoring a total of 18 or less over 9 holes. Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.