

# Stage 1

## Week 4 - Putting, Chipping, Pitching and Swing



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# Timetable

**Session Length:**  
60 Mins

**Group Size:**  
1:18

**Mastering the Game Skill:**  
On the Green - Putting  
Around the Green - Chipping and Pitching  
Swing - Long Shots

**Learning the Game Focus:**  
Pre-Shot Routine

**Whole Child Focus:**  
Positivity

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 golf club and the facility</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>Free Hitting</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>Domino Race</li> <li>Round the Clock Spiral</li> <li>Back to School</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>	



## • Areas of a Golf Hole

- The Learning the Game focus this week is to understand the different areas of a golf hole. You should introduce to the children the areas that include the tee box, the fairway, bunkers, lakes and the green
- You should check for understanding about what happens when the ball goes into different areas on a hole and explore these areas where possible during the games



## • 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
- Encourage children to show a positive attitude during all games and to react well to winning and losing. It should be highlighted that the Achiever Award is presented to the child that displays positivity in the class to their own game and with others

### 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”

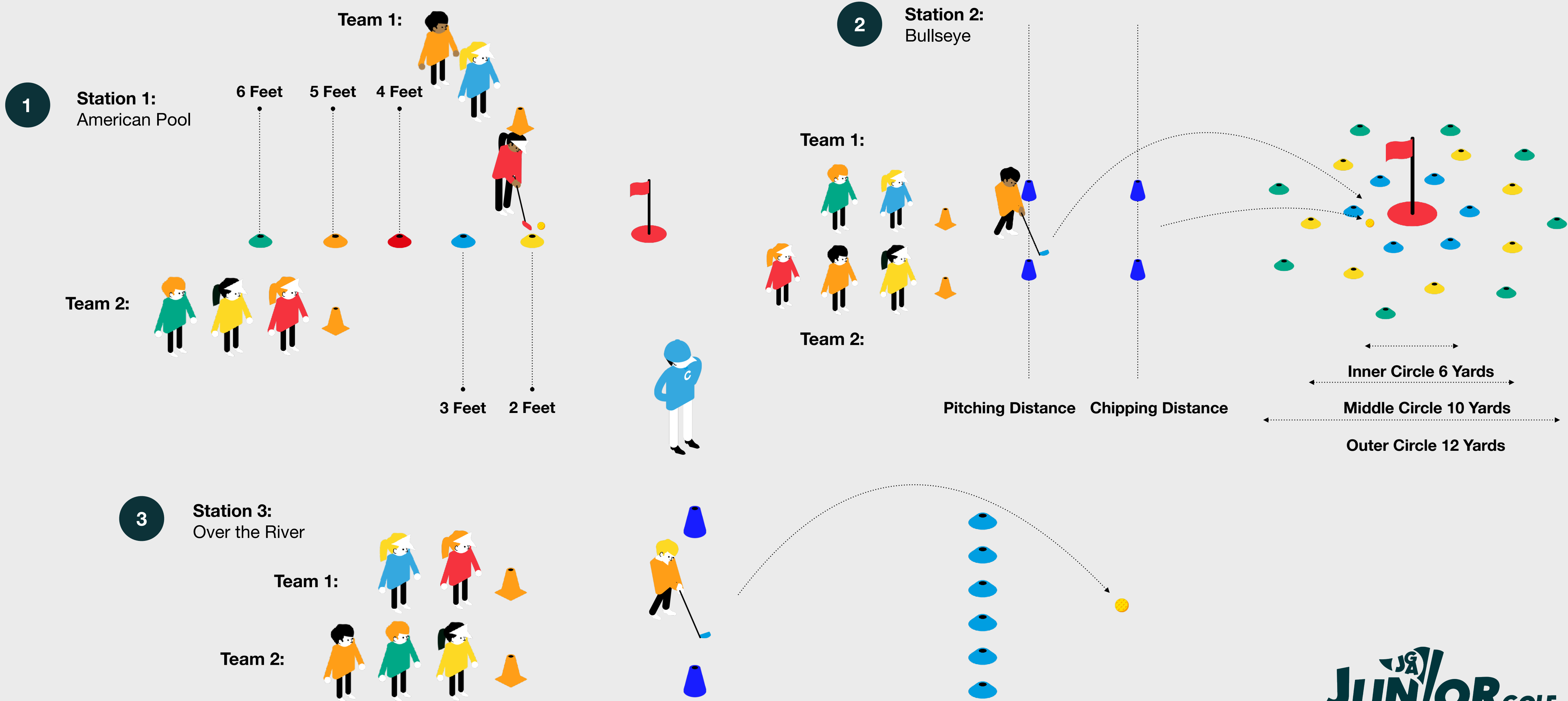
### Group reinforcement:

