

Stage 2

Week 5 - Challenges



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:
Around the Green - Pitching

Learning the Game Focus:
Introducing the Scorecard

Whole Child Focus:
Teamwork

Time	Focus	Suggested Theme Content	Games / Drills / Resources
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations for the specific class on the driving range, putting green and /or putting green Be ready to welcome the children 5 minutes before the session starts 	
10 Mins	Introduction and Learning the Game/ Whole Golfer Focus	<ul style="list-style-type: none"> Welcome and Introduction. Outline that the session will be a fun end of course session with challenges across the three skills Communicate the Learning the Game topic Communicate the Whole Golfer topic 	
5 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"> Cone Collector
15 Mins	Swing Challenge and Free Hitting	<ul style="list-style-type: none"> Introduce the swing challenge, how it is played and how the children can earn points for their team Break the children into groups to compete in the swing challenge Ensure children are completing the challenge correctly and safely 	<ul style="list-style-type: none"> Swing Challenge Free Hitting
5 Mins	Transition to Putting or Chipping Green	<ul style="list-style-type: none"> Transition the group safely to the next facility to complete the on the green and around the green challenges 	
15 Mins	On the Green Challenge and Around the Green Challenge	<ul style="list-style-type: none"> Introduce the around the green and on the green challenge. Children play in the same groups as the swing challenge Ensure children are completing the challenges correctly Ensure children are all following safety guidelines their group Children rotate between the two challenges 	<ul style="list-style-type: none"> Around the Green Challenge On the Green Challenge
10 Mins	End of Session Review	<ul style="list-style-type: none"> Use this time to thank everyone for participating in the Stage 2 program Present the School of Golf Stage 2 certificates to each child in front of parents Announce the challenge winners Encourage children who enjoyed it to get involved with more JGA programmes at the club and provide any marketing/information materials to parents 	



• Introducing the Scorecard

- The Learning the Game focus this week is about the Scorecard. You should emphasise that golf is a game of scoring and that a scorecard is used in the game.
- You should introduce your juniors to how to score using a scorecard, include this in the challenges, asking juniors to use a scorecard to record their scores and even record the scores of others



• Teamwork

- The Whole Child theme this week is focussed on working as a team
- Examples of this could be helping another child with some advice on how to attempt the challenge more successfully, or even just encouraging teammates during the challenges
- It should be highlighted that the Achiever Award is presented to the team that demonstrates teamwork during the class

