

Stage 1

Week 5 - At the Club



Contents

- 3 Timetable
- 4 Learning Theme
- 5 Layout and Setup
- 7 Warm Up Game Cards
- 8 Games Cards



Timetable

Session Length:
60 Mins

Group Size:
1:18

Mastering the Game Skill:
At the Course
On the Green
Swing

Learning the Game Focus:
Staying Safe on the Golf Course

Whole Child Focus:
Responsibility

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations for the specific class in the school hall or playground Be ready to welcome the children 5 minutes before the session starts Ensure that you take a register of the children before the session starts 	
10 Mins	Introduction and Learning the Game/ Whole Golfer Focus	<ul style="list-style-type: none"> Welcome and Introduction to the program. Outline what will be covered over the course of the 5 weeks for Stage 1 Communicate the Learning the Game topic Communicate the Whole Golfer topic 	
10 Mins	Warm Up Game	<ul style="list-style-type: none"> Introduce the warm up game and how the the game can be completed safely 	<ul style="list-style-type: none"> Floor is Lava
30 Mins	Mastering the Game Skills and Games	<ul style="list-style-type: none"> Introduce the games and explore important safety guidance Separate children into groups to rotate around the games and pairs/teams to play in within their group Assist children playing the games and ensure children are all following safety guidelines 	<ul style="list-style-type: none"> American Pool Bullseye Over the River
10 Mins	End of Session Review	<ul style="list-style-type: none"> Recap the games and find out the children's favourites, as well as how they found the session. Following the session explain about the Stage 2 School of Golf programme and how to book onto it. Present the School of Golf Stage 1 certificate to each child Give out the letters/flyers and explain that the spaces are limited and to book early to avoid disappointment. 	



• Staying Safe on the Golf Course

- The Learning the Game focus this week is about understanding the dangers on the golf course and what we need to know to stay safe when at that club
- You should highlight to your juniors best practice of knowing where to stand when someone is playing their shot, being aware of other players on the course and what to do when they hear the shout of “Fore”
- Introduce the action of shouting “Fore!” and what to do when you hear this shout. You should explore safety throughout the class



• Positivity

- The Whole Child theme this week is to encourage children to take responsibility, for their learning, for their equipment and their behaviour
- Highlight how important it is to be self-aware when on or around the golf course and how irresponsible actions can have consequences.
- 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

