

Junior Monthly Class Plans Ages 4-6

On the Green

Week 8



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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 8

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

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"> Cone Collector
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"> Introducing the Scorecard
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"> Practice at Home
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"> 10 Pin Bowling Single, Double, Triple Putting Pool
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

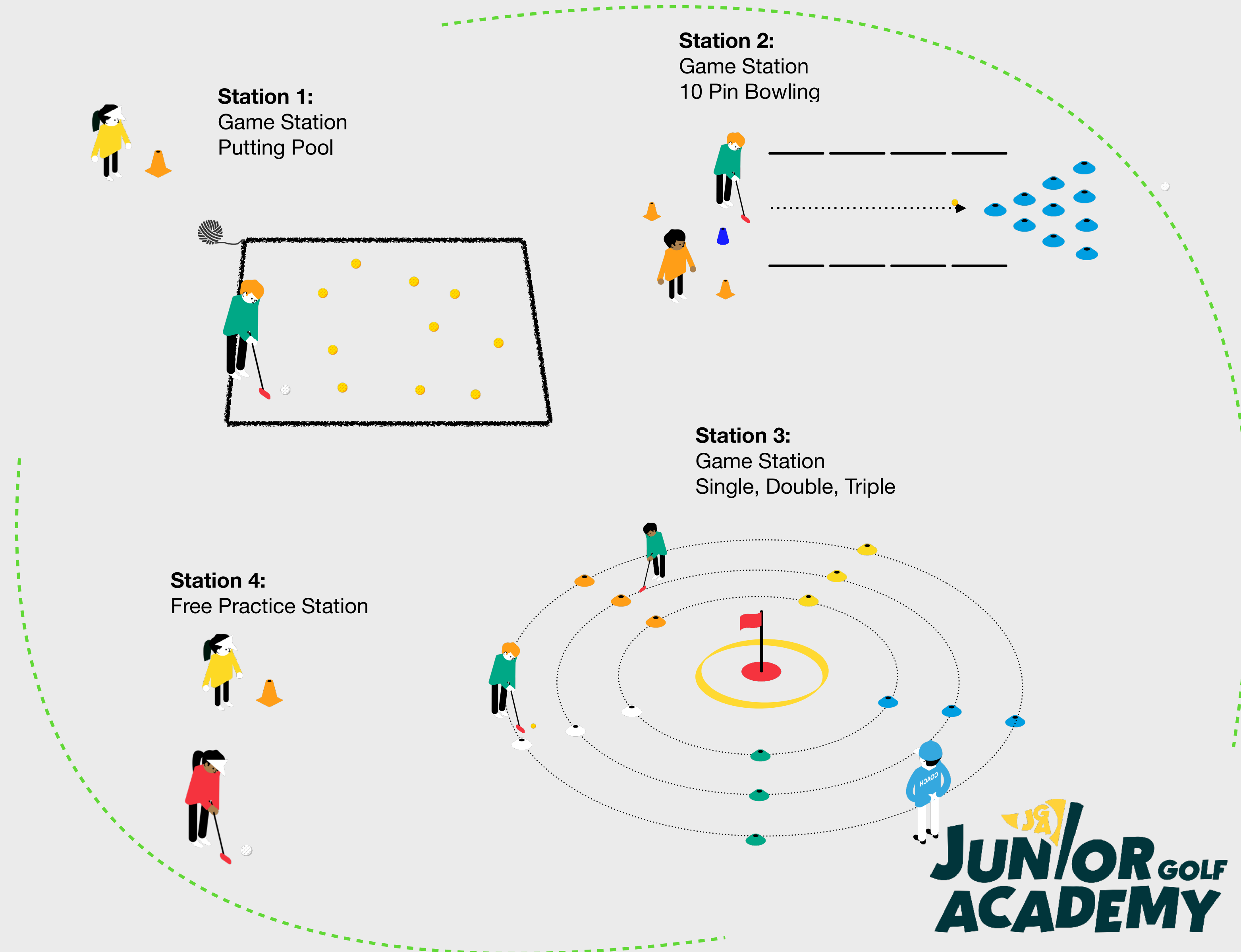
Layout and Setup



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:

