

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



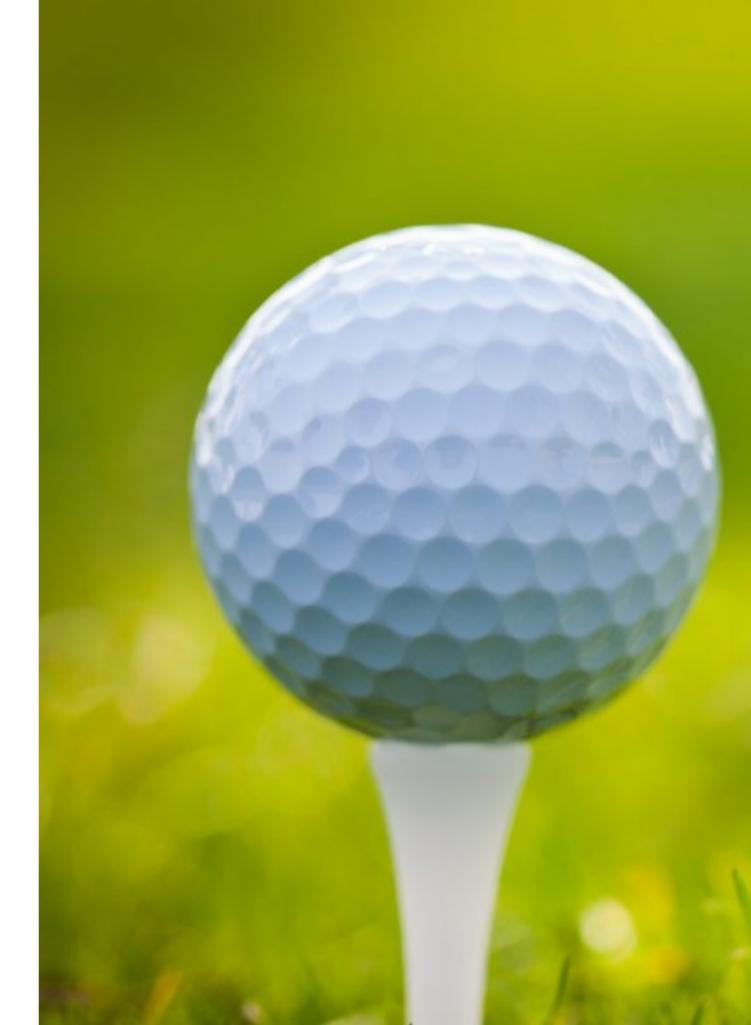
Will create feeder programs into structured golf community programs



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

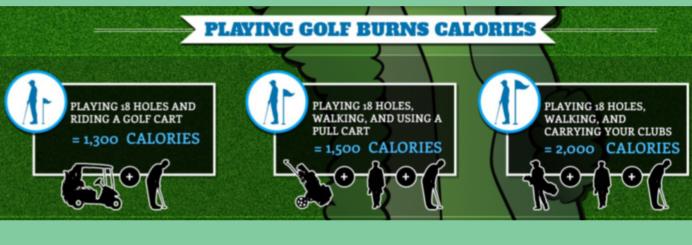


Children influence parents - can lead to family participation and greater footfall at local clubs









PLAYING GOLF GETS YOU MOVING

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



A 5-MILE WALK - ABOUT 10,000 STEPS, WHICH IS THE NUMBER OF STEPS PER DAY MOST HEALTH PROFESSIONALS RECOMMEND



A 3.5-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.

How to assist schools to teach golf

- Understand the schools culture the potential and limitations
- Need to assist schools with initial equipment
- One teacher with average class size of 24
- Minimal ongoing costs
- Teachers may not know golf so would need help/education
- Equipment sets up quickly and stores away easily
- All children must be engaged in activity at all times.



Primary Schools Program Components

- Safety First minimal equipment short game instruction
- Scoring system for games, competitions and track progress
- Introduce golf scoring, vocabulary, etiquette and rules
- One teacher with average class size of 24
- Field trip to golf club
- Children have fun and experience success.



Partnership with schools for junior golf development

Commitment

The barriers to reaching this level are considerably reduced

Trial

Golf course visit is first experience

Introduction to community programs

Interest

Interest in golf will build annually

Awareness

Schools create awareness for all children

	Female	Male	Total
Amherst Primary	197	222	419
Blanchelande	73	28	101
Castel Primary	167	196	363
Elizabeth College Junior School	43	221	264
Forest Primary	87	90	177
Hautes Capelles Primary	240	271	511
The Ladies' College Junior School	137	0	137
La Houguette Primary	129	145	274
La Mare de Carteret Primary	140	145	285
Le Rondin School	27	83	110
Les Voies	1	3	4
Notre Dame du Rosaire	139	120	259
St Anne's School (Alderney)	39	28	67
St Martin's Primary	262	307	569
St Mary and St Michael Primary	73	81	154
Vale Primary	221	266	487
Vauvert Primary	180	166	346
Total	2,155	2,372	4,527

Source: Education Services

Guernsey Primary Schools

On the island of Guernsey there are 16 schools providing primary education and one in Alderney. Of these schools 13 are state schools and 3 are private. With the exception of Ladies college junior school all the are co-educational.

