

Swing Week 52



Class Timetable - Week 52

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Driver

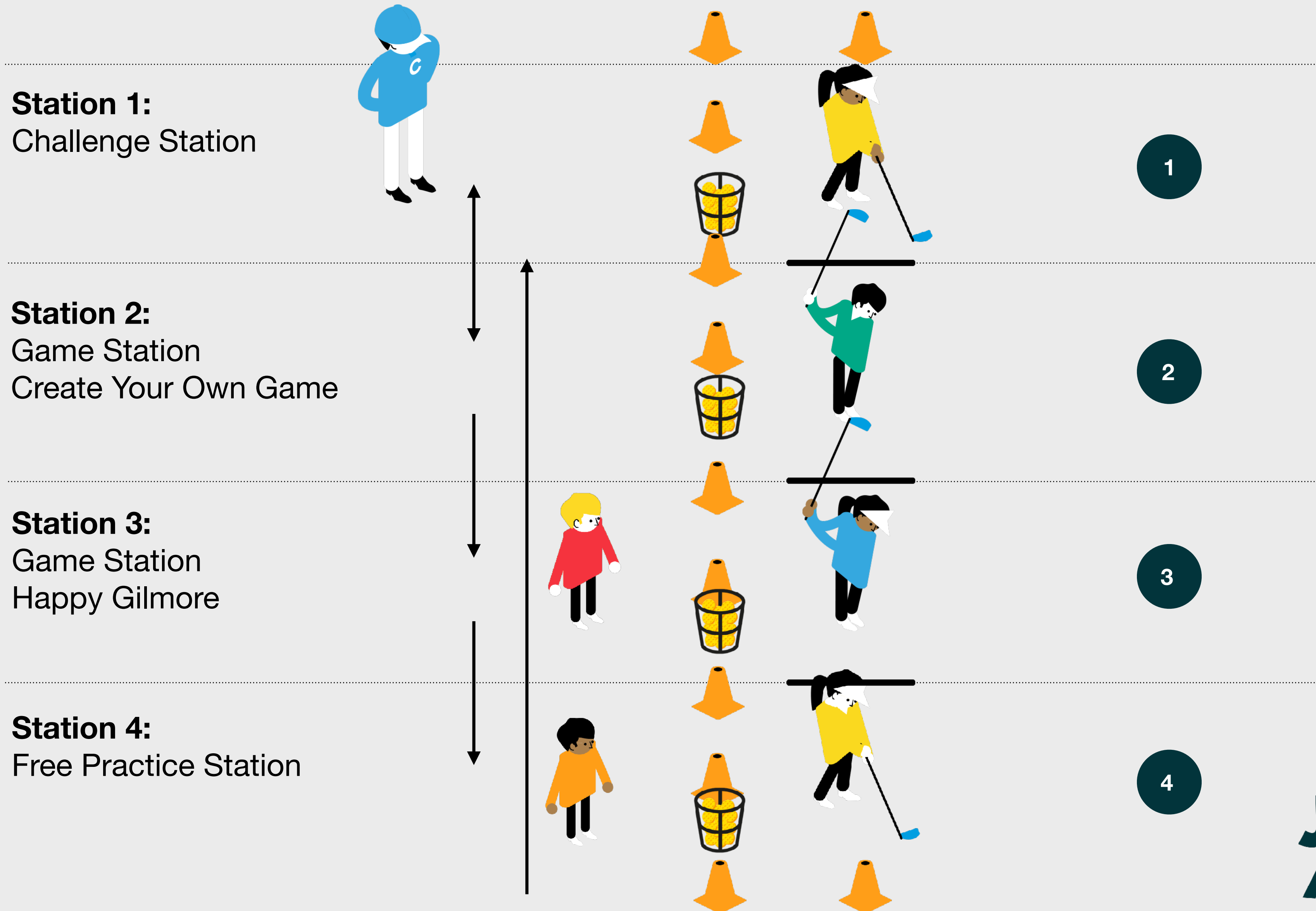
Whole Child Focus
