

Around the Green

Week 6



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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

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Class Timetable - Week 6

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"> High Fives
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"> Areas of a Golf Hole
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"> Perseverance
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"> Tug of War G.O.L.F 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+

Layout and Setup

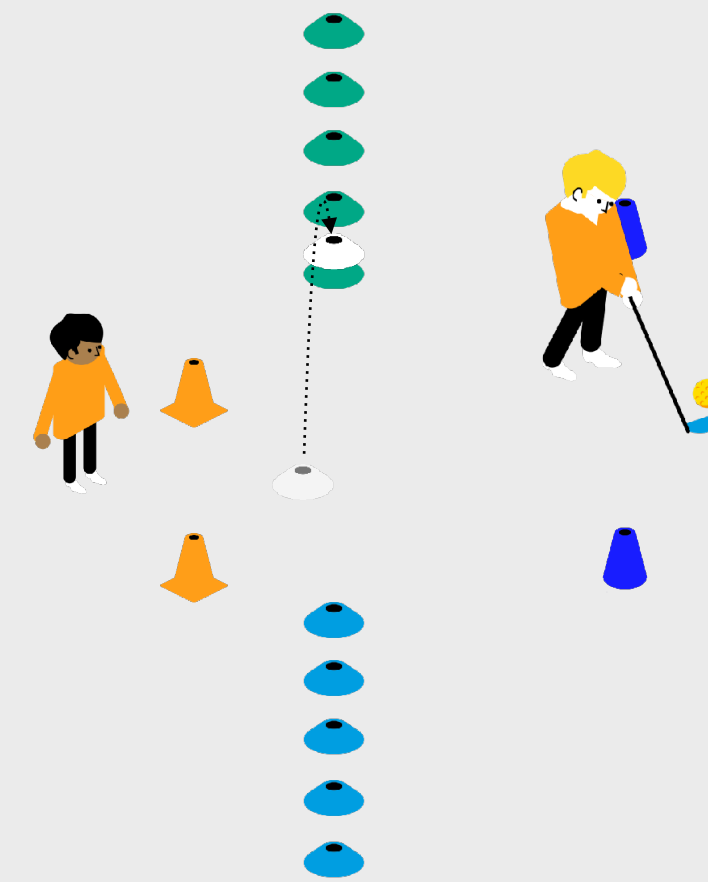


Class Layout and Setup

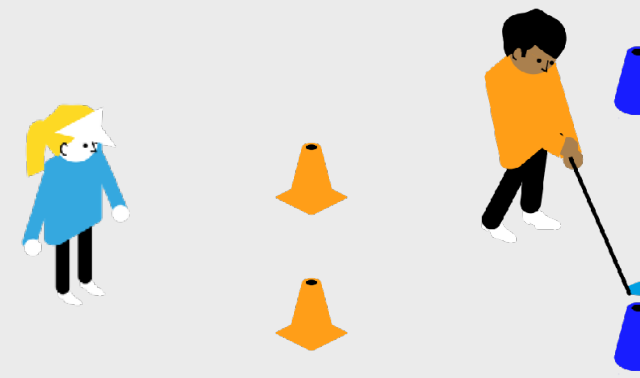
The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- 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

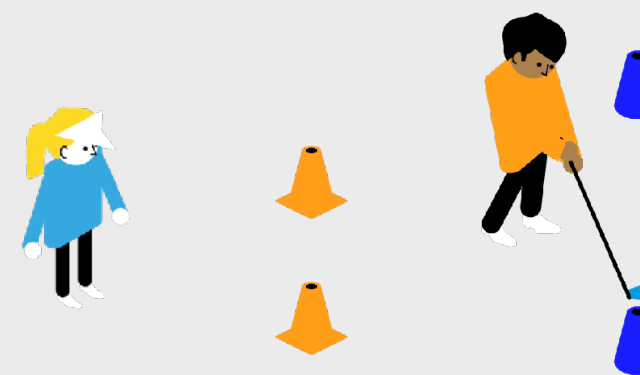
Station 3:
Game Station
Tug of War



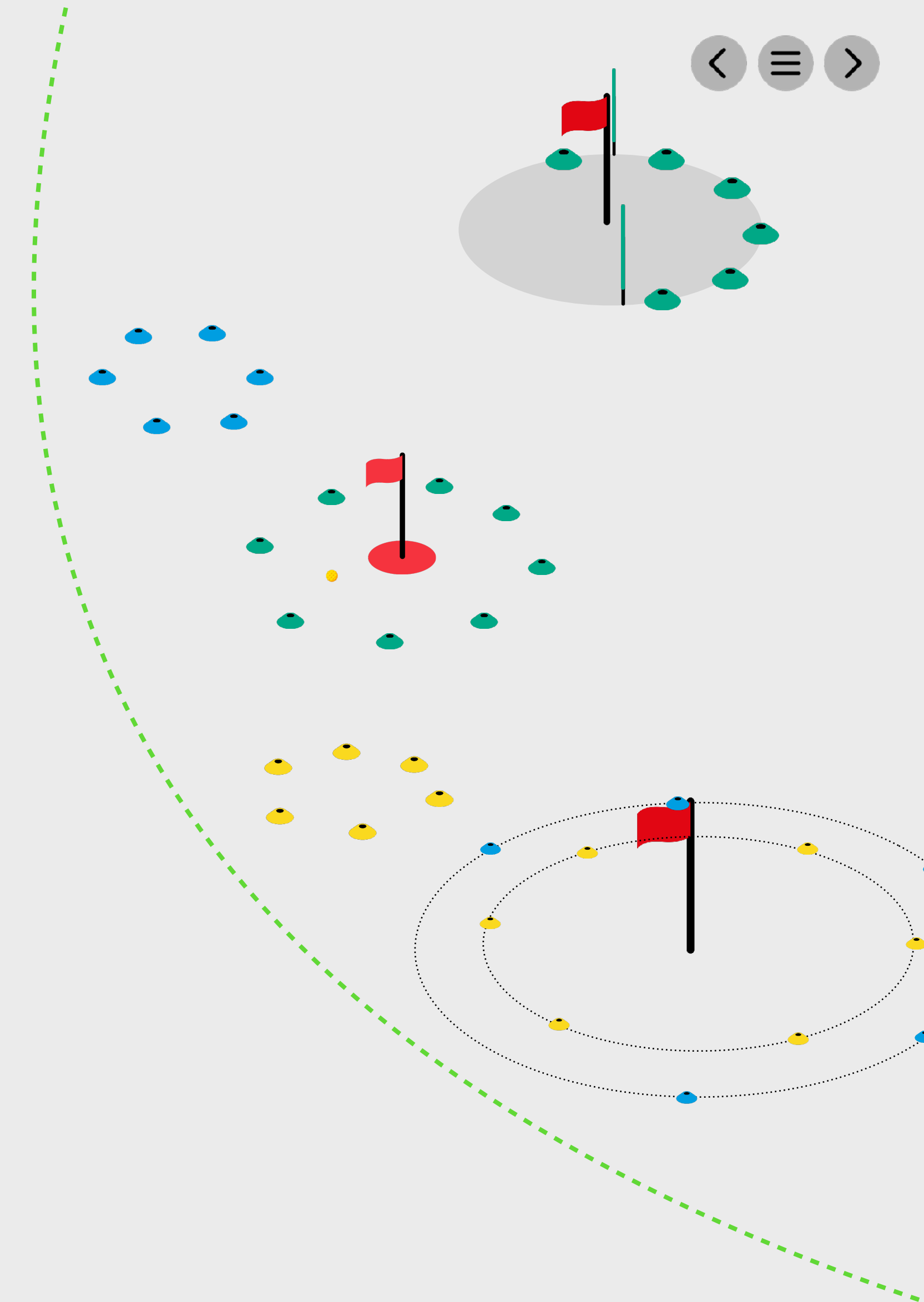
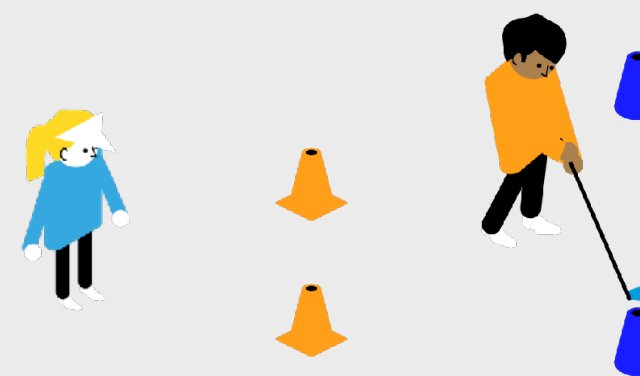
Station 2:
Game Station
G.O.L.F