- 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





# Warm Up Game Card



# Floor is Lava



## How to Play

- Split the children into even groups, ideally three teams of two
- One child from each team is only allowed to stand in the hoops, their partner has to move the hoop into position so that their partner can move from one side of the game to the other
- On go, the pairs race to the other cone at the opposite side and switch over before racing back to the start
- The team that wins is the team that gets all players home first

## Progression Ideas

- Add in time penalties for touching the ground outside the hoops
- Specify a FMS, such as hopping or jumping

## Equipment Needed

Orange Safety Cones

SAFETY

Cones to mark out the start and end of the playing area

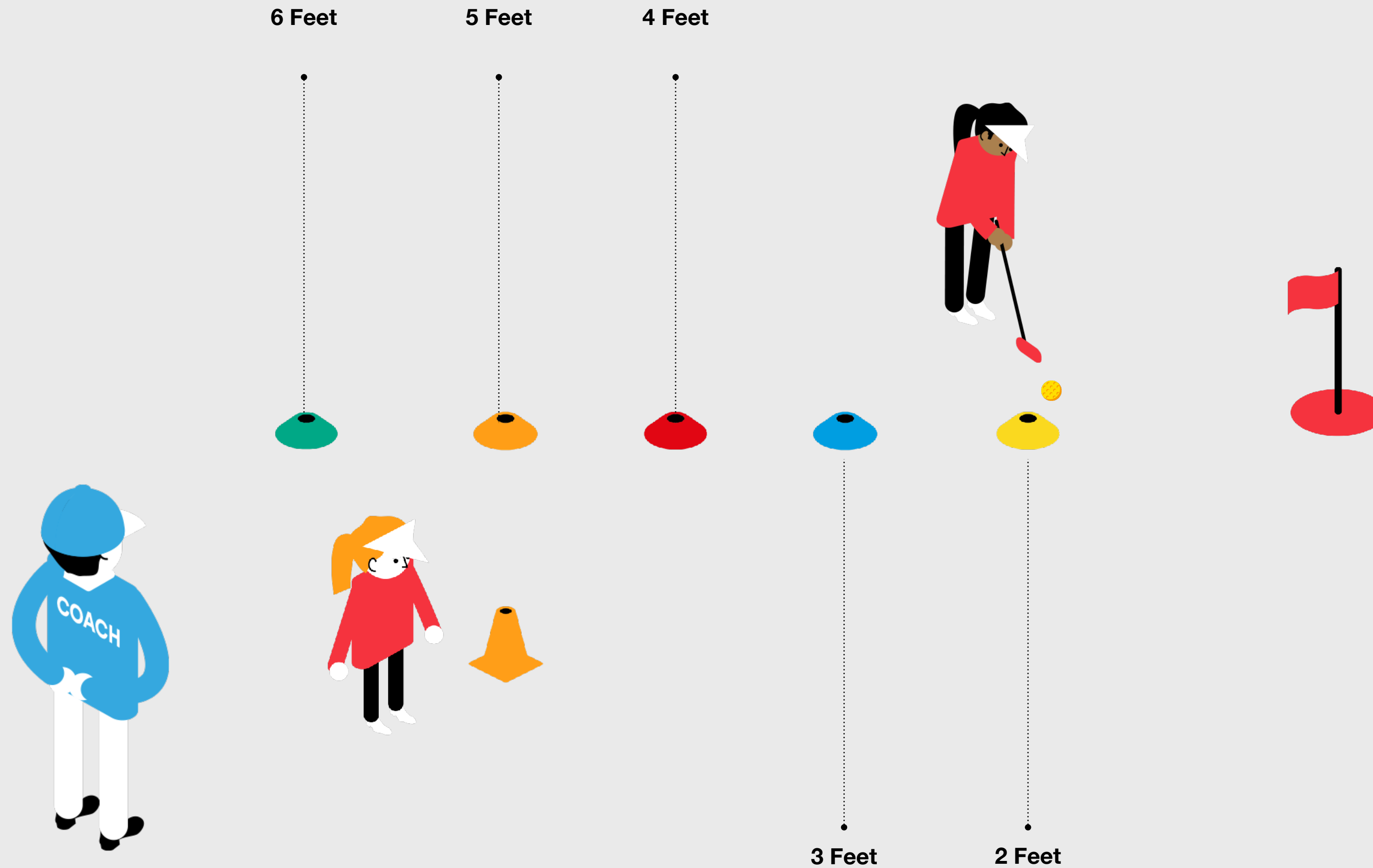
2 x hoops per team



# Game Cards



# American Pool



## How to Play

- Children take it in turns to putt from the first cone
- If successful, they can move back to the next cone, and continue until they miss a putt
- The challenge is to hole a putt from each of the different coloured cones before your playing partner does
- Each time the children have to start again from the first cone

## Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Coping with increased pressure as the child progresses down the line of cones
- Perseverance is required as this game can become quite frustrating