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

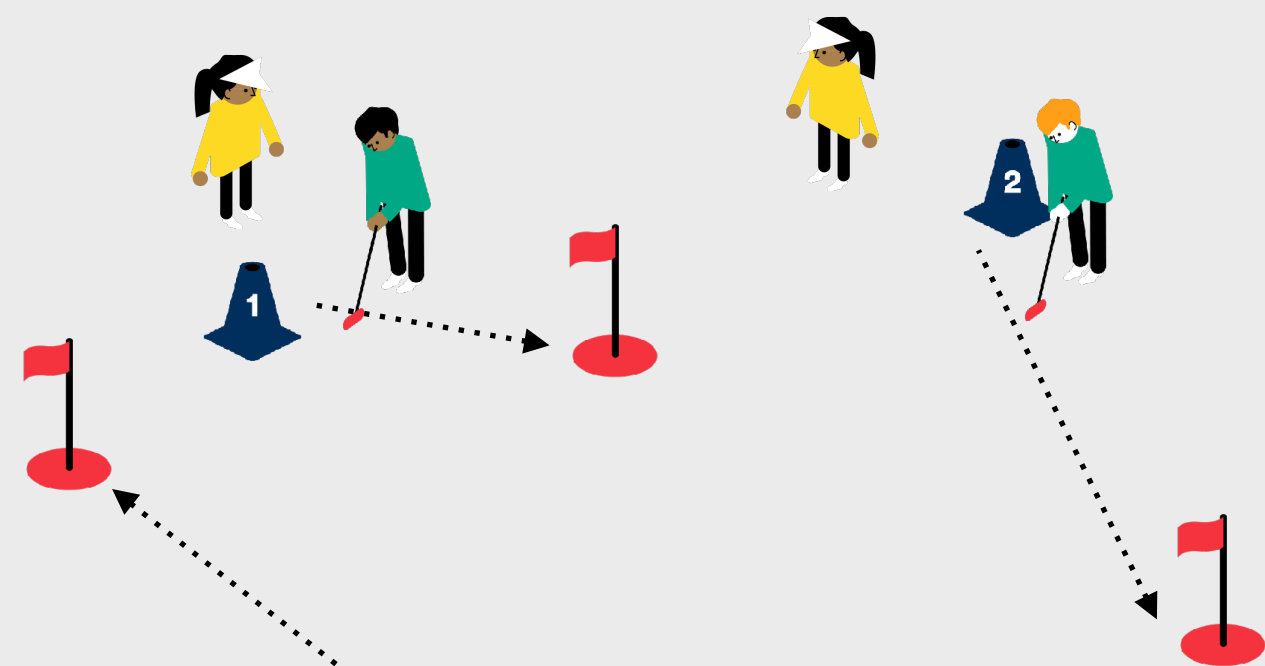
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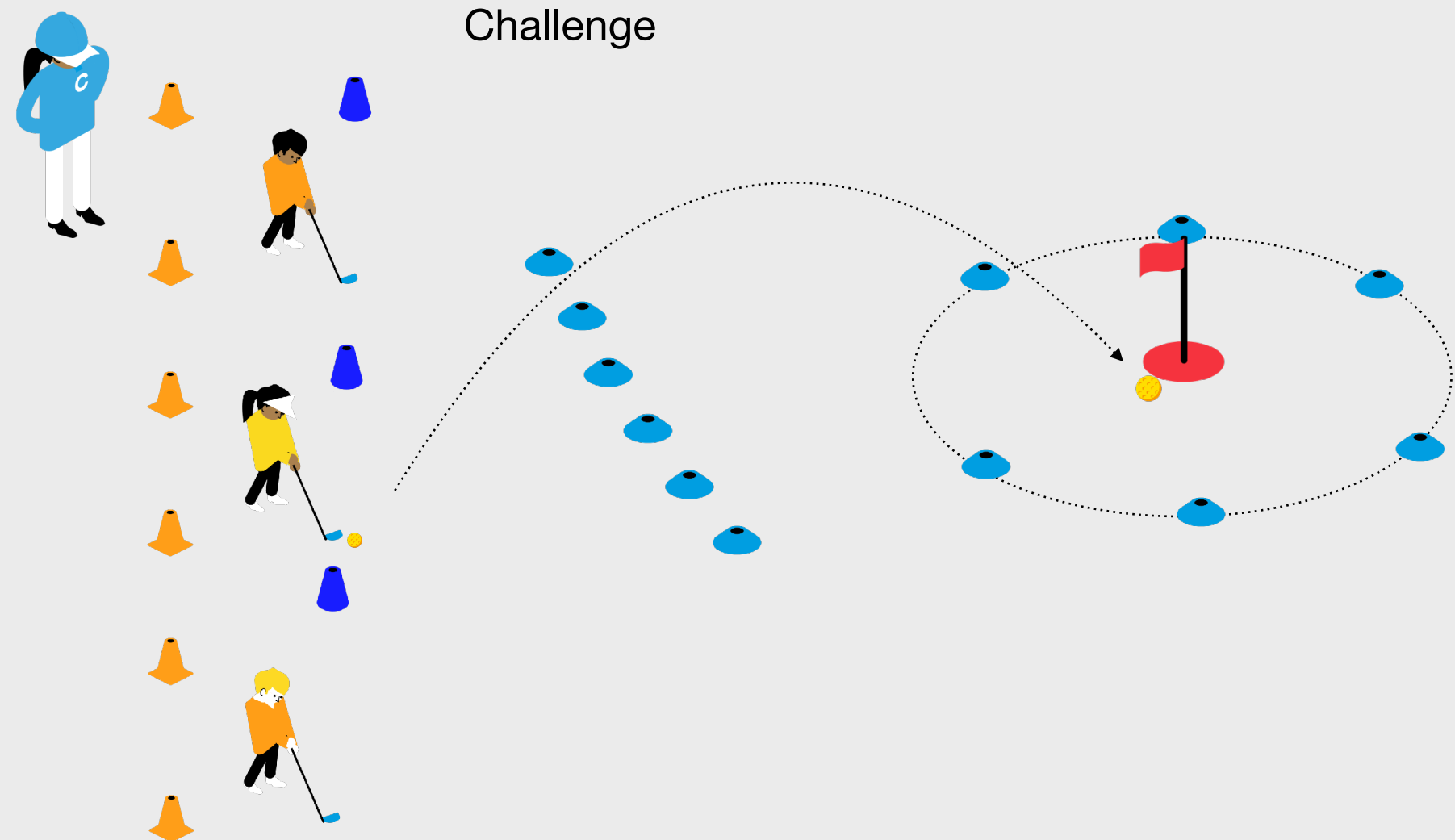
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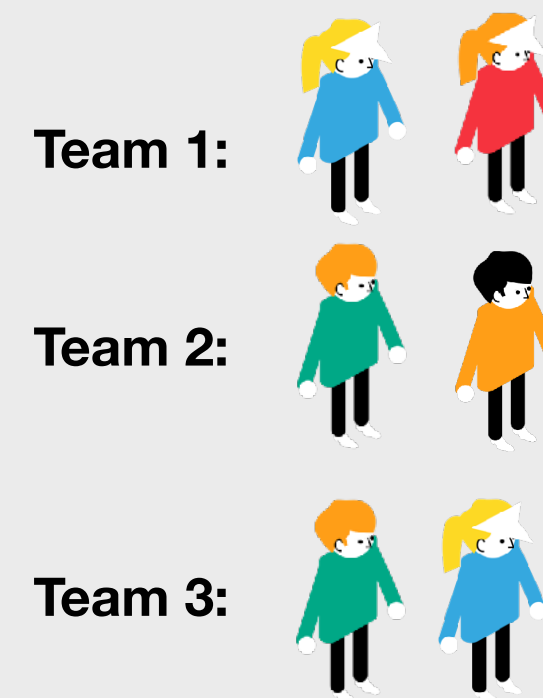
3 Station 3: Putting Challenge



