

# The Whole Child





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# Cognitive





# Cognitive

## Beginners Mindset

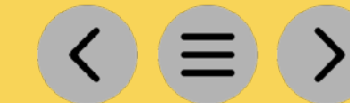
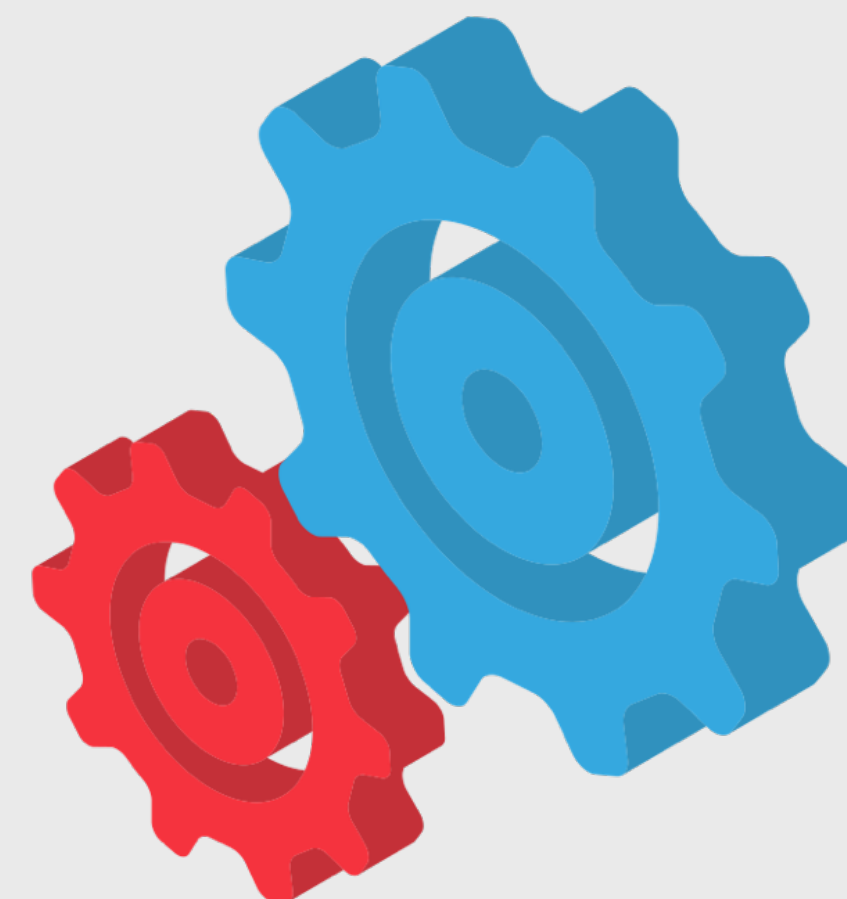
The Whole Child theme this week is to learn to have a beginners mindset when approaching the games and challenges.

Carry this theme into the class by allowing children to retake a shot if they make a mistake because mistakes are how you learn.

It should be highlighted that the Achiever Award is presented to the child that displays an attitude of openness, eagerness to learn and lack of preconceptions.

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 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
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# Cognitive

## Your Goals

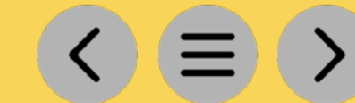
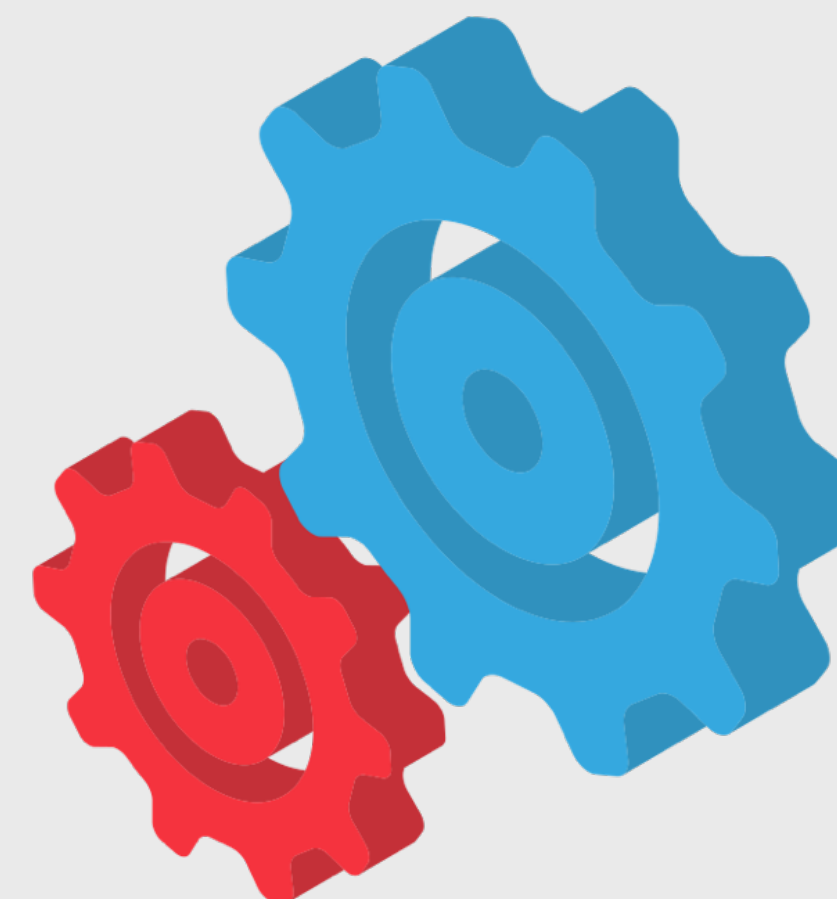
The Whole Child theme this week is to encourage the children to set some goals for their golf.

Carry this theme into the class by asking the children to set a short term goal for the class such as ‘complete level 3 of challenge’ and set a long term for the future goal like ‘become better at long putting’.

It should be highlighted that the Achiever Award is presented to the child that has set and/or achieved their goals.

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## Feeling Nervous

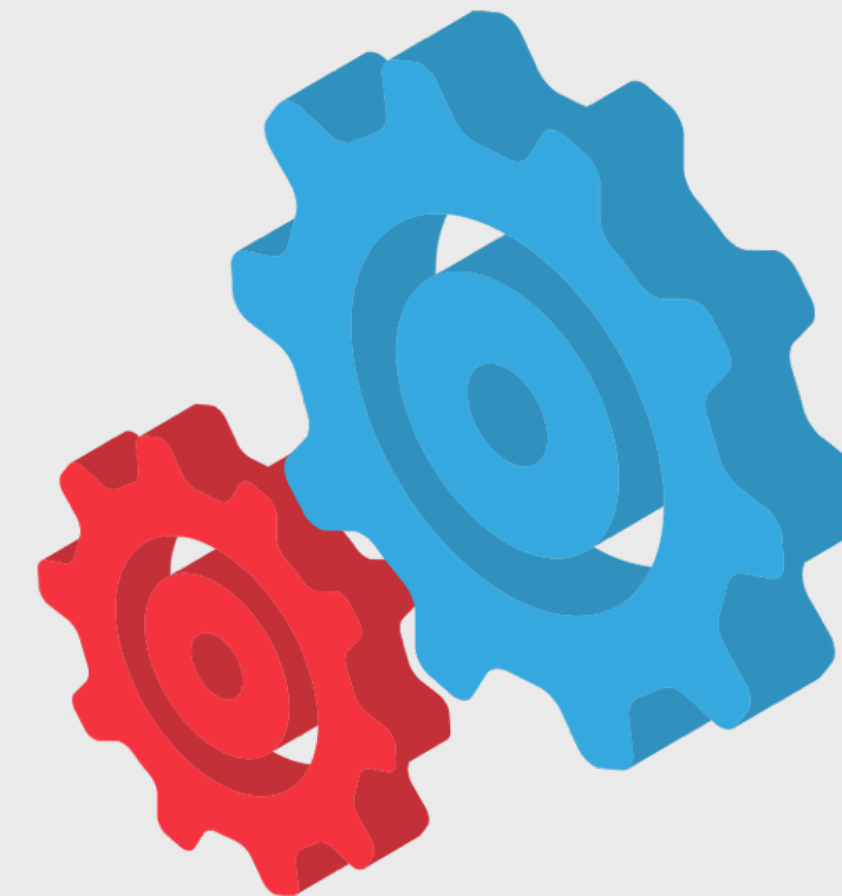
The Whole Child theme this week is to learn that feeling nervous is normal and actually can be beneficial to performance.