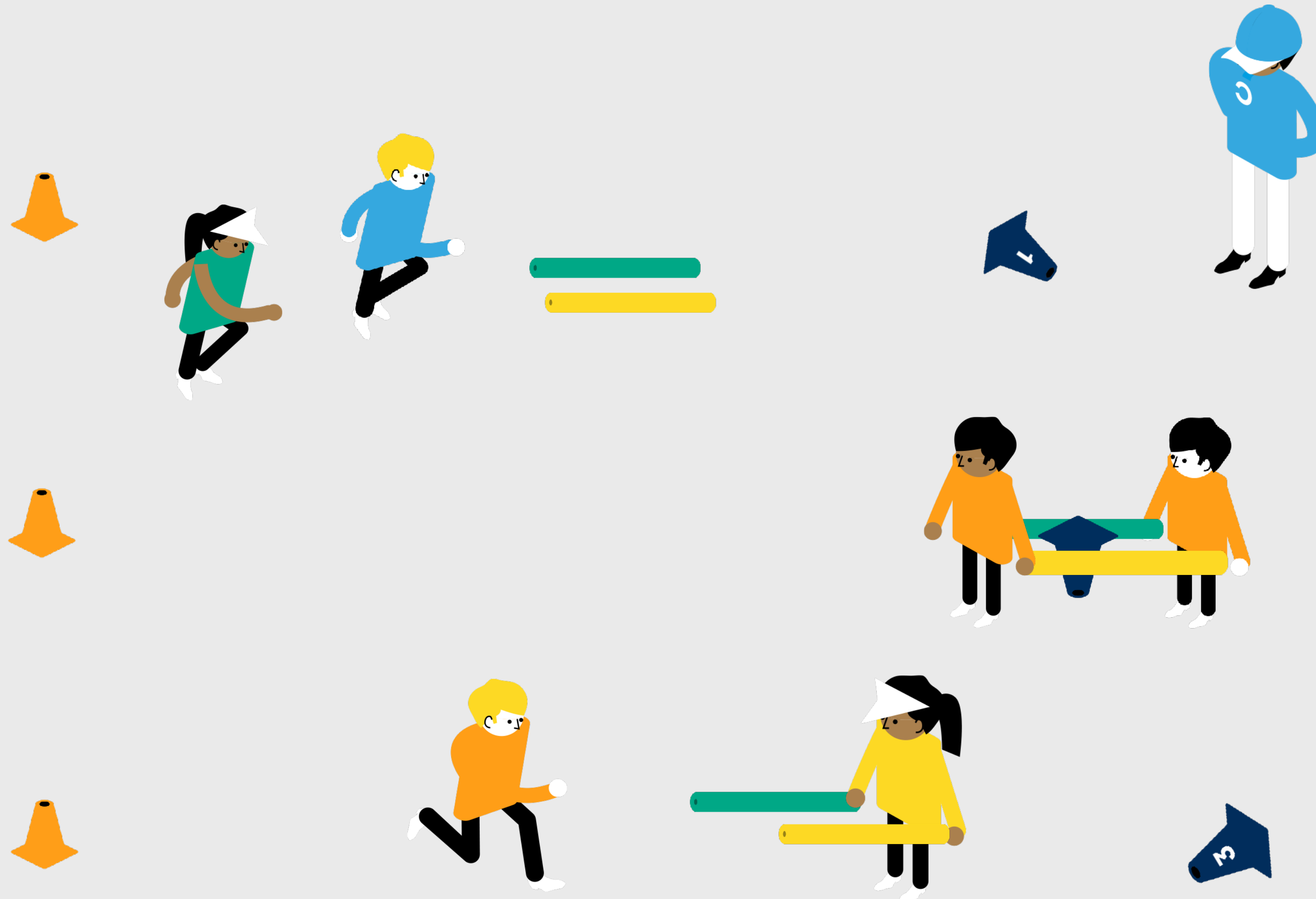
- Stations 1, 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, 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