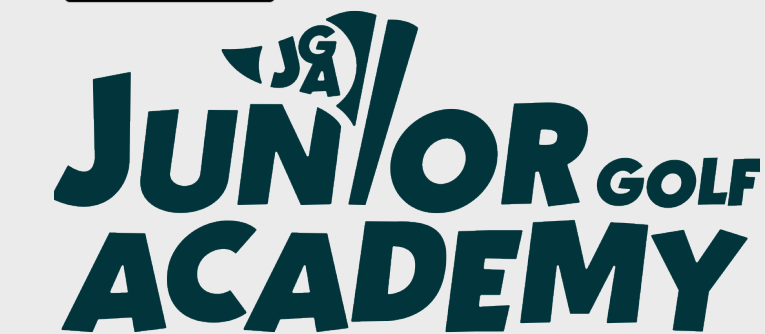
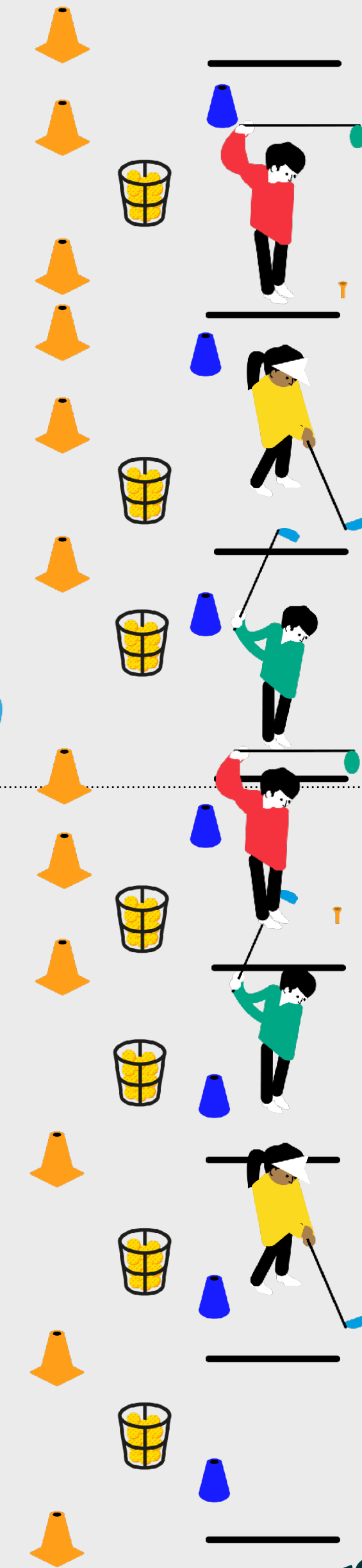
4 Station 3: Around the Green Challenge



1 Station 1: Swing Challenge



2 Station 2: Free Hitting



Warm Up Game Card



Cone Collector



How to Play

- Split the children into pairs, and line them up behind their safety cones
- When the coach shouts GO! The children run out and pick up the foam noodles
- One child must hold one end of the noodles and their partner must hold the other end
- The pair then have to work together to pick up the Crush It cone without touching it with their hands
- The winning pair are the ones that can carry the Crush It cone back to their safety cone

