

Around the Green

Week 9



Class Timetable - Week 9

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Bunker Play

Whole Child Focus
Cognitive:
Feeling Nervous

Learning the Game Focus:
Rules and Etiquette:
Introduce Rules in a bunker

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"> Launch Pads
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"> Introduce Rules in a bunker
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"> Feeling Nervous
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"> Throw then Chip Beat the Bunker Make it Splash
5 Mins	myAcademy Folder Track and Reward	<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

Class Layout and Setup

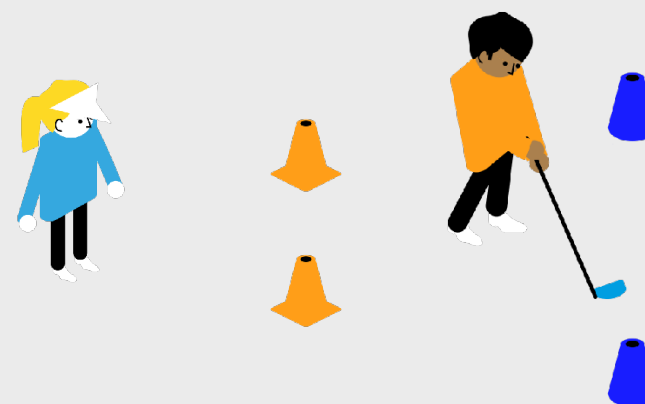
Station 3:
Game Station
Throw then Chip



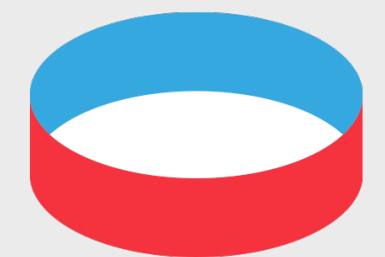
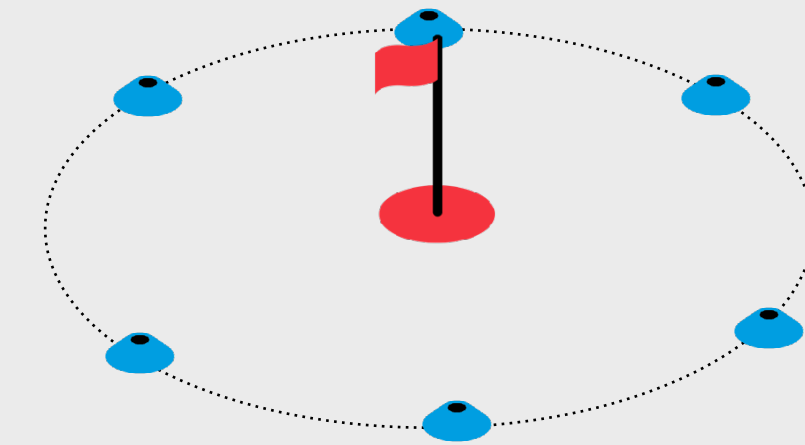
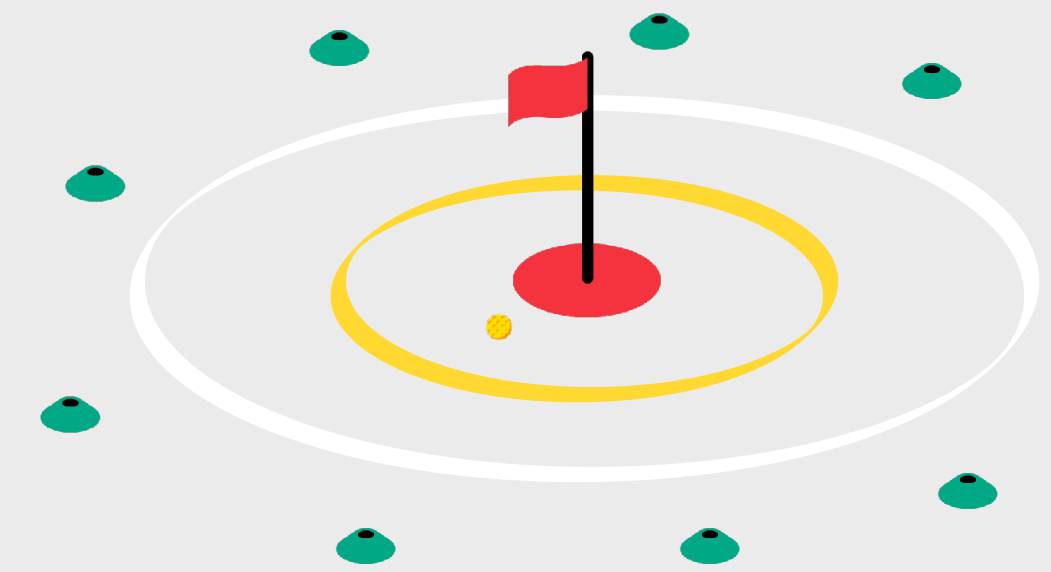
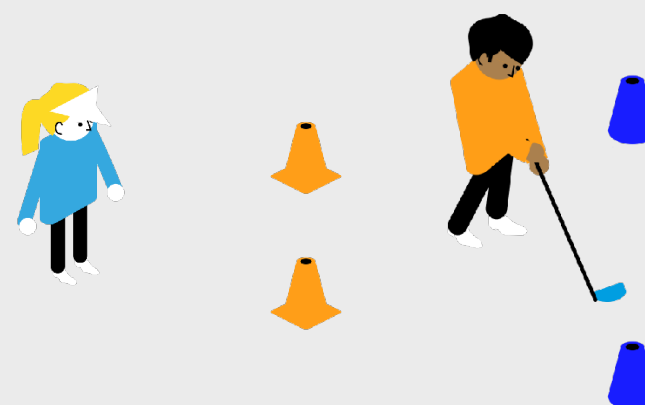
Station 2:
Game Station
Beat the Bunker