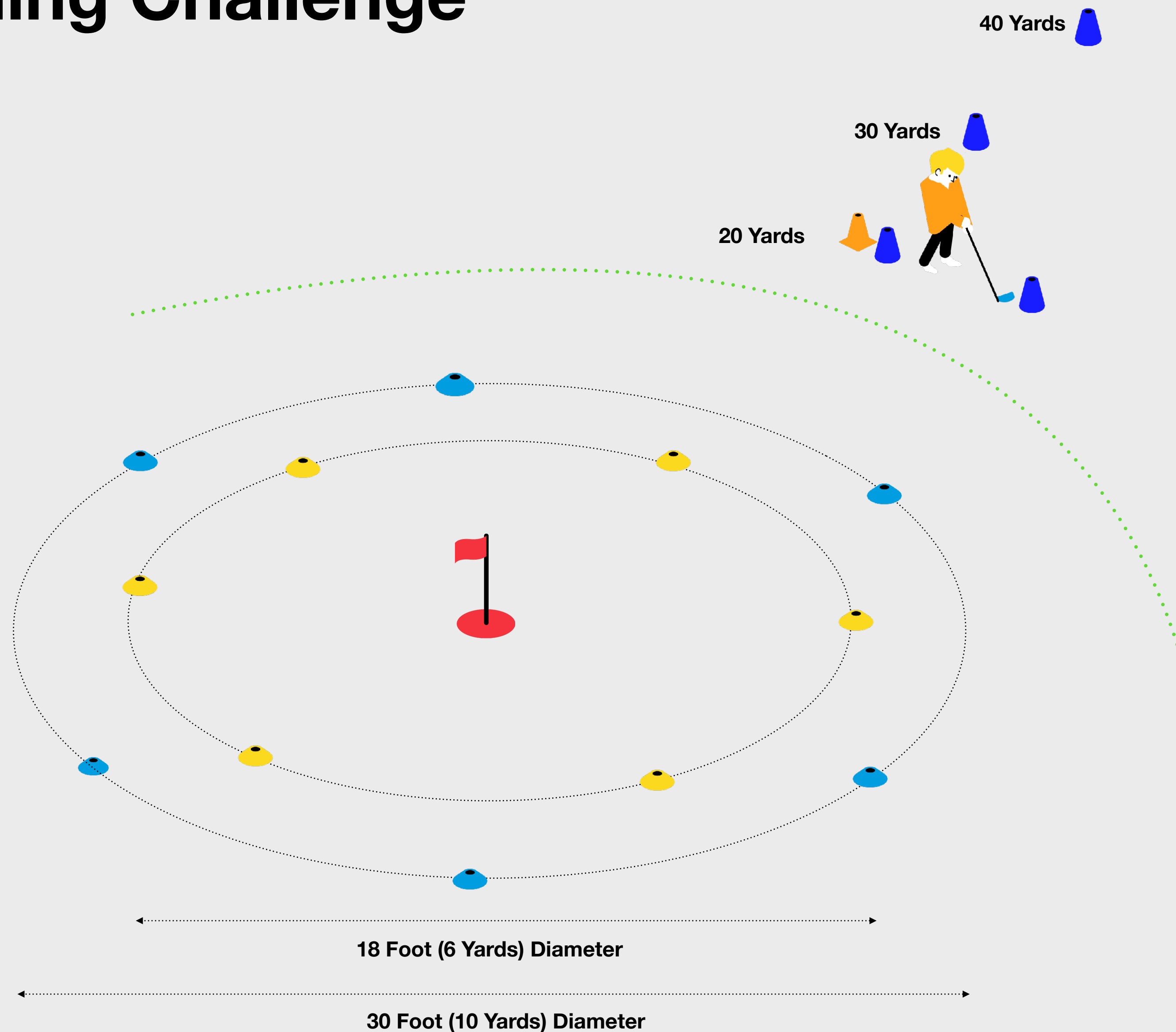
Station 1:
Challenge Station



Station 4:
Free Practice Station



Pitching Challenge



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

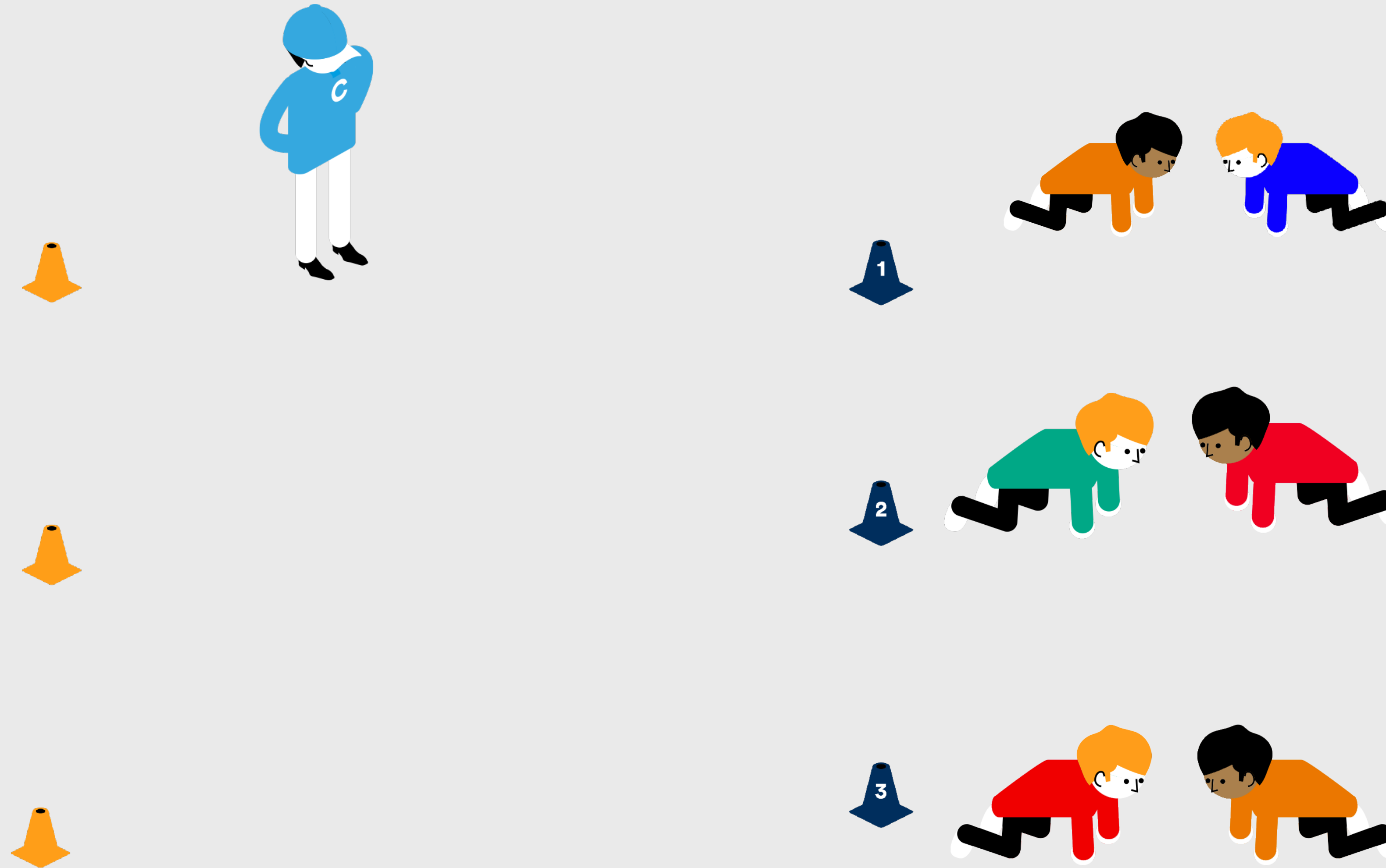
Equipment Required

- 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

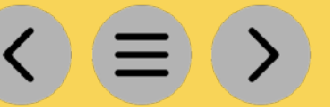
Physical Literacy Warm Up Game



High Fives



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How to Play

- This game is played in pairs
- The children start behind their team's safety cone
- On go, the children run, hop or skip across to behind their JGA cone
- The children then get into a press up position and have to high five each other, 10 times, using alternating hands
- After the team has completed their high fives they have to run, hop or skip back behind their safety cone
- The first team back behind their cone is the winner

Progression Ideas

