

Around the Green

Week 51



Class Timetable - Week 51

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Pitching

Whole Child Focus
Personal:
Perseverance

Learning the Game Focus:
Orientation:
Areas of a Golf Hole

Mastering the Game Challenge:
Pitching Challenge

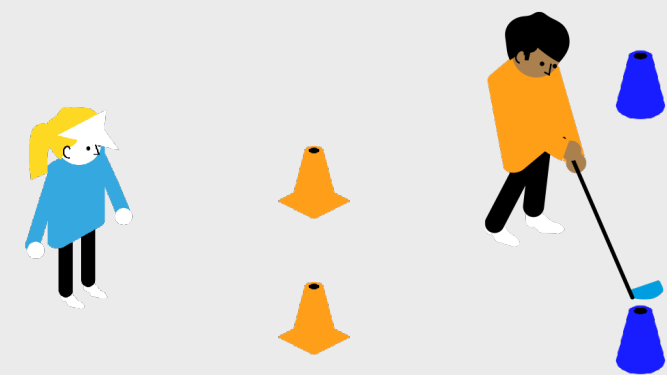
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Obstacle Course
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"> Reacting to shots on the course
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"> Focus
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"> Flop Shot Challenge Stick Shift Pitching 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

Station 3:
Game Station
Stick Shift



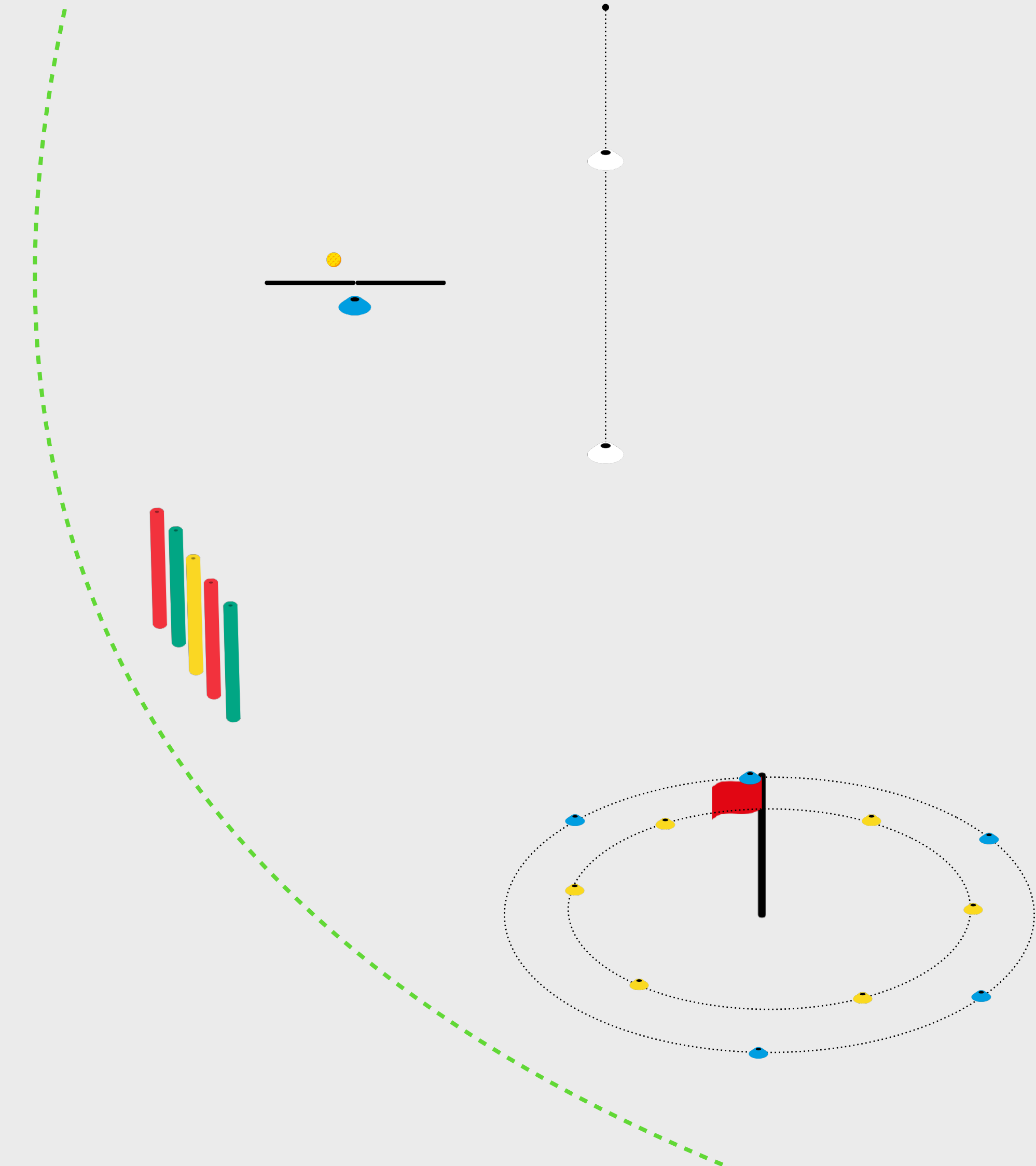
Station 2:
Game Station
Flop Shot Challenge