Personal:
Patience

Learning the Game Focus:
Preparing to Play:
Lessons

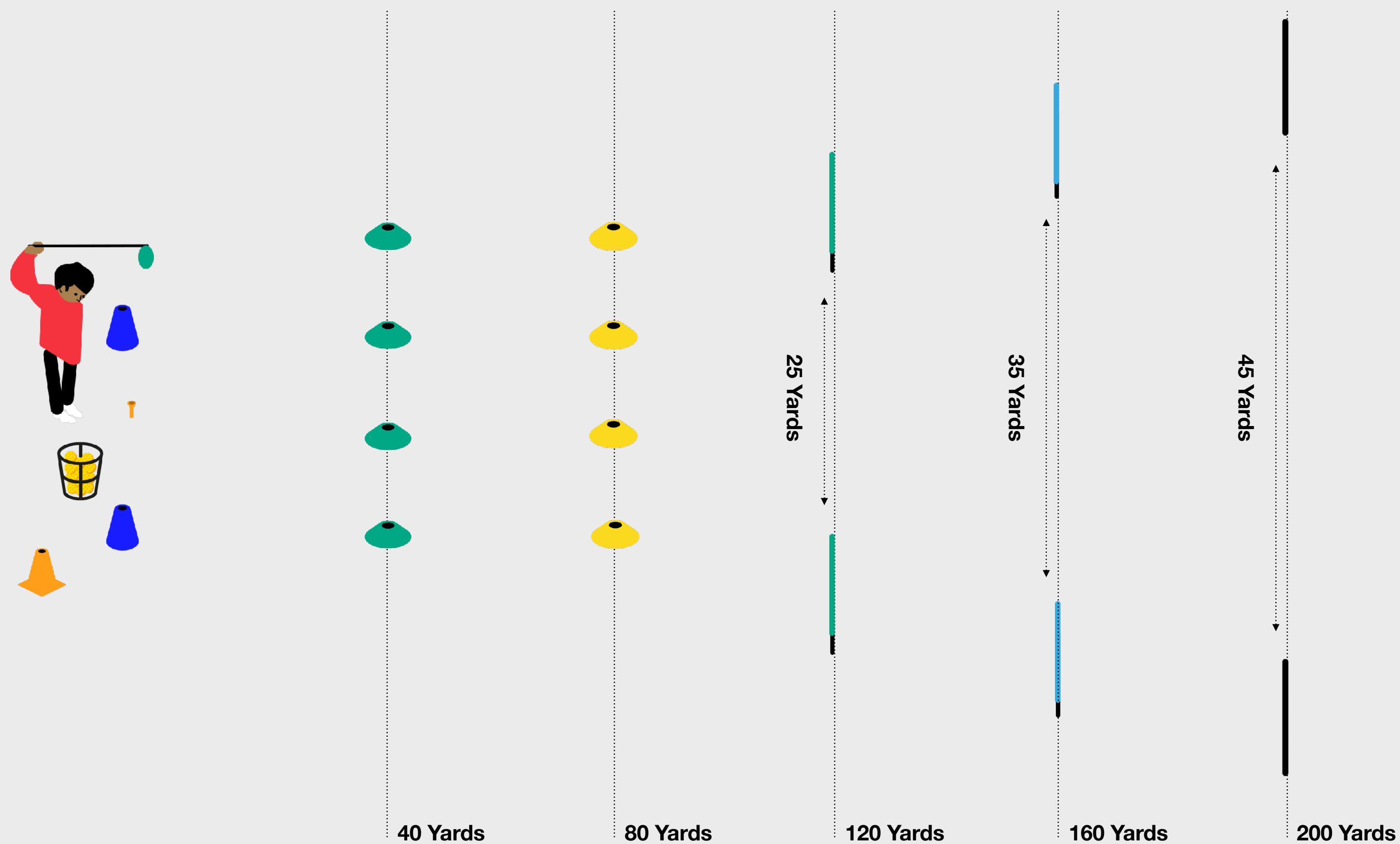
Mastering the Game Challenge:
Driver Challenge