- If holding a press up position is too difficult then children can play on their hands and knees, however one of their hands has to stay on the floor whilst they complete the high fives
- Introduce different FMS to move between the safety cone and JGA cone

Equipment Needed

Orange Safety Cones

SAFETY



3 x JGA cones



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



Personal Perseverance

The Whole Child theme this week is to learn to persevere despite the challenges that children might face.

Carry this theme into the class by supporting all children with their pitching technique to ensure they don't find it too difficult and give up.

It should be highlighted that the Achiever Award is presented to the child that demonstrates perseverance throughout the class.

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 creativity 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



Orientation

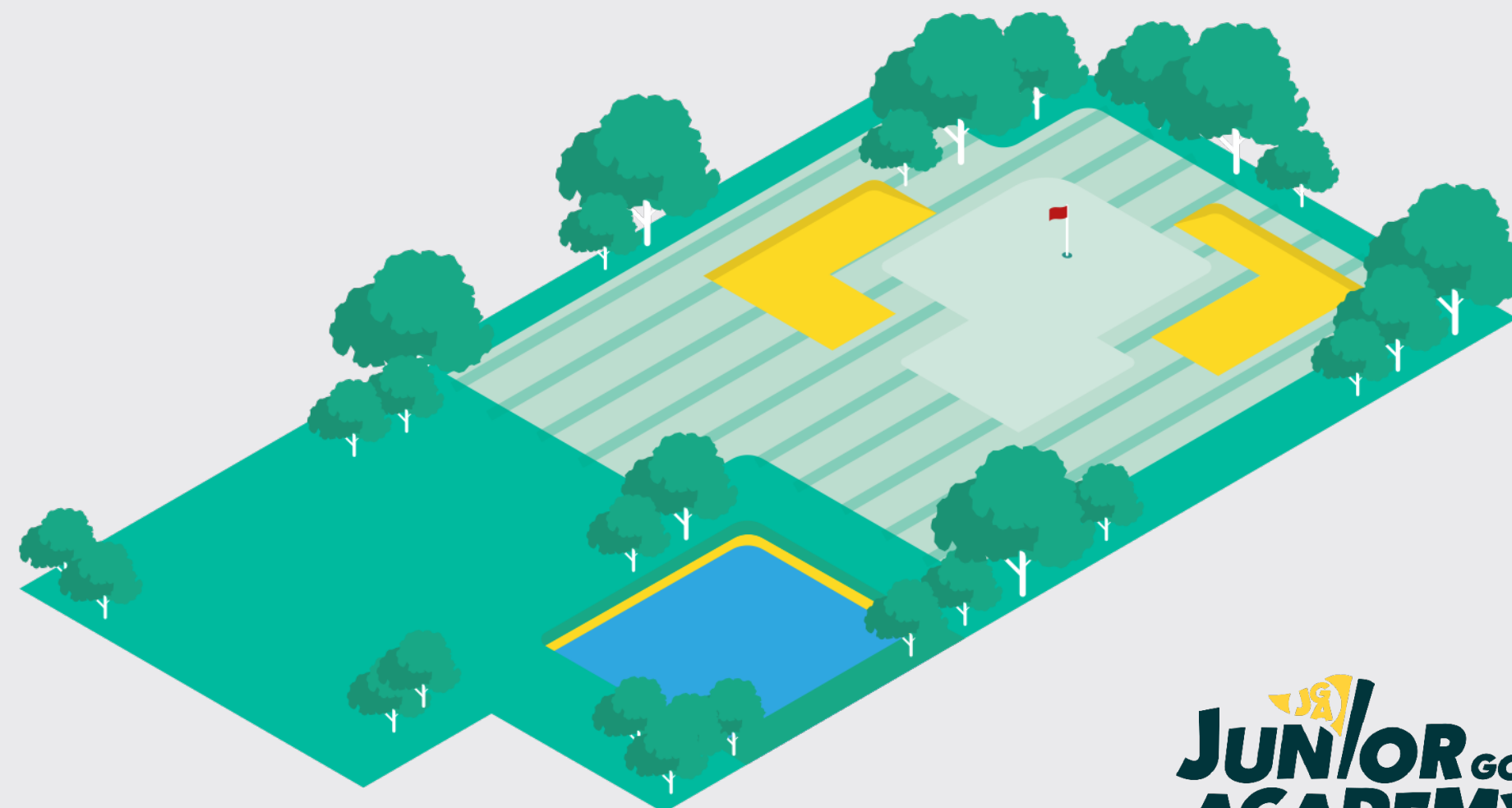
Areas of a Golf Hole

The Learning the Game focus this week is to understand the different areas of a golf hole.