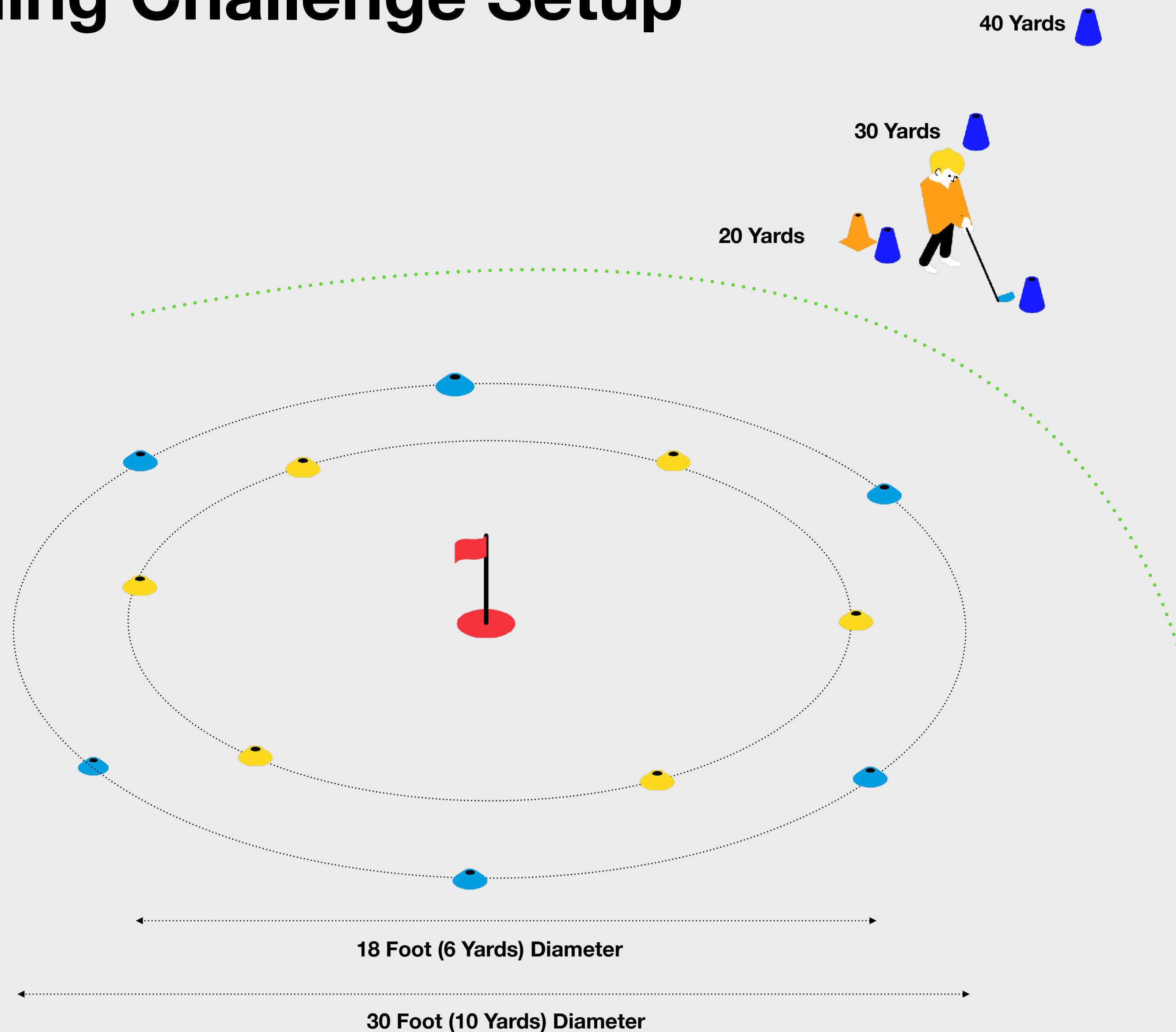
Station 1:
Challenge Station



Station 4:
Free Practice Station



Pitching Challenge Setup



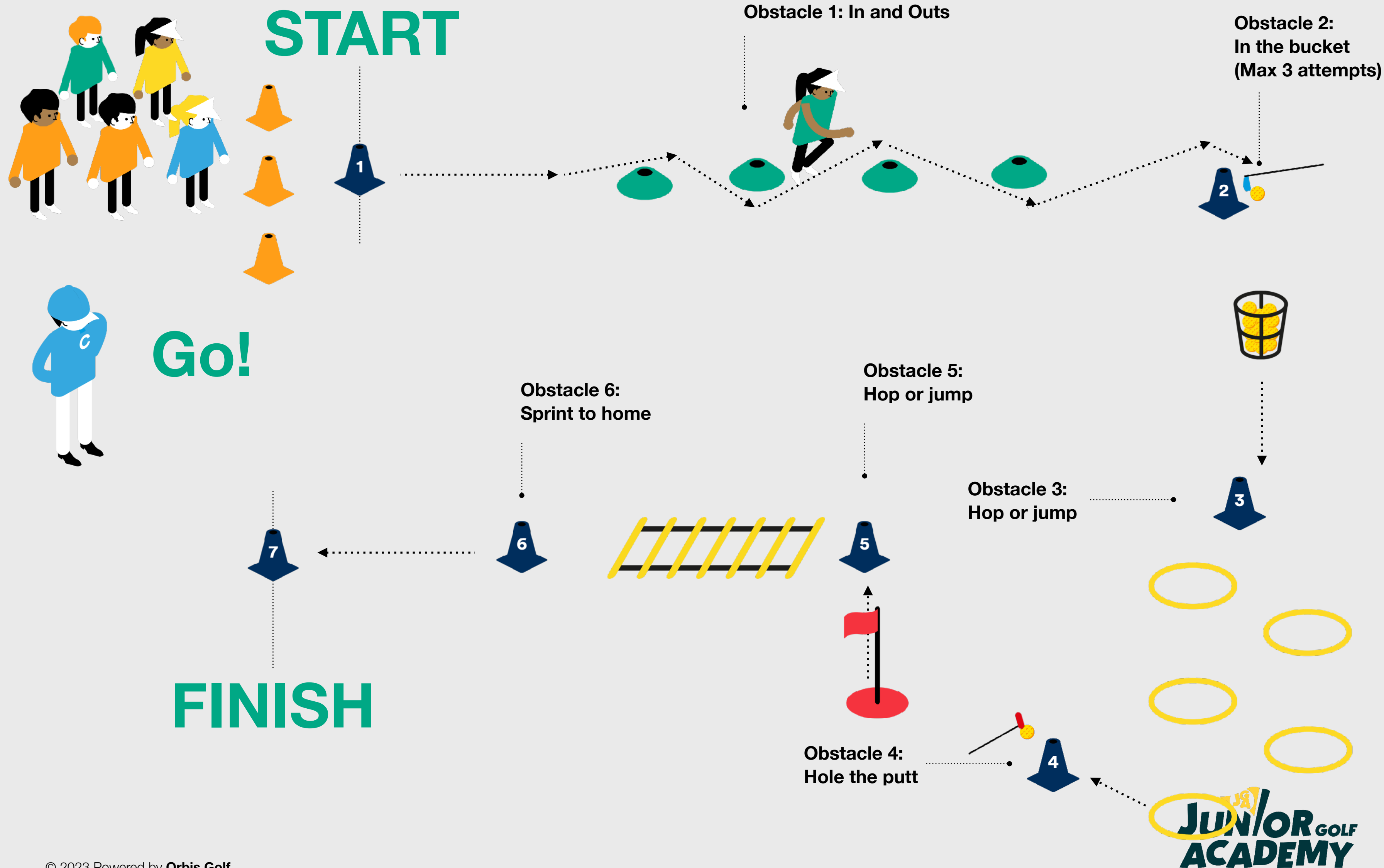
Setting out the Challenge

- 1 flag should be selected on the green, alignment sticks could be used where this isn't possible
- 2 target circles, marked by cones, are placed around the flag or alignment stick at the diameters in the graphic opposite, 6 yards and 10 yards
- Three starting points are positioned in a row at distances of 20, 30 and 40 yards

Equipment Required

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

Obstacle Course











How to Play