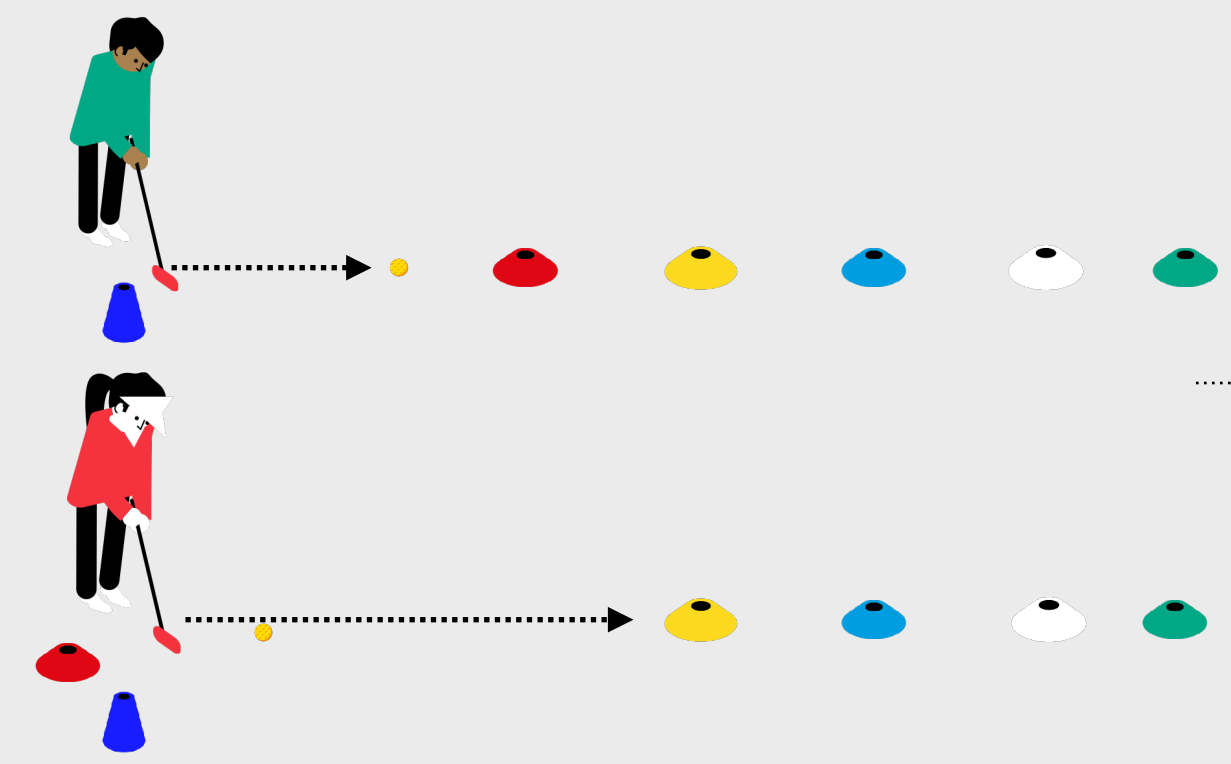
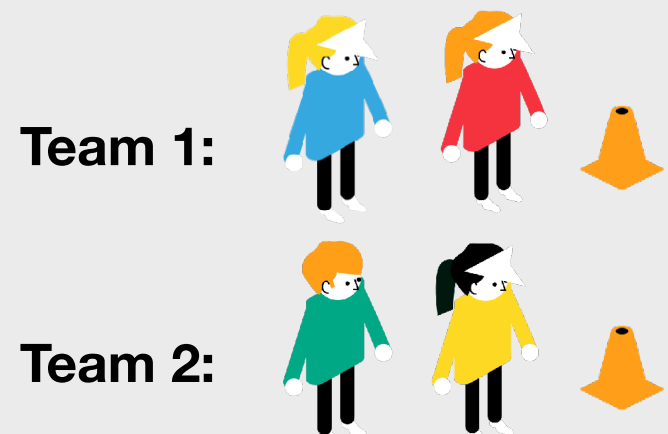
Layout and Setup