You should check for understanding about what happens when the ball goes into different areas on a hole.

For more advanced groups pinpoint some of the rules that might apply in different areas on a golf hole.

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



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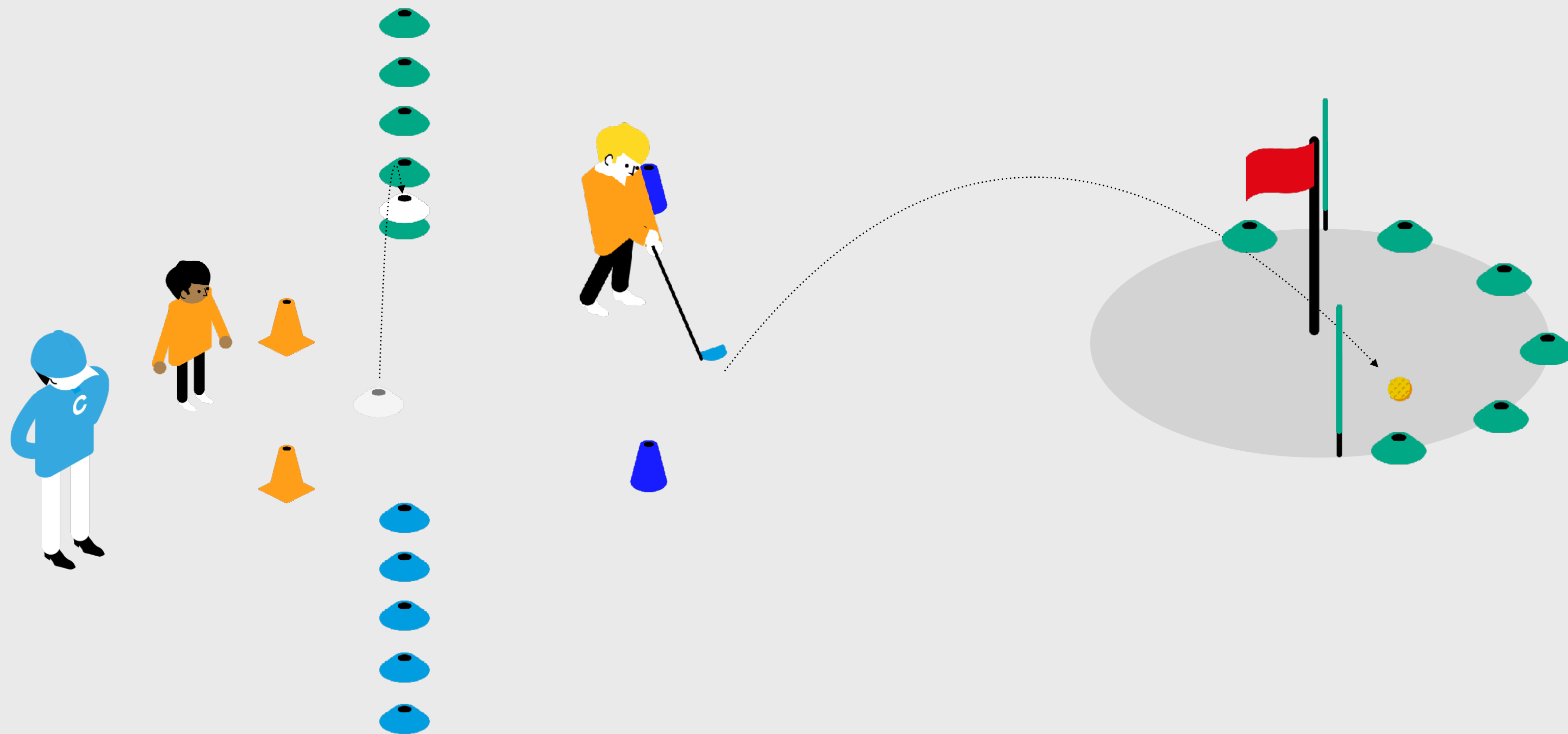
Questions to Ask

- What are the different areas of a hole?
- Where do you start from on a hole?
- What happens if your ball goes into a penalty area?
- Do you know the rules if your ball goes out of bounds?

Mastering the Game Cards



Tug of War



How to Play

- Child number 1 starts and attempts to hit their shot to the target
- Then the next child attempts their shot. The player who hits it nearest to the target moves the cone one place to their side
- The winner is the one who gets the centre white cone to their end cone

Progression Ideas

- Vary the target on each shot
- Vary the distance between the tee box and the green
- Add hazards for penalty cones
- Add different targets to increase the number of moves across the cones

Learning Outcomes

- Improve overall ability to strike the ball well, control direction and consistency of distance

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



5 x Green Cones



5 x Blue Cones



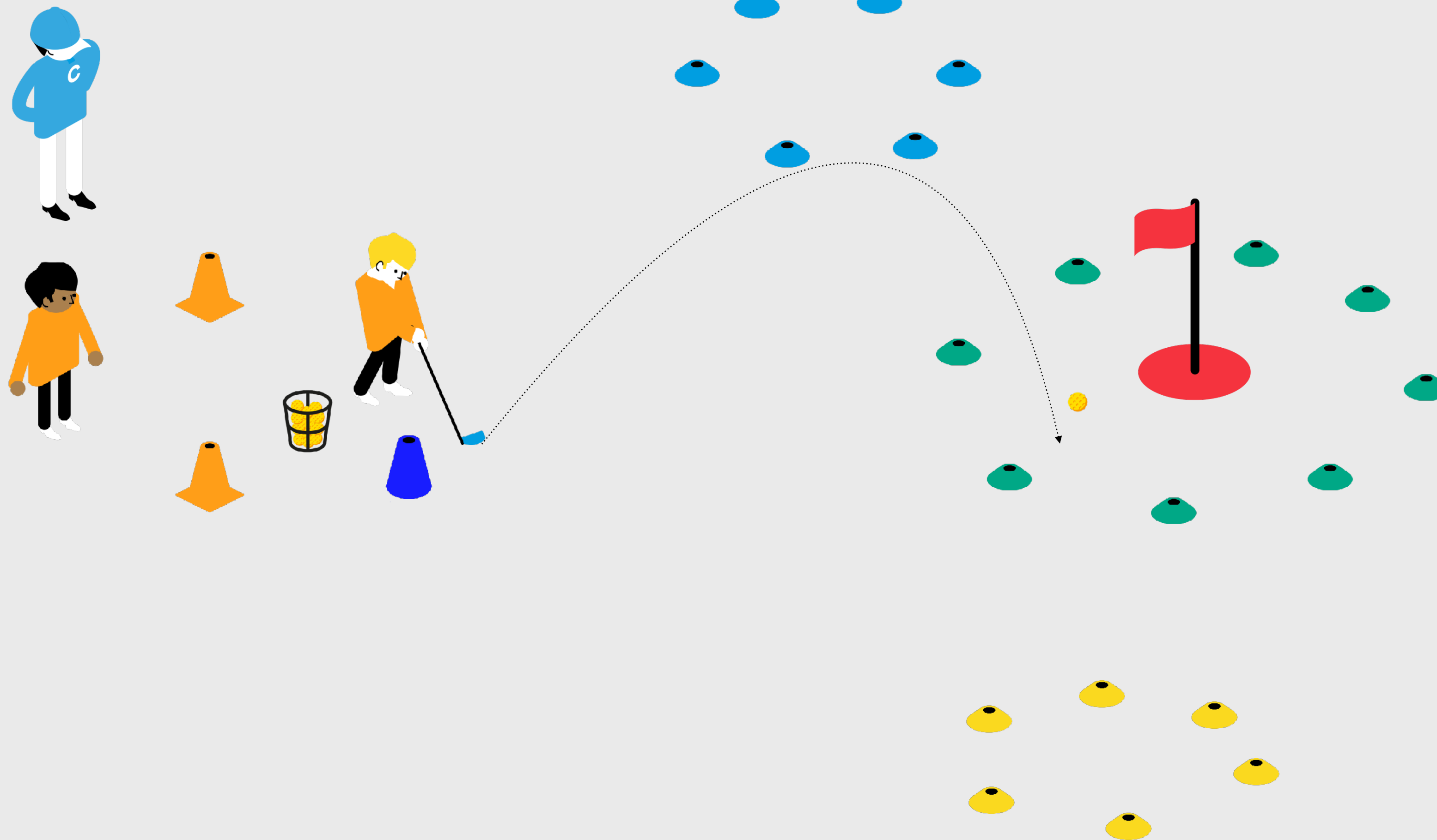
Spare equipment that may be required for the group attendees.