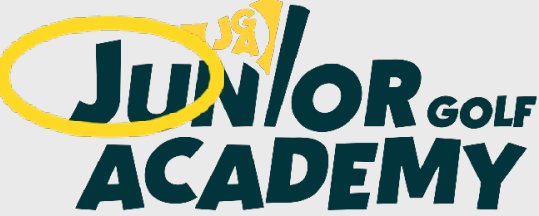
- This game can be played individually or in teams
- Split into even teams or nominate players 1-6 if playing individually
- Player number 1 starts with their hand touching the start cone
- On go, the stop watch is started and the child attempts the obstacle course
- The stopwatch is stopped when the child reaches the finish line
- The winner is the child who gets round the obstacle course fastest

Progression Ideas

- The child gets an extra go to beat their time
- Increase the difficulty of the movement stations
- Increase the entire length of the course
- Add penalty seconds if the child incorrectly completes an obstacle
- Increase the difficulty of the golf stations

Equipment Needed

2 x Orange Safety Cones		SAFETY	Alignment Sticks	
7 x Numbered Cones			Colored Cones	
1 x Wedge & 1 x Putter			Hoops	
Golf Balls			Ladder	





Cognitive Focus

- The Whole Child theme this week is to highlight to the children how important focus is on the course and when practicing.
- Carry this theme into the class by encouraging children on the free practice station to only focus on alternate shots, which will help them to see the positive effect of when they do focus.



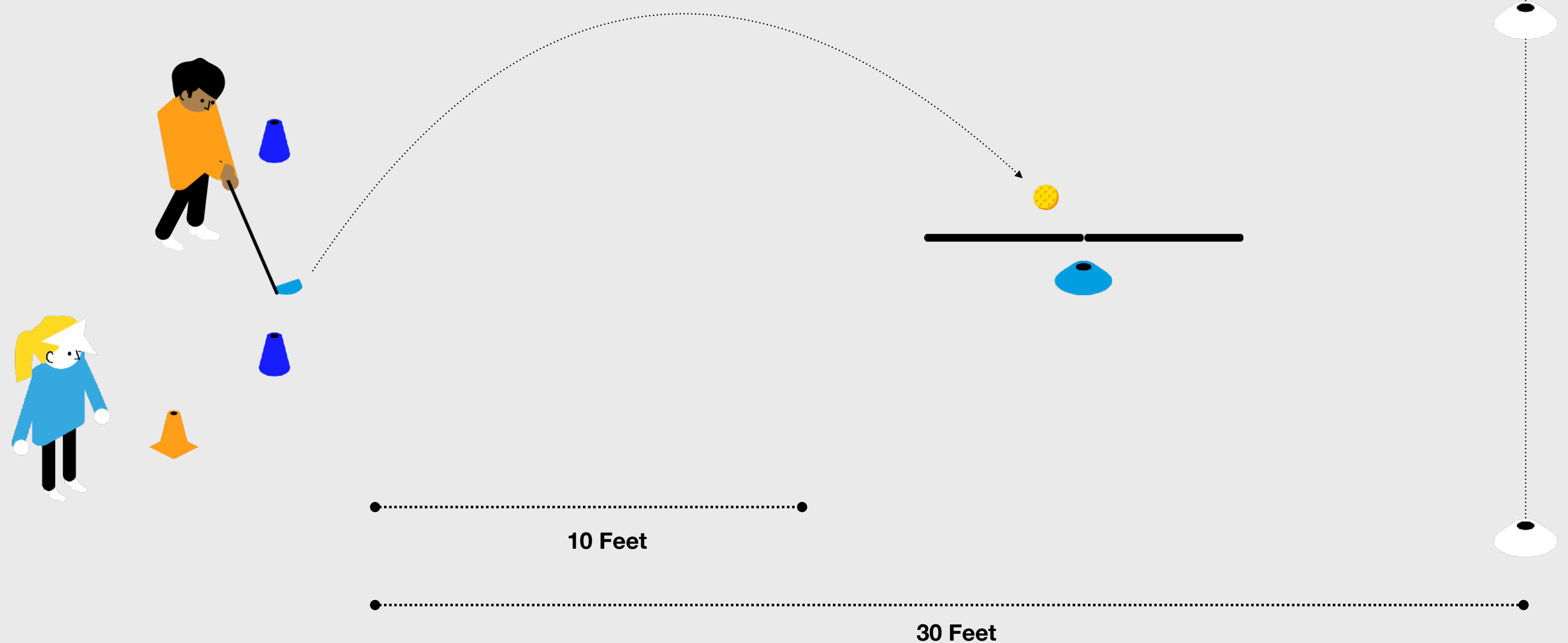
Playing and Scoring Reacting to Shots on the Course