## Equipment needed

Orange safety cone

SAFETY

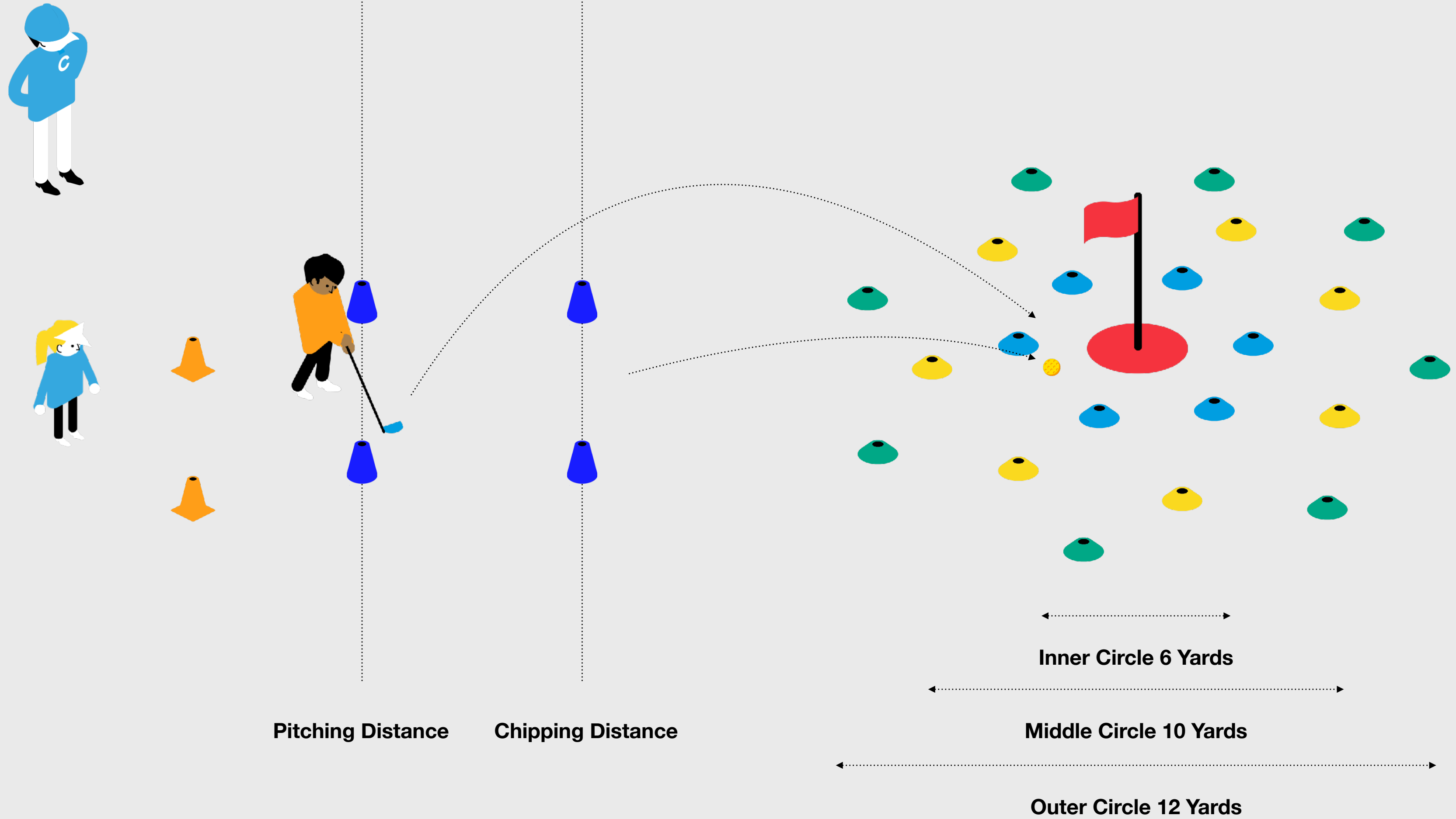
5 x different coloured cones to represent the different colour balls in American Pool

1 x Golf ball per player

Spare equipment that may be required for the group attendees.



# Bullseye



### How to Play

- Allocate the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- They must take 5 shots from the pitching zone and 5 shots from the chipping zone
- The winner is the player who gets the most points from their 10 shots

### Learning Outcomes

- Control of distance and direction when pitching

### Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out the necessary hitting station

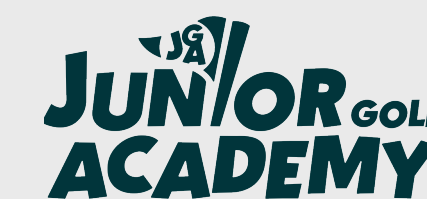
6 x Blue coloured cones to mark the inner circle