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"> “PGA Pro” Says
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"> Lessons
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"> Patience
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"> Create Your Own Game Happy Gilmore Driver 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 <i>myProgress</i> Wheel and add stickers where appropriate to the <i>myAcademy</i> 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"> <i>myAcademy</i> Folders GLF. Connect <i>myGame+</i>

Class Layout and Setup



Driver Challenge Setup



Equipment Needed

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Coloured cones to mark out the carry lines
- Alignment Sticks with foam noodles to mark the target gates

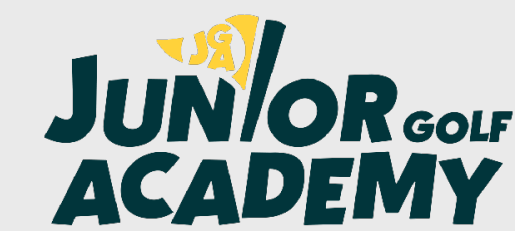
Setting out the Challenge

- Use the cones to mark out the carry distance lines for the level 2 and 3 challenges
- Alignment sticks with foam noodles should be used to measure the gates for the level 4-6 challenges at the target distances and widths
- Set out all the markers to enable every child to attempt their challenges in the class

“PGA Pro” Says



“PGA Pro says...run to the lake!”



How to Play

- This game is played individually and is similar to ‘Simon Says’
- Introduce the children to the golf course areas marked out with the cones
- The coach starts every command with either “PGA Pro says....run to the green” or “run to the green”
- When a child follows the command without the “PGA Pro” saying it, they drop out of the game
- The child who wins is the one left at the end after following what the “PGA Pro” says

Progression Ideas

- Explore FMS skills during the game
- Ask the children if they know any Professional golfers and use their name instead of “PGA Pro”

Equipment Needed

Orange Safety Cones

SAFETY



10 x Green colored cones



10 x Blue colored cones



2 x Red colored cones



6 x Yellow colored cones



6 x White colored cones





Personal Patience

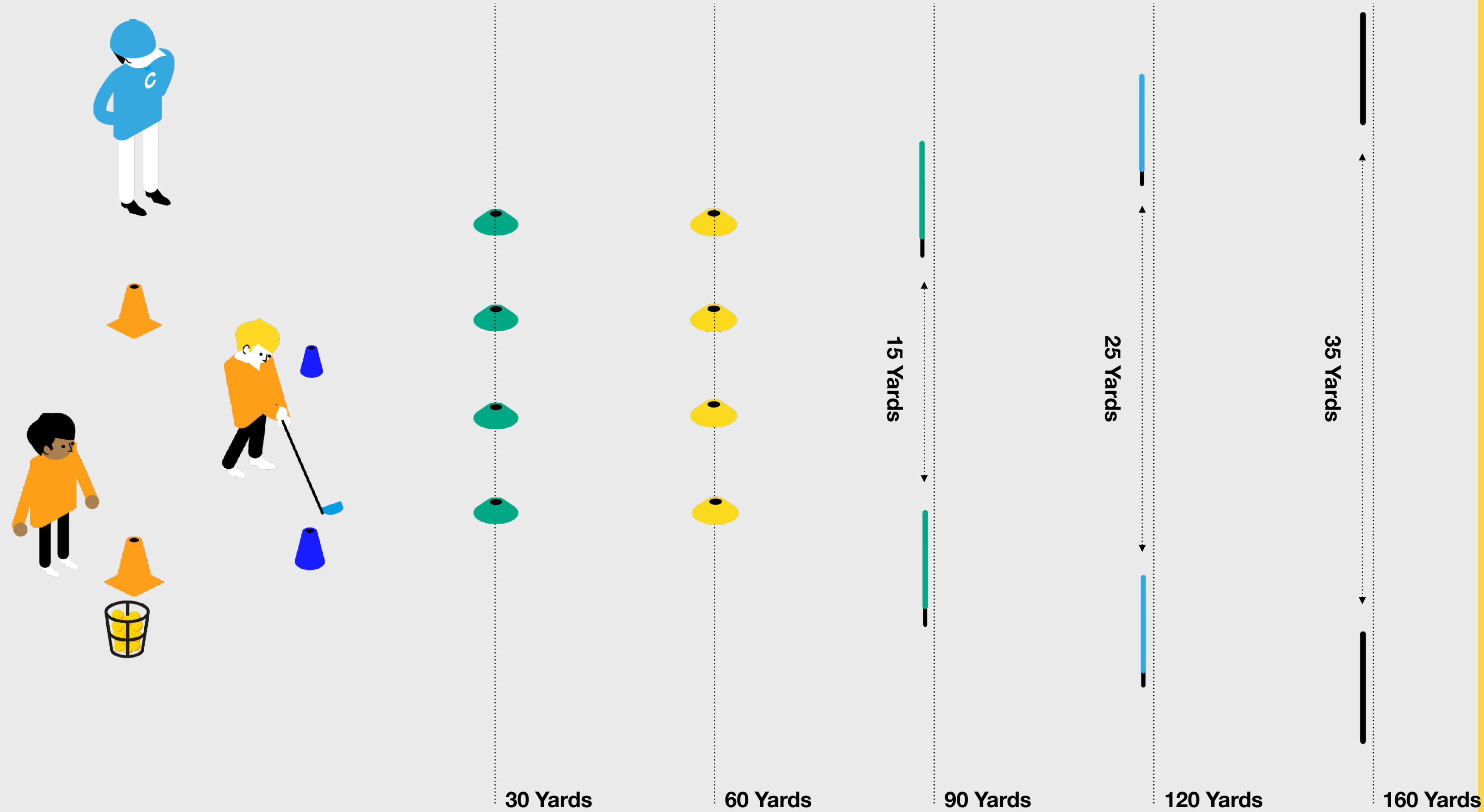
- The Whole Child theme this week is to encourage the children to be patient. Golf is a difficult sport and it may take time to improve skills.
- Carry this theme into the class by telling the children to perform all of their individual shots at once rather than alternating after each shot during the games and challenges.



