



Golf in Guernsey Primary Schools Curriculum

Why should schools be interested in golf



Golfers come in all shapes and sizes. You do not have to be particularly strong, tall, lean or fast to succeed.



Golf is the perfect excuse to spend an entire day enjoying nature and the opportunity to develop healthy exercise habits



Golf is a sport that teaches traits such as integrity, discipline, persistence and respect.



It is a non contact, individual sport and may appeal to a different demographic to the classic team sports.



Why golf community should be interested in schools



Untapped potential - access to over 8500 potential junior players



Will create feeder programs into structured golf community programs



Increases client base and increases need for structured programs and junior club membership



Children influence parents - can lead to family participation and greater footfall at local clubs



THE MANY HEALTH BENEFITS OF GOLF

PEOPLE WHO PLAY GOLF...

- Experience good health and exercise
- Enjoy the serenity of the outdoors
- Enhance balance control and posture
- Sleep better throughout the night
- Manage stress more easily
- Are at lower risk of heart disease, diabetes, and other chronic illnesses

PLAYING GOLF BURNS CALORIES

- PLAYING 18 HOLES AND RIDING A GOLF CART = 1,300 CALORIES
- PLAYING 18 HOLES, WALKING, AND USING A FULL CART = 1,500 CALORIES
- PLAYING 18 HOLES, WALKING, AND CARRYING YOUR CLUBS = 2,000 CALORIES

PLAYING GOLF GETS YOU MOVING

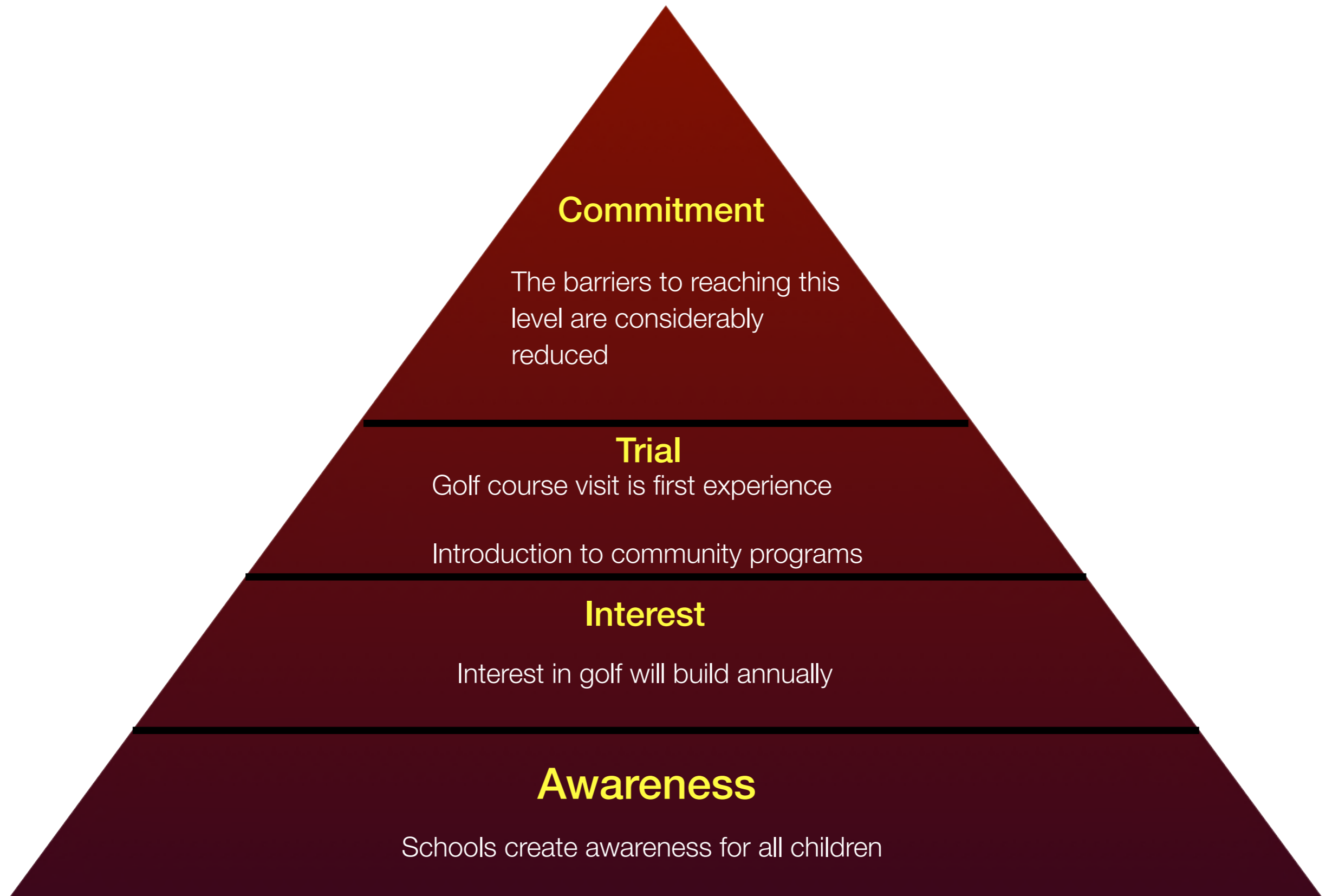
A WALKED 18-HOLE ROUND OF GOLF IS ABOUT THE SAME AS...

- A 3-MILE WALK - ABOUT 20,000 STEPS, WHICH IS THE NUMBER OF STEPS PER DAY MOST HEALTH PROFESSIONALS RECOMMEND
- A 1.5-MILE RUN, AS WALKING IS MORE BIOMECHANICALLY EFFICIENT THAN RUNNING

PLAYING GOLF RESTORES BALANCE

- REPEATED GOLF PRACTICE ENHANCES BALANCE CONTROL AND CONFIDENCE AMONG ALL AGE RANGES.
- OLDER GOLFERS TEND TO HAVE BETTER STATIC AND DYNAMIC BALANCE CONTROL AND CONFIDENCE THAN NON-GOLFING OLDER, HEALTHY ADULTS.
- THE NATURE OF GOLF REQUIRES THAT YOU TRAIN YOUR MIND TO BECOME FOCUSED - EVERY SUCCESS BUILDS YOUR SELF-CONFIDENCE.

Partnership with schools for junior golf development



Primary School: Golf and the Physical Literacy Framework



Locomotion:

- walking
- running
- bounding
- hopping
- leaping
- jumping
- rolling
- galloping
- climbing
- sliding
- skipping

Manipulation:

- catching
- pushing
- pulling
- dribbling
- carrying
- bouncing
- trapping
- throwing
- kicking
- striking
- collecting

Stabilisation*:

- turning
- twisting
- bending
- landing
- stretching
- extending
- flexing
- hanging
- bracing
- rotation
- tucking

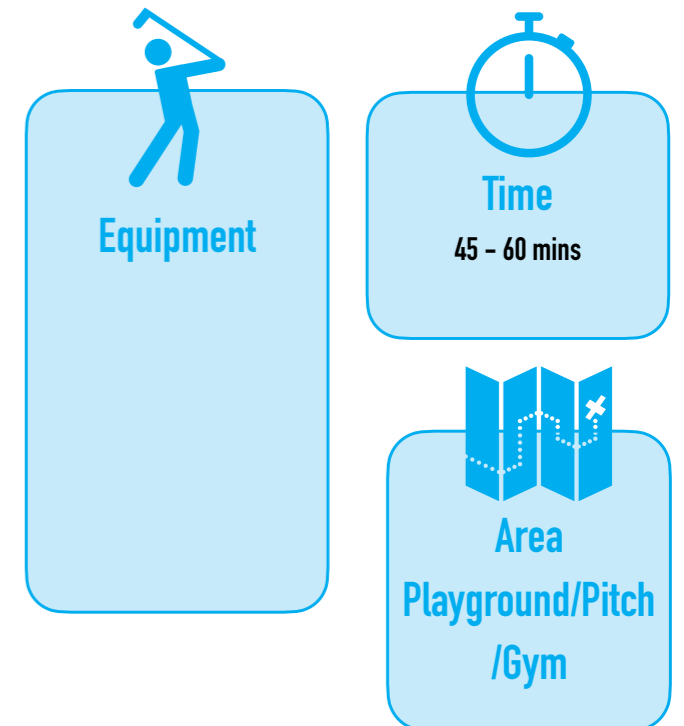
LESSON 1 – INTRODUCTION, CHIPPING & FULL SWING

LESSON LEARNING INTENTION

To introduce the elements of safety, grip, stance and swing through the delivery of games and activities

LESSON PLAN

Skill Descriptions	Activity / Game	Time
Warm Up	Stretching and fun Aerobic Game	10 mins
Introduction	Introduction to golf and safety aspects	15 mins
Chipping	Bulls Eye Golf	15 min
Full Swing	Longest hit	15 mins
Review	What did You learn today	5 mins



SUB – STRND 1: Moving Our Body

Practice specialised movement skills and apply them in different movements situations

SUB – STRND 2 : Understanding Movement

Manipulate and modify the elements of effort , space time, objects and people to perform movement sequences

SUB – STRND 3: Learning through Movement

Apply critical and creative thinking processes in order to generate and access solutions to movement challenges

Focus Questions

What are the two most important things when holding a golf club

What shape are we making when we are taking a swing

WARM UP ACTIVITY – FOLLOW THE LEADER

How to play

- Nominate a player to lead.
- The leader demonstrates a skill (kicking, passing, shooting, throwing, etc).
- Starting on the leader's right, each player in turn demonstrates the skill around the circle.
- When it reaches the leader once more, they introduce another skill.

