

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

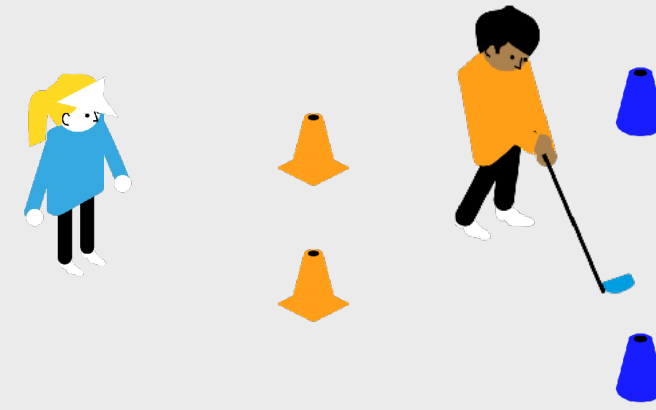
Learning the Game Focus:
Rules and Etiquette:
Introduce Rules in a bunker

Mastering the Game Challenge:
Bunker 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"> 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 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"> Throw then Chip Beat the Bunker Bunker 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

Station 3:
Game Station
Throw then Chip



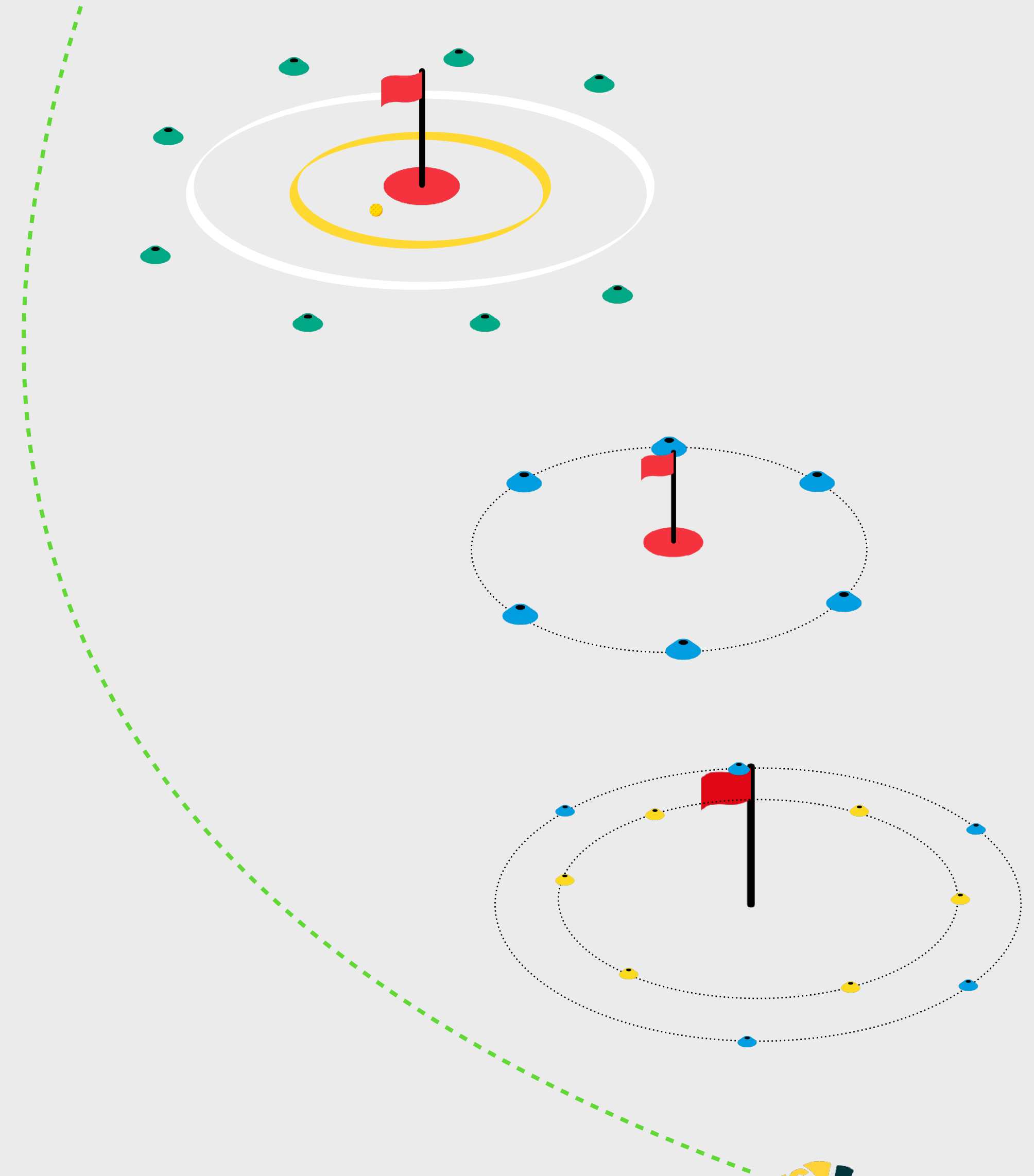
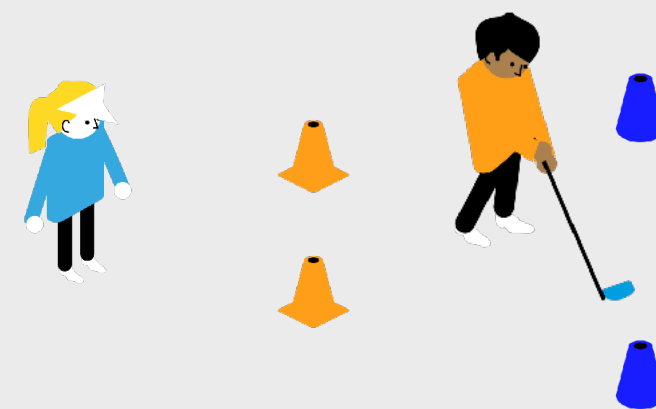
Station 2:
Game Station
Beat the Bunker