- The Learning the Game focus this week is to learn how to react to poor shots and good shots on the course.
- You should highlight to the children how important it is for their own game and for that of their playing partners that they react in a way that doesn't effect their next shot.

Stick Shift



Finish Line



How to Play

- The children take it in turns to hit a chip towards the alignment sticks
- The aim is to get the ball to stop within the length of the two alignment sticks. If the child is successful they get to move the alignment sticks one length further on
- If the child is not successful in chipping the ball inside the length of the alignment sticks they have to try again when it is their turn
- The team completes the challenges when they get their alignment sticks past the finish line

Progression Ideas

- Increase or decrease the starting distance and the finish line distance
- Add in a rule whereby the children have 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

2 x Golf balls

2 x Colored cones

4 x Alignment Sticks

2 x White cones for the finish line

Flop Shot Challenge



How to Play

- Line up four or five noodles, just two yards from the starting position
- The aim of the game is to hit a flop shot over the noodles and get the ball to land and stay on the green
- Children take it in turns to attempt the shot, if successful, they move one foot closer to the noodles and attempt the challenge again

Progression Ideas

- Add in a target on the green
- Add a rule whereby you have to move one foot further away if you're unsuccessful

Learning Outcomes

- Ability to hit a flop shot
- Controlling launch, height and distance of a flop shot