Cone Collector



How to Play

- Split the children into pairs, and line them up behind their safety cones
- When the coach shouts GO! The children run out and pick up the foam noodles
- One child must hold one end of the noodles and their partner must hold the other end
- The pair then have to work together to pick up the JGA cone without touching it with their hands
- The winning pair are the ones that can carry the JGA cone back to their safety cone

Progression Ideas

- Add in obstacles
- Introduce a time penalty for dropping the cone
- Introduce other objects to pick up using the noodles

Equipment Needed

3 x Orange safety cones

SAFETY



3 x JGA cones



6 x Foam noodles



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



Creative Practice at Home

The Whole Child theme this week is to encourage children to use their creativity to be able to practice their golf at home.

Carry this theme into the class by having a brainstorm with children about games they can play at home and introduce one example in the session.

It should be highlighted that the Achiever Award is presented to the child that demonstrates a game that they have played at home.

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.



JUNIOR GOLF ACADEMY



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



Orientation

Introducing the Scorecard

The Learning the Game focus this week is about the Scorecard.

You should introduce your juniors to how to score using a scorecard, include this in the scoring challenge, asking juniors to use a scorecard to record their scores.

For more experienced juniors, ask them to swap scorecards and mark each others as they would in a competition.



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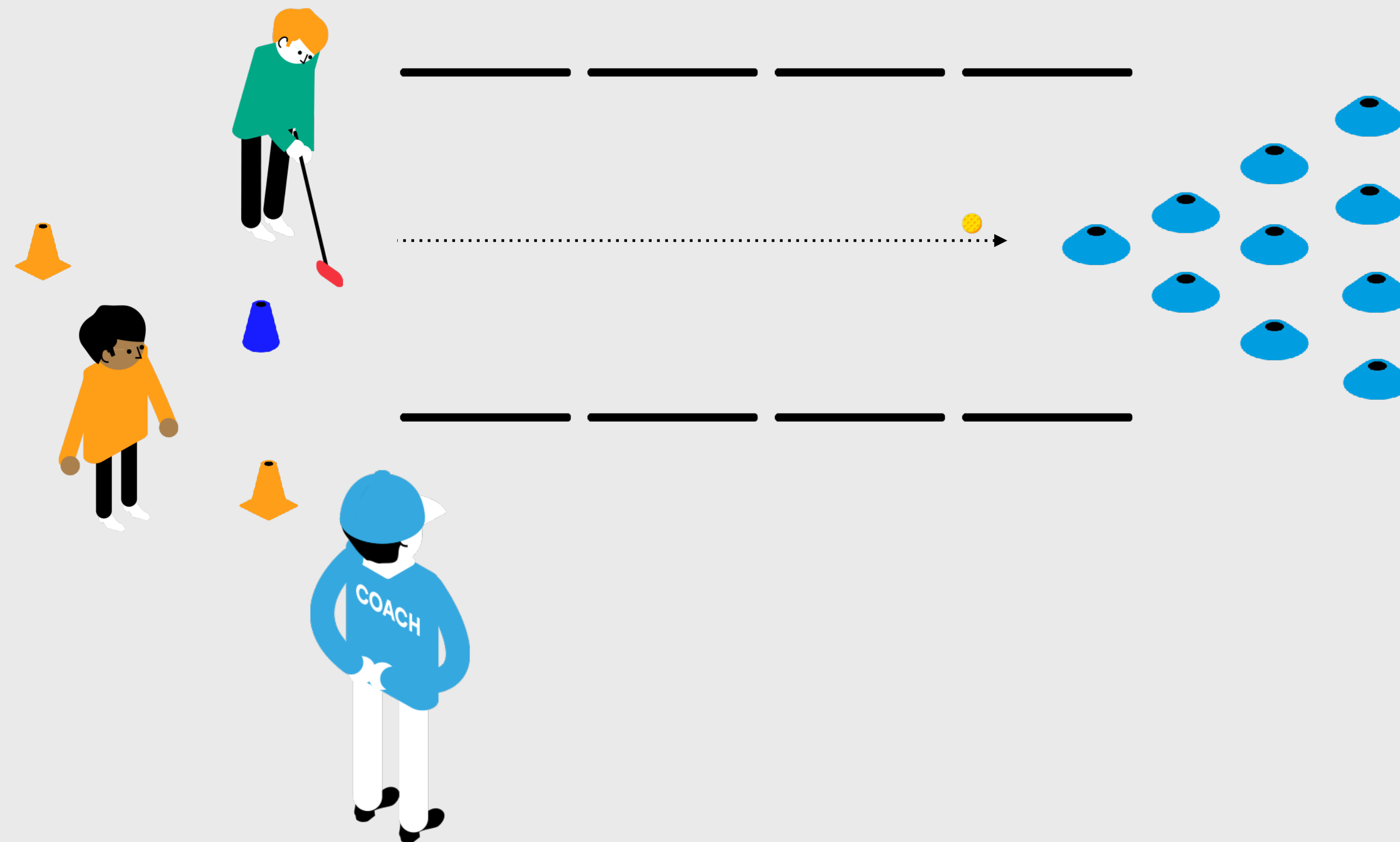
Questions to Ask