Equipment Needed

3 x Orange safety cones

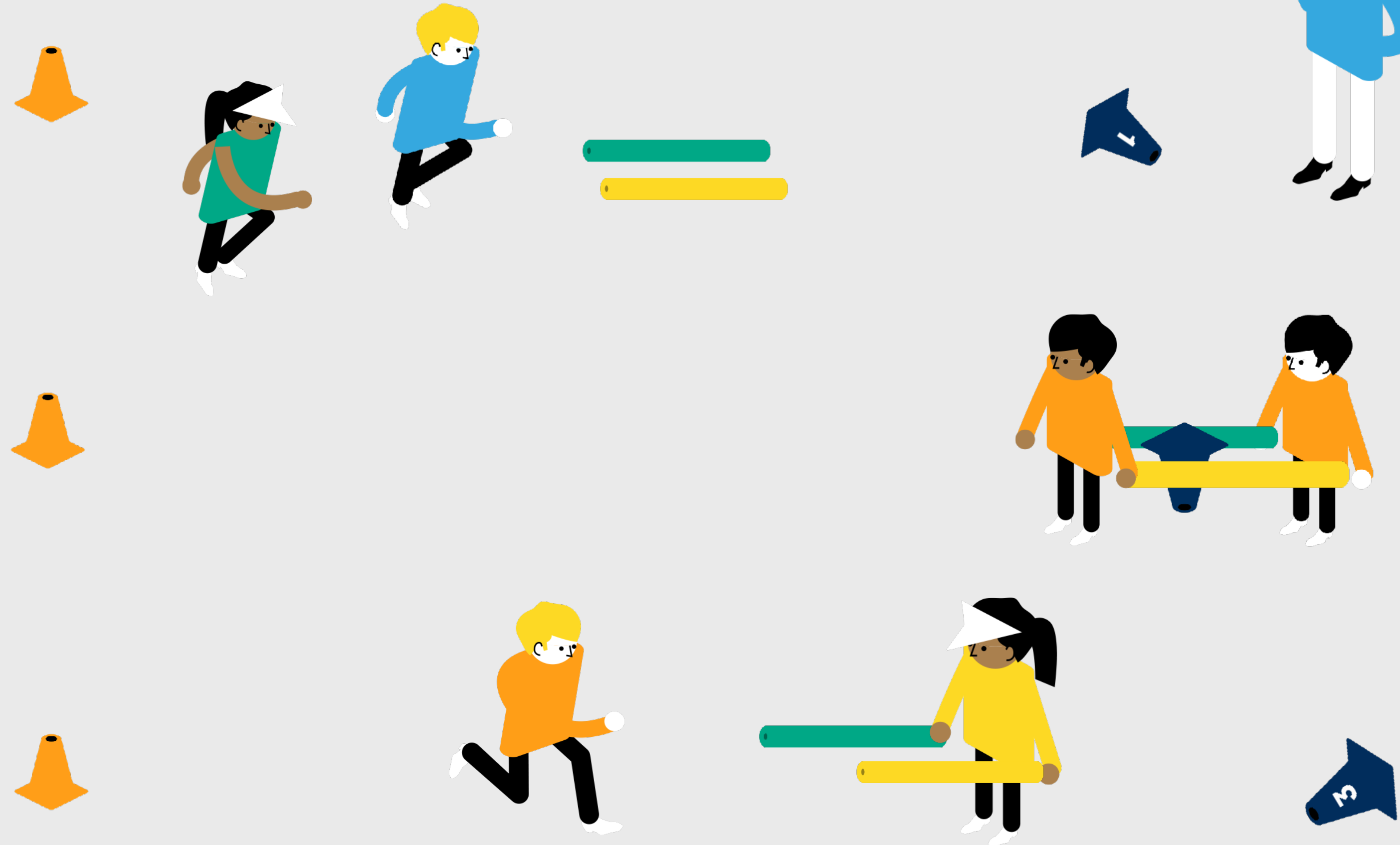
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3 x Crush It cones