Additions

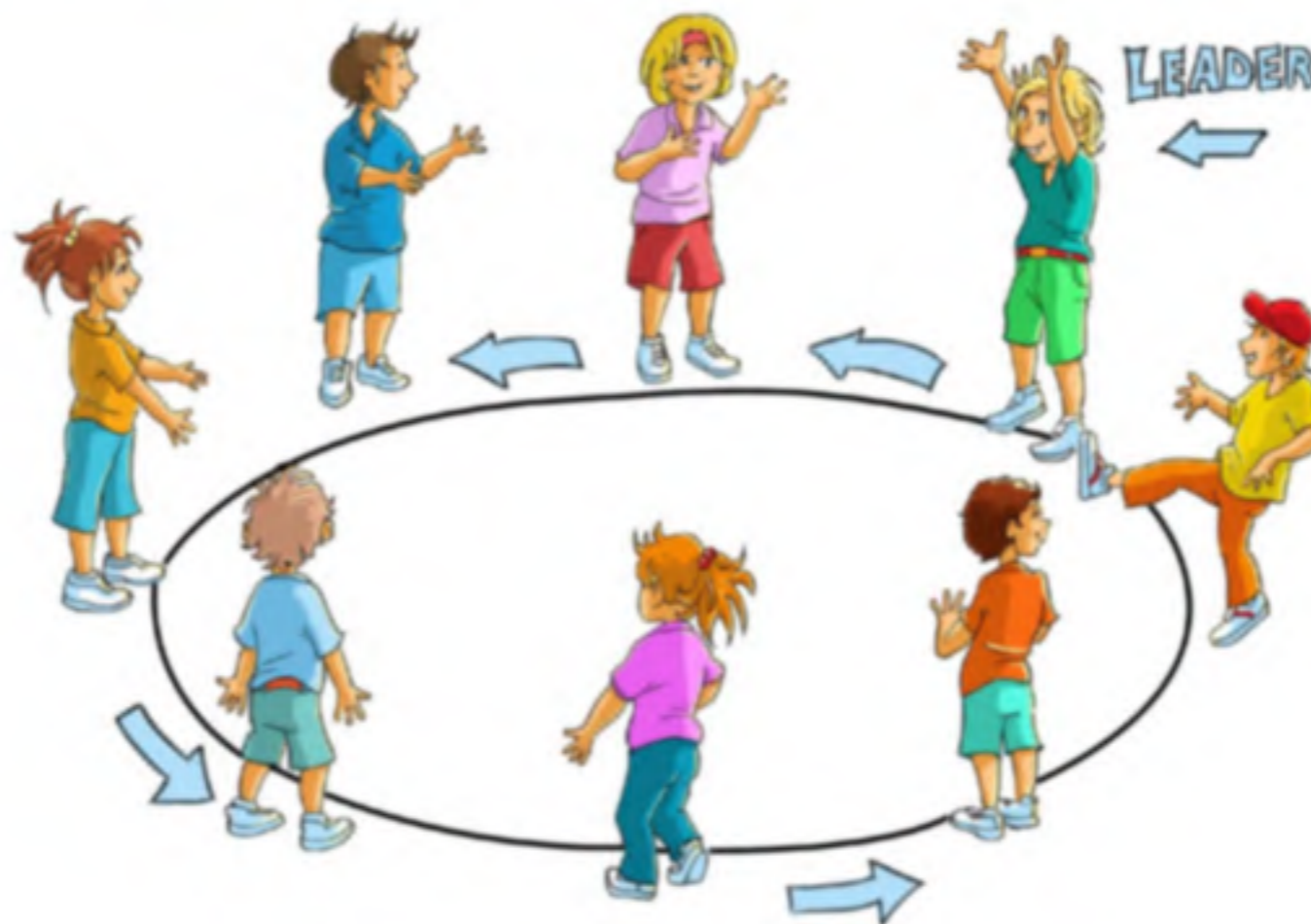
- Next time around, the leader introduces a new skill when the person opposite them in the circle demonstrates the original skill. Each time, introduce a new skill earlier.
- The next player in the circle repeats the movement and adds a movement of their own. The next player adds another movement and so on. Each player needs to remember the previous pattern.

Equipment

- Cones / Witches Hats

Safety

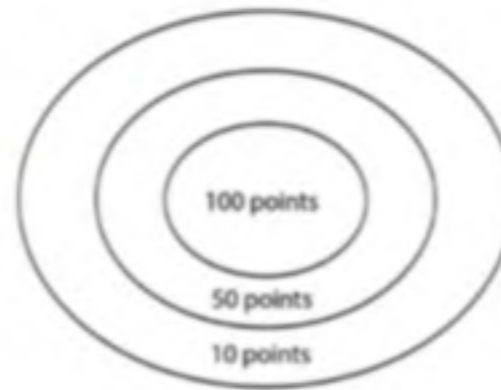
- Make sure there is enough space between players to avoid contact.



GAMES AND ACTIVITIES – BULLS EYE GOLF

Outline

- Split students into pairs or small groups.
- Students take it in turns to hit shots at the bullseye and receive the following points: **Outer Circle = 10 points, Inner Circle = 50 points, Bullseye = 100 points**



Equipment

- **Witches hats, cones or rope** to create circles.
- **Hula Hoop**
- **Tennis Balls and Golf Balls**
- **Sticks and rope** to create obstacles (optional).

Set Up

- Create a bullseye about 20m from the hitting station with 3 circles.
- Create a safe zone to sit behind the hitting station.
- Place the rope between two sticks to create a 1m hurdle (optional).

Purpose

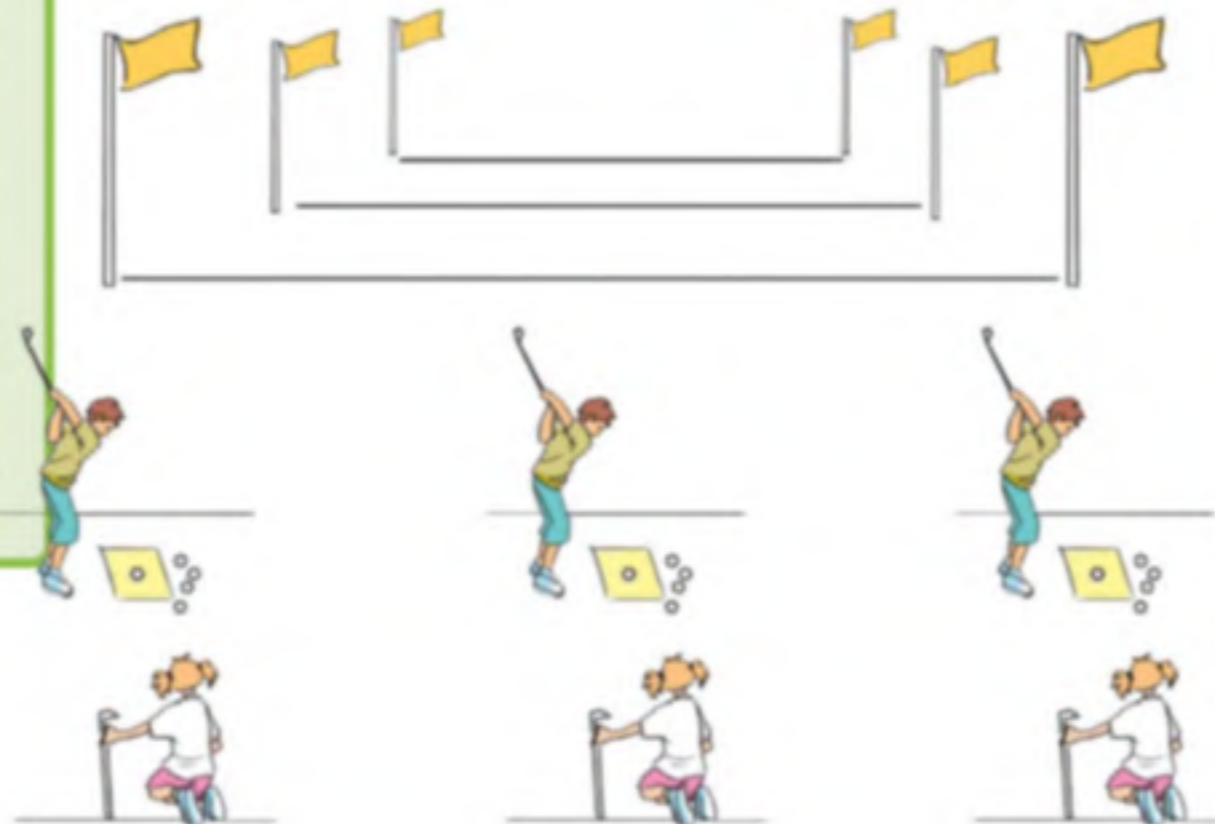
- Aim and alignment.
- Distance control.

Level / Difficulty	Equipment	Distance from Target	Size of Target
Level 1	Tennis Balls	10 metres	5m, 7m, 10m
Level 2	Tennis Balls	15 metres	3m, 5m, 7m
Level 3	PVC Golf Balls	15 metres	3m, 5m, 7m

GAMES AND ACTIVITIES – LONGEST HIT

Outline

- Students can work as individuals or as part of teams.
- Students take it in turns to hit as far as they can.
- Points are awarded for each flag that they hit past:
 - 1st flag = 10 points**
 - 2nd flag = 50 points**
 - 3rd flag = 100 points**
- Introduce the "fairway" and demonstrate that the balls need to land inside the cones to count and receive points.
- An individual game can be conducted to award the longest drive.



Equipment

- Sticks, witches hats and cones
- Three flags
- Hitting Mats

Set Up

- Place targets (e.g. a flag) certain distances out from the hitting areas, e.g. 30, 50m & 70m.
- Create a "V" or "fairway" down the driving range using cones (optional).

Purpose

- Aim and alignment
- Distance Control

Level / Difficulty	Equipment	Distance to Flags	Width of Fairway
Level 1	Tennis Balls	20m, 40m, 60m	None
Level 2	PVC Golf Balls	20m, 40m, 60m	40 - 50m
Level 3	PVC Golf Balls	20m, 40m, 60m	30 - 40m

LESSON 1 – Golf Specific Skills introduced through exercises

Lesson Objectives: Students will understand the etiquette of golf and associated safety protocols and be able to demonstrate it. Students will demonstrate the setup and grip.