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.

It should be highlighted that the Achiever Award is presented to the child that reacts positively to feeling nervous.

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# Cognitive Coachable

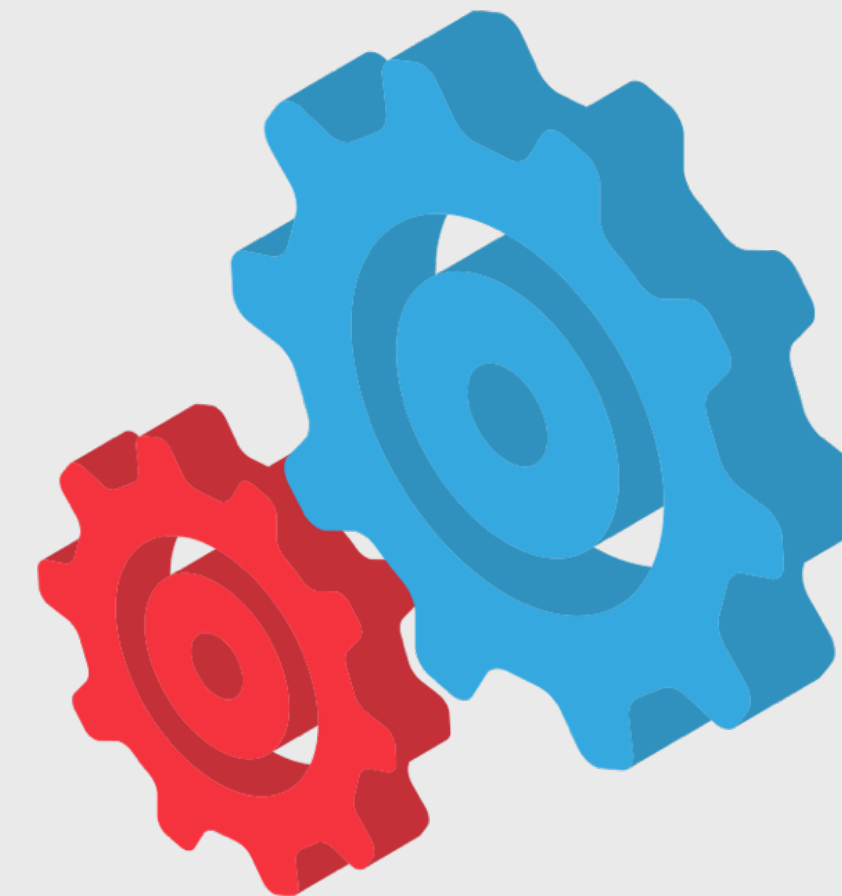
The Whole Child theme this week is to encourage the children to demonstrate characteristics of a person who is coachable, open to trying new things and is not afraid to fail.

Carry this theme into the class by paying closer attention to the free practice station and helping the children with their technique more closely.

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# Cognitive Understanding

The Whole Child theme this week is to make sure all children feel comfortable asking questions to make sure they fully understand the concept they are learning.

Carry this theme into the class by asking each child if there is anything they are struggling to understand anything from the sessions.

It should be highlighted that the Achiever Award is presented to the child that speaks up and asks questions to ensure understanding.

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# Cognitive Play in the Now

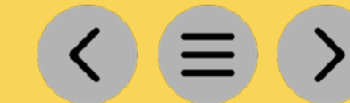
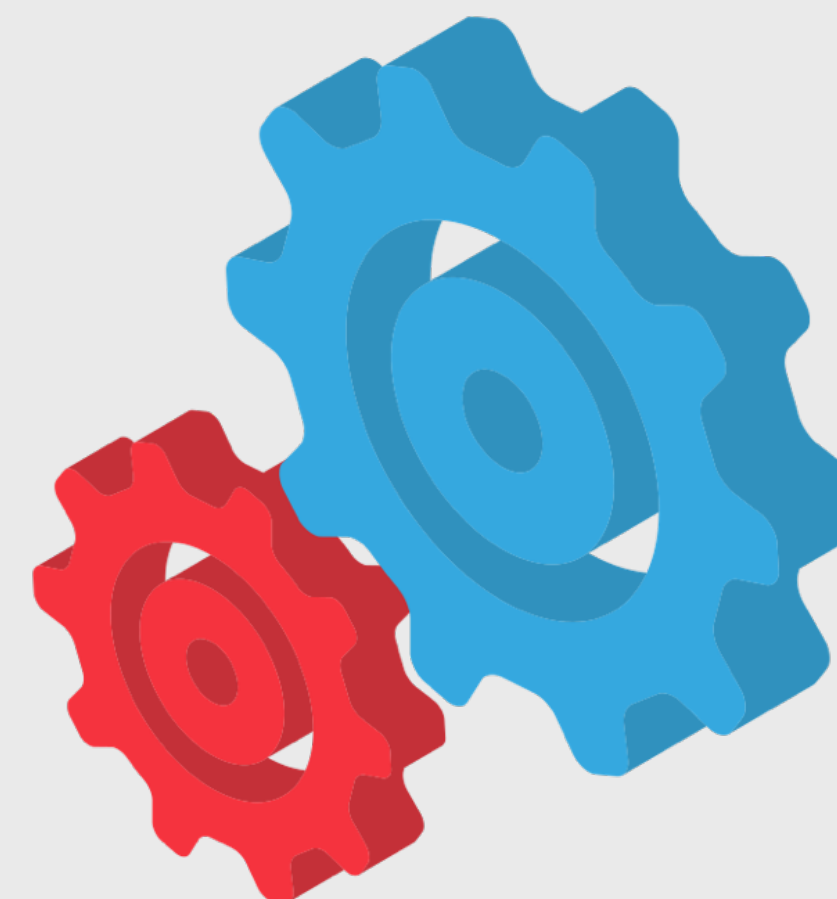
The Whole Child theme this week is to encourage children to focus on the present. Not thinking too much about what is to come or dwelling on what has already happened.

Carry this theme into the class by keeping the session really fast paced and making sure everyone is as involved and active as possible throughout.

It should be highlighted that the Achiever Award is presented to the child that demonstrates the ability to focus on the shot they are about to play.

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## Brush It Off

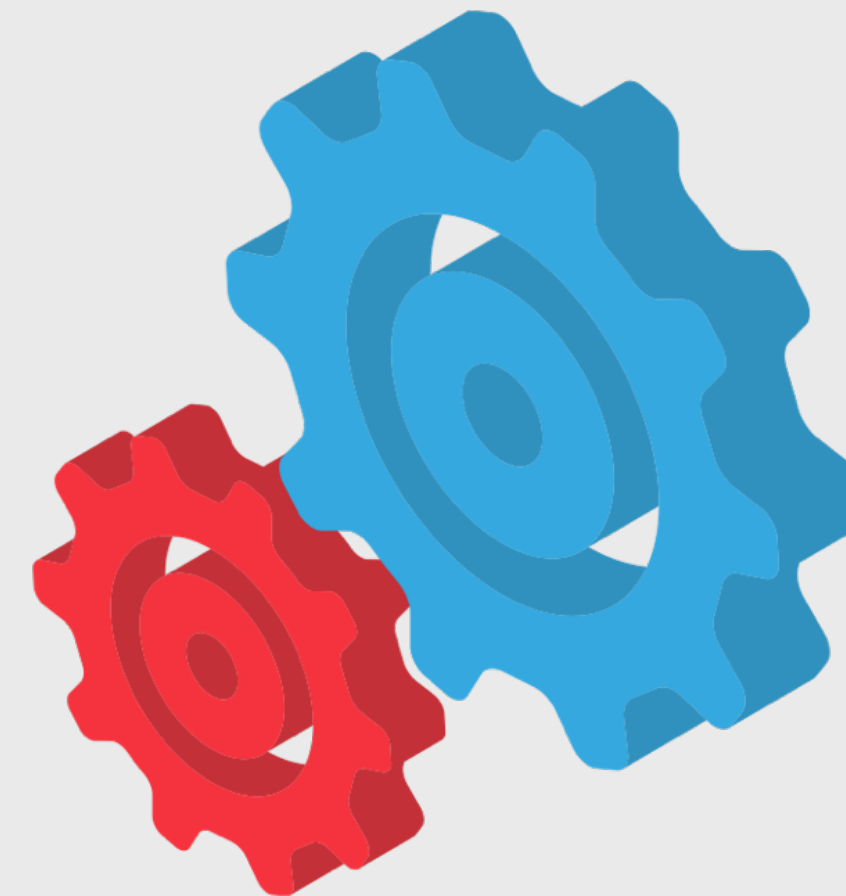
The Whole Child theme this week is to learn how to brush off any bad shots, and move on to the next.