6 x Foam noodles

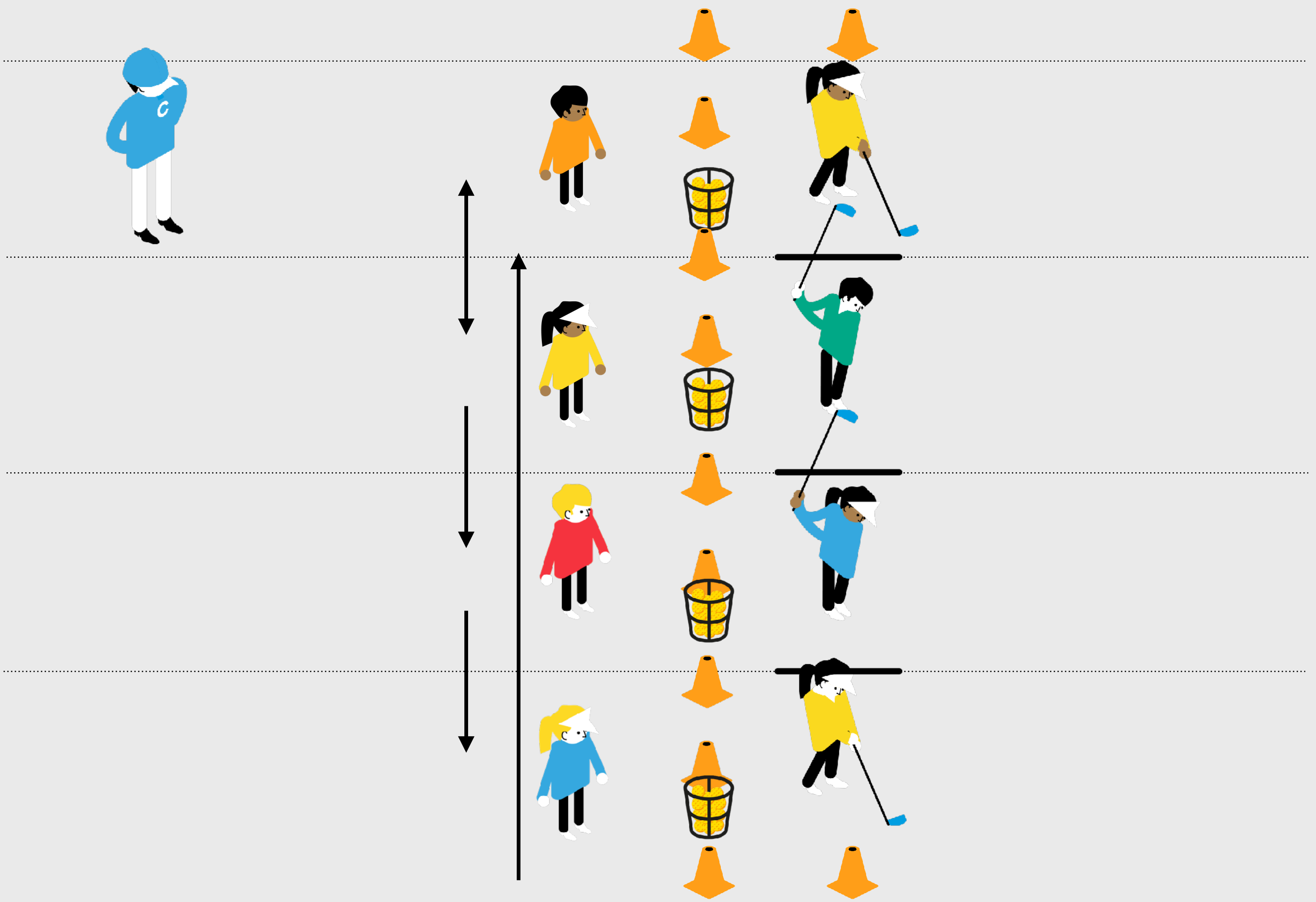


Game Cards





Free Hitting



How to Play

- Assign the children into bays on the driving range when they are not participating in the swing challenge
- Ask children to select targets on the range and hit balls at them
- Encourage children to use different clubs including irons and the driver

Equipment Needed

Orange Safety Cones

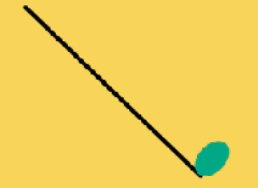
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Marker Cones