Lesson:

1. Review Rules, Terms, and History
2. Review Full swing motion, Stance, Posture
3. Introduce Grip/Grip Drill
- 4.. Introduce Setup/ Weight Distribution Drill

Grip Drill

- Golf clubs, 1 per student (7-9 iron)
- Molded form grips on a few demonstration clubs

Instructions to Class

- As you practice taking your grip, establish a routine to use each and every time.
- Always place your target hand on the club first, then your rear hand.
- Hold the club as lightly as you can without letting it flop in your hands.

Student Options

- Practice with a partner checking the correctness of your grip using the checklist.
- Alternate taking grip with a wood, then an iron.

Student Success Goal

- 10 repetitions in a row with all checkpoints correct

To reduce difficulty

- Have student do 5 repetitions with a partner reading out checkpoints.
- Draw lines on students hands with washable ink; have students match up the lines for each hand.
- Have students alternate between molded grip and regular grip.

Weight Distribution Drill

Equipment

- Golf clubs, 1 per student (7 or 9 iron)
- shafts of second club for alignment
- Golf balls, 1 per student

Instructions to Class

- Between each repetition, practice taking your setup position using the suggested routine.

Student Options

- Work with a partner, using the setup checklist
- Practice each of the setup positions with your eyes open, then closed. Are you aware of the differences in the weight distribution with your eyes open, or closed?

Student Success Goal

- 9 total setup, alternating the stance
 - 3 setup forward, 3 backward, 3 balanced

To reduce difficulty

- Have students practice taking only the proper stance.
- Golfer may alternate between the proper stance and either backward or forward position.

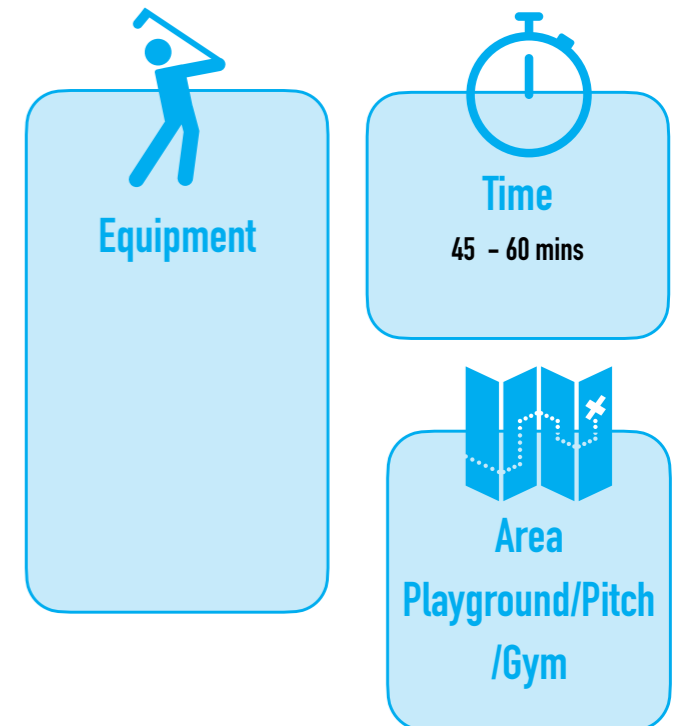
LESSON 2 – , CHIPPING & FULL SWING

LESSON LEARNING INTENTION

To introduce the difference between the skills of chipping and full swing and practice with games and activities

LESSON PLAN

Skill Descriptions	Activity / Game	Time
Warm Up	Stretching and fun Aerobic Game	10 mins
Chipping	Over the River	15 mins
Chipping	Chip and Catch	15 min
Full Swing	Footy Golf	15 mins
Review	What did You learn today	5 mins



SUB – STRND 1: Moving Our Body

Propose and apply movement concepts and strategies

SUB – STRND 2 : Understanding Movement

Manipulate and modify the elements of effort , space time, objects and people to perform movement sequences

SUB – STRND 3: Learning through Movement

Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities

Focus Questions

Where do we position our feet to give us the best chance to hit the ball?

What things can we do to help us stand comfortably when hitting the ball?

WARM UP ACTIVITY – BACK TO BACK PASS

How to play

- Break participants into pairs
- With one ball per pair, players pass the ball back and forth.
- Ball must change hands completely.
- Allow children to explore different passes and make up new ones.
- Once they have had time to explore, set a time period and give them a target, e.g. number of passes in 20 seconds.
- Highlight successful passes and ask children to show their successful passes to the rest of the group.
- For smaller children, it may be easier to allow them to move their feet around when passing and receiving.

Additions

- Move the players apart from each other and introduce new passes or positions, e.g. rolling along ground, bounce pass.

Safety

- Choose an area away from walls and other obstructions.
- Encourage soft contact when hands come together.

Equipment

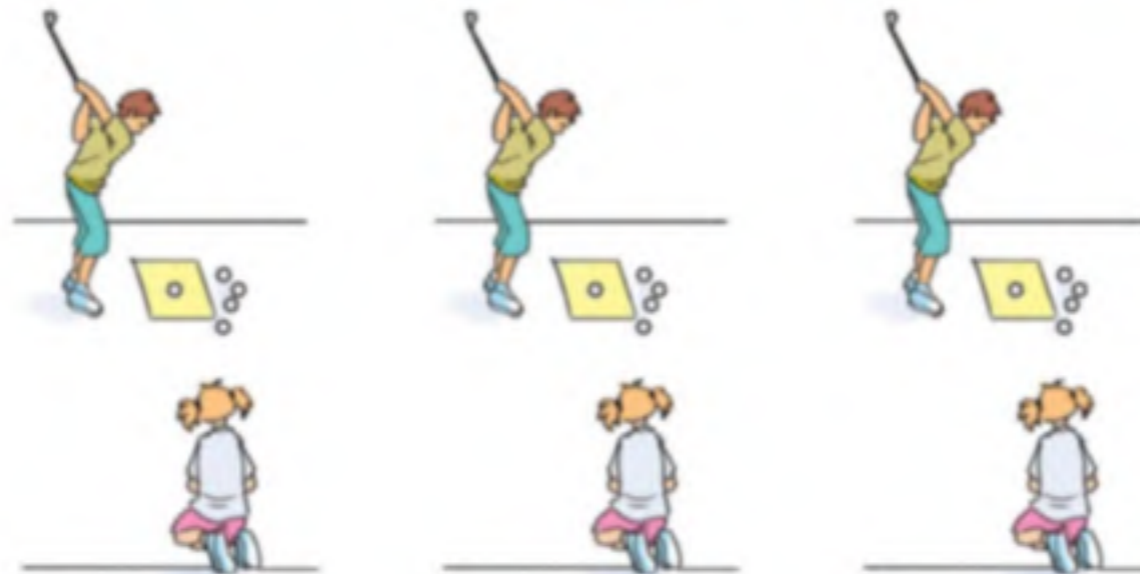
- Cones / Witches Hats to define playing area.
- Tennis Balls / Basketballs (or equivalent)



GAMES AND ACTIVITIES – OVER THE RIVER

Outline

- Split students into pairs or small groups
- Students attempt to hit the ball and carry the river
- 10 points are scored if attempt is successful



Equipment

- Witches Hats
- Tennis Balls / PVC Golf Balls
- Hitting Mats

Set Up

- Place witches hats or cones to act as the 'River' approximately 15 metres. (distance can be adjusted based on student skill level)
- Create a safe zone for students to sit behind the hitting station.

Purpose

- Aim and alignment
- Distance Control

Level / Difficulty	Equipment	River Width	River Distance
Level 1	Tennis Balls	1 metre	15 metres
Level 2	PVC Golf Balls	2 metres	20 metres
Level 3	PVC Golf Balls	2 metres	25 metres

GAMES AND ACTIVITIES – CHIP AND CATCH

Outline

- Students work in pairs or threes (one hitter and two catchers).
- One junior stands in the hula hoop and their partner chips balls towards them to catch.
- Pairs receive the following points:
Stopping the ball = 10 points
Catching the ball = 50 points
Catching the ball inside the hula hoop = 100 points
- After 5 shots, students swap positions.
- Obstacle (rope between two sticks) can be used to increase difficulty.



Equipment

- Hula Hoops
- Tennis Balls / MyGolf PVC Balls
- Sticks and rope to create obstacles (optional).

Set Up

- Place hula hoops in front of each station.

Purpose

- Aiming and Alignment
- Impact
- Distance Control

Level / Difficulty	Equipment	Distance From Target
Level 1	Tennis Balls	10 metres
Level 2	Tennis Balls	15 metres

GAMES AND ACTIVITIES – FOOTY GOLF

Outline

- Each hitting station is a different position (forward, pocket, wing etc.).
- Separate students into two teams - name them after football teams (e.g. Collingwood, Manly etc.).
- Students attempt to hit through the goals from each station.
- After each station, give a score update e.g. "At quarter time, the score is...".
- The team with the highest score wins.



Equipment

- Sticks, witches hats or cones for goal posts.
- Additional witches hats, cones, sticks and rope to create obstacles (optional).

Set Up

- Set up 4 hitting stations at different positions on the practice range.
- Set up Aussie Rules / Rugby goal posts in front of the fitting stations.
- Tie rope between two sticks to create a 1m hurdle between hitting station and goal posts (optional).

Purpose

- Aim and alignment
- Distance Control

Level / Difficulty	Equipment	Distance to Goals	Width between Posts
Level 1	Tennis Balls	30 metres	20 metres
Level 2	PVC Golf Balls	30 metres	20 metres
Level 3	PVC Golf Balls	40 metres	10 metres

LESSON 2 – Golf Specific Skills introduced through exercises

LESSON 2 Objectives:

Students will demonstrate the full swing with a club, and be able to demonstrate the correct techniques for pitching.