The primary school population in 2018 is 4527 with an ever age year group size of 647.



Guernsey Secondary Schools

The future vision of Secondary education in Guernsey has been much debated and agonised over in the past number of years. The current system of selection to a grammar system is to stop to be replaced with two large comprehensive secondary schools. The picture of secondary education is going to change fundamentally in the next number of years.

The secondary school population in 2018 is 4,134 which includes sixth form students.

The average size of a year group would be 591



	Female	Male	Total
Blanchelande College	171	31	202
Elizabeth College*	0	501	501
Grammar School & Sixth Form Centre*	448	363	811
The Ladies' College*	393	0	393
La Mare de Carteret High	156	218	374
Les Beaucamps High	228	263	491
Les Voies	9	33	42
Le Murier	25	64	89
St Anne's School (Alderney)	34	22	56
St Sampson's High	329	333	662
College of Further Education**	230	283	513
Total	2,023	2,111	4,134

^{*} Figures include students in sixth form.

Source: Education Services

^{**}College of Further Education numbers relate to full-time students in years 11 to 13 only.

Equipment currently available









2 full Tri golf sets + additional equipment sourced from the golf foundation



30 sets of junior clubs currently held at St Pierre Park but available as an island resource.

1 golf bubble held at St Pierre Park but also an island resource.

Coaching Availability

- There are approximately 10 professional golf coaches on the island working at three golfing centres on the island.
- The cost of using professional golf coaches to role out a programme to Primary school children has in the past proven prohibitively expensive.
- There appears to be a movement at some clubs to provide a more affordable coaching option to schools.
- The current Tri-Golf session offered in schools is delivered by the Sports Commission staff.
- Level One and Level Two coaching is available through the PGA to allow interested parties to qualify to deliver coaching to beginners in a certified manner.
- For further details: https://www.pga.info/growing-thegame/coach-education-and-development



Who can become a golf coach?

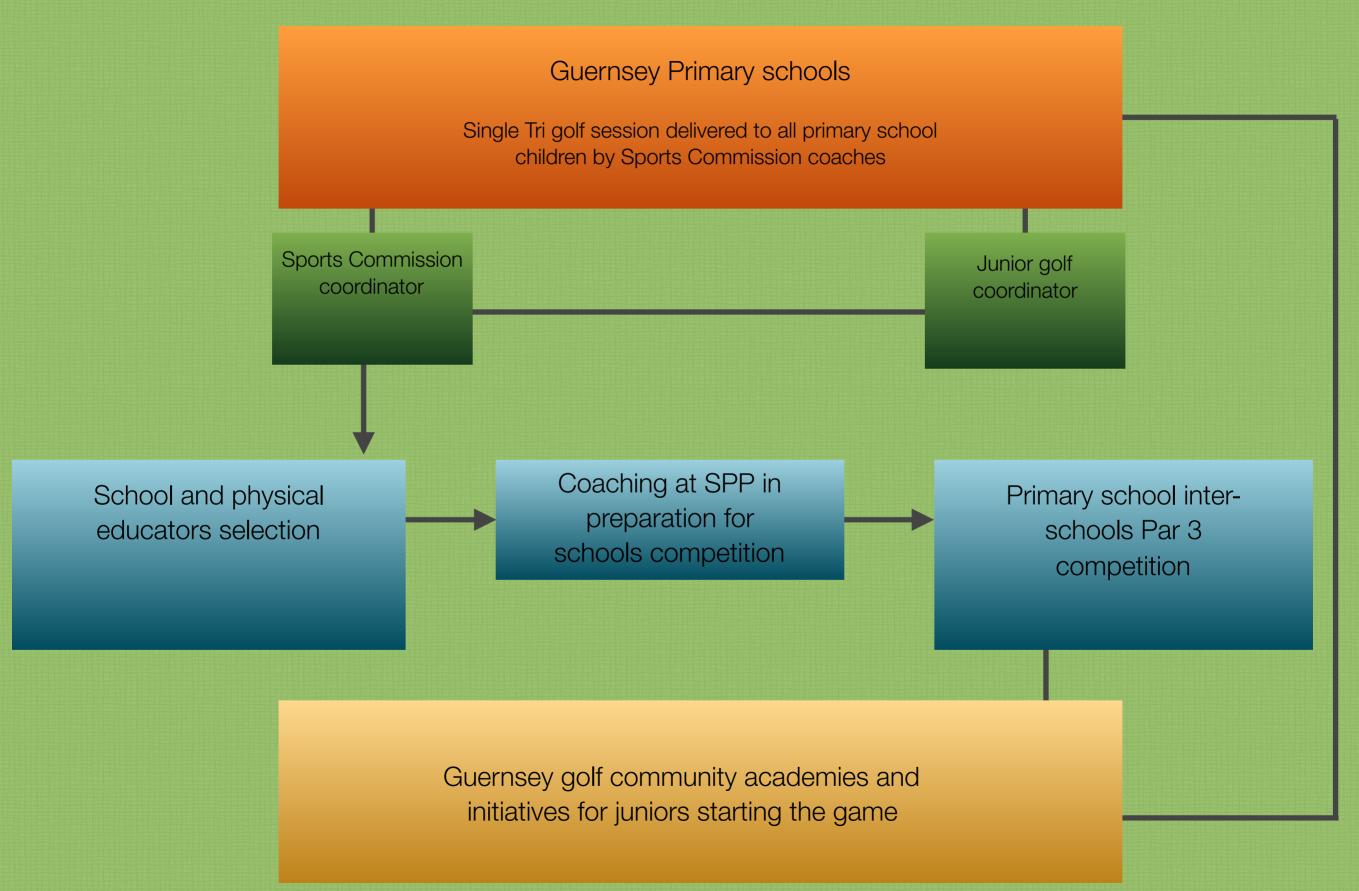
The new golf coaching qualifications are open to everyone.