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



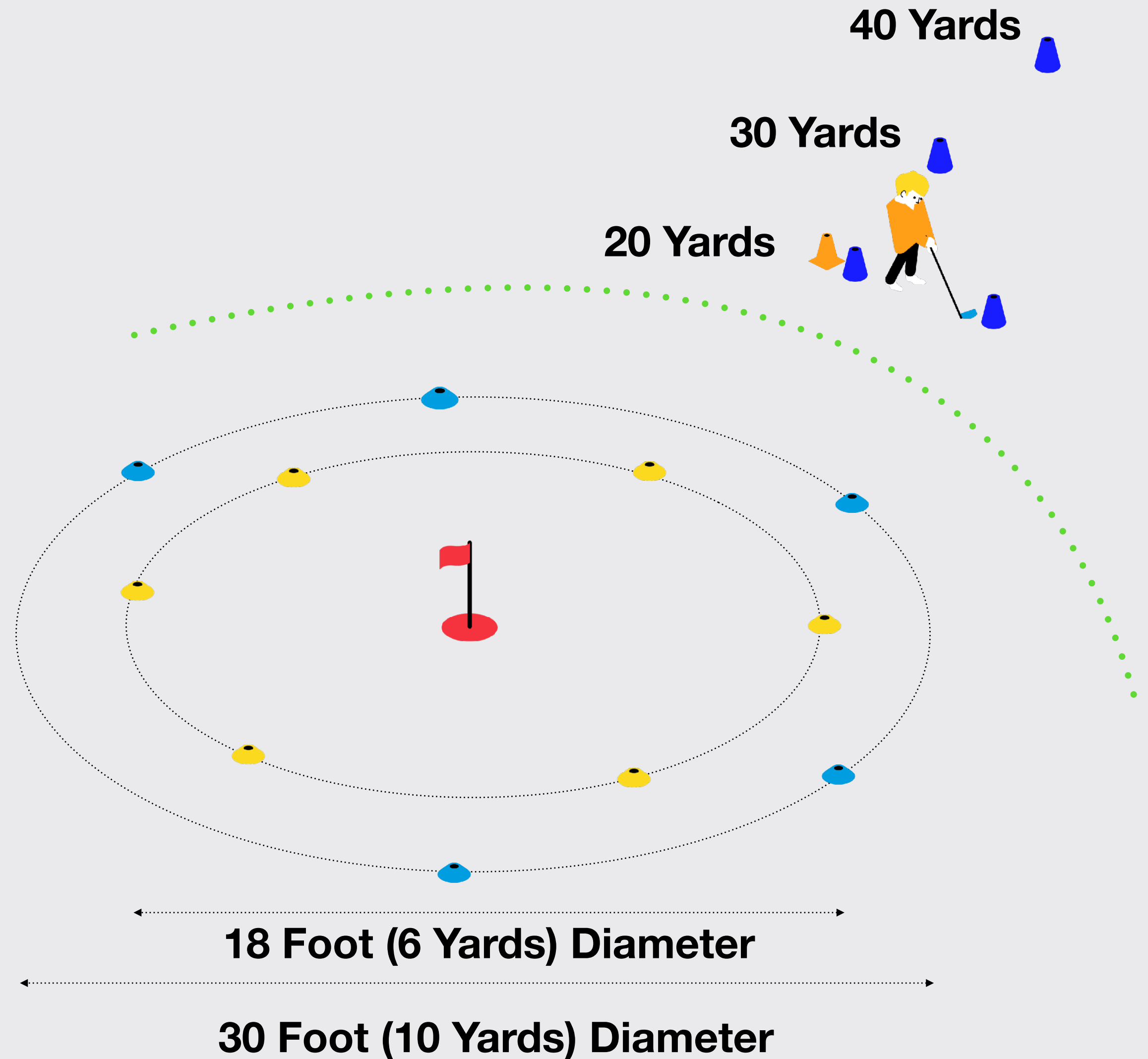
Spare equipment that may be required for the group attendees.



Golf Balls



Pitching 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 pitching 1 ball on the green from a starting distance of 20 yards from the flag. You have 5 attempts and the ball does not need to land on the green.
- 2 Complete this Level 2 Challenge by pitching 3 balls on the green from a starting distance of 20 yards from the flag. You have 5 attempts and the ball does not need to land on the green.
- 3 Complete this Level 3 Challenge by pitching 1 ball within a 10-yard circle from a starting distance of 20 yards from the flag. You have 5 attempts and all attempts must finish on the green, but the ball does not need to land on the green.
- 4 Complete this Level 4 Challenge by pitching 3 balls within a 10-yard circle from a starting distance of 20 yards from the flag. Pitching 1 ball within a 10-yard circle from a starting distance of 30 yards from the flag. You have 5 attempts from each position and all attempts must finish on the green, but do not need to land on the green.
- 5 Complete this Level 5 Challenge by pitching 4 balls within a 10-yard circle from a starting distance of 20 yards from the flag. Pitching 2 balls within a 10-yard circle from a starting distance of 30 yards from the flag. Pitching 1 ball within a 10-yard circle from a starting distance of 40 yards from the flag. You have 5 attempts from each position and all attempts must finish on the green, but the ball does not need to land on the green.
- 6 Complete this Level 6 Challenge by pitching 4 balls within a 6-yard circle from a starting distance of 20 yards from the flag. Pitching 3 balls within a 6-yard circle from a starting distance of 30 yards from the flag. Pitching 2 balls within a 6-yard circle from a starting distance of 40 yards from the flag. You have 5 attempts from each position and all attempts must land and finish on the green.