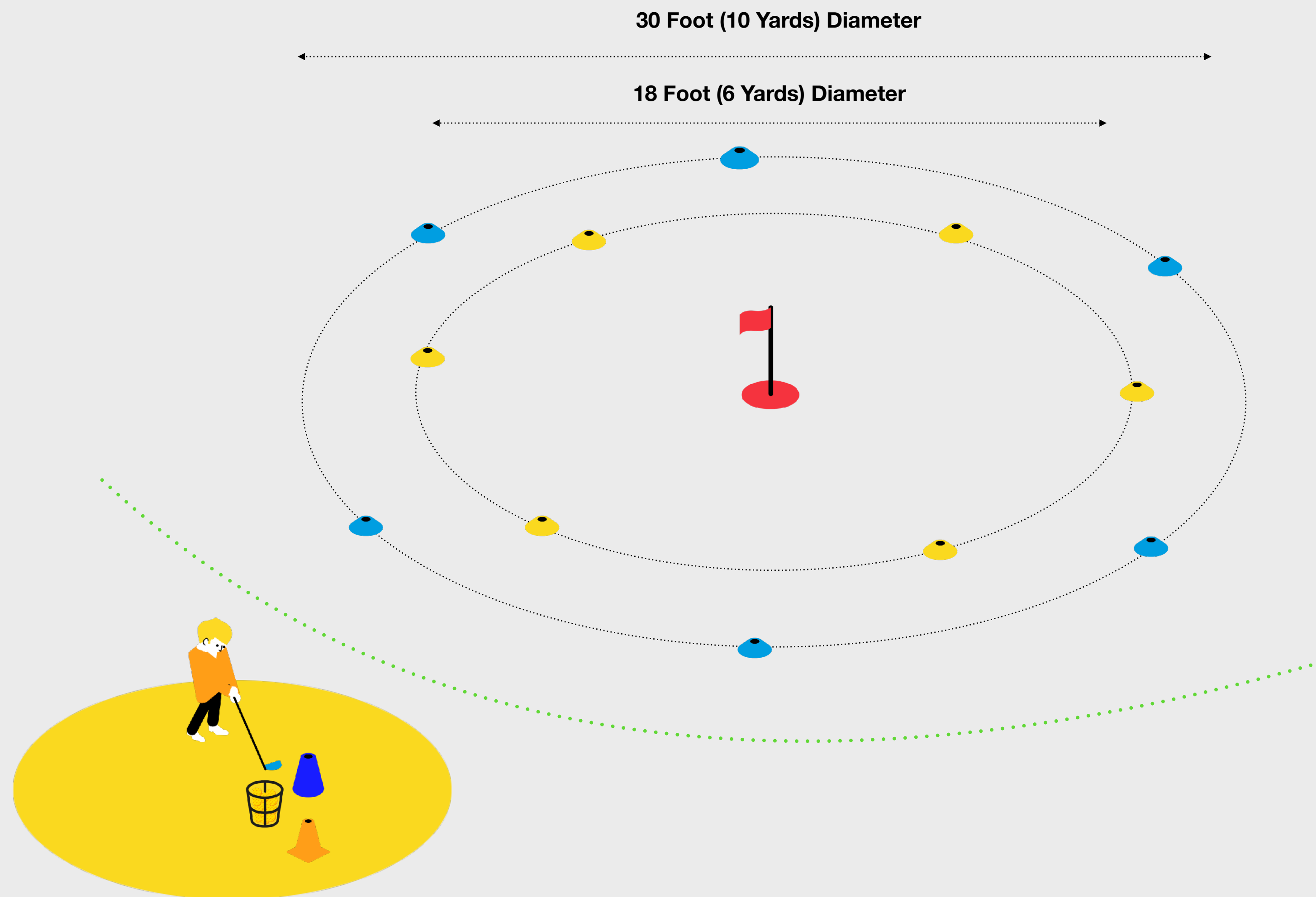
Station 1:
Challenge Station



Station 4:
Free Practice Station



Bunker Play Challenge Setup



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 are placed around each of these targets at the diameters in the graphic opposite
- One starting position is marked in the bunker using cones

Equipment Required

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Cones to mark target circles
- Flag
- Alignment sticks for a flag if this isn't possible

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.