Carry this theme into the class by letting the children know it's ok to get frustrated, but learning to move on without letting a bad shot effect you will be a key skill to learn.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated the ability to not let a bad shot effect them negatively.

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# Cognitive Respect

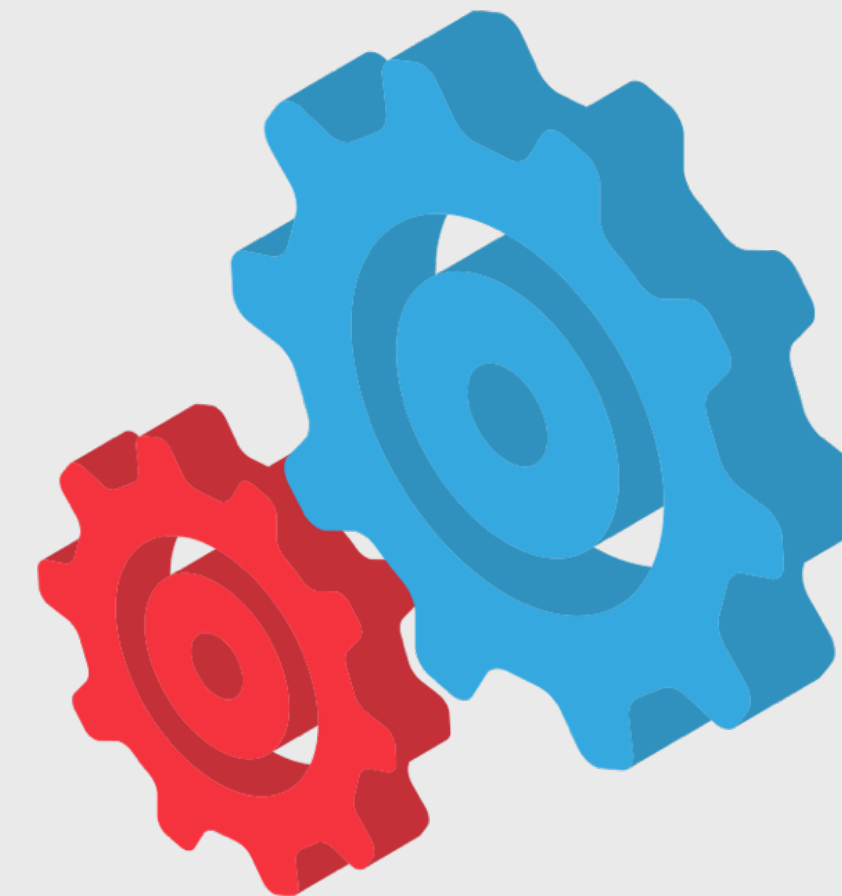
The Whole Child theme this week is to respect the rules of the game and the people who play it.

Carry this theme into the class by explaining how it is important to show respect no matter what the outcome of the games and challenges. Demonstrate how respect is shown in putting by not walking on opponents lines as well as, keeping distant and quiet when on the green.

It should be highlighted that the Achiever Award is presented to the child that demonstrates respect.

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# Cognitive Effort

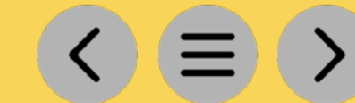
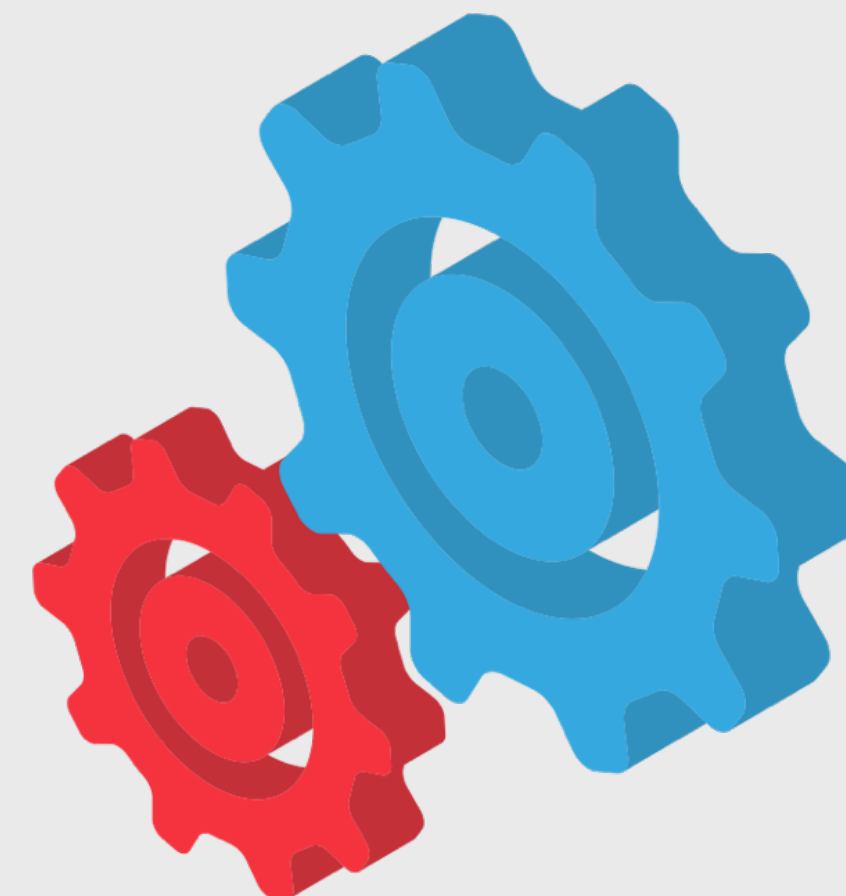
The Whole Child theme this week is focussing on praising the effort that the children put into their games and practice.

Carry this theme into the class by suggesting the idea of additional practice sessions and being more attentive to coaching the children on the free practice station.

It should be highlighted that the Achiever Award is presented to the child that displays the most effort within the games and challenges. An example of this could be continuing to practice even when it's not going well.

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# Cognitive Preparation

The Whole Child theme this week is to learn about preparing for golf.

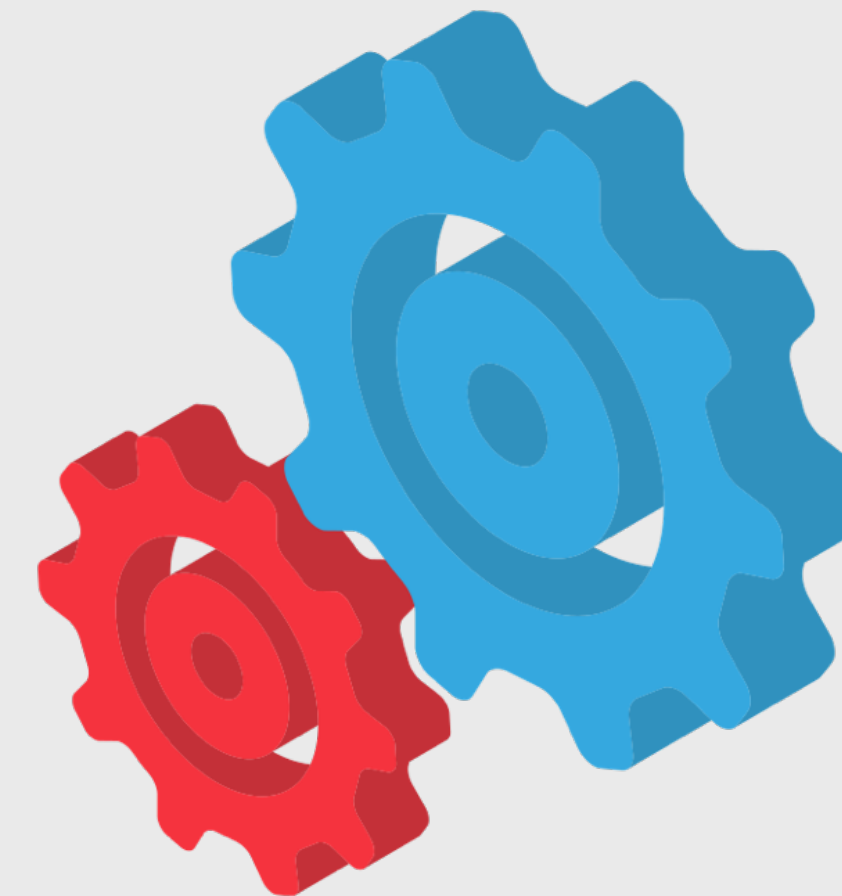
Carry this theme into the class by asking the children to bring a specific golfing item with them to the next session as a way of testing their preparation skills.