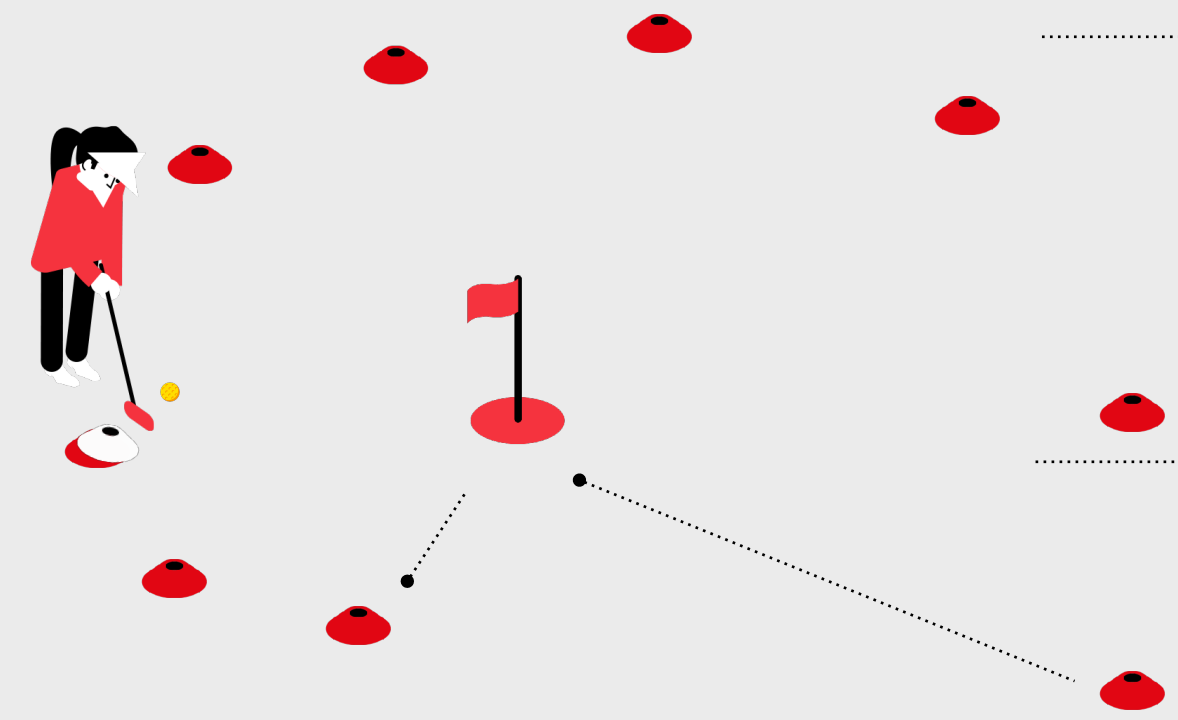
Layout and Setup

Free Hitting

