

Junior Monthly Class Plans Ages 6-16

On the Green

Week 8



Class Timetable - Week 8

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Scoring

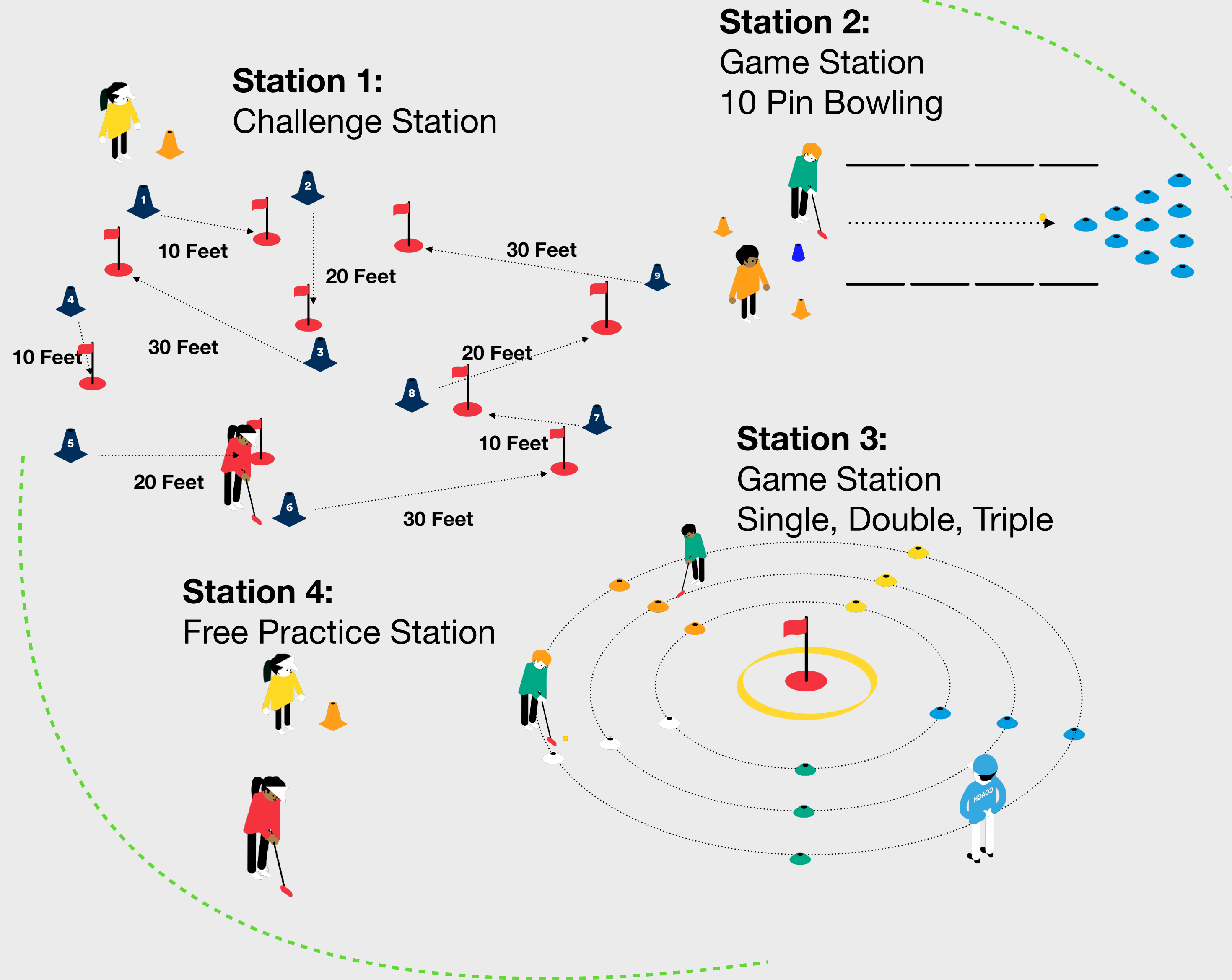
Whole Child Focus
Creative:
Practice at Home