It should be highlighted that the Achiever Award is presented to the child that demonstrates great preparation.

Examples of this could be preparation for a particular shot, or for the lesson as a whole.

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# Cognitive

## Attitude towards learning

The Whole Child theme this week is to develop a great attitude towards learning.

Carry this theme into the class by hosting a mini quiz on some of the content and topics that have been shared over the previous classes.

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# Cognitive Growth Mindset

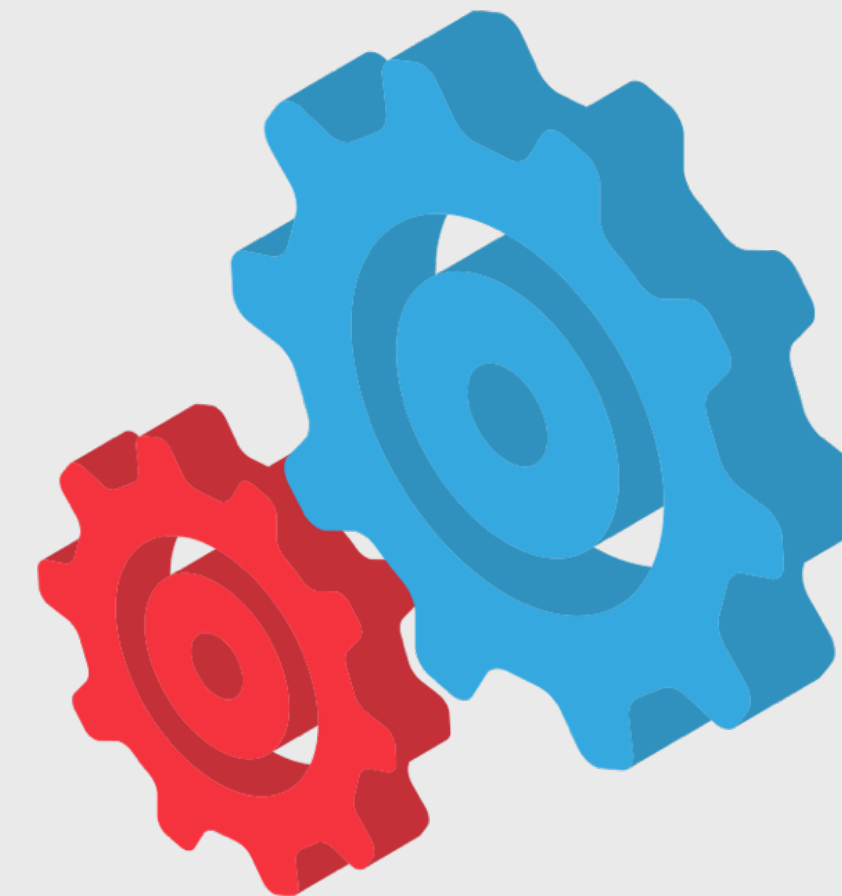
The Whole Child theme this week is to encourage a growth mindset. This is where a child believes that if they work hard and keep practicing that they will improve. A fixed mindset is one where the child believes they are just born good or bad at something.

Carry this theme into the class by reinforcing that the skills the children demonstrate in class have been learnt by applying effort and practice in the past.

It should be highlighted that the Achiever Award is presented to the child that demonstrates a growth mindset.

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# Cognitive Focus

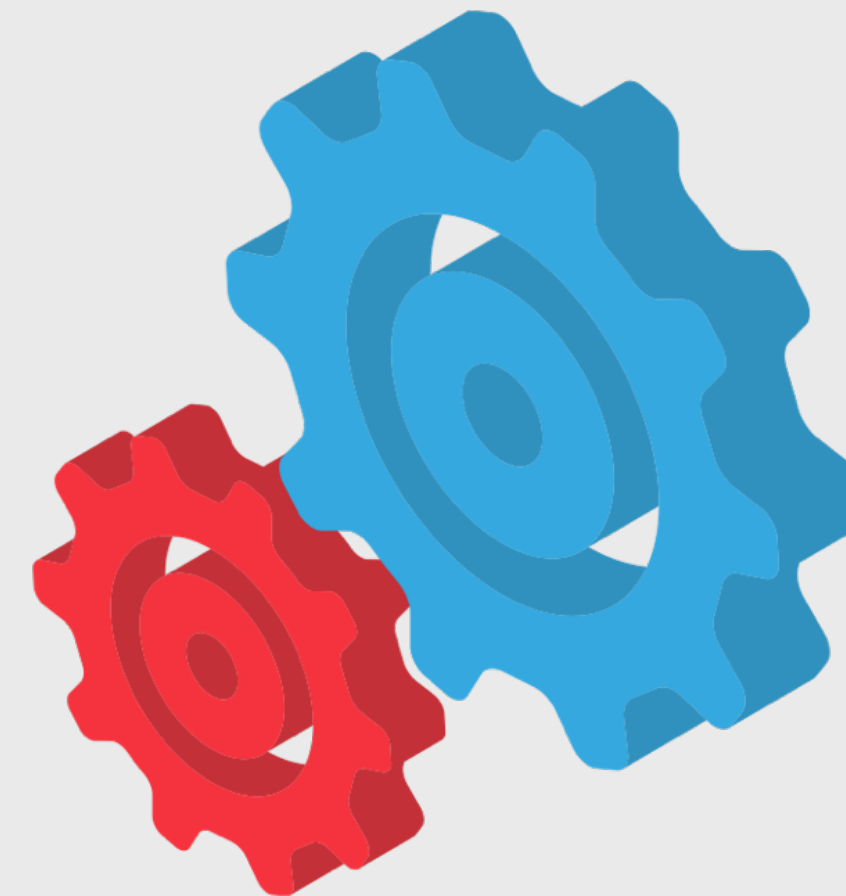
The Whole Child theme this week is to highlight to the children how important focus is on the course and when practicing.

Carry this theme into the class by encouraging children on the free practice station to only focus on alternate shots, which will help them to see the positive effect of when they do focus.

It should be highlighted that the Achiever Award is presented to the child that has shown the most consistent focus.

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# Social





# Social Friendships

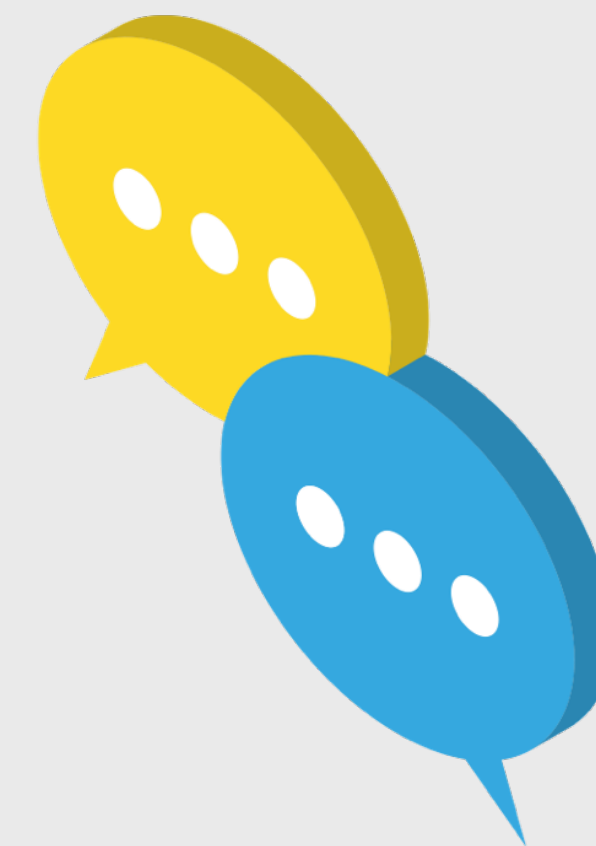
The Whole Child theme this week is to encourage children to make friends with other children that they don't know.

Carry this theme into the class by pairing the children with those they don't normally play with, or those they don't know as well as others.

It should be highlighted that the Achiever Award is presented to the child that is enthusiastic and open to meeting new friends.