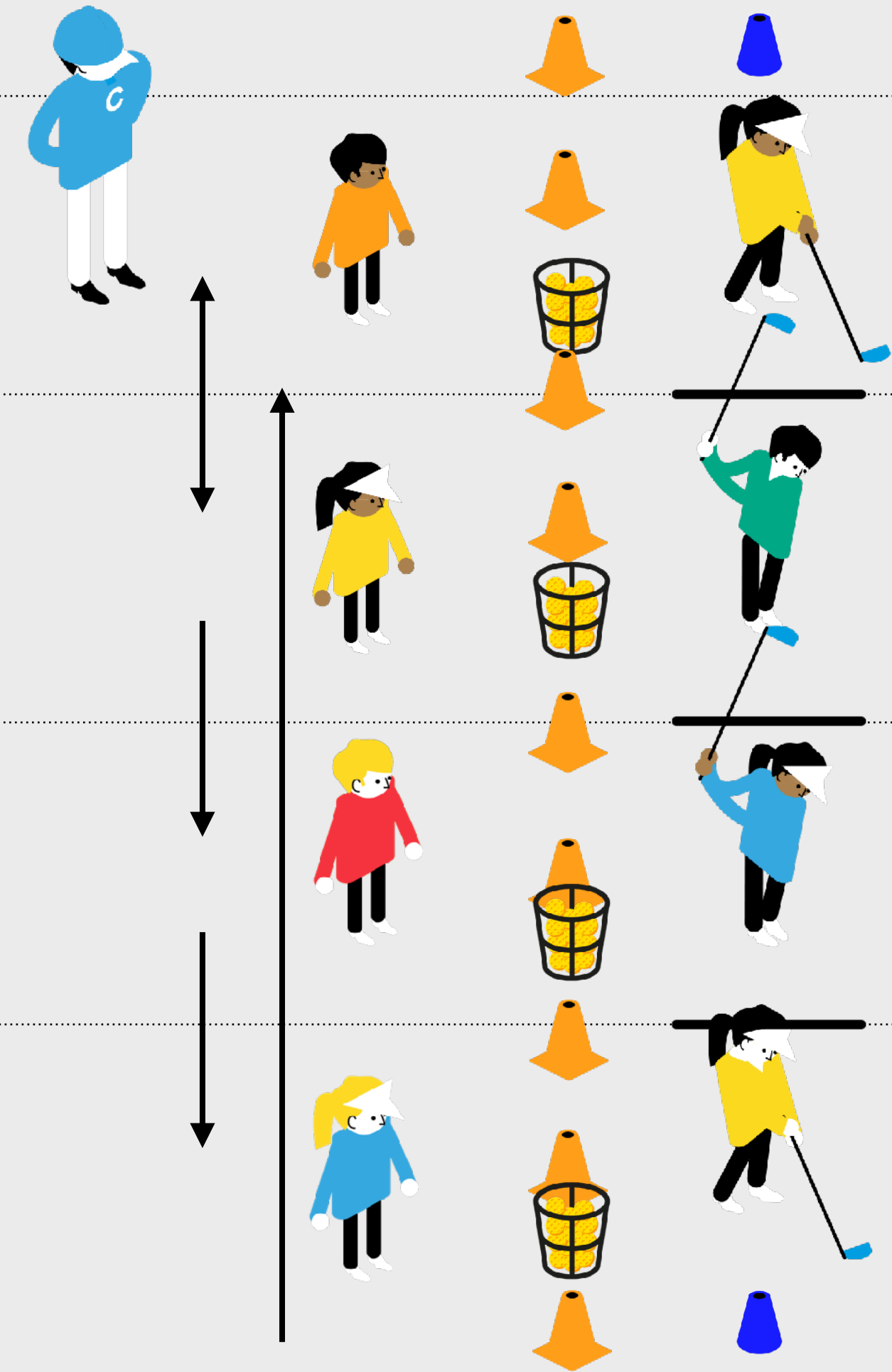
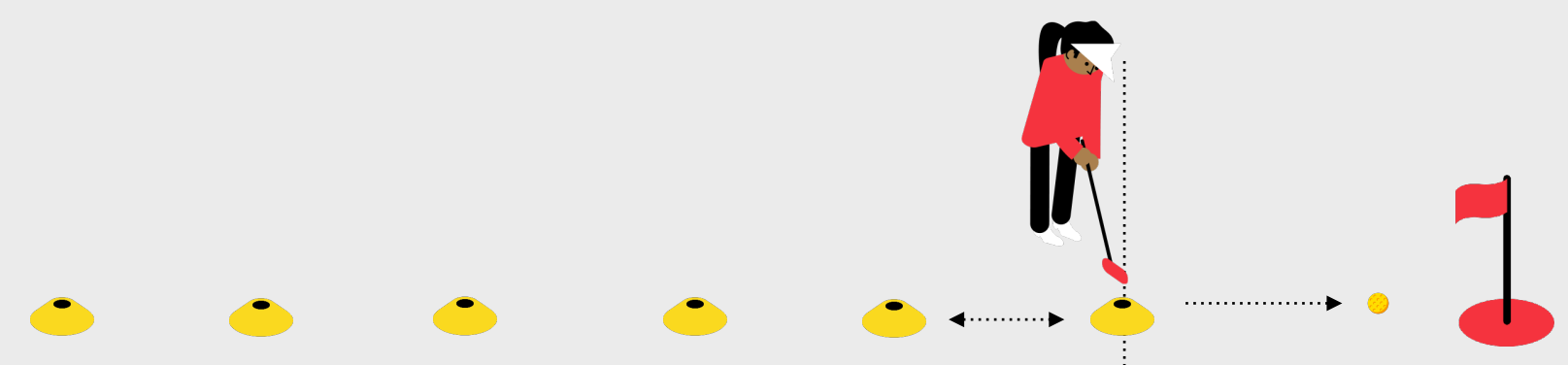
1 Station 1: Domino Race