Learning the Game Focus:
Orientation:
Introducing the Scorecard

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"> 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 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"> 10 Pin Bowling Single, Double, Triple 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

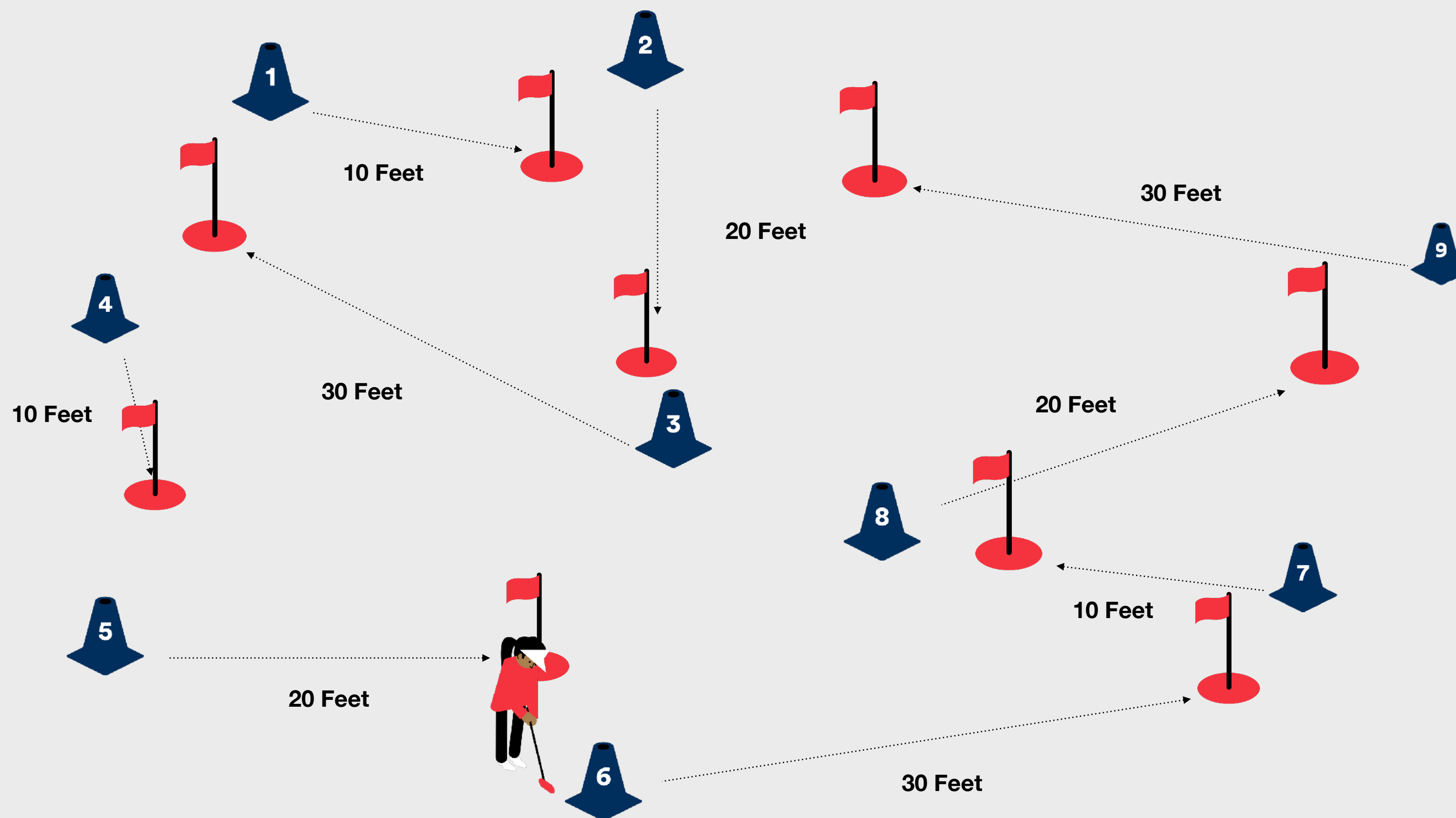


Setting out the Challenge