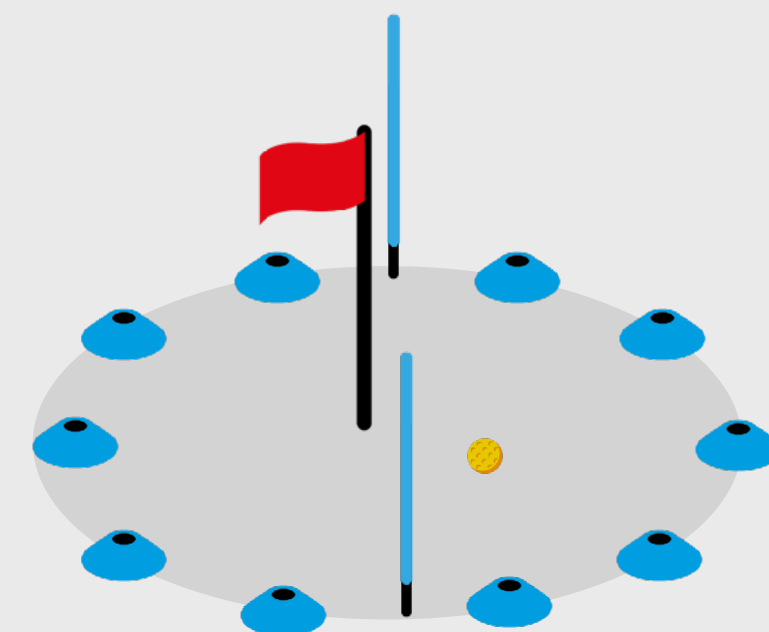
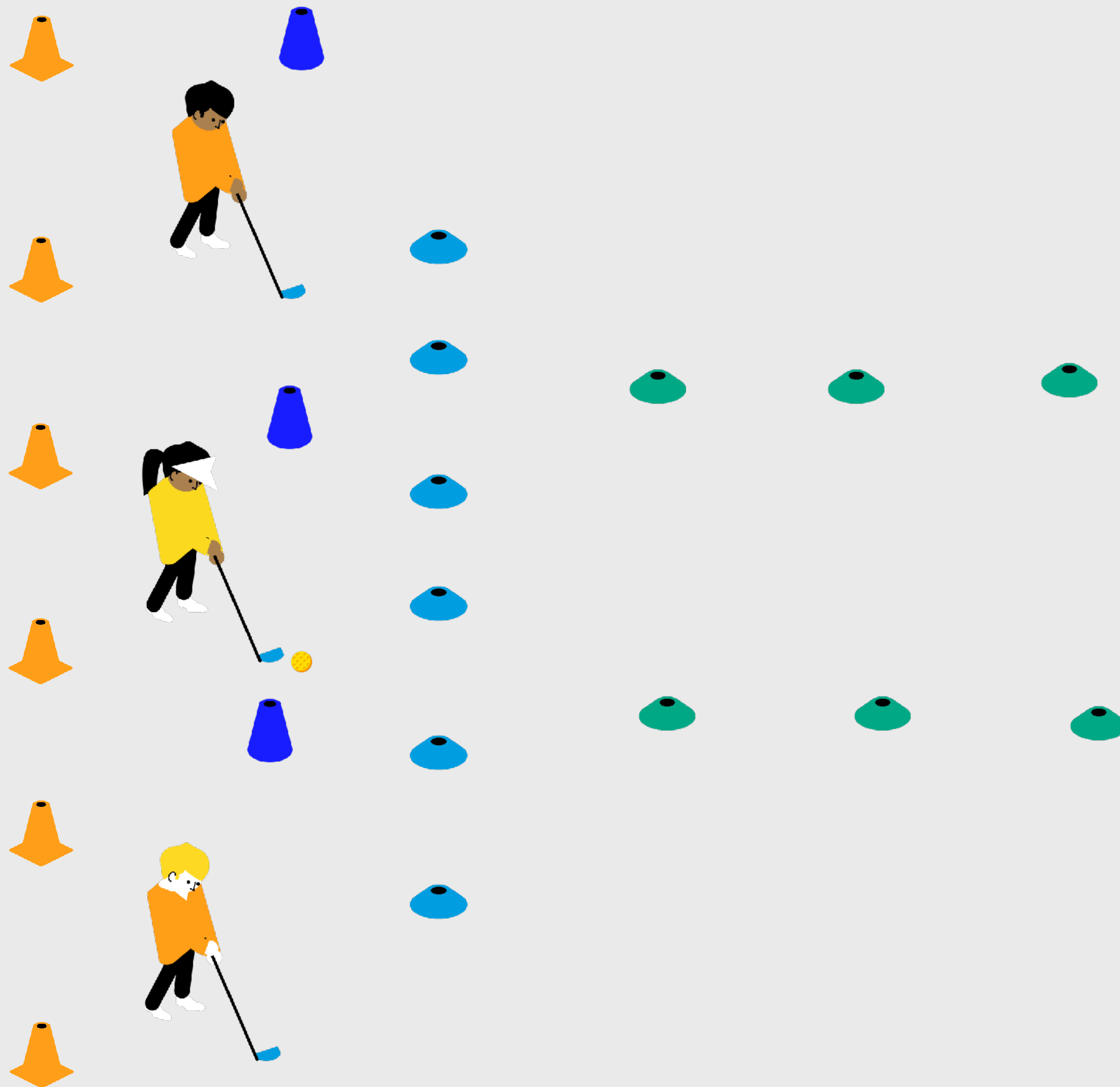
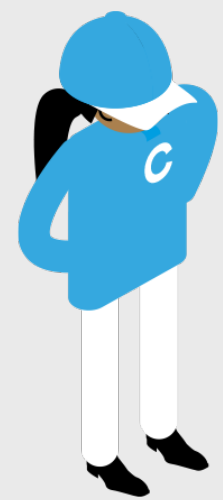
Golf Clubs



Golf Balls



Swing Challenge



How to Play

- For this challenge children have 5 attempts each depending on the size of the teams
- Children attempt to hit the on a coach created green at an appropriate distance to the groups skills level
- Children earn points for their team based on the result of the shot. They earn:
 - 1 point for hitting the golf ball
 - 3 Points for hitting the ball over the river
 - 5 Points for hitting the ball onto the fairway
 - 10 points for the ball landing or finishing on the green
- The team with the most points will win the challenge