2 Station 2: Round the Clock Spiral



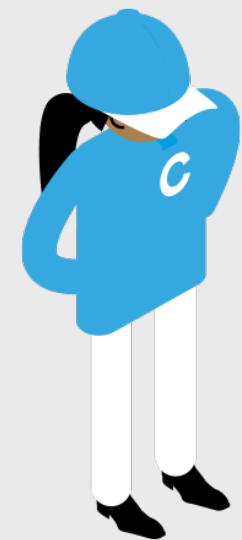
3 Station 3: Back to School



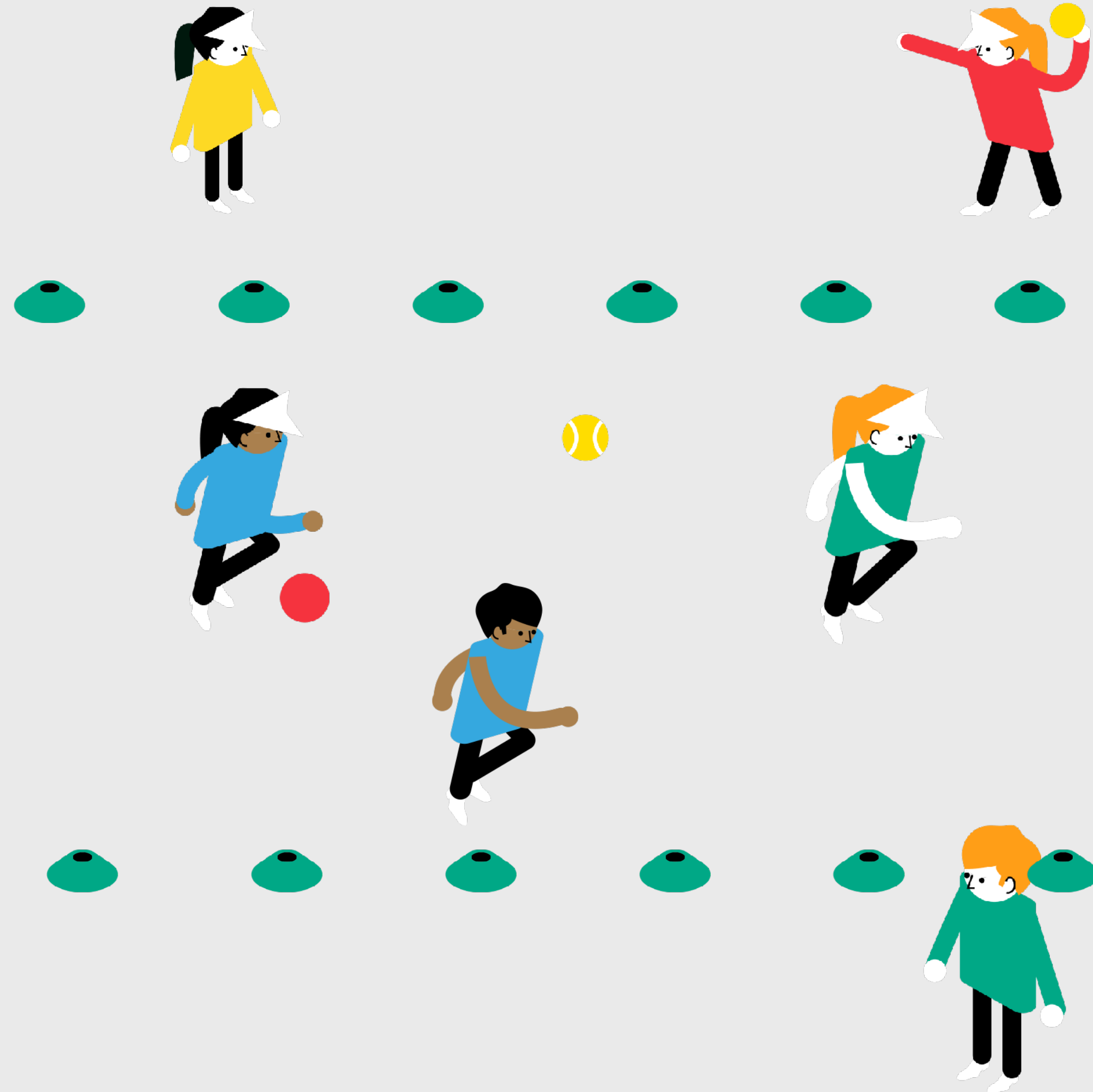
Warm Up Game Card



Fairway Run



Go!



How to Play

- This game is best played in two team. Split the children into even teams.
- 1 team starts on one side of the centre line and the other team starts on the opposite side.
- The team nominated by the coach starts with the 3 soft balls
- The team attempts to throw the soft balls waist height and hit the players on the opposing team
- When a player is hit they drop out of the game
- If a ball is caught, then any players out of the game can be re-introduced or the throwing players drops out
- The winning team is the team with players left in the playing area

Progression Ideas

- Decrease the size of the playing area
- Increase the number of softballs
- Play the game with different movement skills such as rolling the balls or nominating the arm the throw with