Golf Balls



G.O.L.F



How to Play

- Nominate one of the children to play first
- The first player nominates the area of the golf course they are trying to hit, the green, the lake or the bunker. If the child hits the target, the opposing player needs to match them.
- If the opposing player doesn't hit the target, they get the first letter "G"
- The second player then nominates the target and the game continues until one player spells 'G.O.L.F.

Progression Ideas

- Vary the size of the targets
- Vary the distance to the targets
- Increase the number of letters in the game i.e 'G.O.L.F.E.R
- Adapt the shot types when playing to the targets i.e depending on skill level change the trajectory or shot shape.

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



Yellow cones to mark out a bunker



Green cones to mark out the green



Blue cones to mark out a bunker



Spare equipment that may be required for the group attendees.



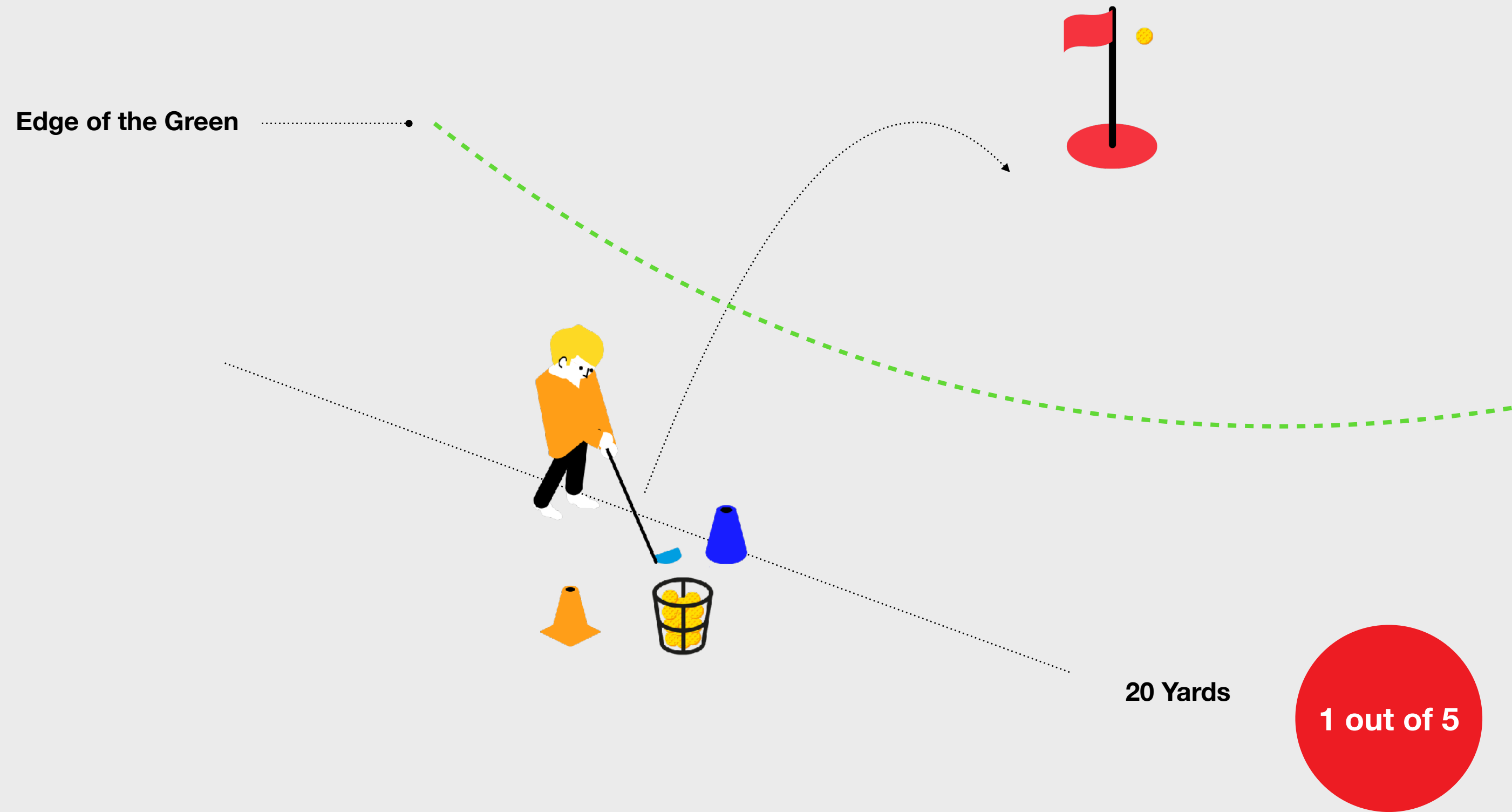
Golf Balls



Mastering the Game Challenge Cards



Pitching Challenge



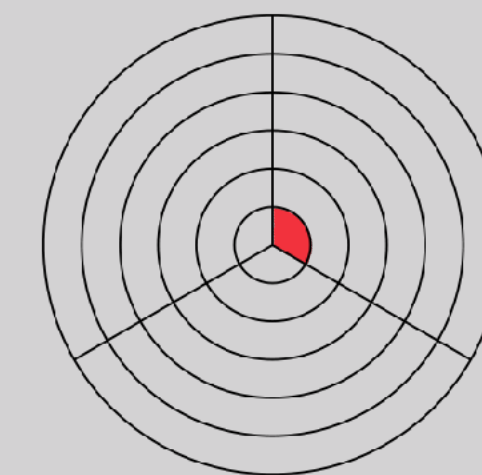
The Challenge

To complete the Level 1 Challenge within the Pitching skill element, the child needs to get 1 shot out of 5 anywhere on the green. The shot does not need to land on the green.