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# Social Appreciation

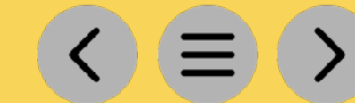
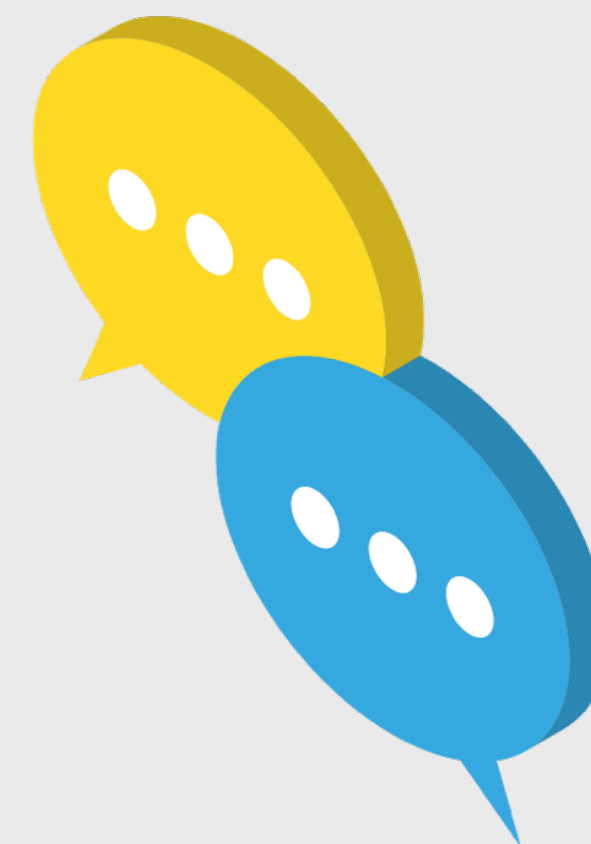
The Whole Child theme this week is about showing appreciation, this could be to your playing partners, your parents, or even your coach!

Carry this theme into the class by asking the children at the end of the session what they appreciate the most about coming to classes.

It should be highlighted that the Achiever Award is presented to the child that shows appreciation.

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# Social Praise

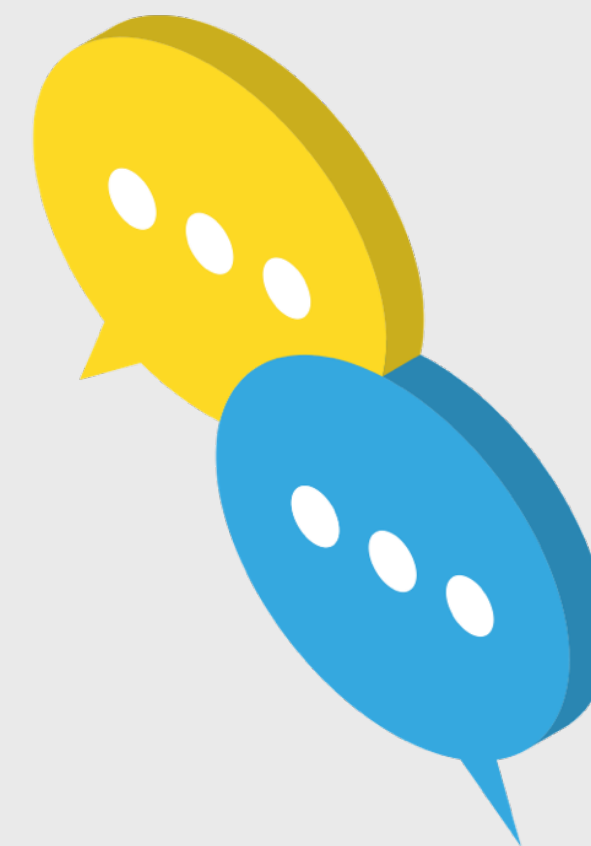
The Whole Child theme this week is to encourage the children to praise each other for their efforts and good shots.

Carry this theme into the class by going around the group and asking each child which putt from another child impressed them the most during the session.

It should be highlighted that the Achiever Award is presented to the child that demonstrates praise for another child in the class.

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# Social Gratitude

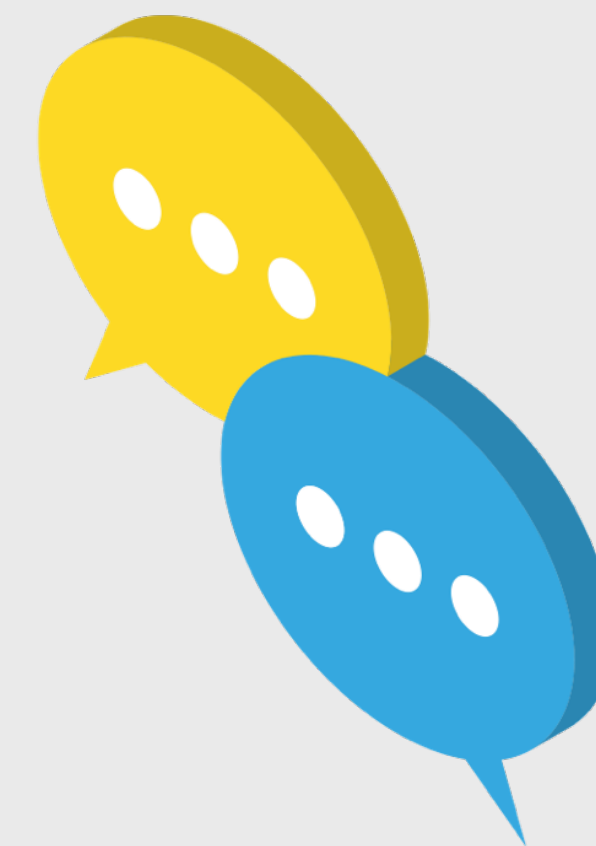
The Whole Child theme this week is to understand what gratitude is and why it is important.

Carry this theme into the class by going round the class and asking the children one thing they are thankful for in golf.

It should be highlighted that the Achiever Award is presented to the child that demonstrates gratitude throughout the session, for example being thankful for the opportunity to play with friends, and for being able to be a part of the club.

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## Trustworthiness

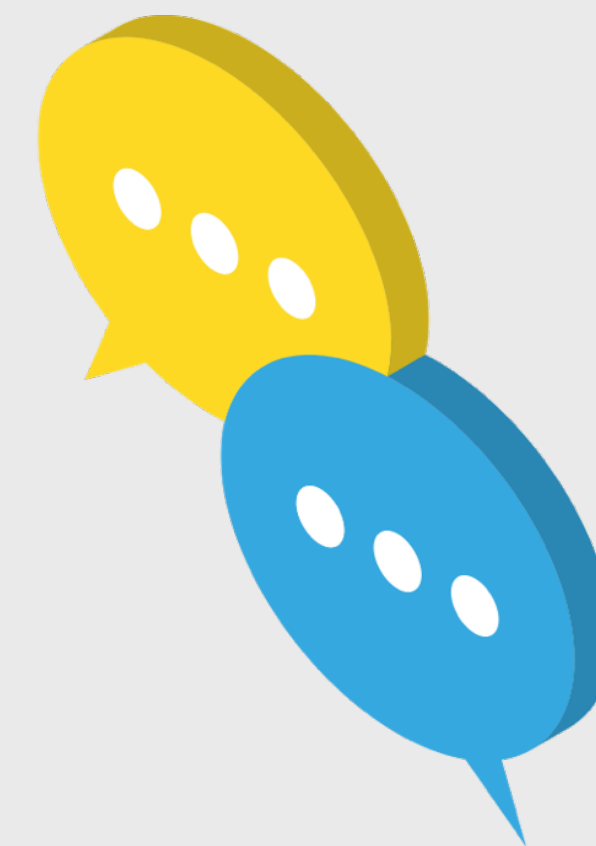
The Whole Child theme this week is to highlight the importance of trustworthiness. In golf we need to trust our playing partners and caddies.

Carry this theme into the class by placing an emphasis on the team element of the games and making sure everyone is taking turns.

It should be highlighted that the Achiever Award is presented to the child that displays trustworthiness with their playing partner.