Equipment Needed

Cones to mark the edge of the tunnel



Soft Balls

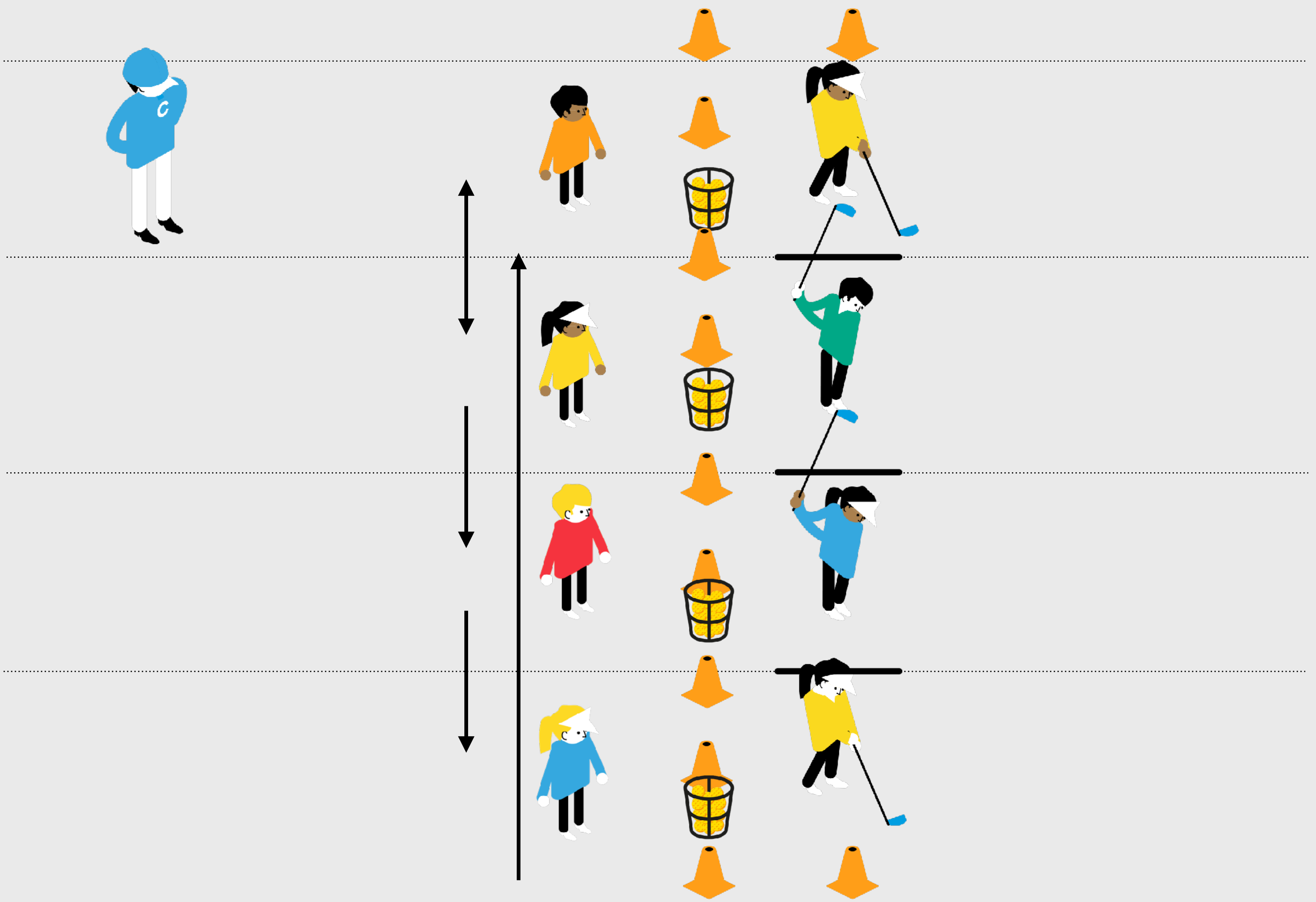


Game Cards





Free Hitting



How to Play

- Assign the children into bays on the driving range
- Ask children to select targets on the range and hit balls at them
- Encourage children to rehearse their pre-shot routine before each shot