- What are the important bits to fill out on a scorecard?
- Why do players swap scorecards at the start and end of a round of golf?
- Has anyone played using a scorecard before?

Mastering the Game Cards



10 Pin Bowling



How to Play

- Nominate one of the children to play first
- Player number 1 attempts to putt the ball and hit one of the bowling pins
- If they hit the bowling pin, they pick it up and bring it back to the start. The child cannot hit the sides marked with the alignment sticks
- The children complete the game when they've collected all of the pins

Progression Ideas

- Junior Junior Change the size of the target bowling pins such as turning a cone upside down or placing a golf ball on a tee
- Vary the distance and the direction of the starting point
- Add a rule that it doesn't count if the ball hits another pin
- Add a gate that the child must hit the ball through at the start
- Introduce the game on a sloping surface

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

2 x Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



10 x Blue Cones



Spare equipment that may be required for the group attendees.



8 x Alignment Sticks

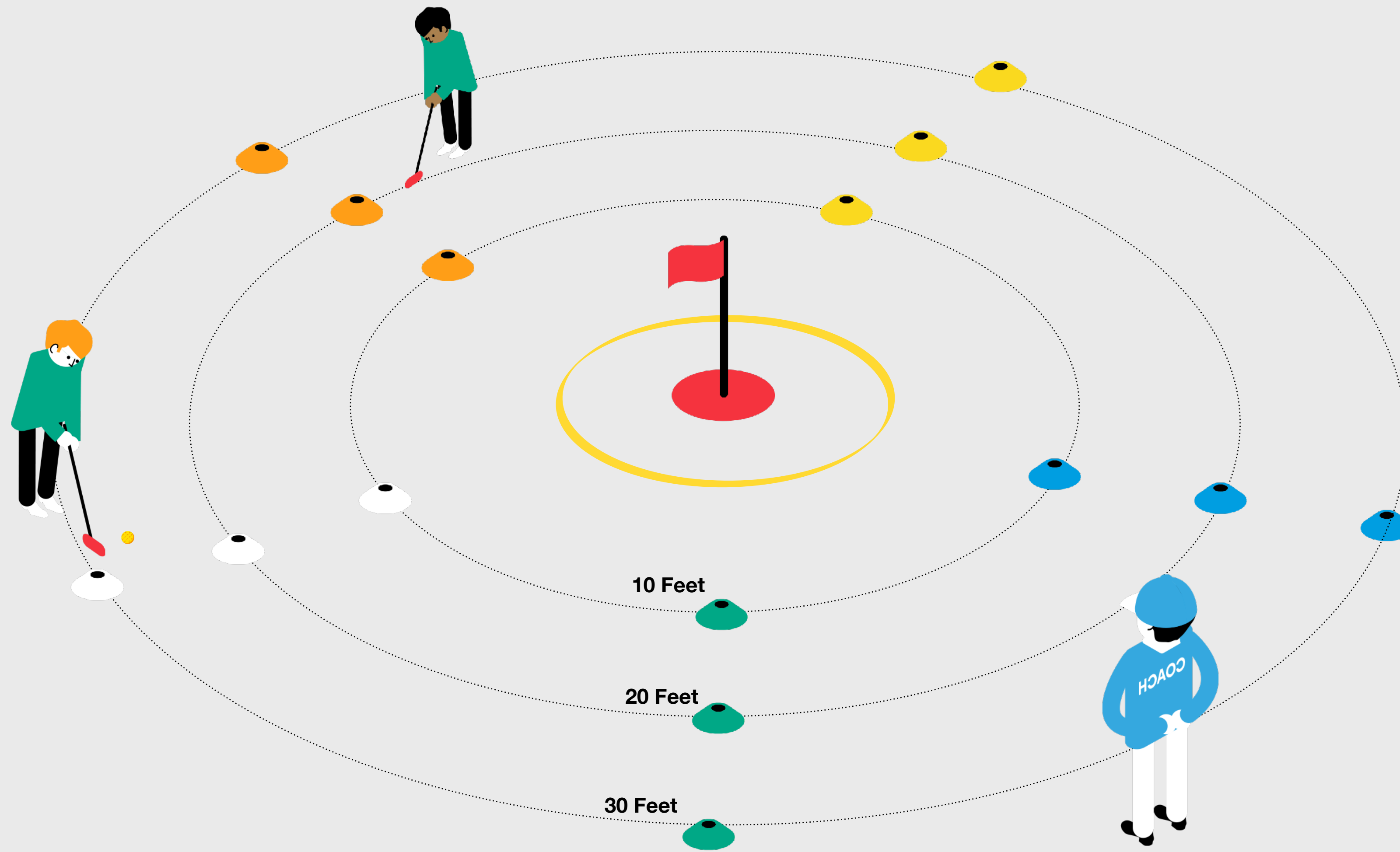


Golf Balls





Single, Double, Triple - Putting



How to Play

- Children take it in turns to choose which distance they want to start from
- If the player starts from the 10 foot line and they putt the ball inside the 6 foot circle they score 1 point, 2 points if they hole the putt
- If the player starts from the 20 foot line they score double points; 2 points inside the 6 foot circle, 4 points if they hole the putt
- If the player chooses to start from the 30 foot line they score triple points; 3 points if they putt the ball into the 6 foot circle, 6 points if they hole the putt
- The game continues until both players have hit 5 putts, one from each color cone.
- The winner is the player who has the most points after 5 shots