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## Respect for your Team

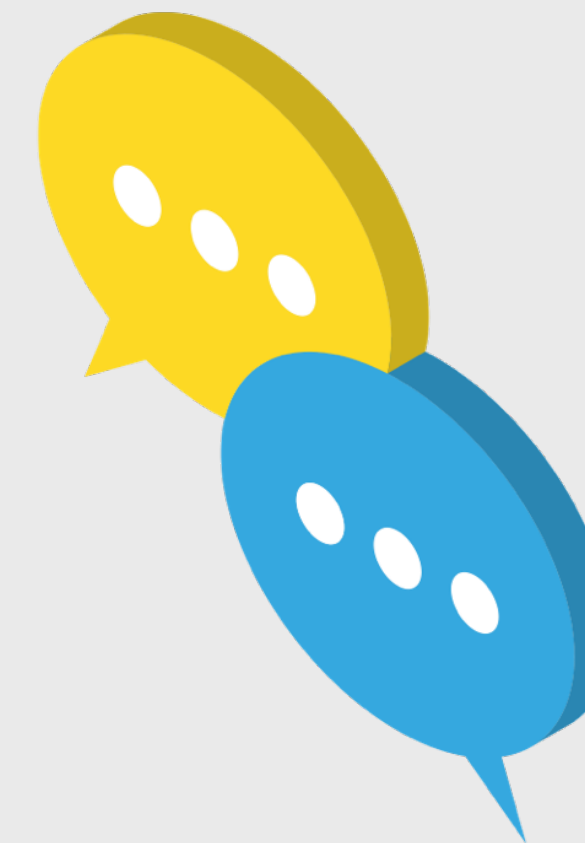
The Whole Child theme this week is to demonstrate respect to your teammates.

Carry this theme into the class by making sure the children show the correct etiquette by wishing team mates good luck, shaking hands and not breaking any rules.

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# Social Teamwork

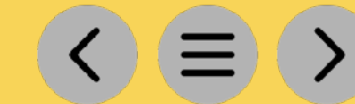
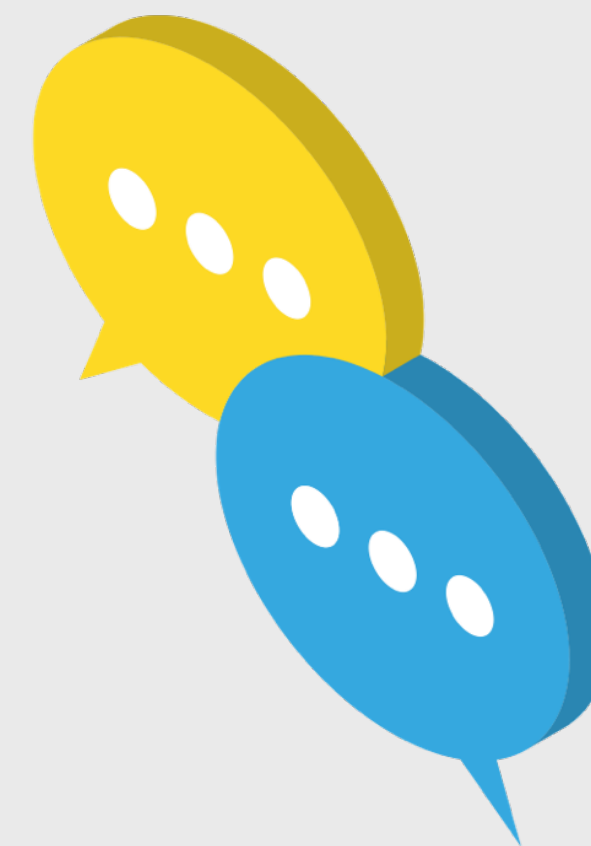
The Whole Child theme this week is focussed on working as a team.

Carry this theme into the class by ensuring children are playing the games in pairs and if there is an odd amount then partner up with them yourself. Encourage the children to share each others thoughts and advice too.

It should be highlighted that the Achiever Award is presented to the child that displays great teamwork throughout the lesson.

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 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
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-

# Social Engagement

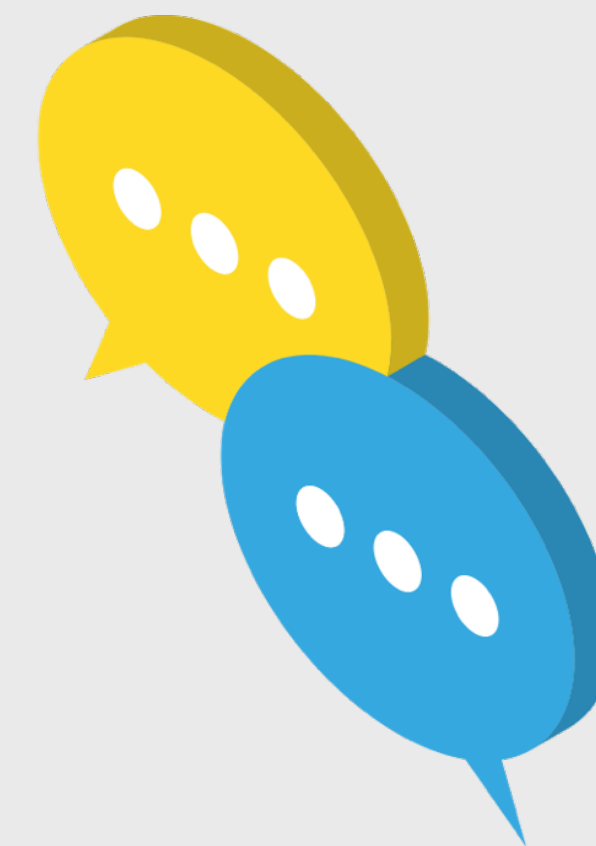
The Whole Child theme this week is to encourage engagement in challenges and games.

Carry this theme into the class by ensuring children rotate around all the stations during the session. This will help keep their full concentration on their current task and avoid their attention wavering.

It should be highlighted that the Achiever Award is presented to the child that is most engaged in their game or challenge.

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# Social Safety

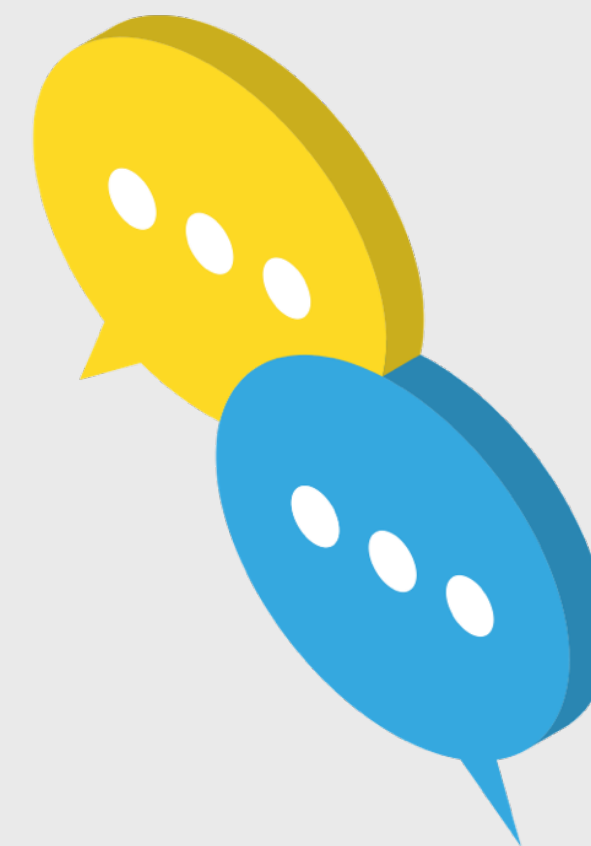
The Whole Child theme this week is to promote the importance of playing safely.

Carry this theme into the class by looking for those moments when the juniors are playing safely when not being supervised directly by the coach and praise them for this behaviour.

It should be highlighted that the Achiever Award is presented to the child that can demonstrate their awareness of playing safely.

