

# Stage 1

## Week 1 - Putting





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# Timetable

**Session Length:**  
60 Mins

**Group Size:**  
1:18

**Mastering the Game Skill:**  
On the Green

**Learning the Game Focus:**  
Safety

**Whole Child Focus:**  
Respect

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> <li>Set up the games and practice stations for the specific class in the school hall or playground</li> <li>Be ready to welcome the children 5 minutes before the session starts</li> <li>Ensure that you take a register of the children before the session starts</li> </ul>	
10 Mins	Introduction and Learning the Game/ Whole Golfer Focus	<ul style="list-style-type: none"> <li>Welcome and Introduction to the program. Outline what will be covered over the course of the 5 weeks for Stage 1</li> <li>Communicate the Learning the Game topic</li> <li>Communicate the Whole Golfer topic</li> </ul>	
10 Mins	Warm Up Game	<ul style="list-style-type: none"> <li>Introduce the warm up game and how the the game can be completed safely</li> </ul>	<ul style="list-style-type: none"> <li>“PGA Pro” says</li> </ul>
30 Mins	Mastering the Game Skills and Games	<ul style="list-style-type: none"> <li>Introduce the games and explore important safety guidance</li> <li>Separate children into groups to rotate around the games and pairs/teams to play in within their group</li> <li>Assist children playing the games and ensure children are all following safety guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Golden Nugget</li> <li>Zone Ball</li> <li>Finders Keepers</li> </ul>
10 Mins	End of Session Review	<ul style="list-style-type: none"> <li>Recap the games and find out the children’s favourites, as well as how they found the session.</li> <li>Outline to the children the topic for the following week and any important information relating to this class</li> <li>Children can help to tidy down by collecting equipment used during the class</li> <li>Check each child out of the class using the register or ensure school guidelines are followed for collection by parents/guardians</li> </ul>	



## • Safety

- The Learning the Game theme this week is **Safety**. You should highlight to the children best practice of knowing where to stand when participating in the games and how to be safe when taking their turn. The orange safety cones are the most important piece of equipment in a School of Golf session and this should be emphasised through the class
- Use the session to practice playing safely and give the children responsibility during the session to self-enforce these safety measures.



## • Respect

- The Whole Child theme this week is to respect. You should reiterate important points relating to respect of others, the game, the facilities and equipment when children are completing the games. Respect should be emphasised throughout the class
- It should be highlighted that the Achiever Award is presented to the child that demonstrates respect when they are playing

### 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 creativity 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