Station 1:
Game Station
Make it Splash



Station 2:
Free Practice Station



Launch Pads



How to Play

- Split the children into pairs
- Both players must stay in their hoop. The challenge is to launch the noodle and for their partner to catch it without stepping out of the hoop
- The pair that manage the most consecutive catches without dropping the noodle

Progression Ideas

- Try using two noodles at a time and the partner has to catch both at the same time
- Decrease or increase the distance between the hoops
- Add in additional rules, for example standing on one leg, or catching with one hand
- Put a time limit on each round and switch partners after each round

Equipment Needed

3 x Orange Safety Cones

SAFETY



6 x Hoops



3 x Foam Noodles





Cognitive

Feeling Nervous

- The Whole Child theme this week is to learn that feeling nervous is normal and actually can be beneficial to performance.
- Carry this theme into the class by encouraging children to be open to sharing with the group a time that they have felt nerves and not let it affect them negatively.

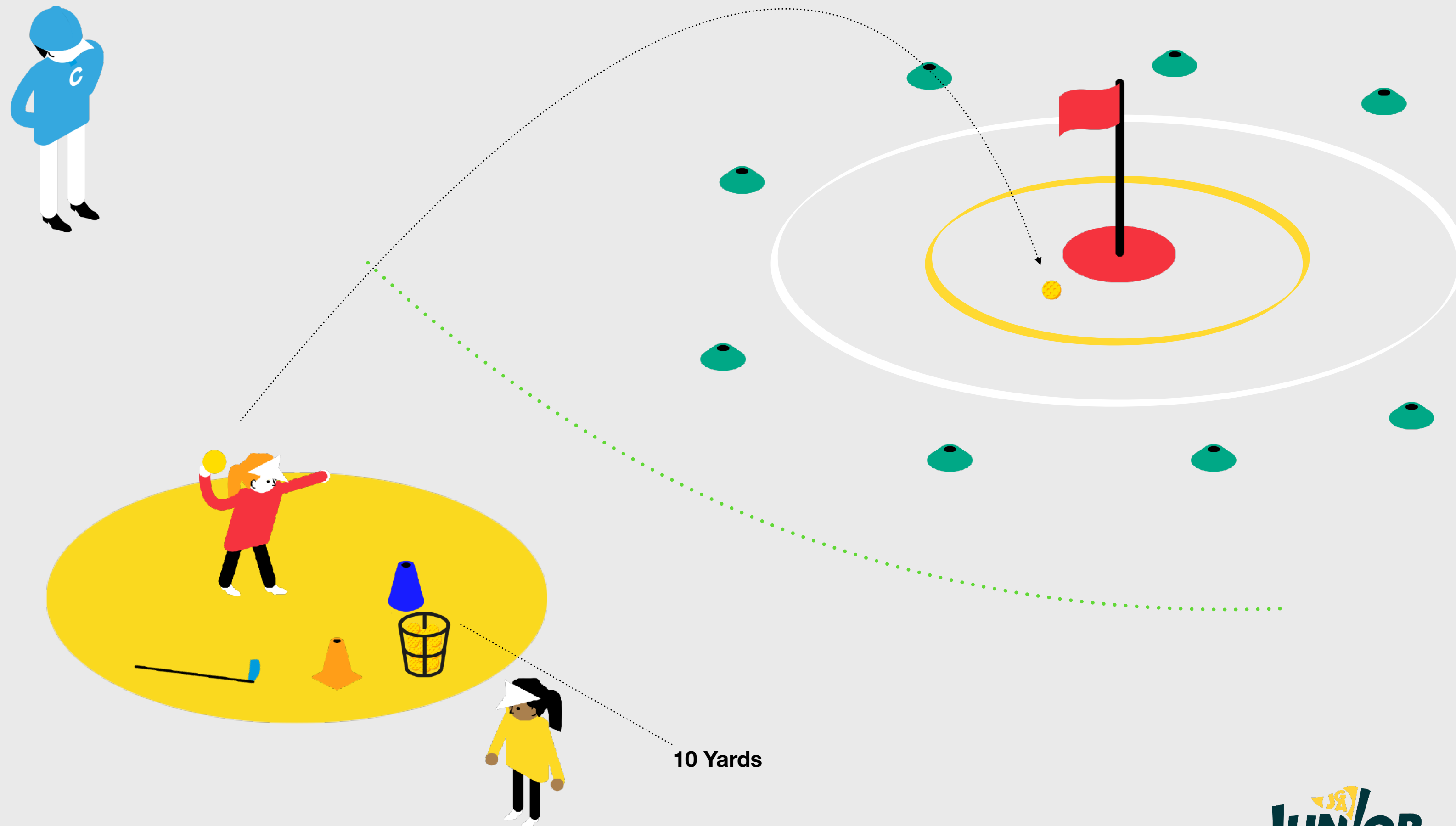


Rules and Etiquette

Introduce Rules in a Bunker

- The Learning the Game focus this week is about the rules we need to know when playing from a Bunker.
- You should highlight to your juniors that it is ok to move loose impediments, however you must not take a practice swing or touch the sand in front of or behind your ball.

Throw then Chip



How to Play

- Give the target circles different points
- Each child has 5 throws and 5 bunker shots
- The aim is to accumulate as many points as possible as a team, based on where the ball finishes
- The pair should try to beat their personal best score each time

Progression Ideas

- Change the size of the target circles
- Introduce a rule that the ball must land over the fringe to count

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



Spare equipment that may be required for the group attendees.