Regardless of whether you're an interested volunteer assisting local club sessions or a dedicated professional set on following the whole PGA coach education pathway to achieve highly qualified Master Coach status, we organise and run the coaching qualifications courses for you - and for the future of the sport of golf.

You might be a teacher, a youth club manager or just an enthusiastic parent. Whatever your current coaching experience, there's a course to suit you.

Demand for our courses is high, with many people keen to take advantage of the opportunity to gain a professional golf coaching qualification. Feedback about the courses we have already run has been very positive from all concerned.

Primary School: Introduction to golf - current position



Primary School: Introduction to golf - current position

 Each child at primary school is given one golf lesson delivered by the Sports Commission coaches. Interested children are invited to a Tri-Golf festival where players get an opportunity to meet representatives of the greater golf community. In previous years attendances from a number of clubs has been poor and only Phil Sykes has consistently attended.

School and physical Educators select a set of interested students to attend a set of coaching lessons at St Pierre Park and followed by a Par 3 inter school competition. This was funded in 2018 by ABN Amro and Ray Lowe Sporting Foundation. In 2019 it will be funded by RLSF.





25 May 2018 \cdot ECJS Beechwood were crowned the inaugural Inter Primary School Golf Champions at The Golf ... Foundation, The Golf Club at St Pierre Park and the event sponsor, ABN Amro.



What is physical literacy?

Physical Literacy can be described as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity. Enabling them to be physically literate supports their development as competent, confident and healthy movers.



How will this framework help you?

This framework has been designed to support those working in primary schools to consider how best they can structure their PE and school sport provision to ensure maximum opportunity is provided to develop the physical literacy of all their pupils.



Why should schools, and partners working with schools, consider this?

In a school context developing physical literacy is the foundation of PE and school sport. Physical literacy is not a programme, rather it is an outcome of any structured PE and school sport provision, which is achieved more readily if learners encounter a range of age and stage appropriate opportunities. This framework will help you to consider what those age and stage appropriate opportunities need to focus on to maximise the potential to develop the physical literacy of **all** pupils through PE and school sport.

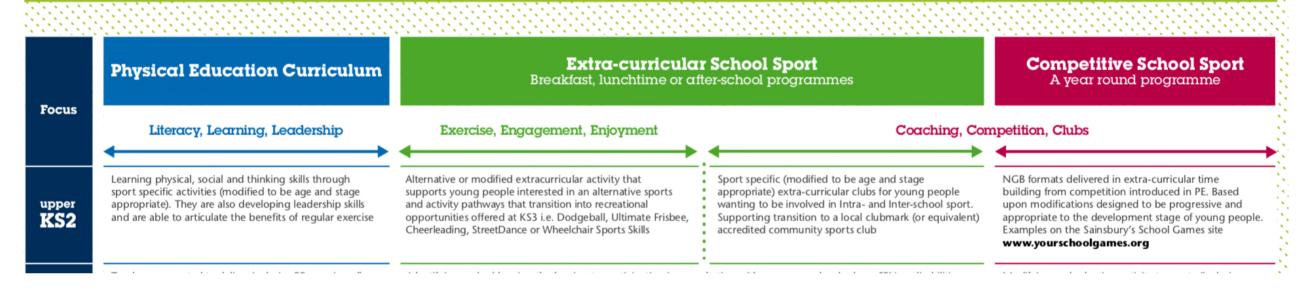
Supporting primary schools to develop the physical literacy of all their pupils