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# Social Cooperation

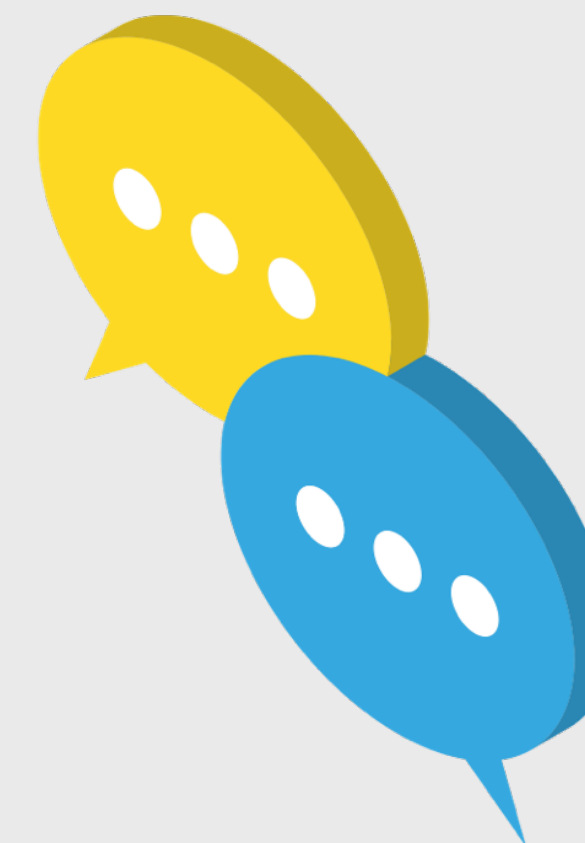
The Whole Child theme this week is to encourage cooperation, working together with each other, the coach and everyone at the club.

Carry this theme into the class by ensuring children attempt the games in their pairs and even join in with them yourself for a couple of shots. This will highlight togetherness to achieve a common goal.

It should be highlighted that the Achiever Award is presented to the child that the coach or group believe displayed the best cooperation in the lesson.

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.

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# Social Leadership

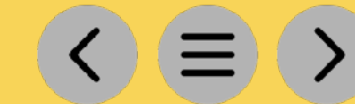
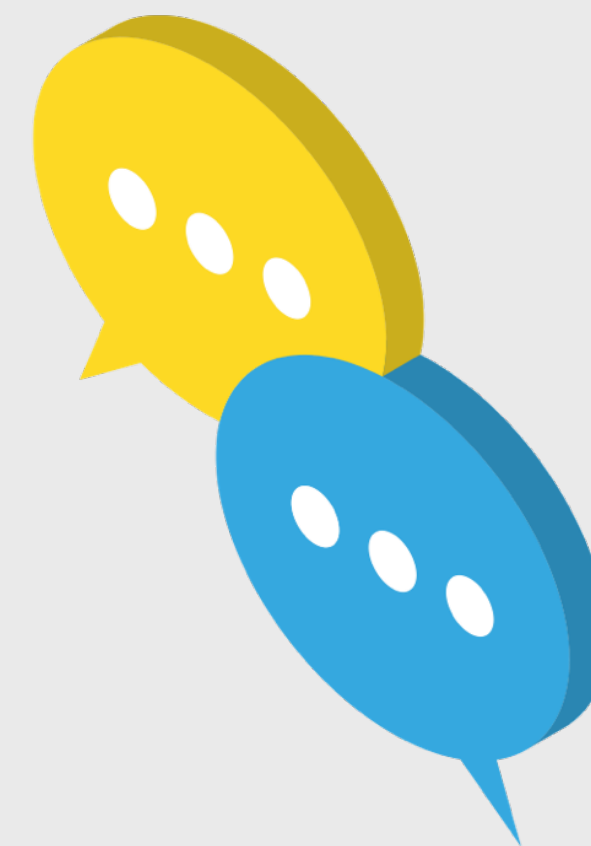
The Whole Child theme this week is to encourage the children to develop leadership skills.

Carry this theme into the class by appointing captains for the session in order to teach the children how a leader can inspire their team and improve performance.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated great leadership skills, this doesn't have to be just within 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.

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# Social Caring

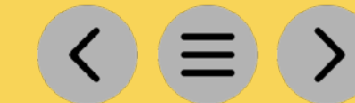
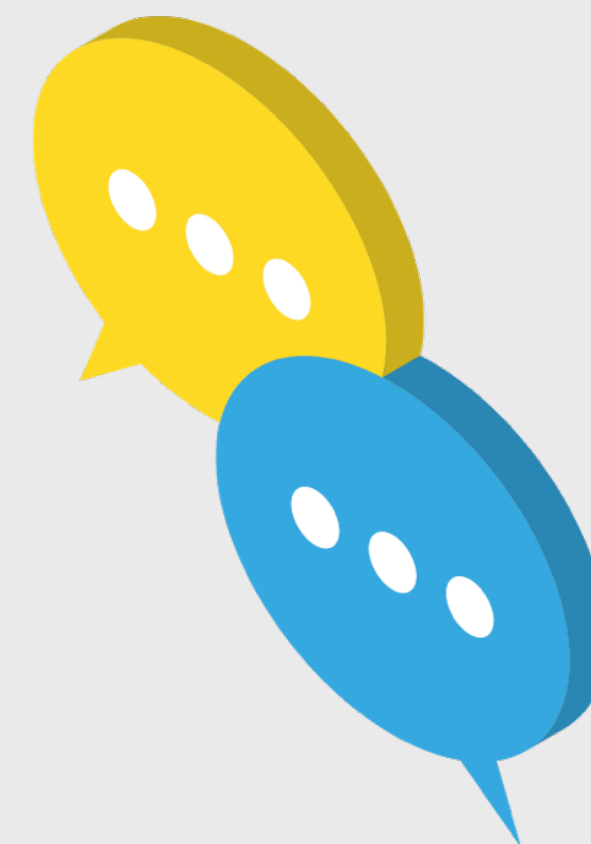
The Whole Child theme this week is to instil a caring mindset within each child.

Carry this theme into the class by highlighting to the children the importance of the orange cones for safety, the games for practicing and the challenges for improving.

It should be highlighted that the Achiever Award is presented to the child that demonstrates care when playing the games and with their playing partners.

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# Social

## Teaching your Parents

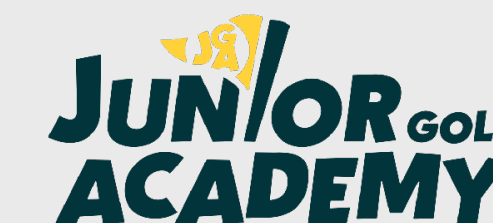
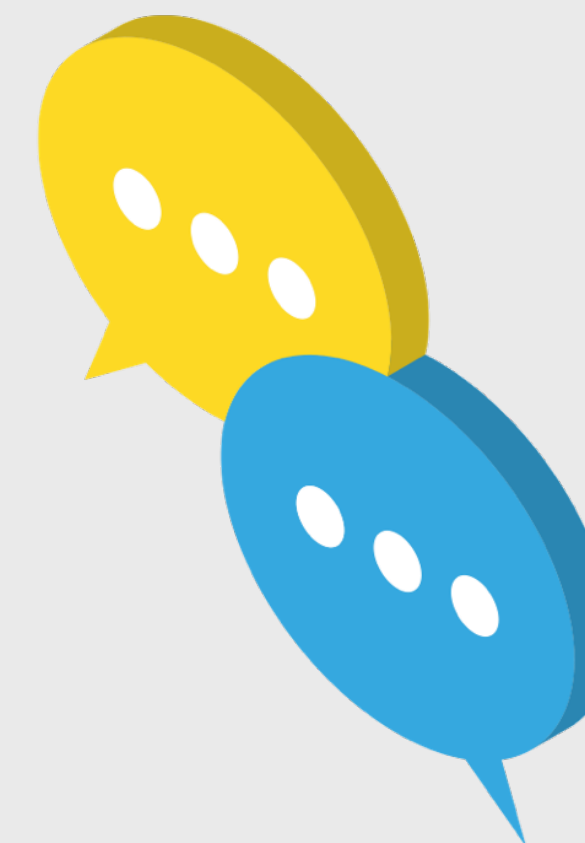
The Whole Child theme this week is to encourage the children to teach their parents some of the things they have learnt in class.

Carry this theme into the class by encouraging to the children to relay the information they learned within the focus part of the class to their parents. In addition, they could show them a more technique based skill they worked on.

It should be highlighted that the Achiever Award is presented to the child that has discussed the things they've learnt in the Junior Golf Academy program.

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.

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# Creative



# Creative

## My Hero

The Whole Child theme this week is to ask the children who their hero is, and why they have chosen that person as their hero.

Carry this theme into the class by encouraging the children to impersonate their hero when playing their shots.

It should be highlighted that the Achiever Award is presented to the child that demonstrates characteristics of their hero.

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# 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.

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# Creative

## Body Language

The Whole Child theme this week is to highlight the importance of positive body language.

Carry this theme into the class by explaining the children the importance of standing tall or keeping your head up after a poor shot. Reiterate that this behaviour can help to raise your spirits and improve your performance on the next shots.

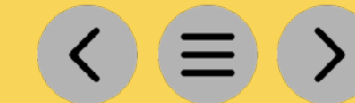
It should be highlighted that the Achiever Award is presented to the child that displays positive body language throughout the lesson.