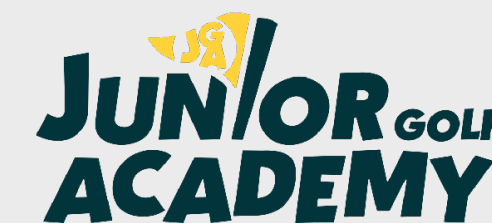
What to do next?

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.



Pitching



Pitching Challenge



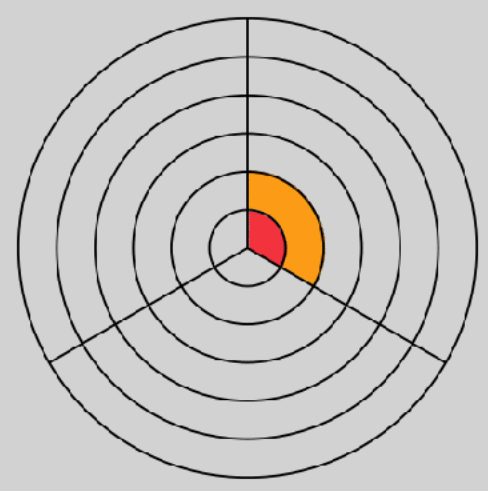
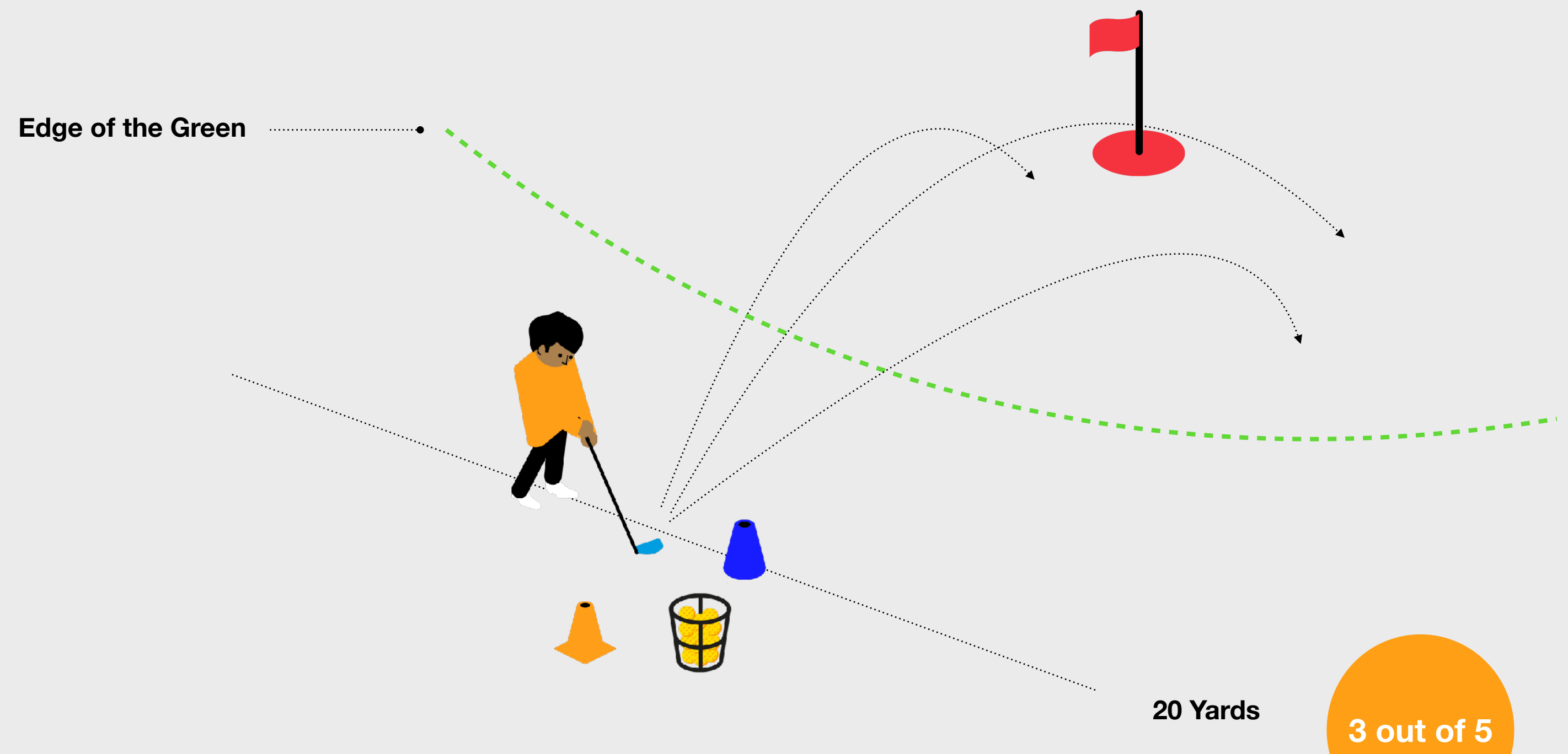
The Challenge

To complete the Level 2 Challenge within the Pitching skill element, the child needs to get 3 shot out of 5 shots anywhere on the green from 20 yards. The shots do not need to land on the green but the child should demonstrate control.

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.