Equipment needed

6 x Orange Safety Cones

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3 x Cones



Green Cones for the Fairway



Blue Cones for the River



Additional coloured cones for the green



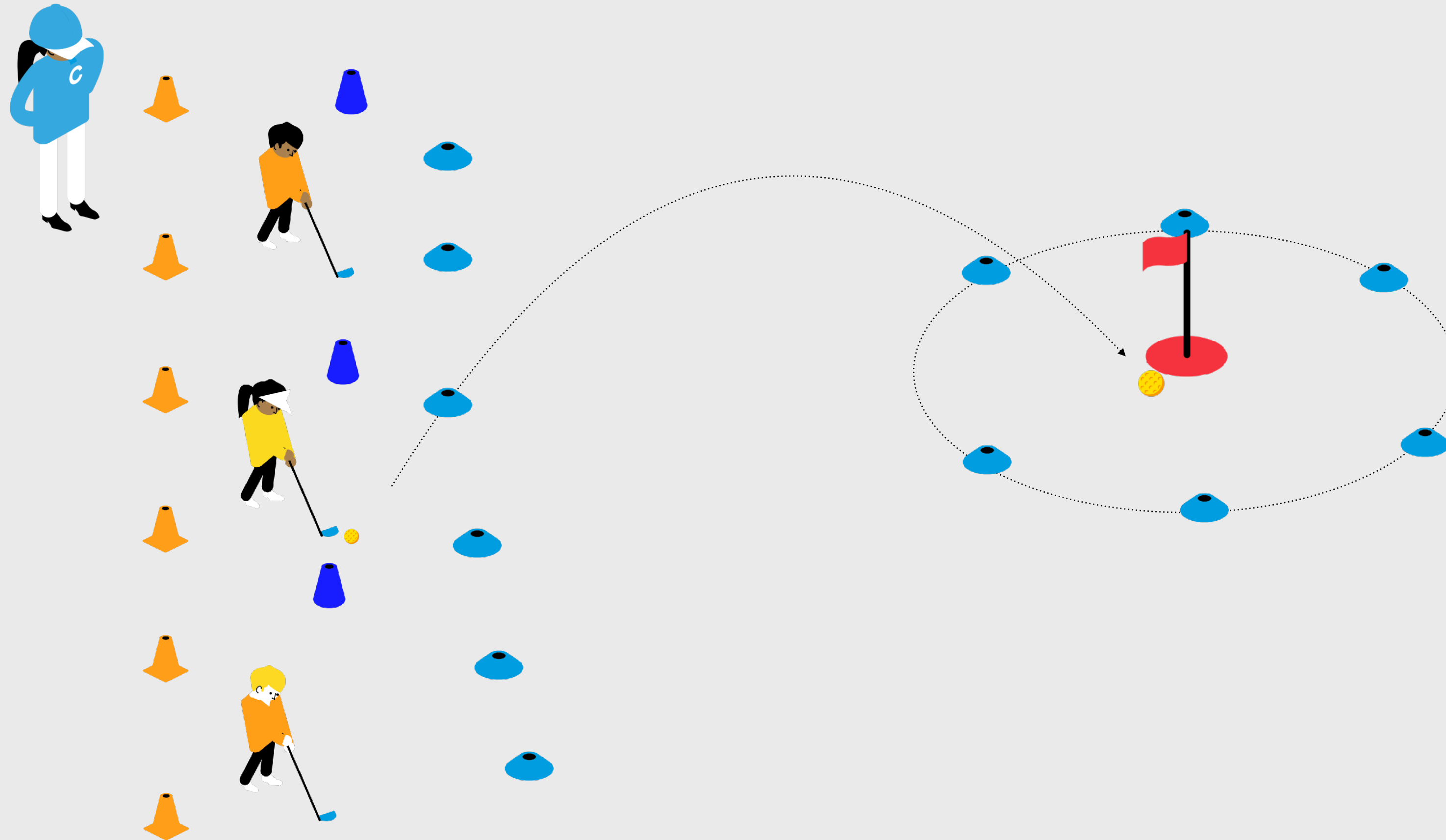
Spare equipment that may be required for the group attendees.