Lesson:

1. Review Setup and Grip
2. Review Full swing motion
3. Introduce Full swing with club /wide whoosher drill
4. Introduce Pitching / Obstacle Visualization Drill

Swoosh Drill

Equipment

- Golf clubs, 1 per student

Instructions to Class

- The "whooshing" should be heard as club comes down just past hip height and through the ball position.
- Feel your thumbs point to the rear on the backswing, and down to the target on the forwardswing.
- Practice 3 swings at 50% speed first to feel the motion of the target arm with the weight shift.
- Use a full body turn on the backswing and forward swing.

Student Options

- Practice with a partner; hold your club on the swinging partner's head to feel the turn about the center.
- After 5 repetitions, alternate a regular full swing between each wide whoosher swing.

Student Success Goal

- 10 swings with a loud "whooshing" sound
- To reduce difficulty
 - Reduce reps to 6

Obstacle Visualisation Drill

Equipment

- Golf clubs, (SWs, PWs, 9-irons), Golf balls, 20 per student, Tees, 10 per student, plus extras

Instructions to Class

- On the golf course, the pitch shot is used whenever you need a relatively high trajectory and a shorter distance (20-90 yards) as you approach the green.
- Practice visualizing a bush or bunker you need to hit over onto the green before each shot.
- Limit your shot to a max of 50 yards.
- Make 2 practice swings before each shot, feeling the swing pace for the desired distance.

Student Options

- Play Bogey with a partner, picking a landing area and the desired trajectory.

Student Success Goal

- 15 total swings, visualizing the desired shot and distance before each swing

To reduce difficulty

- Let student use tees.
- Set up actual obstacles and targets.

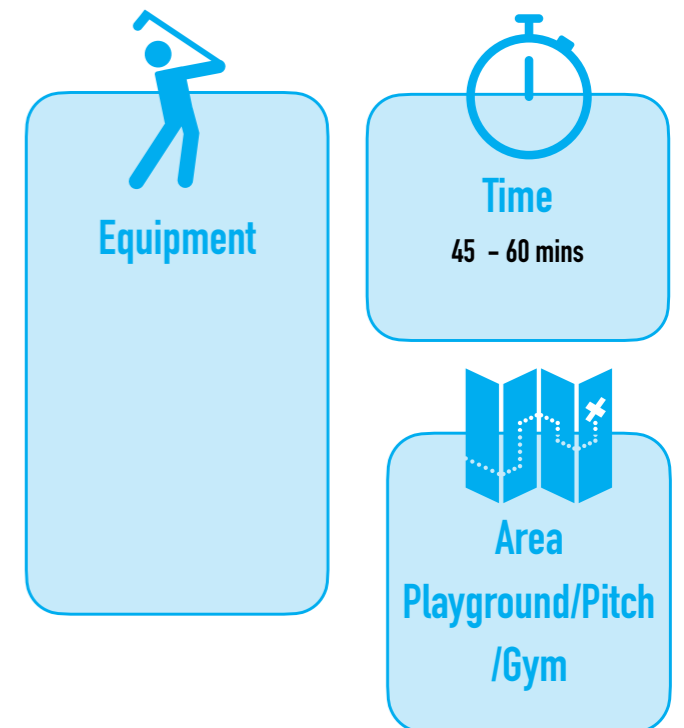
LESSON 3 – PUTTING & FULL SWING

LESSON LEARNING INTENTION

To introduce the skill of putting and continue to develop the full swing and practice with games and activities

LESSON PLAN

Skill Descriptions	Activity / Game	Time
Warm Up	Stretching and fun Aerobic Game	10 mins
Chipping	Lawn Bowls	15 mins
Chipping	In the box	15 min
Full Swing	Longest Hit	15 mins
Review	What did You learn today	5 mins



SUB – STRND 1: Moving Our Body

Practice specialised movement skills and apply them in different movement situations

SUB – STRND 2 : Understanding Movement

Manipulate and modify the elements of effort , space time, objects and people to perform movement sequences

SUB – STRND 3: Learning through Movement

Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges

Focus Questions

What changes to the swing can we do to make the ball go different distances?

How to do we control which direction the ball will go when putting?

WARM UP ACTIVITY – HERE, THERE EVERYWHERE

How to play

- Coach designates places that children need to run to.
- The children begin just moving around in the defined playing area.
- When the coach calls out "here" or "there" the children run to those designated spots.
- When a coach yells out "everywhere" they run to all designated areas without being the last one to arrive.

Additions

- During the game the coach can call out different ways of moving around or for the children to perform a certain movement.

Equipment

- **Cones / Witches Hats** to define playing area.

Safety

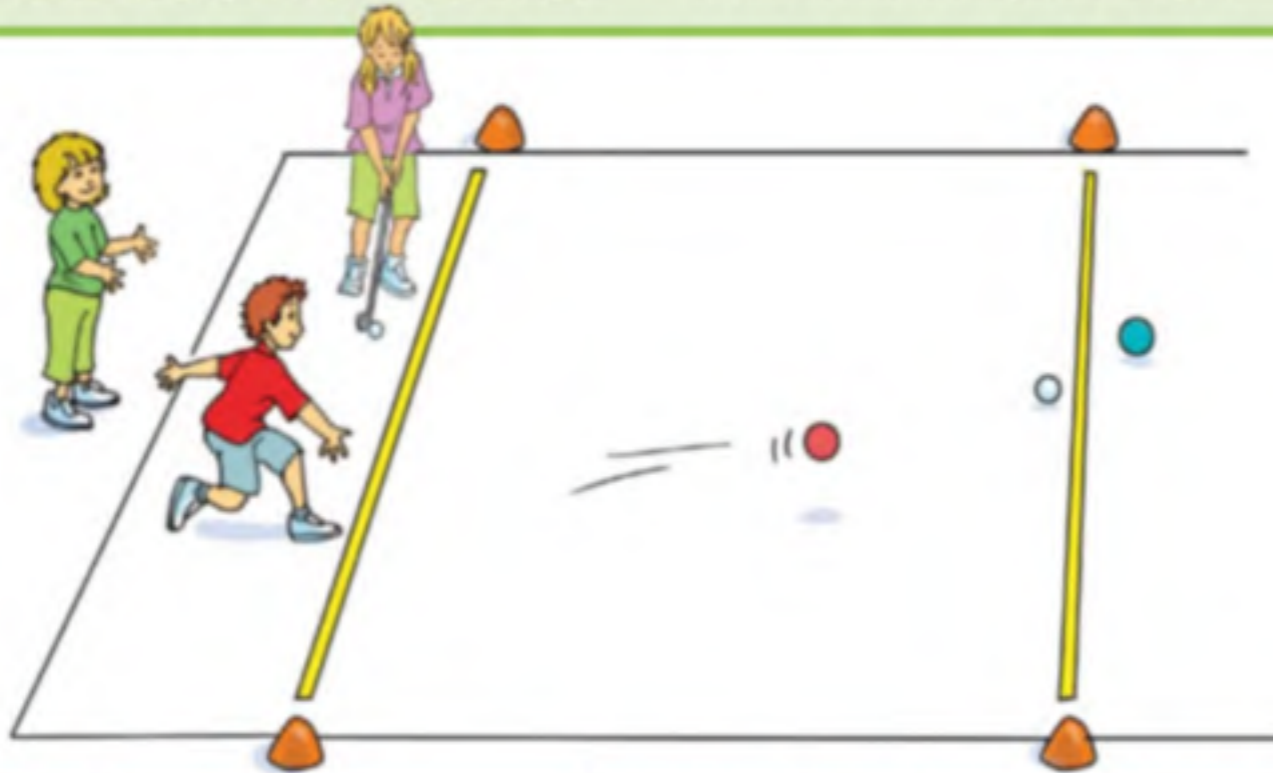
- Due to the high amount of movement happening within the space, the children need to be aware of what is happening around them when running to certain spots.



GAMES AND ACTIVITIES – LAWN BOWLS

Outline

- Students separate into two teams (3-4 students in each team).
- Each team gets a nominated colour.
- Each junior gets 2 putts attempting to get as close as possible to the jack.
- Once all the balls have been putt or rolled, the team with the closest balls to the jack receive the following points: **Closest ball - 100 points; 2 closest - 200 points; 3 closest - 300 points;** and so on.
- Collect all the balls, move the jack and start again.



Equipment

- **Tennis Balls or cone** to use as a "jack".
- **Two sets of golf balls** in different colours (white and yellow).
- **5 x long tees** to create a target - you may need more than one target.
- **Witches hats or cones** to create a putting station.

Set Up

- Create a putting station and place the jack 5-6m away.
- If required, set up more stations.

Purpose

- Aiming and Alignment
- Understanding Break
- Distance Control

Level / Difficulty	Equipment	Distance From Target	Additions
Level 1	Jack, Cones, Balls, Tennis Balls	2-3 metres	No putters. Roll balls to jack
Level 2	Jack, Tennis Balls, PVC Golf Ball	4-5 metres	Putters used
Level 3	Jack, Tennis Balls, PVC Golf Ball	4-5 metres	Putters used

GAMES AND ACTIVITIES – IN THE BOX

Outline

- Students separate into groups and have three putts each from a putting station.
- Each putt inside the box gets 10 points.
- Group scores are collated after each round.
- Rotate to the next station and repeat.