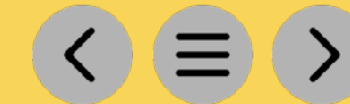
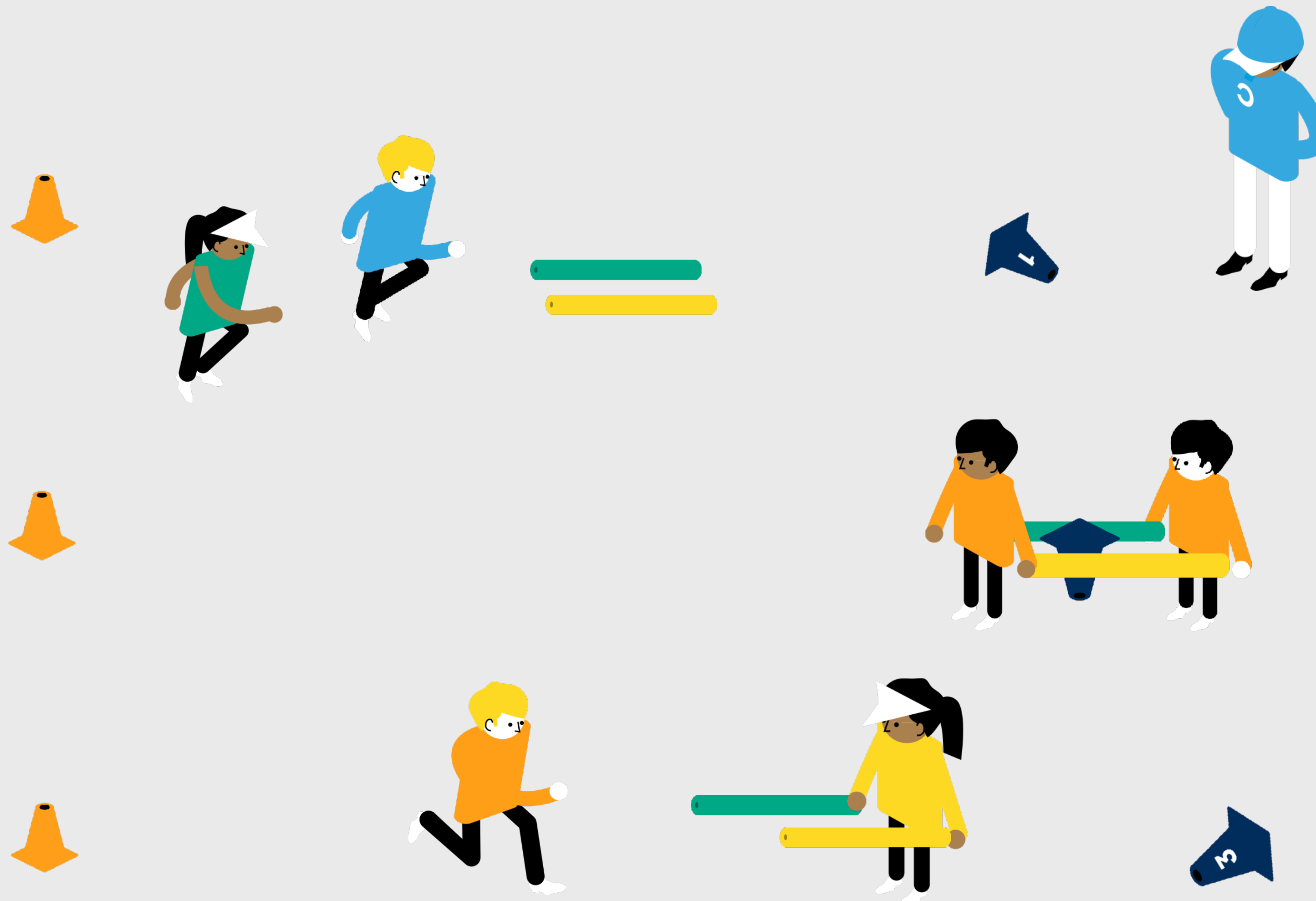
- 9 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet, 3 cones at 20 feet and 3 cones at 30 feet
- You can use your string to clearly define each putting hole
- Children can attempt the challenge depending on the progression level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