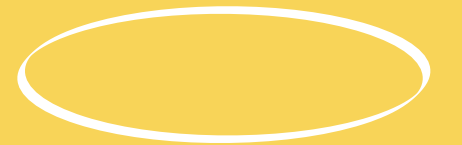
Golf Balls



1 x 6 feet Target Circle



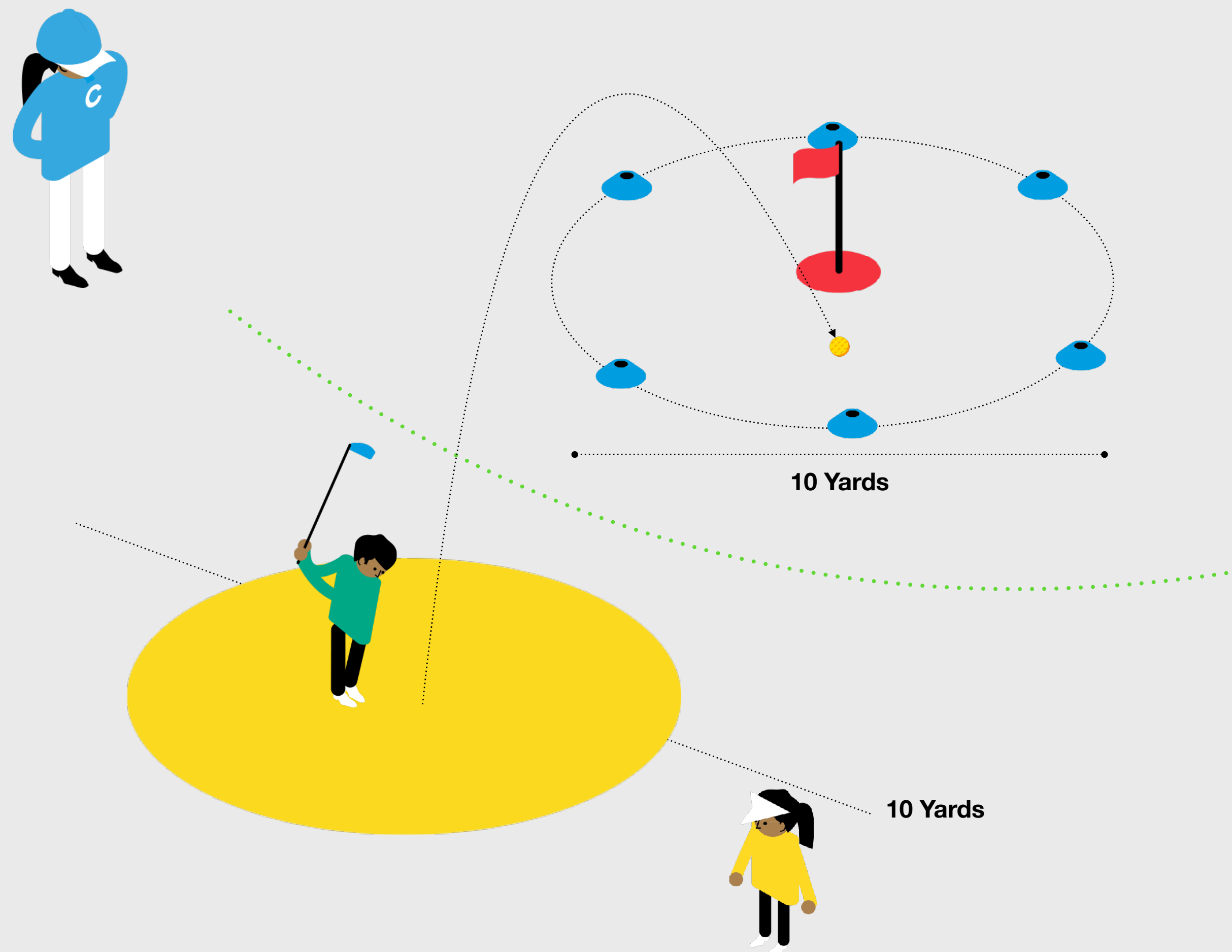
1 x 10 feet Target Circles



10 x Green Colored Cones for Outer 12 feet Target Circle



Beat the Bunker



How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their first shot and aims to get their ball out of the bunker
- Players score a point for getting the ball out of the bunker first time
- Players hit 5 shots each to get a total score for the round
- The aim is to beat your team's best score each time

Progression Ideas

- Vary the starting point in the bunker
- Vary the club that is being used
- Add additional points for getting the ball inside target circle