Equipment

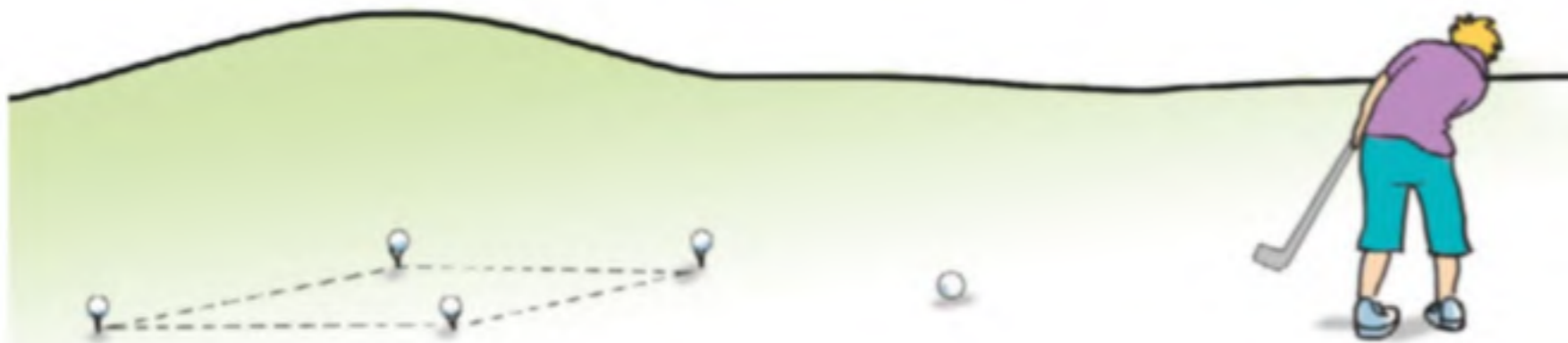
- **Tape or string** to create a box.
- **8 - 12 tees**
- **Witches hats or cones** to create a putting station.

Set Up

- Set up a box in the middle of the oval or accessible space.
- Set up four putting stations around the box (at 3, 6, 9 and 12 o'clock).

Purpose

- Aim and alignment.
- Distance control.
- Understanding Break.

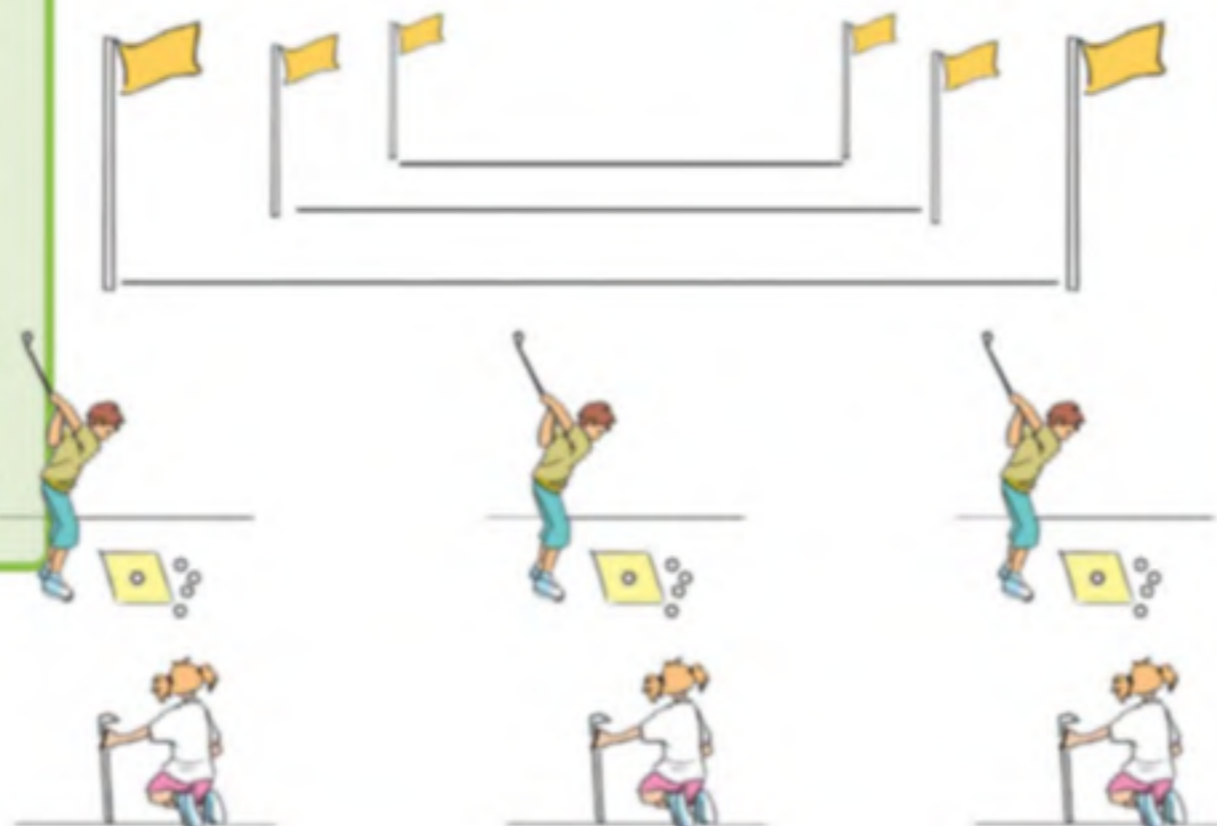


Level / Difficulty	Equipment	Target	Hitting Stations	Distance from Target
Level 1	Tennis Balls	3m x 3m	4 hitting stations (3,6,9 & 12 o'clock)	3 metres
Level 2	PVC Golf Balls	2m x 2m	4 hitting stations (3,6,9 & 12 o'clock)	3-5 metres
Level 3	PVC Golf Balls	2m x 2m	6 hitting stations (2,4,6,8,10 & 12 o'clock)	5-7 metres

GAMES AND ACTIVITIES – LONGEST HIT

Outline

- Students can work as individuals or as part of teams.
- Students take it in turns to hit as far as they can.
- Points are awarded for each flag that they hit past:
1st flag = 10 points
2nd flag = 50 points
3rd flag = 100 points
- Introduce the "fairway" and demonstrate that the balls need to land inside the cones to count and receive points.
- An individual game can be conducted to award the longest drive.



Equipment

- Sticks, witches hats and cones
- Three flags
- Hitting Mats

Set Up

- Place targets (e.g. a flag) certain distances out from the hitting areas, e.g. 30, 50m & 70m.
- Create a "V" or "fairway" down the driving range using cones (optional).

Purpose

- Aim and alignment
- Distance Control

Level / Difficulty	Equipment	Distance to Flags	Width of Fairway
Level 1	Tennis Balls	20m, 40m, 60m	None
Level 2	PVC Golf Balls	20m, 40m, 60m	40 - 50m
Level 3	PVC Golf Balls	20m, 40m, 60m	30 - 40m

LESSON 3 – Golf Specific Skills introduced through exercises

Lesson 3 Objectives: Recap Full Swing/demonstrate the correct techniques for putting.

Lesson:

1. Review Setup and Grip
2. Review Full swing motion with club
3. Introduce Putting
4. Arm Swing Drill
5. Eye Drill
6. Putting Checklist

Arm Swing Drill

Equipment

- Golf clubs, 1 putter per student (or pair)
- Golf balls, 2 per student
- Tennis balls, 1 per student

Instructions to Class

- Rehearse the motion of the putting stroke, feeling the arms and hands working as a unit during each phase.
- Relax the shoulders.

Student Options

- After 5 reps, work with a partner

Student Success Goal

- 20 total swings (10 with club, 10 without club)

To increase difficulty

- Have students practice with eyes closed.

Eye Drill

Equipment

- Golf clubs, 1 putter per student (or pair)
- Golf balls, 2 per student
- Tennis balls, 1 per student

Instructions to Class

- After you drop the ball from the bridge of your nose, hold your posture.
- If the ball does not hit the ball or the line, readjust your posture and redrop the ball to check on your new setup.

Student Option

- After 5 reps, work with a partner

Student Success Goal

- 10 reps with correct form, the dropped ball landing on the ball or the putting line 7 of 10 times.
- To reduce difficulty
 - Student may drop a tennis ball
 - Have golfer work with a partner

To increase difficulty

- Close eyes after setup.

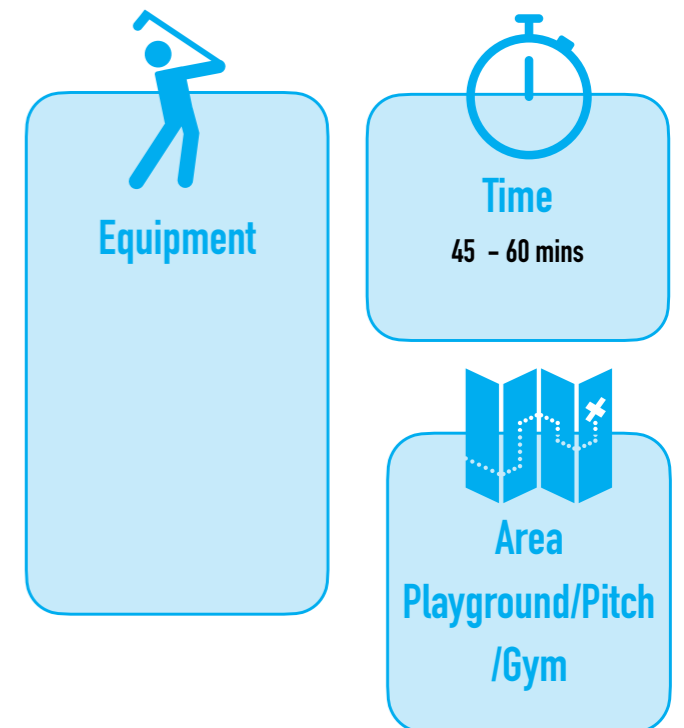
LESSON 4 – PUTTING & FULL SWING

LESSON LEARNING INTENTION

To introduce the skill of putting and continue to develop the full swing and practice with games and activities

LESSON PLAN

Skill Descriptions	Activity / Game	Time
Warm Up	Stretching and fun Aerobic Game	10 mins
Chipping	In the box	15 mins
Chipping	Capture the cones	15 min
Full Swing	Footy Golf	15 mins
Review	What did You learn today	5 mins



SUB – STRND 1: Moving Our Body

Practice specialised movement skills and apply them in different movement situations

SUB – STRND 2 : Understanding Movement

Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing

SUB – STRND 3: Learning through Movement

Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges

Focus Questions

Where do we position the golf club to give us the best chance of hitting our target?