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





Creative Practice at Home

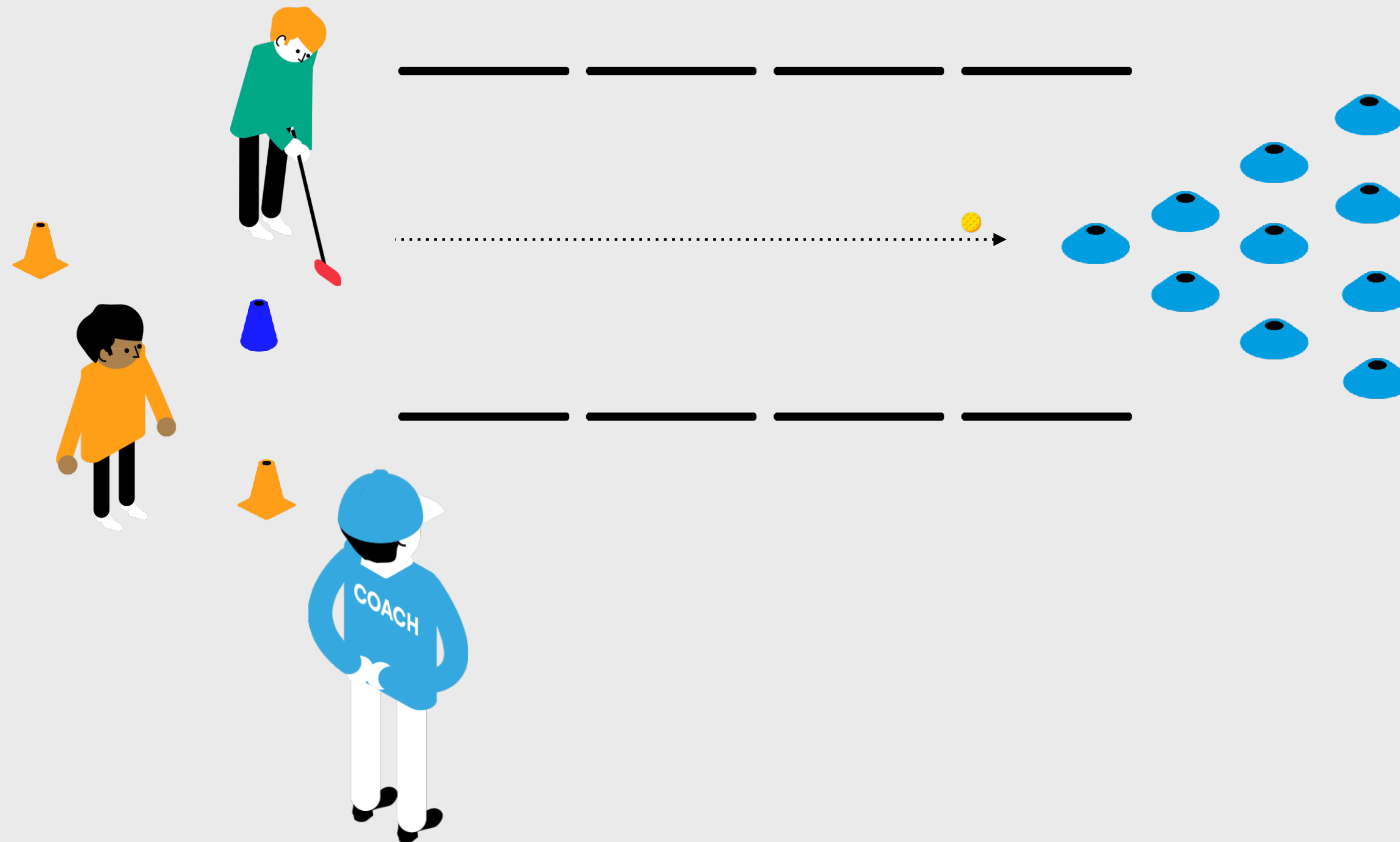
- The Whole Child theme this week is to encourage children to use their creativity to be able to practice their golf at home.
- Carry this theme into the class by having a brainstorm with children about games they can play at home and introduce one example in the session.