Golf Balls



Around the Green Challenge



How to Play

- For this challenge children have 5 attempts each depending on the size of the teams
- Children attempt to hit the ball onto the green and to a flag surrounded by target circles
- Children earn points for their team based on the result of the shot. They earn:
 - 1 point for hitting the golf ball
 - 3 Points for hitting the ball over the river
 - 5 Points for the ball finishes on the green
 - 10 points for the ball finishing in the outside target circle
 - 25 points for the ball finishing in the hole
- The team with the most points will win the challenge

Equipment needed

6 x Orange Safety Cones

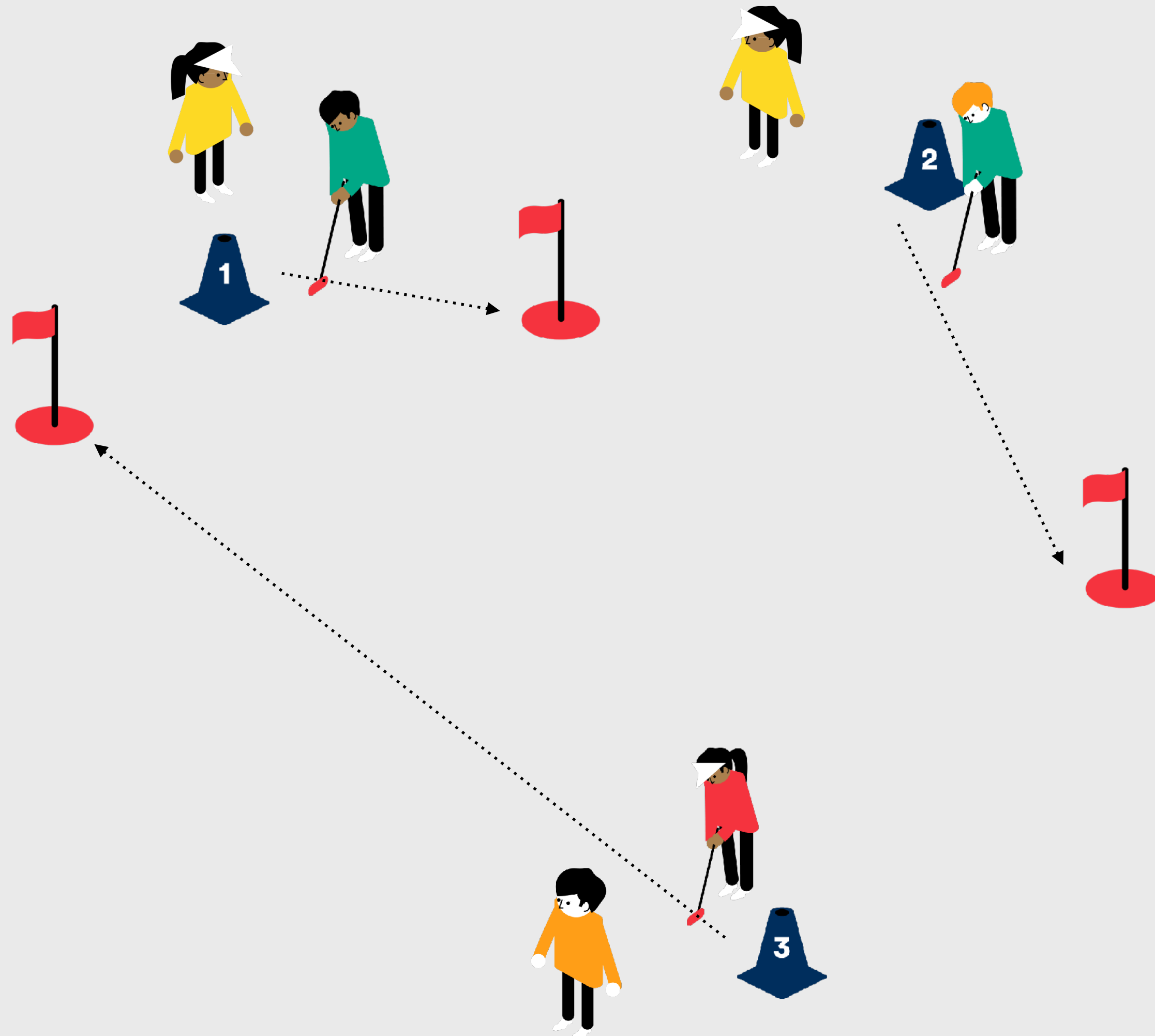
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Blue Coloured Cones for the River

6 x Coloured Cones for the Target Circle

3 x Marker Cones

Putting Challenge



How to Play

- This is the final challenge children attempt this challenge simultaneously in pairs or in groups
- Every pair starts on a different hole
- The challenge is played over 3 holes and the length of the putt should be appropriate to the skill level of the group
- Children take it in turns in their pairs to play the hole with their own ball and mark their score for the hole on their scorecards.
- The team with the lowest combined score over the three holes will win the challenge
- The maximum score on the holes should be 10

Equipment needed

Orange safety cones

SAFETY



3 x Numbered cones



Golf Balls



Spare equipment that may be required for the group attendees.



Flags