8 x Yellow coloured cones to mark the middle circle

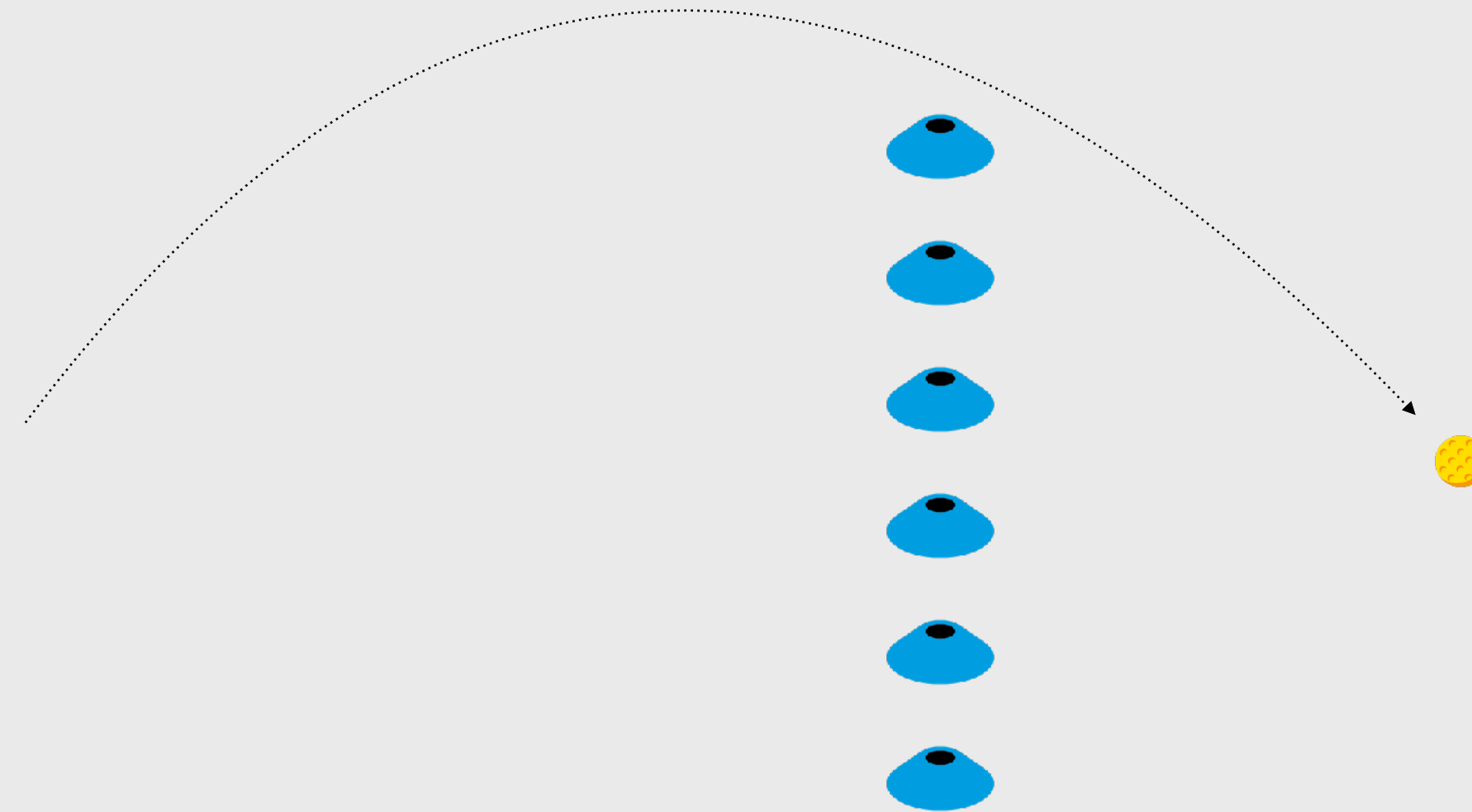
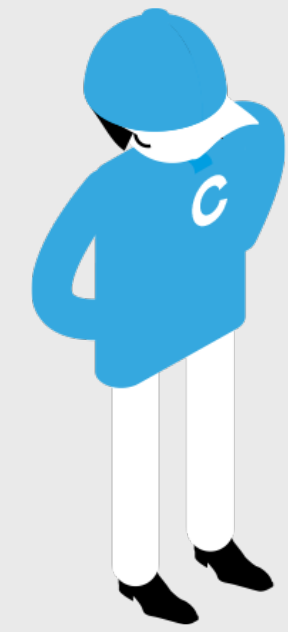
10 x Green coloured cones to mark the outer circle

Spare equipment that may be required for the group attendees.

Golf Balls



# Over the River



## How to Play

- The children take it in turns to hit their furthest shot possible over the river (blue cones)
- Every time their ball clears the river they get 1 point.

## Learning Outcomes

- Improve quality of strike

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



Golf Balls



Spare equipment that may be required for the group attendees.



6 x Blue Cones