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.

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

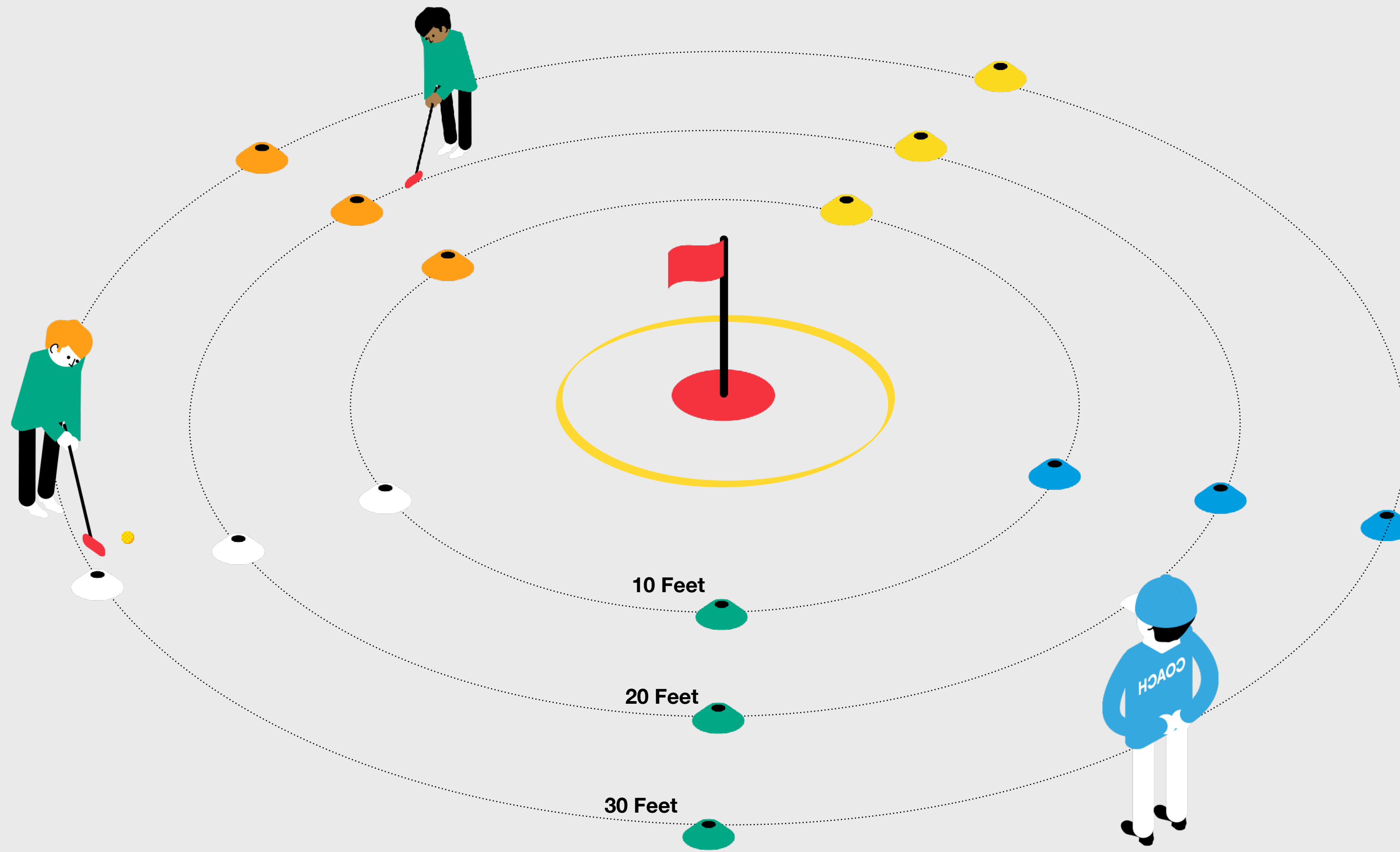


Golf Balls





Single, Double, Triple - Putting



JUNIOR GOLF
ACADEMY