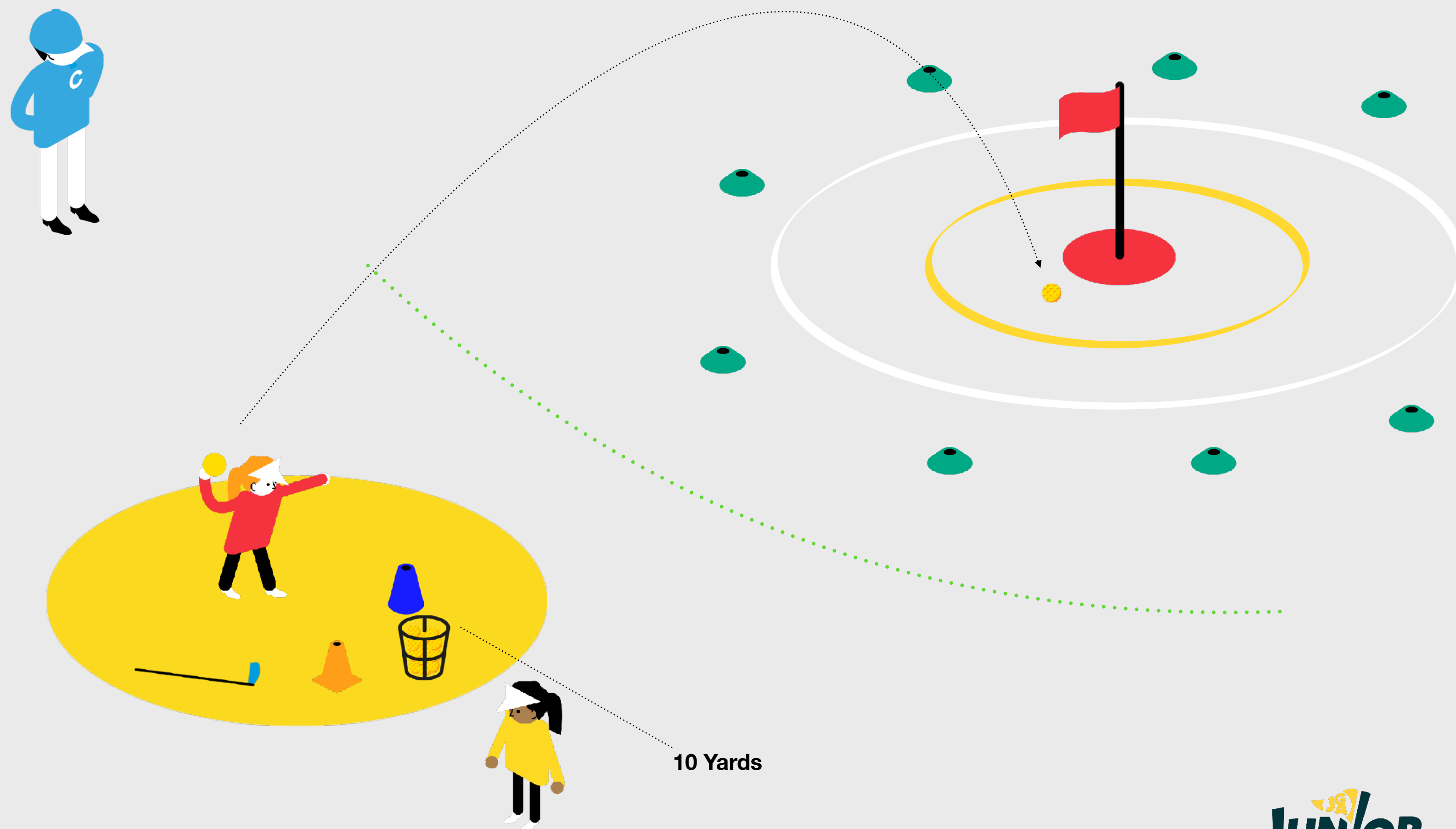


Rules and Etiquette

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



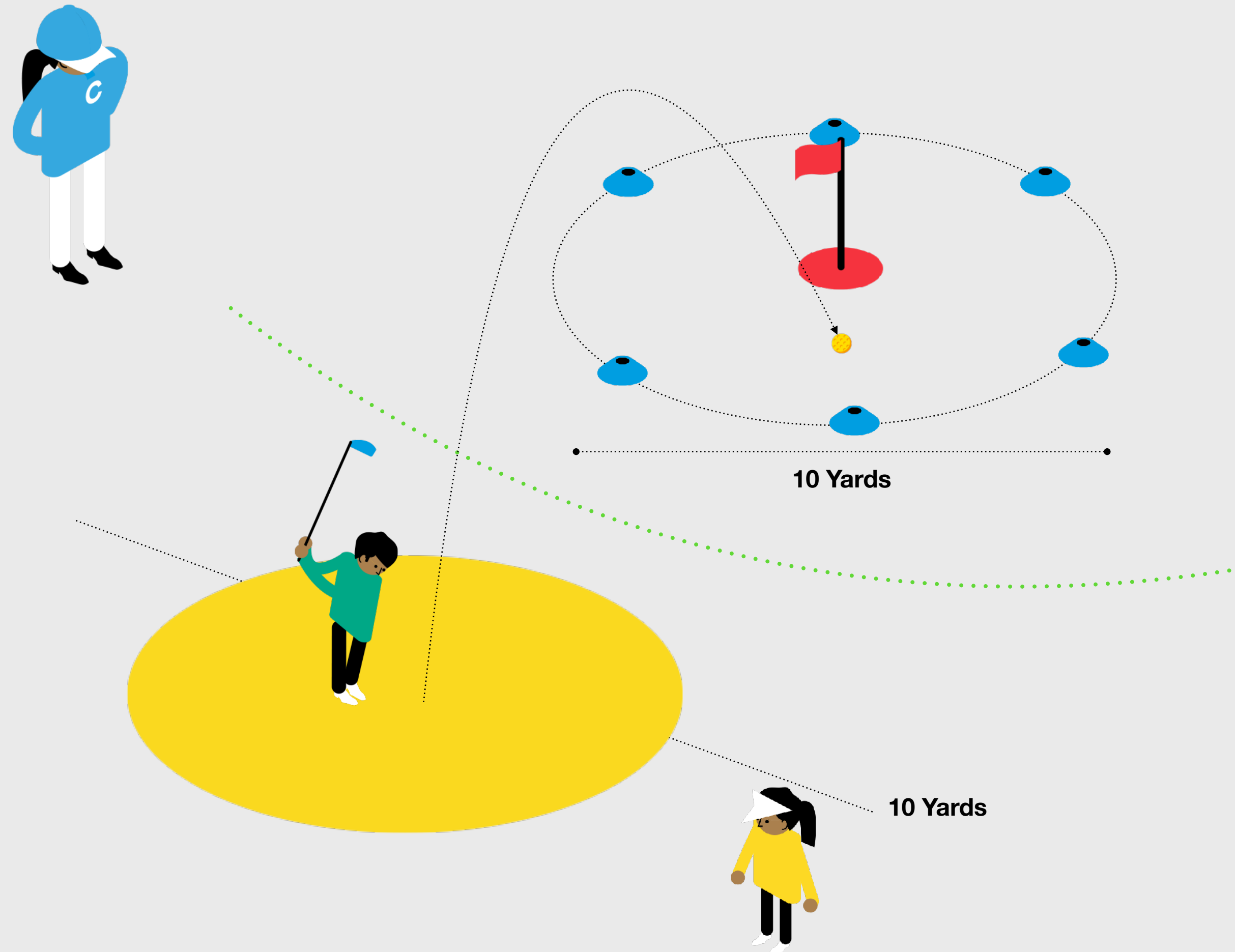
1 x 10 feet Target Circles



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



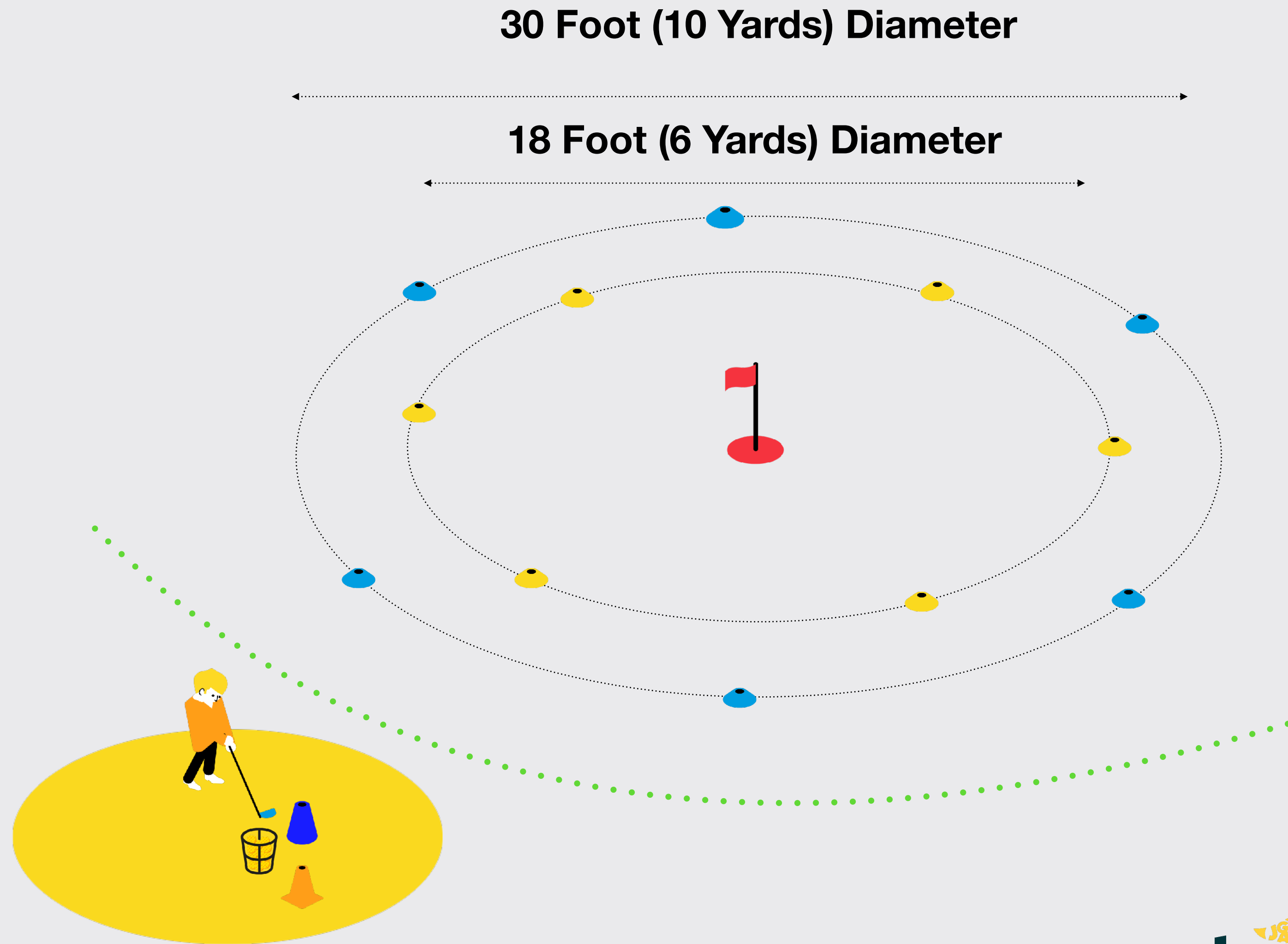
Spare equipment that may be required for the group attendees.



Golf Balls



Bunker Play Challenges



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 making contact with the ball twice. You have 5 attempts and the ball does not need to leave the bunker.
- 2 Complete this Level 2 Challenge by hitting 1 ball out of the bunker. You have 5 attempts and you must make contact with the ball on all attempts.
- 3 Complete this Level 3 Challenge by hitting 3 balls on the green 3 times. You have 5 attempts and all attempts must finish out of the bunker.
- 4 Complete this Level 4 Challenge by hitting 2 balls within a 10-yard circle. You have 5 attempts and all attempts must finish out of the bunker.
- 5 Complete this Level 5 Challenge by hitting 3 balls within a 10-yard circle. You have 5 attempts and all attempts must finish on the green.
- 6 Complete this Level 6 Challenge by hitting 2 balls within a 6-yard circle. You have 5 attempts and all attempts must finish within a 10 yard diameter circle.