Preparing to Play Lessons

- The Learning the Game focus this week is to understand the value of lessons.
- You should highlight the importance of continuing lessons, in order to sustain improvement and learn more about the game.

Create Your Own Game



How to Play

- Using the targets that are set out on the outfield, challenge the children to be creative and come up with their own game
- Try not to give too many instructions
- So long as the game is safe, and the children play sensibly they should be allowed the freedom to come up with whatever game they like

Progression Ideas

- Provide more cones, alignment sticks and foam noodles for additional targets

Learning Outcomes

- To encourage creativity in practice and play
- To empower the children to come up with their own rules and play safely, fairly and sensibly

Equipment needed

2 x Orange Safety Cones

SAFETY

2 x Cones

Golf Balls

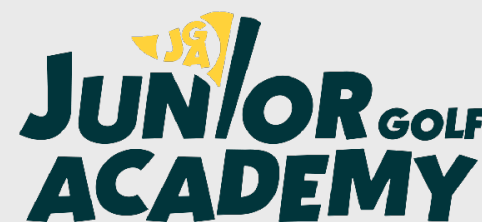
Spare equipment that may be required for the group attendees.

6 x Alignment Sticks to mark the target fairway

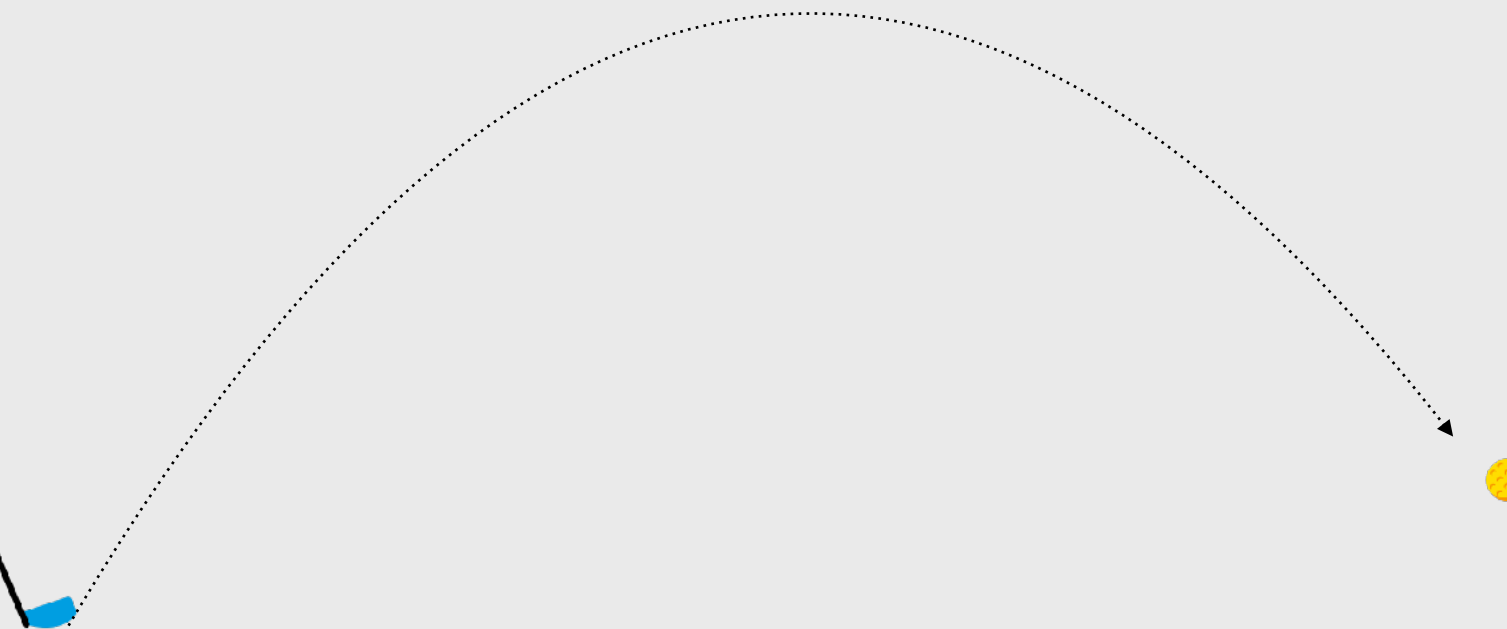
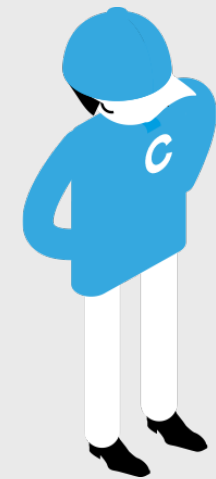
6 x Foam Noodles to mark the target fairway

6 x Colored Cones to mark the 30 yard distance line

6 x Colored Cones to mark the 60 yard distance line



Happy Gilmore



How to Play

- Children take it in turns to try to hit the ball, starting from the first cone. They have to step in to hit the ball
- If the child strikes the ball well they move back to the second cone on their next turn
- The aim is to get to the last cone and strike the ball well

Progression Ideas

- Set a distance target that the children have to hit the ball past
- Set a direction target that the children have to hit the ball between
- Increase the number of cones the children have to start from in their run up to the ball