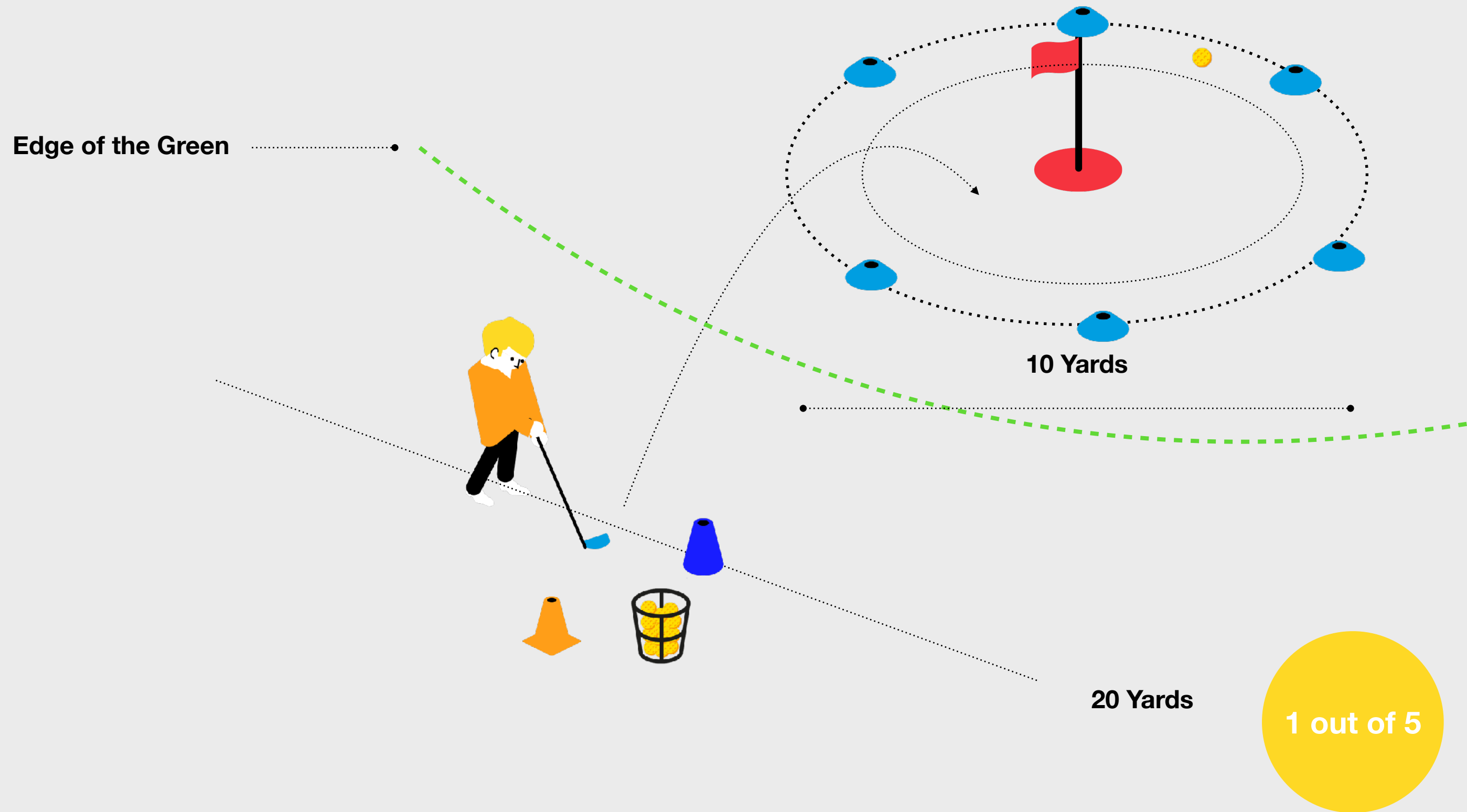
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Pitching



Pitching Challenge



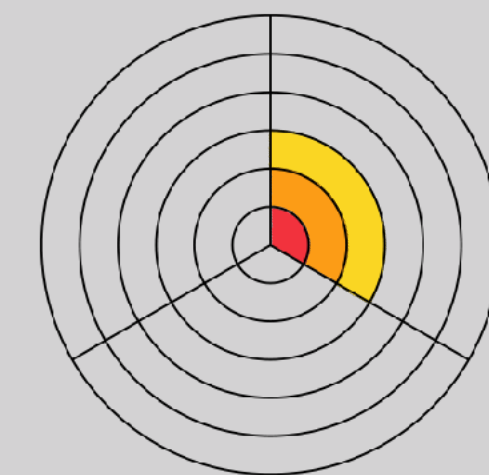
The Challenge

To complete the Level 3 Challenge within the Pitching skill element, the child needs to hit 1 out of 5 shots from 20 yards to finish within a 10 yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the green.

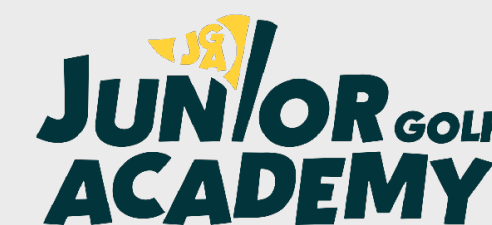
What to do next?

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.



Pitching



Pitching Challenge



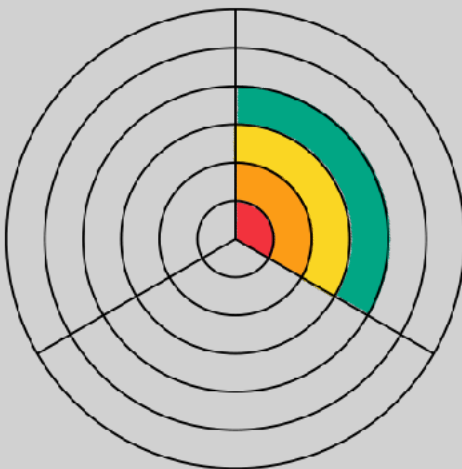
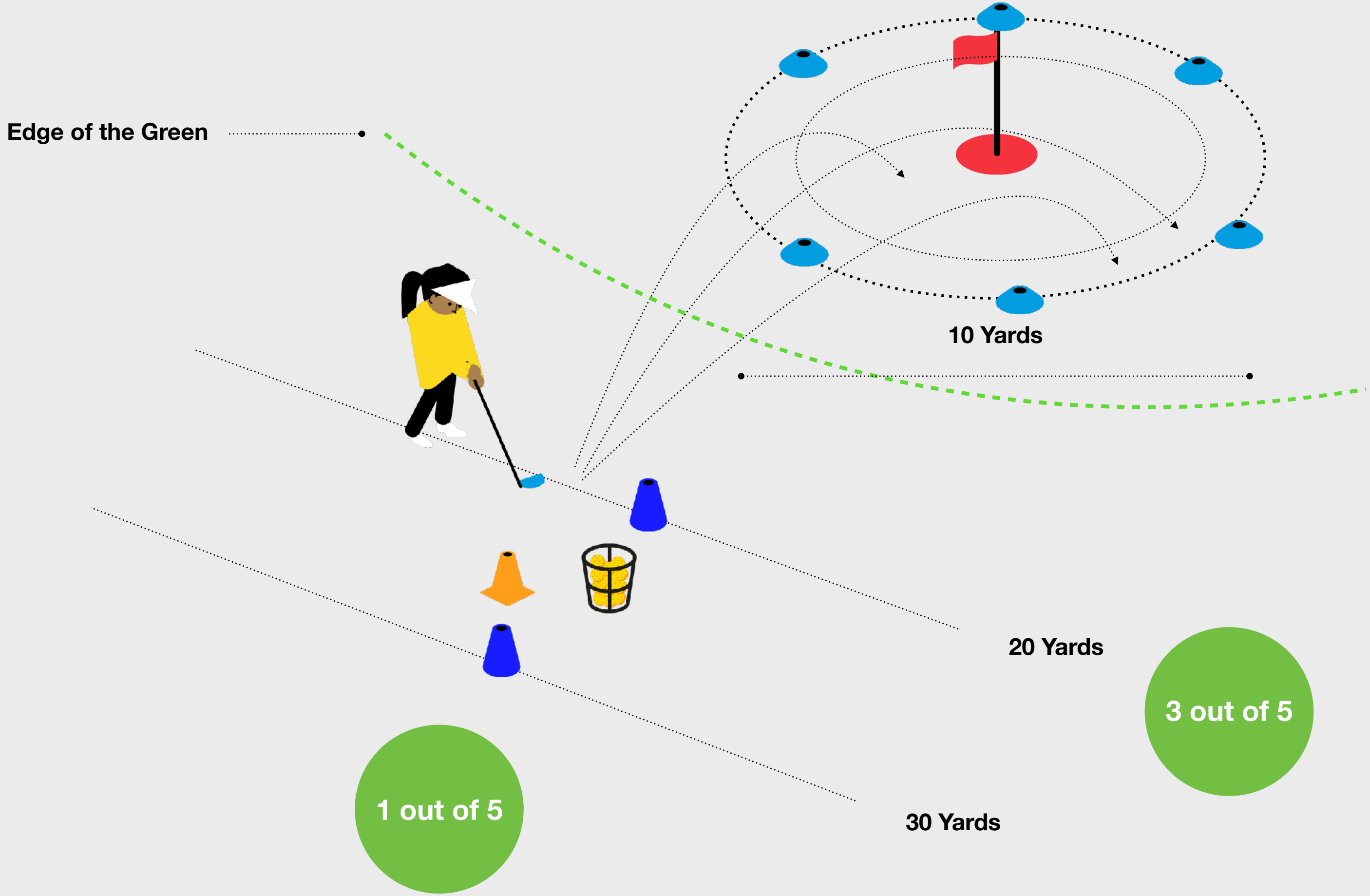
The Challenge

To complete the Level 4 Challenge within the Pitching skill element, the child needs to hit 3 out of 5 shots from 20 yards and 1 out of 5 shots from 30 yards within a 10-yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the green.