Equipment Needed

Orange Safety Cones

SAFETY



Marker Cones



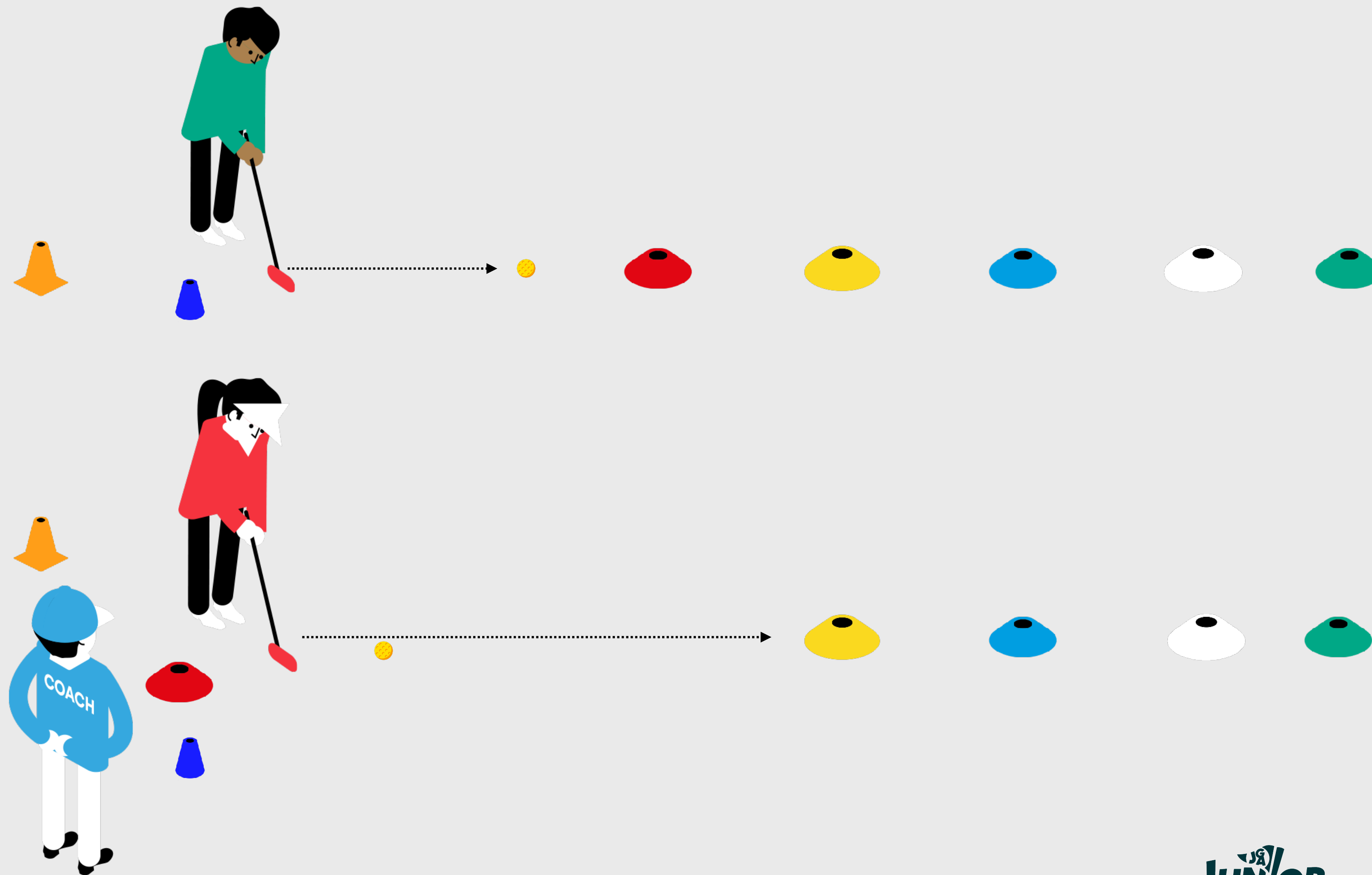
Golf Clubs



Golf Balls



Domino Race



How to Play

- Each player is nominated a line of coloured cones and a starting point
- Each player hits their first putt and attempts to hit the first coloured cone. If the player misses, they return to the start and tries again
- When a player successfully hits the cone, they pick the cone up and bring it back to the start
- The player who wins is the one who hits every cone in order