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

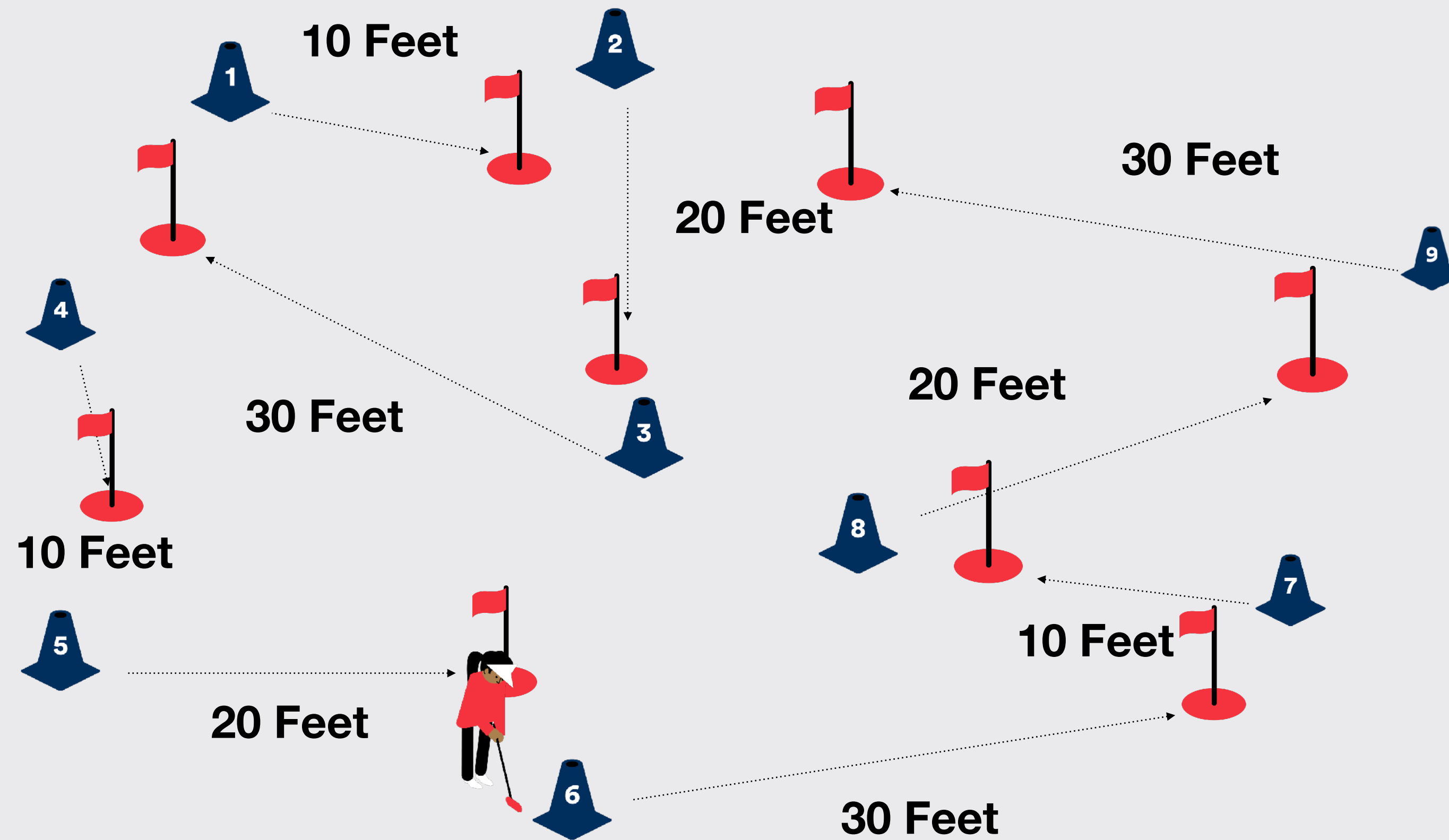
3 x Yellow cones

3 x Orange cones

3 x White cones

6 foot diameter target ring

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.