Progression Ideas

- Change the distance between the cones
- Attempt the game on a sloped surface

Learning Outcomes

- Distance control
- Strategic thinking
- Understand risk and reward

Equipment needed

Orange Safety Cones

SAFETY

3 x Blue cones

3 x Green cones

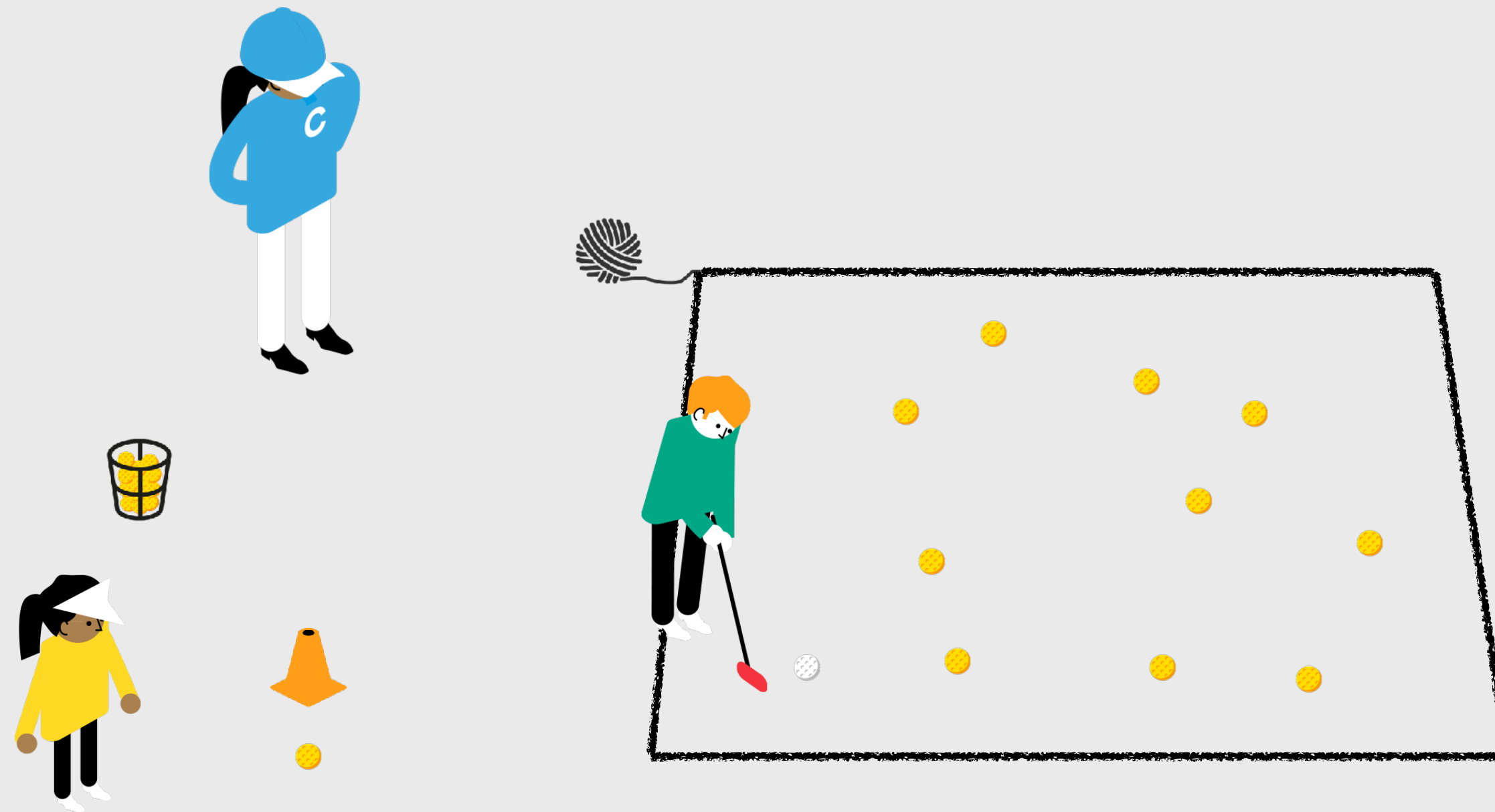
3 x Yellow cones

3 x Orange cones

3 x White cones

6 foot diameter target ring

Putting Pool



How to Play

- Children work together to 'pot' all of the balls in the rectangle (pool table)
- The first player attempts to putt the cue ball and hit one of the golf balls
- If they hit the golf ball, they pick it up and bring it back to the safety cone for the team
- The players cannot hit the sides of the rectangle, if they do they have to put a ball back into the middle
- The game is complete when all the balls have been collected or when the time runs out

Progression Ideas

- Increase or decrease the size of the rectangle
- Play the game on a sloped surface
- Introduce a rule that the players have to nominate the ball they are aiming for before they hit the putt, if they miss the ball they have to put one of the balls that have been collected back into the middle

Learning Outcomes

- This game is great for learning distance control on short putts
- Accuracy is of key importance
- Strategy comes into play, as the children have to assess which shot they will go for next

Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



1 x String



4 x Tees