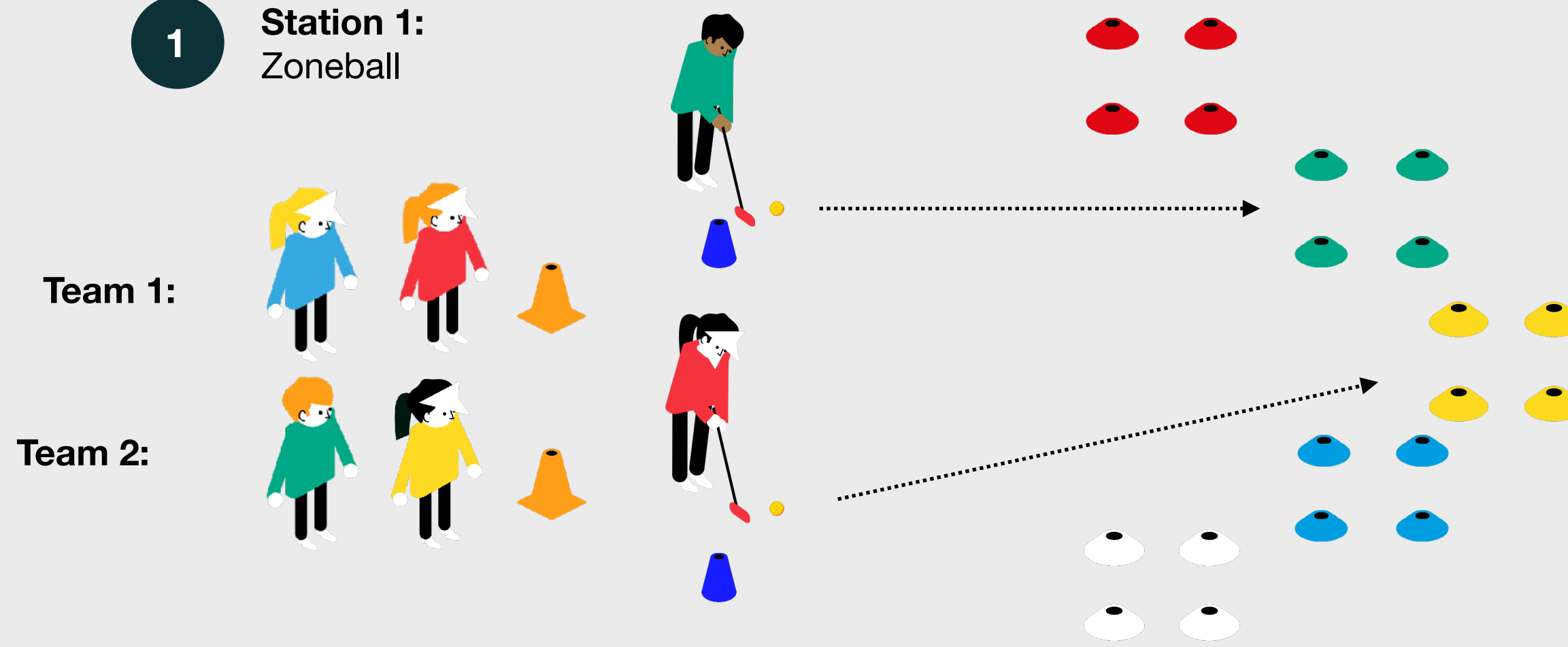


# Layout and Setup

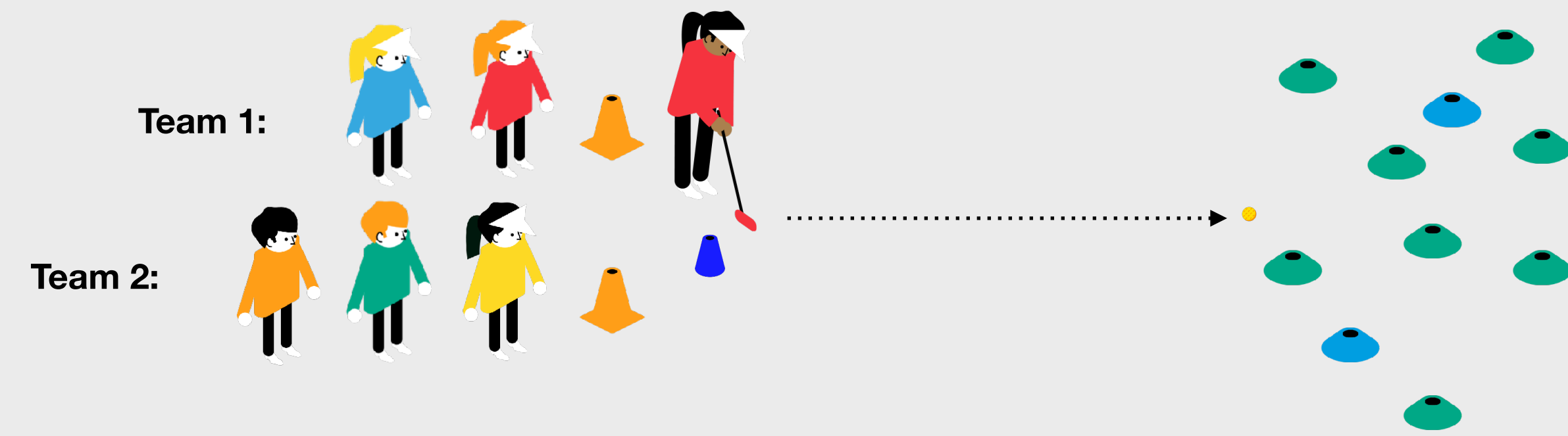


# Layout and Setup

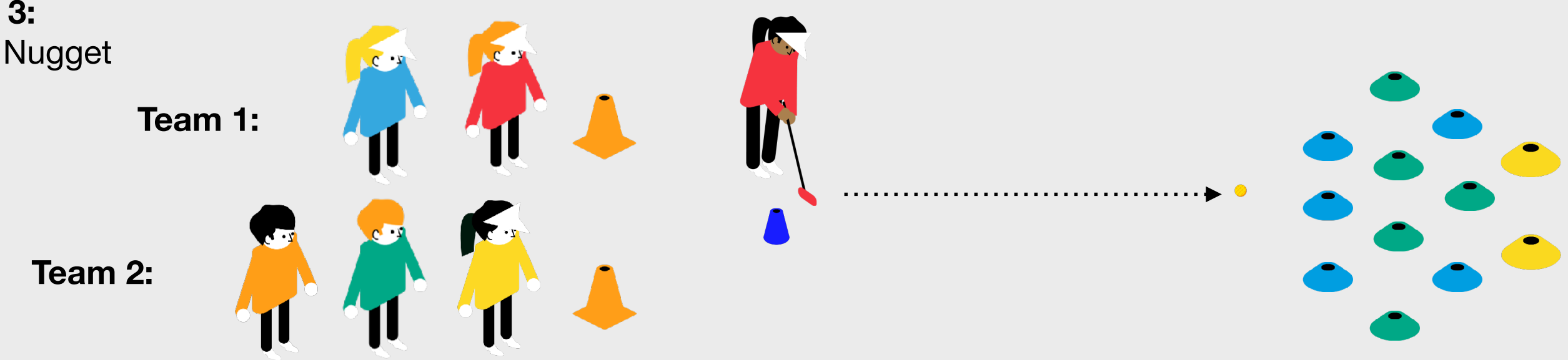
**1** Station 1:  
Zoneball



**2** Station 2:  
Finders Keepers