How do we align our body to give us the best chance of hitting our target?

WARM UP ACTIVITY – COACH SAYS

How to play

- Break the participants into pairs.
- Stand the participants side by side with the ball between each of their feet.
- The coach then calls for the participants to perform certain movements i.e "Touch Feet" or "Touch Shoulders".
- When the coach calls out "Ball" the children race to grab the ball between theirs and their partner's feet, with the winner being the person who touches it first.

Additions

- Perform standing up or sitting down across from each other.

Equipment

- 10-20 Tennis Balls / Basketballs

Safety

- Due to the children moving quickly to grab the ball, ensure they avoid clashing heads by squatting down to grab the ball.



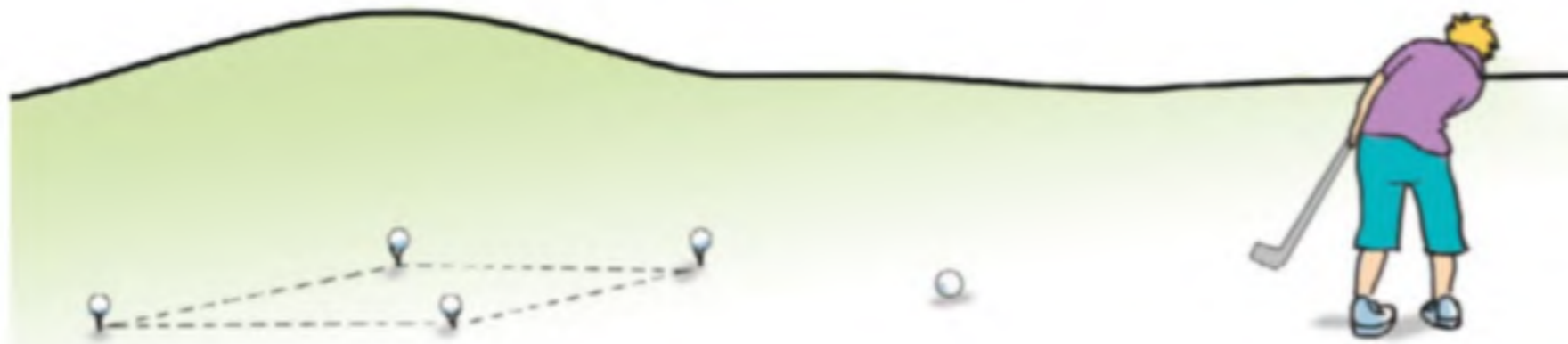
GAMES AND ACTIVITIES – IN THE BOX

Outline

- Students separate into groups and have three putts each from a putting station.
- Each putt inside the box gets 10 points.
- Group scores are collated after each round.
- Rotate to the next station and repeat.

Equipment

- **Tape or string** to create a box.
- **8 - 12 tees**
- **Witches hats or cones** to create a putting station.



Set Up

- Set up a box in the middle of the oval or accessible space.
- Set up four putting stations around the box (at 3, 6, 9 and 12 o'clock).

Purpose

- Aim and alignment.
- Distance control.
- Understanding Break.

Level / Difficulty	Equipment	Target	Hitting Stations	Distance from Target
Level 1	Tennis Balls	3m x 3m	4 hitting stations (3,6,9 & 12 o'clock)	3 metres
Level 2	PVC Golf Balls	2m x 2m	4 hitting stations (3,6,9 & 12 o'clock)	3-5 metres
Level 3	PVC Golf Balls	2m x 2m	6 hitting stations (2,4,6,8,10 & 12 o'clock)	5-7 metres

GAMES AND ACTIVITIES – CAPTURE THE CONES

Outline

- Students chip at cones aiming to hit them.
- When a student hits a cone they are able to collect it for their team.
- The team with the most cones is the winner.
- Increase / decrease the distance to chip and hit cones.
- Increase / decrease the amount of cones available to hit.



Equipment

- Cones
- Tennis / PVC golf balls
- Hitting mats

Set Up

- Create teams of 3-4 students.
- Place a cluster of cones in front of the hitting mats.
- Add different colour cones for scoring or losing of points.

Purpose

- To practice chipping accuracy.

Level / Difficulty	Equipment	Distance to Cones (Putting)	Distance to Cones (Chipping)
Level 1	Tennis Balls	5 metres	10 metres
Level 2	PVC Golf Balls	5 metres	15 metres
Level 3	PVC Golf Balls	7 metres	20 metres

GAMES AND ACTIVITIES – FOOTY GOLF

Outline

- Each hitting station is a different position (forward, pocket, wing etc.).
- Separate students into two teams - name them after football teams (e.g. Collingwood, Manly etc.).
- Students attempt to hit through the goals from each station.
- After each station, give a score update e.g. "At quarter time, the score is...".
- The team with the highest score wins.



Equipment

- Sticks, witches hats or cones for goal posts.
- Additional witches hats, cones, sticks and rope to create obstacles (optional).

Set Up

- Set up 4 hitting stations at different positions on the practice range.
- Set up Aussie Rules / Rugby goal posts in front of the fitting stations.
- Tie rope between two sticks to create a 1m hurdle between hitting station and goal posts (optional).

Purpose

- Aim and alignment
- Distance Control

Level / Difficulty	Equipment	Distance to Goals	Width between Posts
Level 1	Tennis Balls	30 metres	20 metres
Level 2	PVC Golf Balls	30 metres	20 metres
Level 3	PVC Golf Balls	40 metres	10 metres

LESSON 4 – Golf Specific Skills introduced through exercises

Lesson 4 Objectives: Recap Full Swing/demonstrate the correct techniques for putting.

Lesson:

1. Review Setup and Grip
2. Review Full swing motion with club
3. Review Putting Setup
4. Arm Swing Drill
5. Eye Drill
6. Putting Checklist

Recap setup and Grip

Grip Drill

- Instructions to Class
- As you practice taking your grip, establish a routine to use each and every time.
- Always place your target hand on the club first, then your rear hand.
- Hold the club as lightly as you can without letting it flop in your hands.

Swoosh Drill

Instructions to Class

- The "whooshing" should be heard as club comes down just past hip height and through the ball position.
- Feel your thumbs point to the rear on the backswing, and down to the target on the forward swing.
- Practice 3 swings at 50% speed first to feel the motion of the target arm with the weight shift.
- Use a full body turn on the backswing and forward swing.

Recap Putting Skills

Arm Swing Drill

Instructions to Class

- Rehearse the motion of the putting stroke, feeling the arms and hands working as a unit during each phase.
- Relax the shoulders.

Student Options

- After 5 reps, work with a partner

Eye Drill

Instructions to Class

- After you drop the ball from the bridge of your nose, hold your posture.
- If the ball does not hit the ball or the line, readjust your posture and redrop the ball to check on your new setup.

Student Option

- After 5 reps, work with a partner

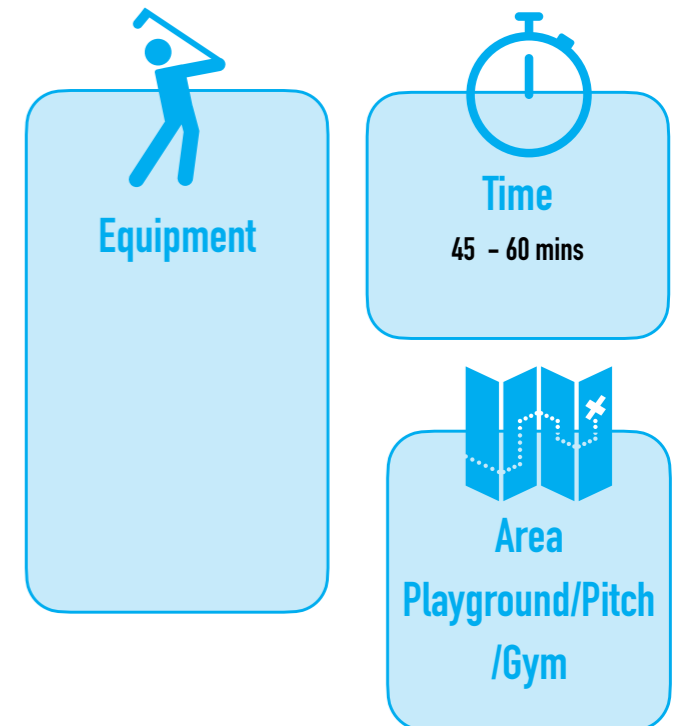
LESSON 5 – PUTTING & FULL SWING

LESSON LEARNING INTENTION

To introduce the skill of putting and continue to develop the full swing and practice with games and activities

LESSON PLAN

Skill Descriptions	Activity / Game	Time
Warm Up	Stretching and fun Aerobic Game	10 mins
Chipping	Over the River	15 mins
Chipping	Onto the green	15 min
Full Swing	Danger Zone	15 mins
Review	What did You learn today	5 mins



SUB – STRND 1: Moving Our Body

Practice specialised movement skills and apply them in different movement situations

SUB – STRND 2 : Understanding Movement

Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing

SUB – STRND 3: Learning through Movement

Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges

Focus Questions

Where do we position the golf club to give us the best chance of hitting our target?

How do we align our body to give us the best chance of hitting our target?

WARM UP ACTIVITY – STORK TAG

How to play

- Establish a playing area with markers and ensure there are no obstructions.
- Two or more players are nominated as taggers and the rest of the players are runners.
- Half of the runners have basketballs (or equivalent).
- When the coach begins the game, the taggers chase the runners.
- If the runner is tagged, they have to stand on the spot in a stork stand (i.e. standing on one leg with arms outstretched).
- A tagged runner can be freed by a fellow runner by exchanging a ball with an underarm pass - either the stork or the runner can throw the ball.
- If the ball is dropped during the pass, the runner also becomes a stork.
- For younger players who are still learning to throw and catch, allow one bounce.
- The game stops after a set period of time or when all the runners have been tagged.