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



Colored Cones for Target Circles



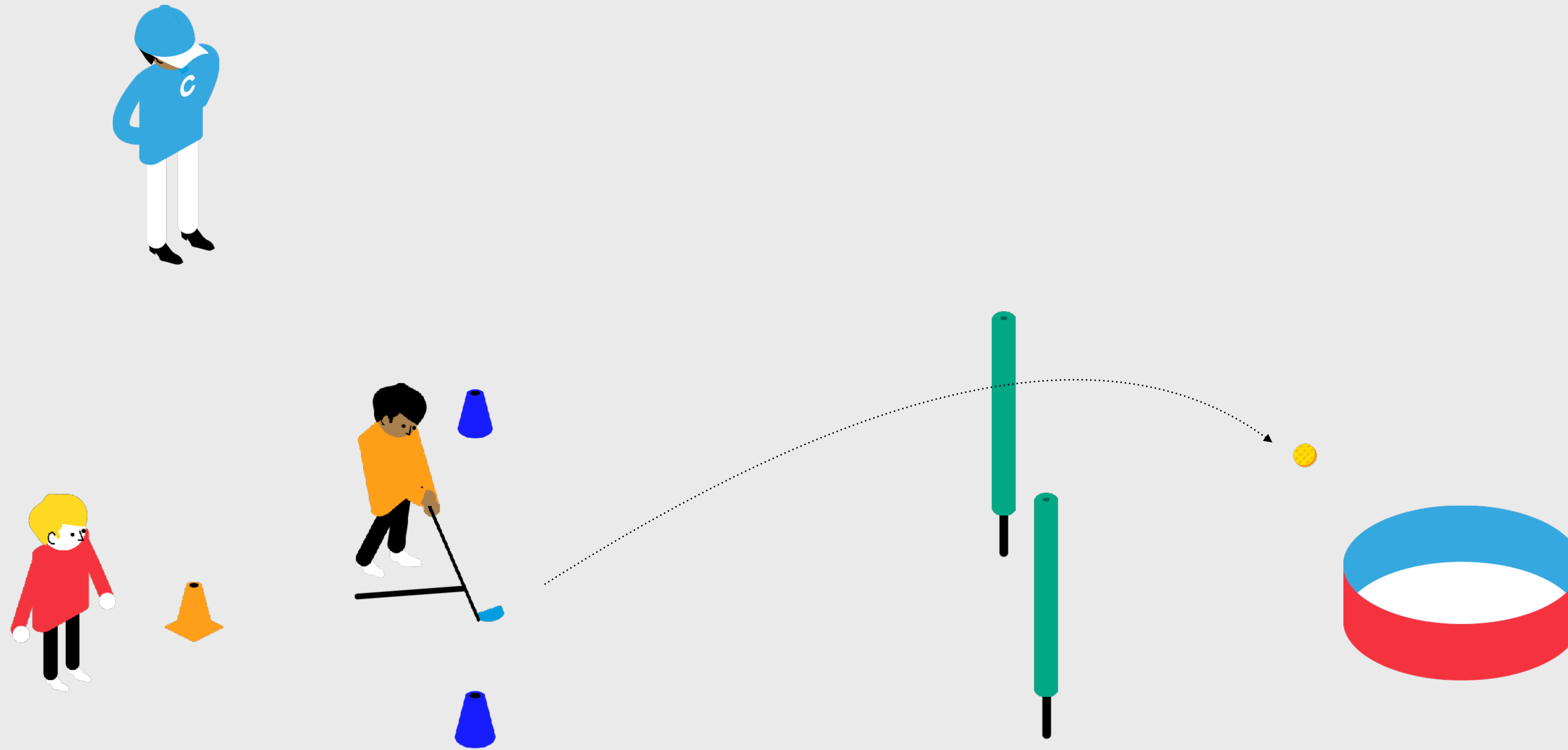
Spare equipment that may be required for the group attendees.



Golf Balls



Make it Splash



How to Play

- Children take it in turns to hit their shots, using the alignment stick to aid their alignment and club face aim
- The aim of the game is to pitch the ball into the pool
- Children score two points for pitching the ball straight into the pool, and one point if it bounces in
- The children aim to score as many points as possible before switching games

Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

Junior Learning Outcomes

- Ability to control distance on a pitch shot
- Ability to control direction

Equipment needed

4 x Orange Safety Cones

SAFETY

2 Alignment Sticks

2 x Foam Noodles

Pool