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure

Equipment needed

Orange Safety Cones



2 x Blue cones



2 x Green cones



2 x Yellow cones



2 x Orange cones



2 x White cones

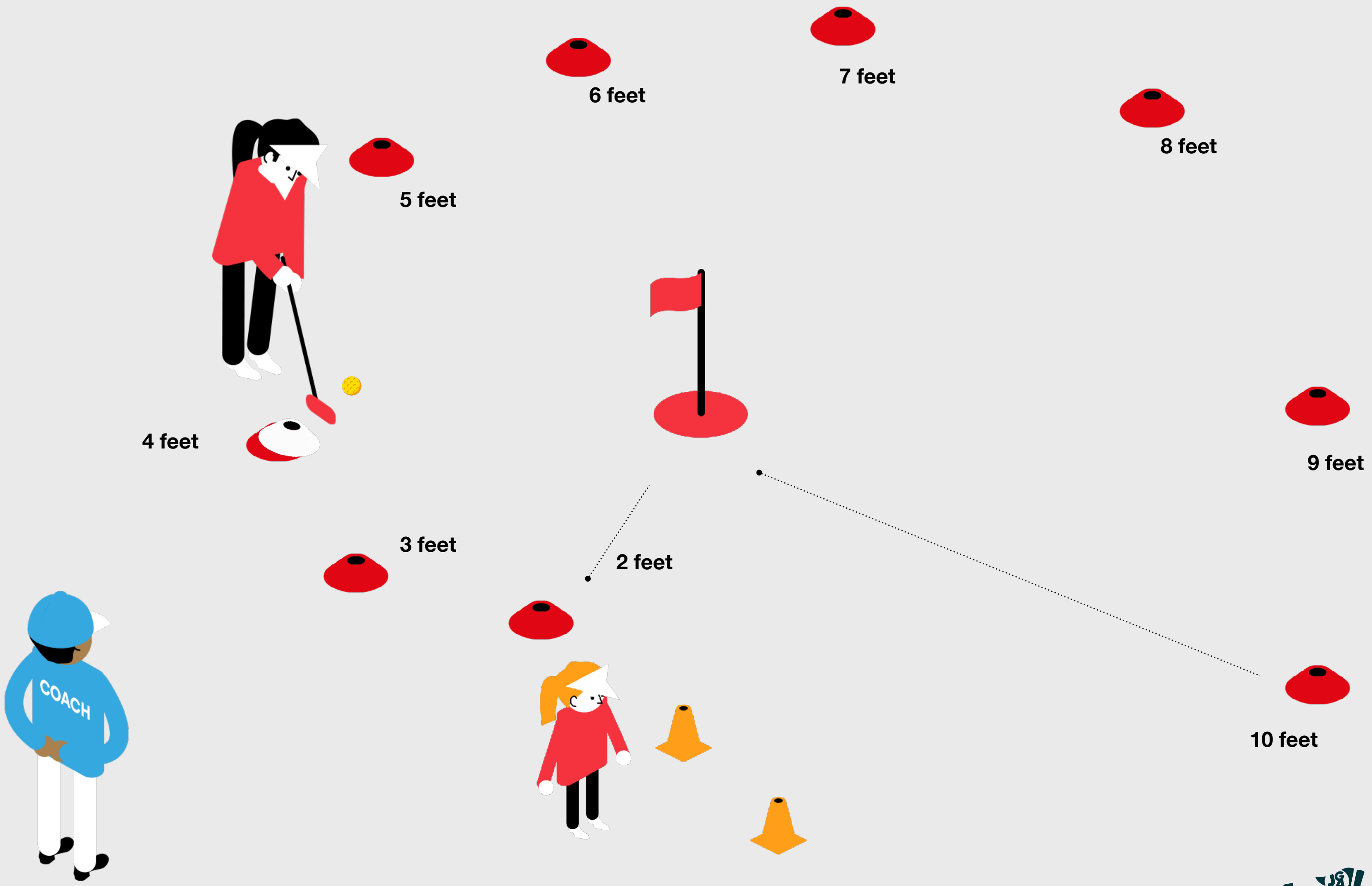


2 x Starting Cones





Round the Clock Spiral



How to Play

- Nominate one of the children to play first and nominate a coloured cone for the team. This cone is to track their progress around the spiral
- The player attempts to hole their putt from the 1st cone nearest to the hole
- If the player misses, the team stays where they are and their partner has a turn. If they successfully hole the putt, they move to the next cone
- The next player then goes and the game continues until the team completes the spiral

Learning Outcomes

- Perseverance is needed to complete the challenge
- Direction, distance control, and ability to read greens are all being tested in this game
- Improves the player's ability to adapt from one direction of putt to another

Equipment needed

Orange Safety Cones

SAFETY

9 x Coloured Cones to mark distance from 2-10 feet

Spare equipment that may be required for the group attendees.

2 x different Coloured Cones

Golf Ball



Back to School



How to Play

- Aim of the game is achieve a Grade A by making a putt from each of the cones
- Nominate a child to play first
- From the starting cone at 5 feet, if the putt is holed the player moves back a cone and can have another go. If the putt is missed the player has to wait until their go to have another attempt
- The player who wins is the one who reaches the Grade A cone first and holes their putt

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure

Equipment needed

2 x Orange Safety Cones



6 x Coloured Cones



Spare equipment that may be required for the group attendees.



Golf Balls