Additions

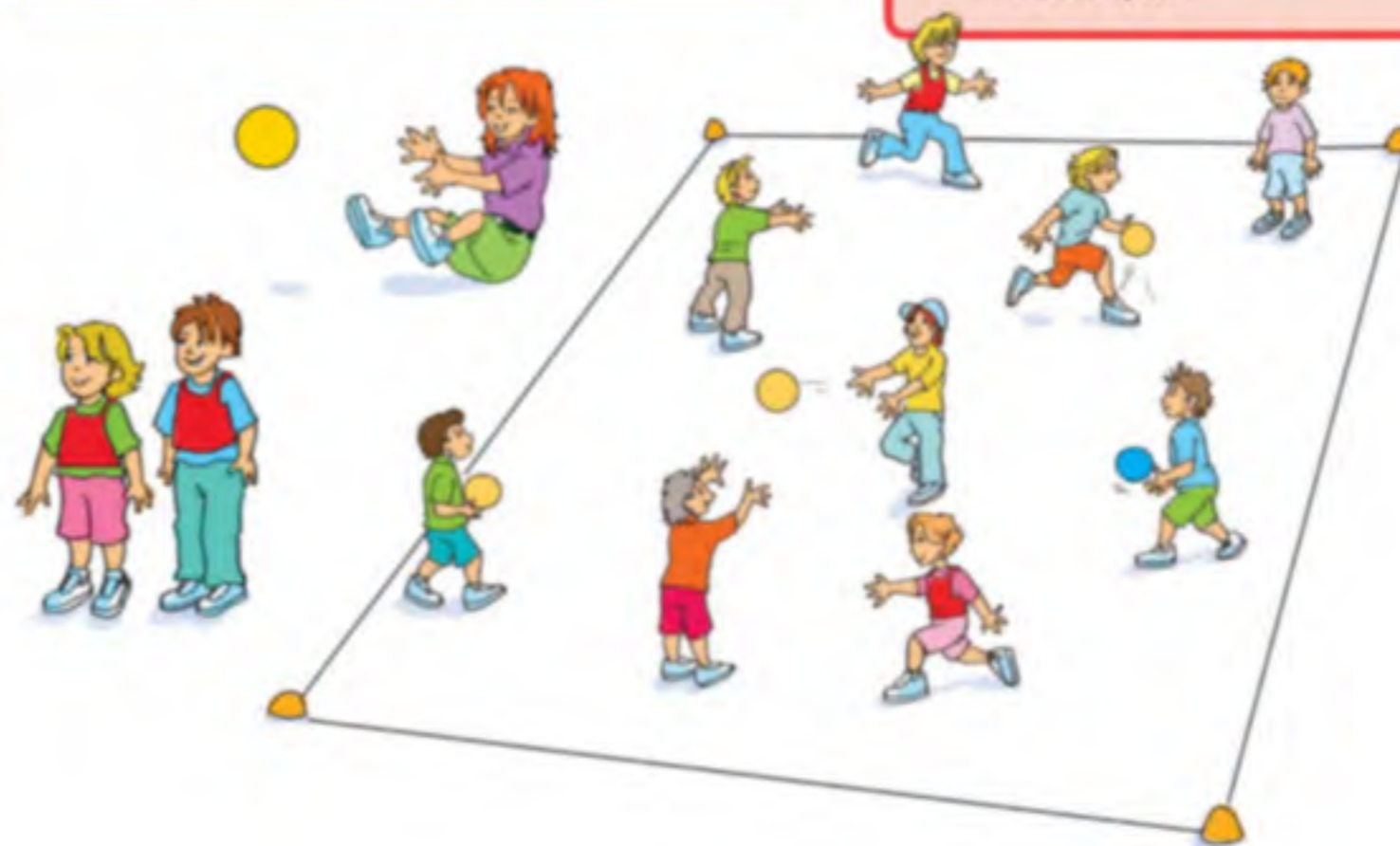
- Give all runners a ball - to free a stork, both stork and runner must successfully throw and catch the ball, otherwise both become storks.
- Introduce tag-free islands or safe zones where players can go for a specified amount of time to escape the taggers - this concept accommodates children with varying mobility who may not be able to play for the entire duration of the game.
- Change the two handed throw to a bounce pass, one handed throw, or a non-preferred hand pass.
- Replace the stork with another position, e.g. sitting with legs tucked and off the ground. This can also work in the reverse and an easier position than the stork can be used for younger players.

Equipment

- **Cones / Witches Hats** to define playing area.
- **Basketballs** (or equivalent)
- **Tennis Balls**

Safety

- Choose an area away from walls and other obstructions.
- Enforce the underarm throw and build up from a slow speed.



GAMES AND ACTIVITIES – OVER THE RIVER

Outline

- Split students into pairs or small groups
- Students attempt to hit the ball and carry the river
- 10 points are scored if attempt is successful



Equipment

- Witches Hats
- Tennis Balls / PVC Golf Balls
- Hitting Mats

Set Up

- Place witches hats or cones to act as the 'River' approximately 15 metres. (distance can be adjusted based on student skill level)
- Create a safe zone for students to sit behind the hitting station.

Purpose

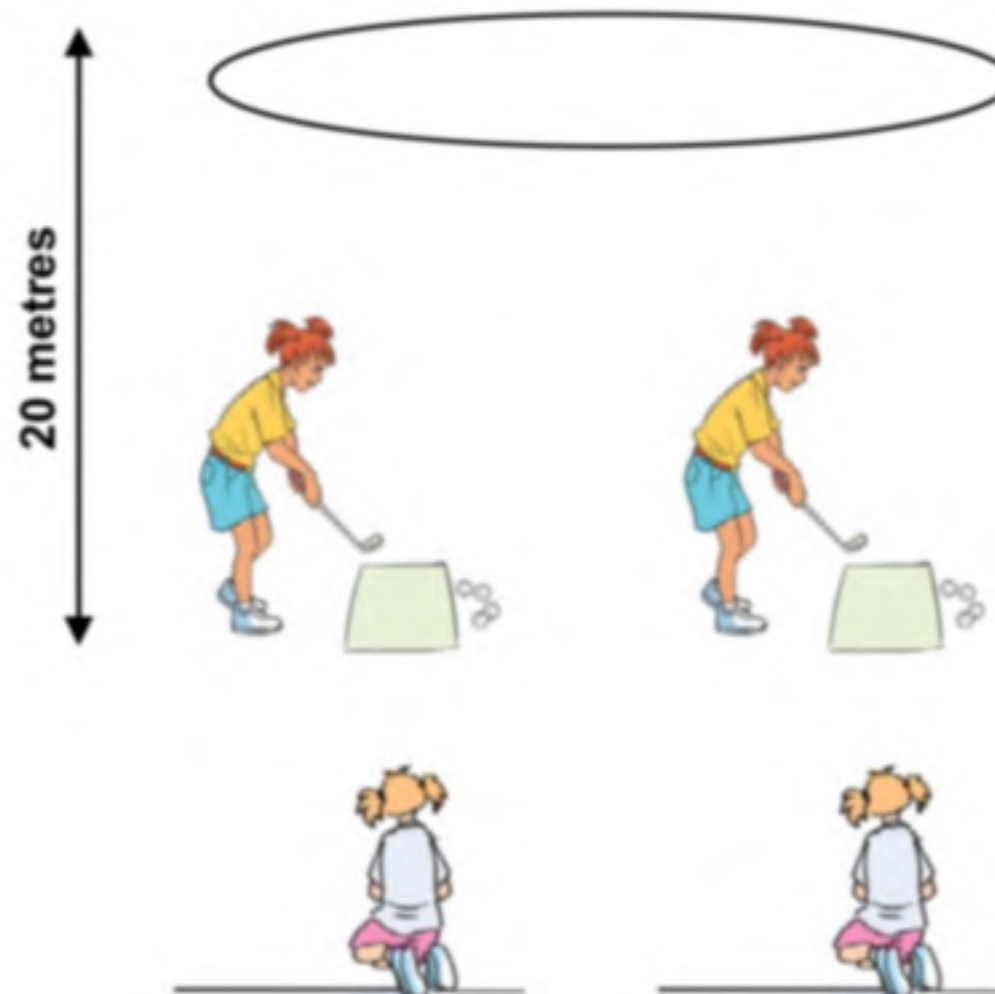
- Aim and alignment
- Distance Control

Level / Difficulty	Equipment	River Width	River Distance
Level 1	Tennis Balls	1 metre	15 metres
Level 2	PVC Golf Balls	2 metres	20 metres
Level 3	PVC Golf Balls	2 metres	25 metres

GAMES AND ACTIVITIES – ONTO THE GREEN

Outline

- Split students into pairs or small groups.
- Students attempt to chip the ball into the circle surrounding the hole.
- 10 points are scored for finishing inside the circle; 5 points if the ball rolls through the circle.



Equipment

- Rope / Cones
- Tennis Balls / PVC Balls
- Hitting Mats

Set Up

- Place rope or markers in a circle around the 'hole' approximately 20 metres from the hitting station and 5 metres in diameter.
- Create a safe zone for students to sit behind the hitting station.

Purpose

- Aim and alignment
- Distance Control
- Impact

Level / Difficulty	Equipment	Green Diameter	Green Distance
Level 1	Tennis Balls	5 metres	15 metres
Level 2	PVC Golf Balls	4 metres	20 metres
Level 3	PVC Golf Balls	3 metres	20 metres

GAMES AND ACTIVITIES – DANGER ZONE

Outline

- Split students into pairs or small groups.
- Students take it in turns to hit past each of the landing zones with the following scores allocated:

Past the 1st line = 10 points
 Past the 2nd line = 50 points
 Past the 3rd line = 100 points
 Past the 4th line = minus 200 points



Equipment

- Witches hats and cones
- Tennis Balls and Golf Balls
- Sticks and rope to create obstacle (optional)

Set Up

- Create four lines of witches hats or cones.
- Create a safe zone for students to sit behind the hitting station.
- Tie rope between two sticks to create a 1m hurdle between hitting station and landing zones (optional).