**3** Station 3:  
Golden Nugget

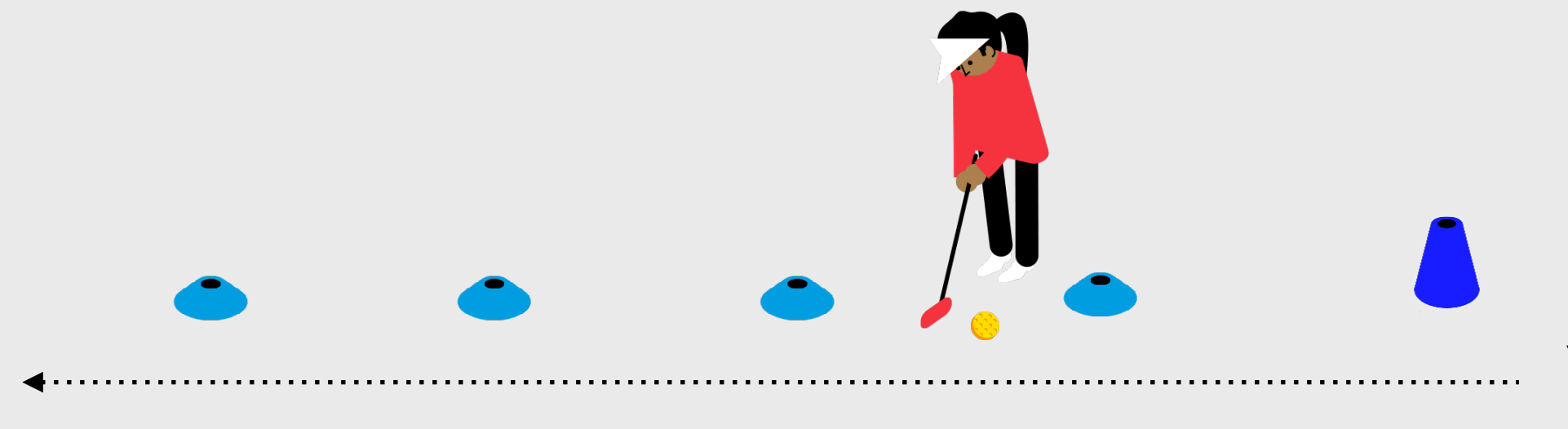
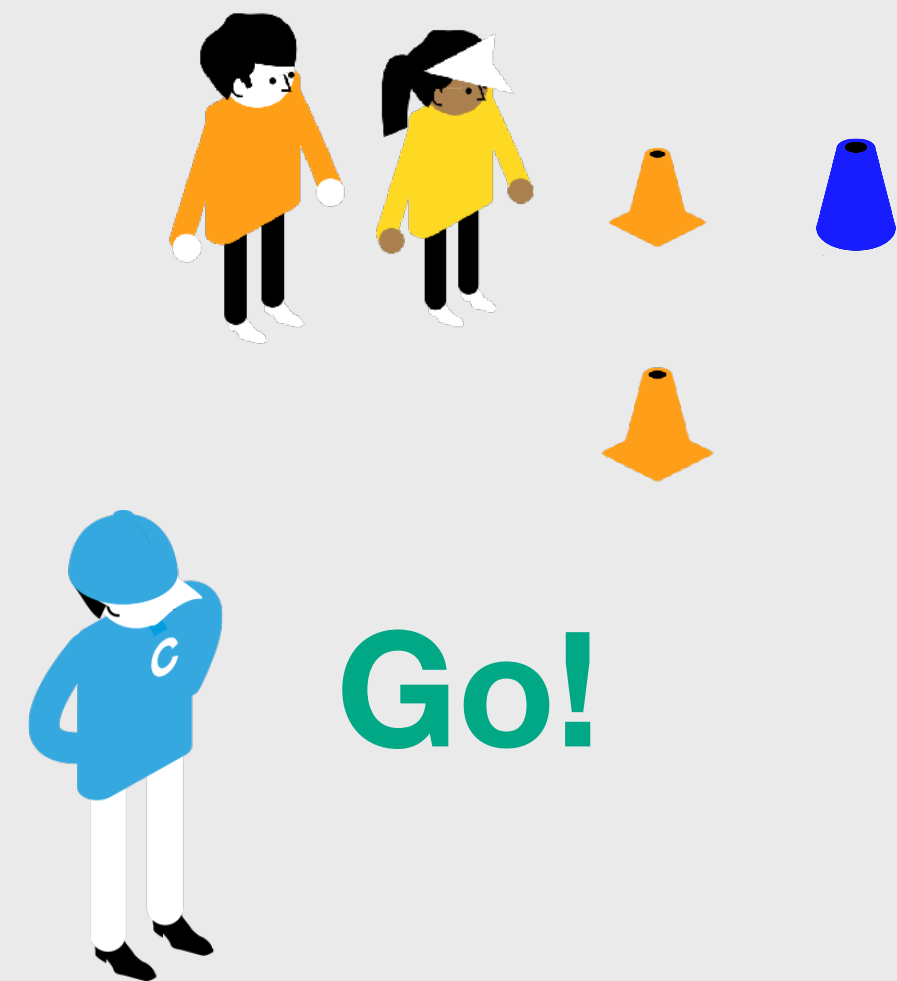




# Warm Up Game Card



# Golf Ball Dribbling



## How to Play

- Play this game on the driving range or practice area
- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child dribbles the ball in and out of the cones, round the end cone and back to the start
- The team that wins is the one that gets all players home first.

## Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



Golf Putter



Soft Ball



Coloured Cones



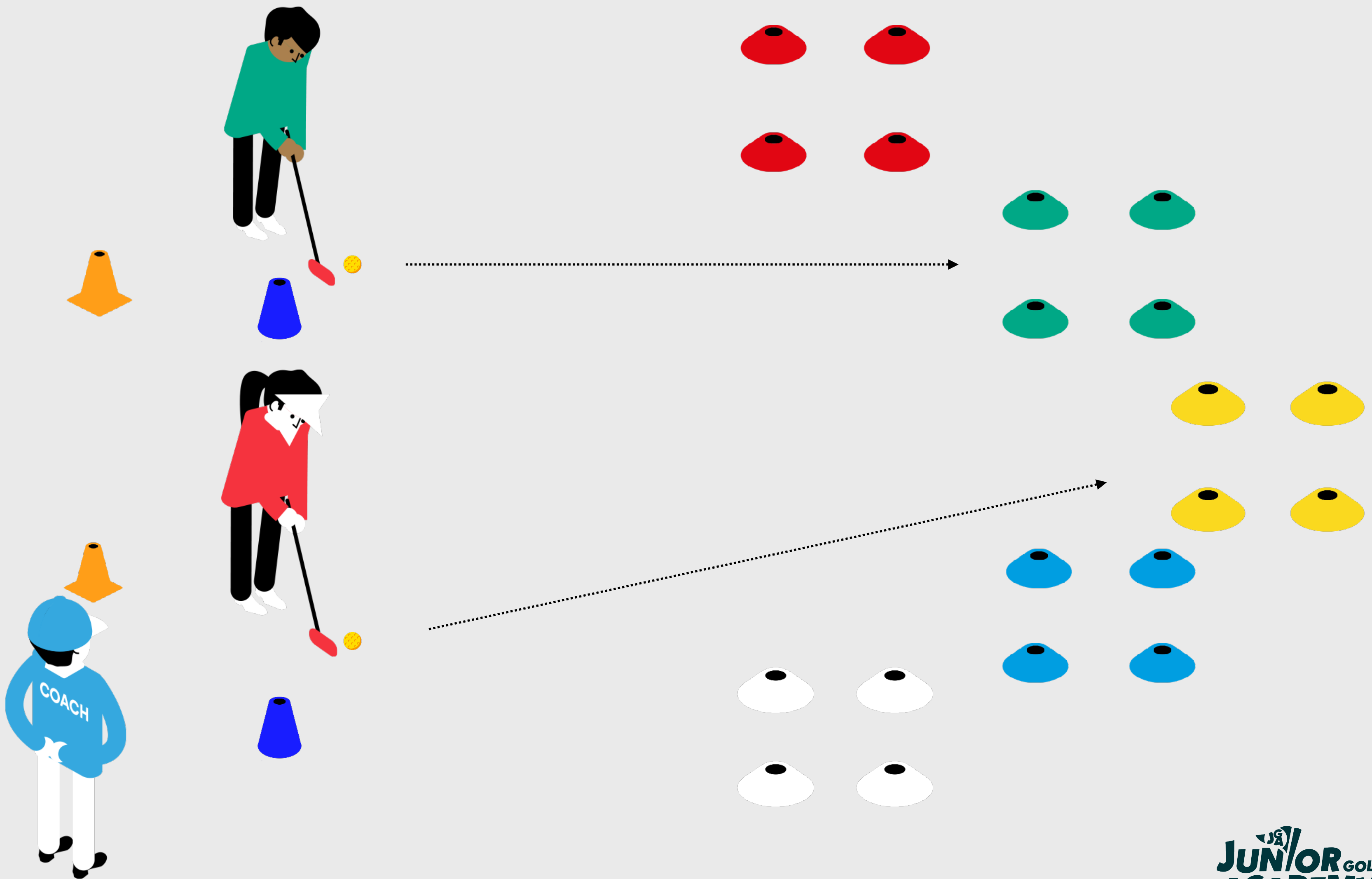


# Game Cards





# Zone Ball



### How to Play

- Children take it turns to putt from their station and the aim is to finish the ball within a coloured zone from their putt.
- The zones marked out by cones are worth a different amount of points
  - Red = 1 point
  - White = 1 point
  - Blue = 2 points
  - Green = 2 points
  - Yellow = 5 points