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# Creative

## Don't be afraid to make mistakes

The Whole Child theme this week is focussed on viewing mistakes as a learning opportunity.

Carry this theme into the class by explaining to the children that mistakes help you grow as a player and improve your skill. A simple error and fix presentation could be a good way of displaying this.

It should be highlighted that the Achiever Award is presented to the child that displays an attitude of not worrying about the mistakes they make, is able to learn from them and improve.

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.

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# Creative Independence

The Whole Child theme this week is to encourage children to make their own decisions, both on the golf course and in life.

Carry this theme into the class by getting the children to play the games as individuals in this session because it will help test their individual skill.

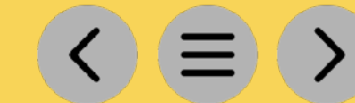
It should be highlighted that the Achiever Award is presented to the child that demonstrates some level of independence throughout the class.

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# Creative

## Additional Practice

The Whole Child theme this week is to encourage the children to practice outside of class times.

Carry this theme into the class by teaching the children some easy drills they can set up and show them how they can use the GLF. app for their practice too.

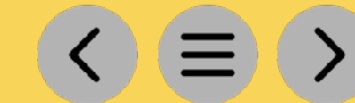
It should be highlighted that the Achiever Award is presented to the child that has practiced the most out of class.

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.

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# Creative Curiosity

The Whole Child theme this week is to encourage creativity and curiosity in golf and life.

Carry this theme into the class by encouraging the children to try different types of shots within the session and explore any ideas they have on how to play better golf.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated creative thinking, and a willingness to ask questions and learn.

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.

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# Creative Open Minded

The Whole Child theme this week is to be open-minded and to not assume that something is correct just because we are told that it is. Explain why it is important to try different things and to be open to the fact that there may be more than one way to be successful at something.

Carry this theme into the class by encouraging children to ask questions and share any ideas they have about the class.

It should be highlighted that the Achiever Award is presented to the child that displays an open mind, either throughout the games they play with their partner, or in discussion with other children or their coach.

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# Creative Ambitious

The Whole Child theme this week is focussing on developing an ambitious attitude.

Carry this theme into the class by prompting the children to take on a tougher shot or set a more difficult goal within the session that they wouldn't usually attempt, and even talk about future ambitions.

It should be highlighted that the Achiever Award is presented to the child that displays ambition either within the challenges or in conversation with the coach or other players.

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.

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# Creative Positive Energy

The Whole Child theme this week is to encourage creativity, specifically through bringing a great energy to each game and challenge that each child faces.

Carry this theme into the class by showing lot's of enthusiasm towards the games and challenges. Make sure everyone is making lot's of positive comments on each others golf and generally too.

It should be highlighted that the Achiever Award is presented to the child that displays the best energy throughout the class.

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# Creative Talent

The Whole Child theme this week is to educate parents and children that their “Talent” can be developed, and not to label a child as “talented” or “not talented”

Carry this theme into the class by instilling a belief in the children that they can practice and improve to become more talented. Even introduce a known success story to emphasise the point.

It should be highlighted that the Achiever Award is presented to the child that demonstrates effort in their practice and has earned the talent that they’ve developed.

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# Creative Imagination

The Whole Child theme this week is to encourage the children to use their imagination in practice and on the golf course.

Carry this theme into the class by urging children to imagine the shot they're going to hit before each shot and explain how this can help them to hit successful shots more regularly.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated a great imagination, this could be related to golf or outside of golf.

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# Creative

## Create your own game

The Whole Child theme this week is to encourage the children to create their own games when they are playing and practicing.

Carry this theme into the class by encouraging every child in the class to pitch in with ideas for games. The games designed by children should result in increased engagement, meaning they will be more likely to play the games for longer and therefore improve.

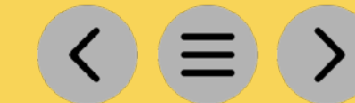
It should be highlighted that the Achiever Award is presented to the child that demonstrates creativity. In coming up with their own games to play.

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# Personal



# Personal Positivity

The Whole Child theme this week is about a positive attitude, to ensure a positive outlook despite some of the challenges golf can throw at us.

Carry this theme into the class by encouraging children to express an affirmation before they hit a shot, such as “I will hit this shot through the target gates”.

It should be highlighted that the Achiever Award is presented to the child that demonstrates a positive attitude.

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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
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# Personal Responsibility

The Whole Child theme this week is to encourage children to take responsibility, for their shot selection, for their equipment and their behaviour.

Carry this theme into the class by asking the children to organise themselves into their own pairs and help tidy up the equipment after the session.

It should be highlighted that the Achiever Award is presented to the child that takes responsibility for their actions, in particular if this is a difficult thing to do.

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.

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# 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.

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# Personal Honesty

The Whole Child theme this week is to understand the importance of honesty within the game of golf and in life.

Carry this theme into the class by not paying attention to the challenge station in this session and asking the children how they scored.

It should be highlighted that the Achiever Award is presented to the child that is totally honest during the lesson, importantly the child should demonstrate honesty whilst unaware of the coach's presence.

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# Personal Integrity

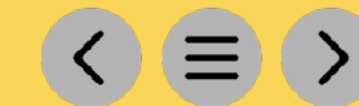
The Whole Child theme this week is to highlight the importance of integrity, being honest and maintaining your moral principles.

Carry this theme into the class by encouraging all the children to be honest with their challenge scores because it will be more rewarding to complete them truthfully.

It should be highlighted that the Achiever Award is presented to the child that displays levels of integrity throughout the class.

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# Personal

## Hard work

The Whole Child theme this week is to encourage hard work and an understanding that no matter how good you get you have to work hard to achieve great things.

Carry this theme into the class by explaining to them how practice is key to improving, but practice is hard work and to be the best they will have to put in the the work.

It should be highlighted that the Achiever Award is presented to the child that works hard without being prompted.

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# Personal Self Respect

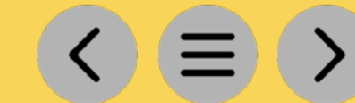
The Whole Child theme this week is about self-respect.

Carry this theme into the class by posting yourself predominantly on the challenge station and focusing on each child's achievements to date, in order to help them reflect on these and give them a boost.

It should be highlighted that the Achiever Award is presented to the child that demonstrates some level of self-respect, not beating themselves up after a bad shot, which is detrimental to their next.

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# Personal Confidence

The Whole Child theme this week is to encourage the children to build confidence in themselves, and others.

Carry this theme into the class by keeping the challenges nice and easy because the children will gain confidence from high scores. Advise the children to also compliment the best golfing moment of their partners session.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated an increase in confidence throughout the program, or instilled confidence in others.

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# Personal Resilience

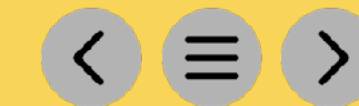
The Whole Child theme this week is to encourage the children to be resilient. Everyone will hit bad shots, it's how you react to it that is key.

Carry this theme into the class by teaching children that if you hit a bad shot on the course and stay resilient, it can help towards hitting a good recovery shot and still scoring well.

It should be highlighted that the Achiever Award is presented to the child that demonstrates resilience.

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# Personal Passion

The Whole Child theme this week is to encourage the children to develop a passion for the game.

Carry this theme into the class by showing the children some clips of golfers celebrating and explain how it is important to celebrate the good moments.

It should be highlighted that the Achiever Award is presented to the child that displays a passion for golf, the games and challenges that the children are playing.

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# Personal Self Discipline

The Whole Child theme this week is developing self discipline.

Carry this theme into the class by performing a breathing exercise with the class to show a method of controlling emotions.

It should be highlighted that the Achiever Award is presented to the child that displays self discipline throughout the lesson. An example of this could be reacting well to losing one of the games or challenges by not getting aggravated.

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# Personal Fairness

The Whole Child theme this week is to understand the importance of fairness.

Carry this theme into the class by ensuring children have the same number of attempts on each game and making sure they spend an equal amount of time on each station.

It should be highlighted that the Achiever Award is presented to the child that demonstrates fair play with their playing partners whilst playing the games.

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# Personal Patience

The Whole Child theme this week is to encourage the children to be patient. Golf is a difficult sport and it may take time to improve skills.

Carry this theme into the class by telling the children to perform all of their individual shots at once rather than alternating after each shot during the games and challenges.

It should be highlighted that the Achiever Award is presented to the child that demonstrates patience.

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