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.



Pitching



Pitching Challenge



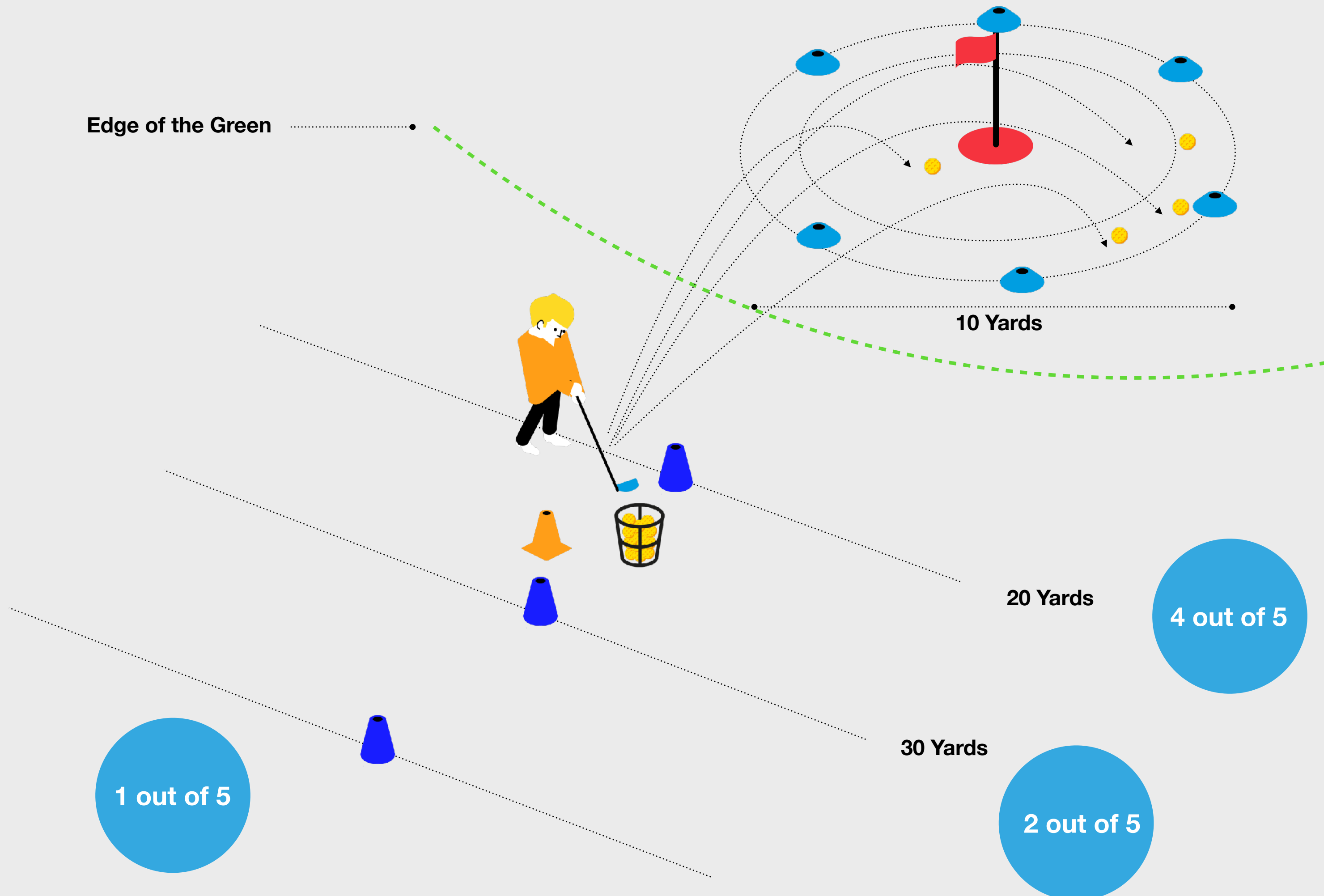
The Challenge

To complete the Level 5 Challenge within the Pitching skill element, the child needs to hit 4 out of 5 shots from 20 yards, 2 out of 5 shots from 30 yards and 1 out of 5 shots from 40 yards to finish within a 10 yard diameter circle. All attempts should finish on the green but the ball does not need to land onto the green.

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.

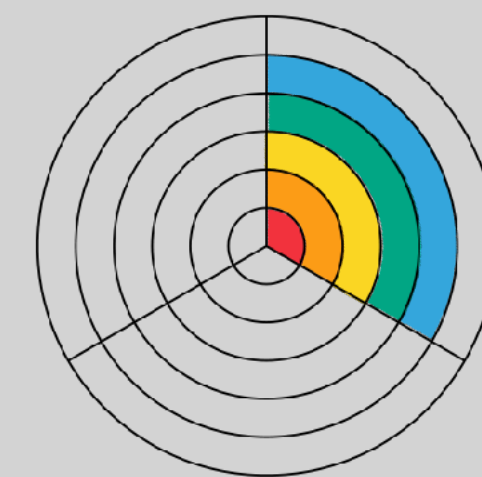
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



1 out of 5

2 out of 5

4 out of 5



Pitching



Pitching Challenge



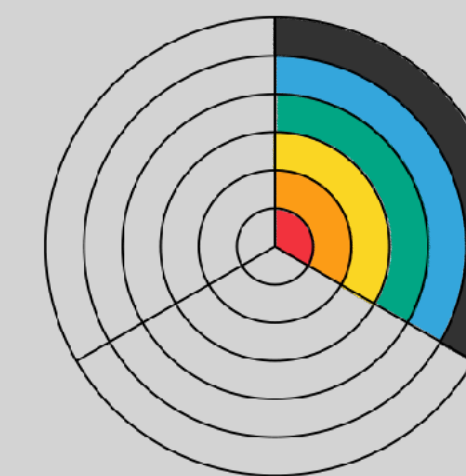
The Challenge

To complete the Black Sticker Challenge within the Pitching skill element, the child needs to hit 4 out of 5 from 20 yards, 3 out of 5 from 30 yards and 2 out of 5 from 40 yards to finish within a 6-yard diameter circle. All attempts should come to rest on the green and the ball should land on the green.

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.



Pitching