### Learning Outcomes

- A great game to explore the concept of distance control and direction control

### Equipment needed

Orange Safety Cones

SAFETY

4 x Blue cones

4 x Green cones

4 x Yellow cones

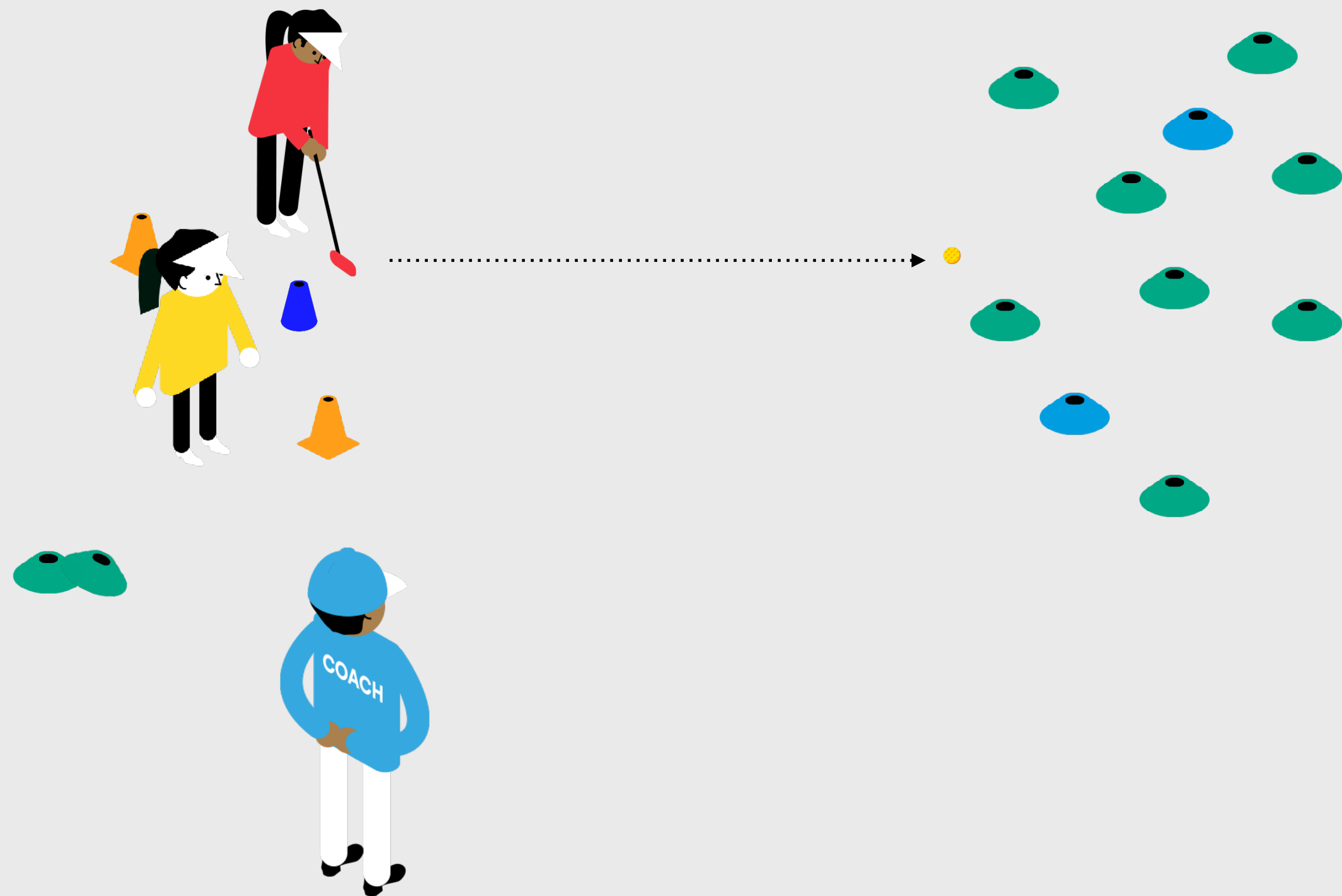
4 x Red cones

4 x White cones

2 x Starting Cones



# Finders Keepers



## How to Play

- Children take it in turns to attempt to putt their ball to hit one of the coloured cones. If successful they collect the cone
- If a player hits one of the two alternative coloured cones, they must put one of the cones back into the middle
- The children complete the game when they have collected all of the coloured cones

## Learning Outcomes

- This game is great for improving accuracy of putts
- Children have to think which cones to aim for, strategic thinking is improved as they navigate the cones that are of a different colour

## Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



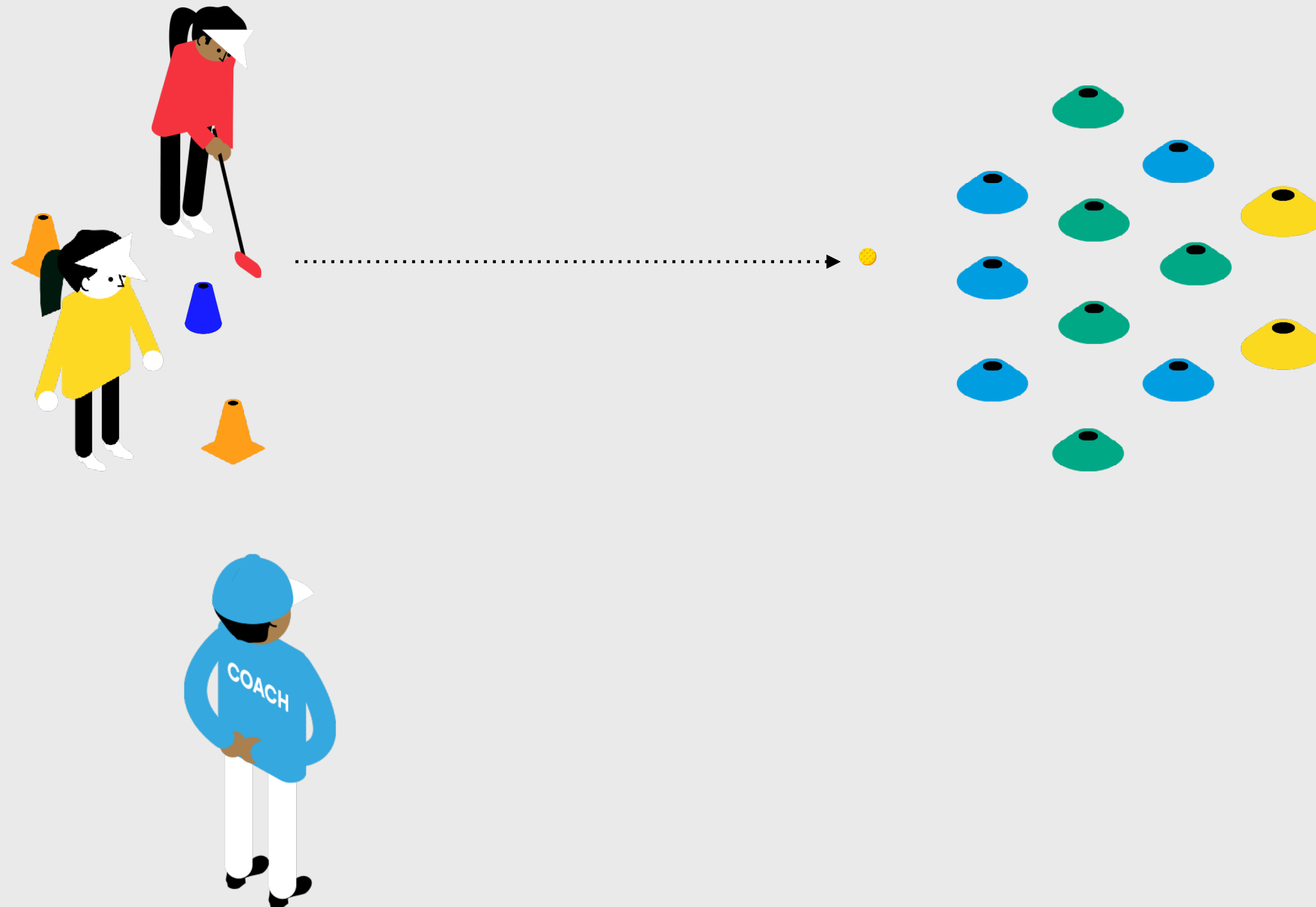
10 x Cones in one colour



2 x Cones in another colour



# Golden Nugget



## How to Play

- The children putt the ball towards the cones and try and hit one
- If they do they pick the cone up and bring it back for their team.
- Blue Cones are worth 1 point
- Green Cones are worth 5 Points
- Gold Cones are worth 10 Points

## Learning Outcomes

- This game is great for improving accuracy of putts
- Children have to think which cones to aim for, strategic thinking is improved as they navigate the cones that are of a different colour

## Equipment needed

2 x Orange safety cones

SAFETY



Marker cone



Golf balls



5x Green Cones



5x Blue Cones



2x Golden Cones