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



1 x Yellow Cone



1 x Green Cones



1 x Blue Cones



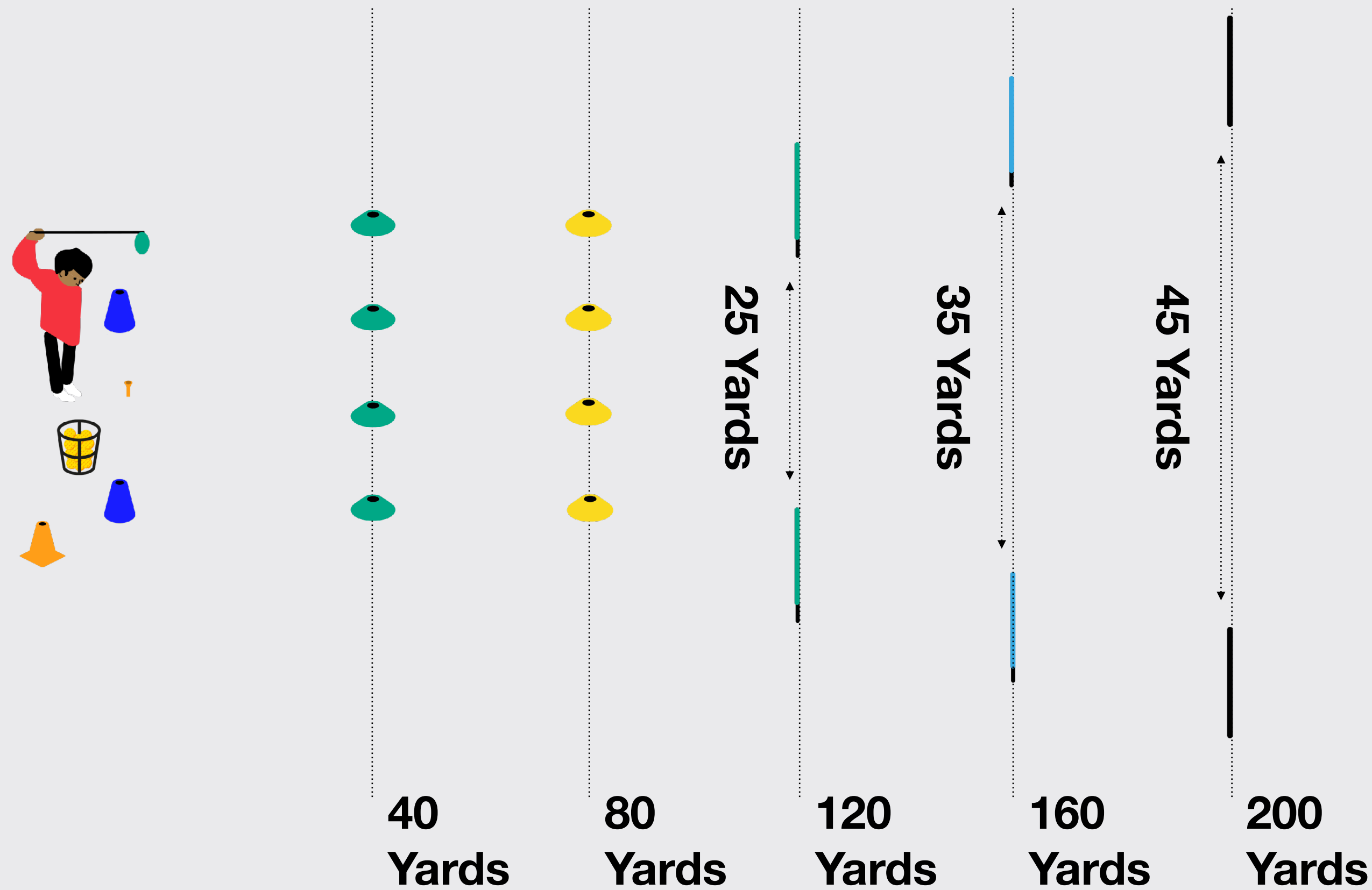
Golf Balls



Spare equipment that may be required for the group attendees.



Driver 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 hitting 2 shots in the air with the Driver. You have 5 attempts and do not need to hit the ball in a certain distance or direction.
- 2 Complete this Level 2 Challenge by hitting 2 shots in the air with the Driver. The ball must carry a minimum of 40 yards. You have 5 attempts with no direction requirement.
- 3 Complete this Level 3 Challenge by hitting 3 shots in the air using the Driver. The ball must carry a minimum of 80 yards. You have 5 attempts with no direction requirement.
- 4 Complete this Level 4 Challenge by hitting 3 shots 120 yards with the Driver. The ball needs to finish through the 25-yard-wide gate. You have 5 attempts.
- 5 Complete this Level 5 Challenge by hitting 4 shots 160 yards with the Driver. The ball needs to finish through the 35-yard-wide gate. You have 5 attempts.
- 6 Complete this Level 6 Challenge by hitting 5 shots 200 yards with the Driver. The ball needs to finish through the 45-yard-wide gate. You have 5 attempts.