Purpose

- Distance Control
- Impact
- Risk vs Reward

Level / Difficulty	Equipment	Distance to First Line (Putting)	Distance to First Line (Chipping)
Level 1	Tennis Balls	2 metres	10 metres
Level 2	PVC Golf Balls	2 metres	10 metres
Level 3	PVC Golf Balls	5 metres	15 metres

LESSON 5 – Golf Specific Skills introduced through exercises

Lesson 5 Objectives: Introduce the concept of routine to the Full Swing and Putting

Lesson:

1. Review Setup and Grip
2. Review Full swing motion with club
3. Review Putting Setup
4. Routine Practice Drill
- 5.

Routine Practice Drill

Equipment

- Golf clubs, 2 per student (5 & 7 irons)
- Golf balls, 20 per student
- targets, 5-9 spread out

Instructions to Class

- Using the same routine before every shot is an important key to golf.
- Your routine signals your body that you are ready to hit and guarantees that you start from the same foundation each time.

Student Options

- Select a different target each time
- Work with a partner, who will time a check your routine sequence

Student Success Goal

- 20 shots using correct routine each time

To reduce difficulty

- Allow alignment clubs.

Round of Golf Drill

Equipment

- Golf clubs, set per pair
- Golf balls, 20 per student
- Targets
- Scorecards

Instructions to Class

- One way to effectively practice is to imagine that you are playing a round of golf, even though you are only in the practice area.
- Start by imagining the first hole; perhaps it is a 400-yard hole with a series of bunkers on the left of the green but a good opening on the right. The fairway is wide and open and does not have many hazards.
- Decide which club to use for the first shot. Then actually hit a ball. Notice where it actually lands in the practice area, and imagine where that would have been in the imaginary fairway.
- Once you have imagined your ball landing, decide what shot you should hit next-perhaps a 5 iron onto the green, and then actually hit a 5 iron. Continue hitting the shots that would be appropriate for the imaginary hole.
- Finish each hole by taking out a putter, choosing a target on the practice area, putting the ball, and imagining it going into the hole.

LESSON 6 – CREATE A COURSE & MATCH PLAY

LESSON LEARNING INTENTION

To allow children to implement the use of all the skills of putting, chipping and full swing within playing a game of golf on a course they have designed.


LESSON PLAN

Skill Description	Activity / Game	Time
Warm up	Stretching & Fun Aerobic Game	10 mins
Course Design	Create Design for the Course	15 mins
Putting / Chipping / Full Swing	Play the Course	30 mins
Review	What did you learn today?	5 mins




Equipment

- MyGolf Kit
- Markers
- Tennis Balls
- Hoops
- Large Rope



Time
45-60 mins



Area
Oval / Gym

Curriculum Band Summary

By completing this lesson you will be covering the following content descriptors in ACARA Sub-Strands Level 5-6 through Putting Chipping and Full Swing activities.

SUB-STRAND 1: Moving Our Body

- Design and perform a variety of movement sequences.

SUB-STRAND 2: Understanding Movement

- Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing.

SUB-STRAND 3: Learning Through Movement

- Demonstrate ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities.

Focus Questions

- Were all of your swings the same size?
- If not, what happened to the ball when you made different sized swings?

WARM UP ACTIVITY – HOW MANY GOLF BALLS?

How to play

- Establish a playing area with markers and ensure there are no obstructions.
- Place a hoop containing 15-20 golf balls inside the centre of the playing area.
- Split children into four teams - one in each corner of the playing area.
- When the coach starts the game, one player from each team runs to the hoop and collects a golf ball, which they roll back to their team before running back and tagging the next player.
- Teams collect as many balls as possible in the allocated time, e.g. 60 seconds, or until all the balls have been removed from the hoop.
- The team who collects the most golf balls wins.
- Mobility restricted players can be stationed at home base and receive the returned golf balls.

Additions

- Place 4 putters in the middle of the playing area and have the players putt the ball back to their team.
- Vary the locomotion, e.g. hop or skip back to team after rolling/putting the ball.
- Introduce an activity before returning the ball to the team, e.g. jump on the spot five times.

Equipment

- Cones / Witches Hats to define playing area.
- Hula Hoop
- Golf Balls

Safety

- Choose an area away from walls and other obstructions.
- Enforce the underarm throw.



LESSON 6 – SETTING UP A SCHOOL GOLF COURSE



To give your students the opportunity to play a round of golf and a short golf course can be set up on an oval or even in a gymnasium or school hall. The following are some suggestions about how you can set this up.

Teeing Area

Can be defined using a pair of witch hats, small buckets, cricket stumps or stakes.

Greens/Holes

A hole can be constructed using a hula hoop or skipping rope. A stake with a flag or a witch hat can be placed in the middle to represent a flag stick. If the student's ball finishes in the hoop or rope it is counted as in the hole.

Hazards/Obstructions

As students' skill levels develop you can introduce hazards or obstacles. Items such as bins, chairs, trees, buildings, sports equipment etc. can be utilised, to increase the difficulty of getting to the hole.

THINGS TO CONSIDER

Below are some points to consider when designing a school oval/gymnasium golf course.

- Make sure holes follow each other in numerical sequence i.e. 1, 2, 3 etc. The following holes tee markers should be located close to the previous green.
- Depending on the area create 9 holes ranging from a distance of 20 - 50metres.
- Do not place holes close to roads, buildings or other hazardous objects.
- Holes running parallel to each other should not be too close together.
- In most circumstances one group of students should be playing the hole at any given time.
- Establish a safe swing area where students should stand when awaiting their turn.
- Each player can have their own ball, but only one club per group is recommended unless there are left handers in the group.

OPTIONAL ACTIVITIES – ALTERNATE SKILL GAMES DEPENDENT ON SITE

Additional Game	Appendix Page	Program	skill	Location
Wet Weather Games	2	Golf Australia	All	Indoors
Crossbar Challenge	4	Street Golf	Chipping	Indoor/outdoor
Run the Gauntlet	5	Street Golf	Putting	Indoor/outdoor
Fly the Bench	6	Street Golf	Chipping	Indoor/Outdoor
King of the Court	7	Street Golf	Chipping	Indoor/Outdoor
Call the shots	8	Street Golf	All	Indoor/Outdoor
Rebound	9	Street Golf	Chipping	Indoor/Outdoor
Navigator	24	Golf Extreme	Putting	Indoor/Outdoor
Cliffhanger	25	Golf Extreme	Putting	Indoor/Outdoor
Jockeys Revenge	26	Golf Extreme	Chipping	Indoor/Outdoor
Down the middle	27	Golf Extreme	Chipping	Indoor/Outdoor
Gridiron	28	Golf Extreme	Chipping	Indoor/Outdoor
Slalom	32	Golf Extreme	Putting	Indoor/Outdoor
Penalty Shootout	30	Golf Extreme	Putting	Indoor/outdoor

OPTIONAL ACTIVITIES – ALTERNATE SKILL GAMES DEPENDENT ON SITE

Additional Game	Appendix Page	Program	skill	Location
Building Bridges	35	Tri Golf	Putting	Indoor/Outdoor
Dominoes	37	Tri Golf	Putting	Indoor/Outdoor
Drive for show putt for Dough	38	Tri Golf	Chipping/putting	Indoor/Outdoor
Driving Range	39	Tri Golf	Chipping	Indoor/Outdoor
Finders keepers	40	Tri Golf	Putting	Indoor/Outdoor
Grand National	41	Tri Golf	Chipping	Indoor/Outdoor
High Five	42	Tri Golf	Chipping	Indoor/Outdoor
Play the course	43	Tri Golf	Chipping	Indoor/Outdoor
Shootout	44	Tri Golf	chipping	Indoor/Outdoor
Splashdown	45	Tri Golf	Chipping	Indoor/Outdoor
Three in a row	46	Tri Golf	Putting	Indoor/Outdoor
Tunnel Ball	47	Tri Golf	Putting	Indoor/Outdoor
Zone Ball	48	Tri Golf	Putting	Indoor/Outdoor

ADDITIONAL GAMES AND WET WEATHER CONTINGENCIES

The MyGolf Schools Program aims to be a versatile and adaptable program that can be implemented in a variety of school facilities, including school oval, basketball courts, gymnasium/hall or even the classroom. The following activities can be setup in a range of these environments if space, weather and other factors don't permit the suggested activities to be played.

STATION 1

Full swing at targets on the wall. **5 points** for outer target, **10** for middle target and **20 points** for inner target.



Score

STATION 2

Chipping into a target (i.e. bin). **20 points** for each ball that goes into the target on the full.



Score

STATION 3

Chip and catch (tennis ball). Partner 5 away. **5 points** for every catch.



Score

STATION 4

Chip and run with 7-iron between partner's legs. Partner 5m away. **5 points** each time ball goes between legs.



Score

STATION 5

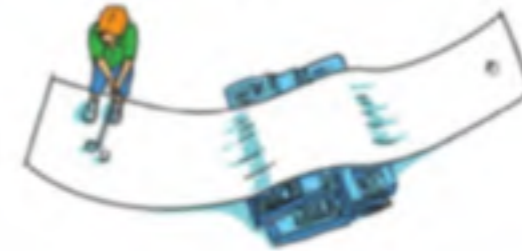
Pitch over hurdle/ obstacle to hoop or rope circle. **20 points** for landing and staying in circle. **10 points** for rolling through.



Score

STATION 6

Long putt with slope into zone of one metre diameter. **10 points** for every successful putt.



Score

STATION 7

Straight putt onto disc shoe on side. **5 points** for every correct putt.



Score

STATION 8

Pitching to basketball backboard. **10 points** for backboard, **25 points** for inside black square, **50 points** for net.



Score