	Physical Education Curriculum	Extra-curricula Breakfast, lunchtime or af	Competitive School Sport A year round programme	
Focus	Literacy, Learning, Leadership	Exercise, Engagement, Enjoyment Coaching, Com		npetition, Clubs
Driver	High quality physical education for every child	Equipping every child to lead healthy active lifestyles	Creating participation pathways inclusive of all young people	Competition formats providing opportunities that include all young people
Deliverer	Delivered by teachers	Delivered by teachers and appropriately qualified and skilled coaches/professionals*. Supported by young leaders and volunteers		Delivered by teachers, coaches and volunteers. Supported by young leaders (including young officials)
EY	Through the provision of structured and free play, create env confidently in a range of ways, negotiating space safely. Help can express themselves about things they can do to keep the	Not applicable		
KS1	Creating a movement foundation to underpin lifelong participation, enabling pupils to access a range of learning experiences which supports the development of competent and confident movers	Multi-skills clubs for every child that builds on the development sessions. Places them in clubs that provides play and reinforces as introducing basic leadership opportunities and social interact	Year round programme of activities focused on setting personal challenges, based on movement foundation and multi-skills. Delivered in and around PE or extracurricular time and culminating in a one-off annual celebration event	
lower KS2	Adapted physical activities through which a young person develops and applies a broad range of skills in different contexts — enhancing their creative, social and thinking skills in PE. They also begin to gain an understanding of the positive benefits of being physically active	Fun and engaging non-traditional/alternative activity formats that get children and young people active in themed multi-activity environments; introduces simple messages around health, e.g. in Change4Life Sports Clubs (Combat, Adventure, Flight)	Multi-sport clubs delivered by appropriate, qualified and accredited 'multi-sport' coaches. Utilising the skills and characteristics of a range of sports in a themed sports club i.e. Invasion, Netwall, Strike/Field, Disability Sport. Equipping young people with the skills and confidence to progress into age and stage appropriate National Governing Body (NGB) formats	Themed formats, delivered in extra-curricular time. Building from competition introduced in PE, focussed on games and personal challenge activities that use the skills and characteristics of NGB sports. This supports School Games competition at Level 1 (Intra-), Level 2 and 3 (Inter-) i.e. Target, Netwall, Combat or Inclusive Games festivals. The very few early specialisation sports may have NGB formats for this age
upper KS2	Learning physical, social and thinking skills through sport specific activities (modified to be age and stage appropriate). They are also developing leadership skills and are able to articulate the benefits of regular exercise	Alternative or modified extracurricular activity that supports young people interested in an alternative sports and activity pathways that transition into recreational opportunities offered at KS3 i.e. Dodgeball, Ultimate Frisbee, Cheerleading, StreetDance or Wheelchair Sports Skills	Sport specific (modified to be age and stage appropriate) extra-curricular clubs for young people wanting to be involved in Intra- and Inter-school sport. Supporting transition to a local clubmark (or equivalent) accredited community sports club	NGB formats delivered in extra-curricular time building from competition introduced in PE. Based upon modifications designed to be progressive and appropriate to the development stage of young people. Examples on the Sainsbury's School Games site www.yourschoolgames.org
Think INC.	Teachers supported to deliver inclusive PE ensuring all children and young people who have special educational needs (SEN) or disabilities fully access and engage in PE lessons	Identifying and addressing the barriers to participation in consultation with young people who have SEN or disabilities and their carers. Utilise adaptive games packages such as TOP Sportsability to increase opportunities for young disabled people to access a range of activities and sports		Modifying and adapting activity to create 'inclusive competitions'. Utilising existing NGB 'inclusive' formats and designing personal challenges that enable young people who have SEN or disabilities to achieve their personal best

Supporting primary schools to develop the physical literacy of all their pupils



Supporting primary schools to develop the physical literacy of all their pupils



Fundamental Movement Skills



Locomotion:

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

Manipulation:

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

Stabilisation*:

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

Faigenbaum, A.D., Lloyd, R.S.

FMS are categorised into:

- 1 locomotion
- 2 manipulation
- 3 stabilisation.

Examples of these skills are shown opposite.

Mastery of these skills is not just the ability to perform a given movement, but the ability to perform the movement in a proficient and controlled manner (often at speed).

As a coach, you can begin by isolating movements to facilitate mastery of simple skills.

The long-term goal is to progress learning so children can link movement skills and simultaneously combine multiple skills.

and Oliver, J.L. (in press)

^{*}These movements are performed both dynamically and statically in place.



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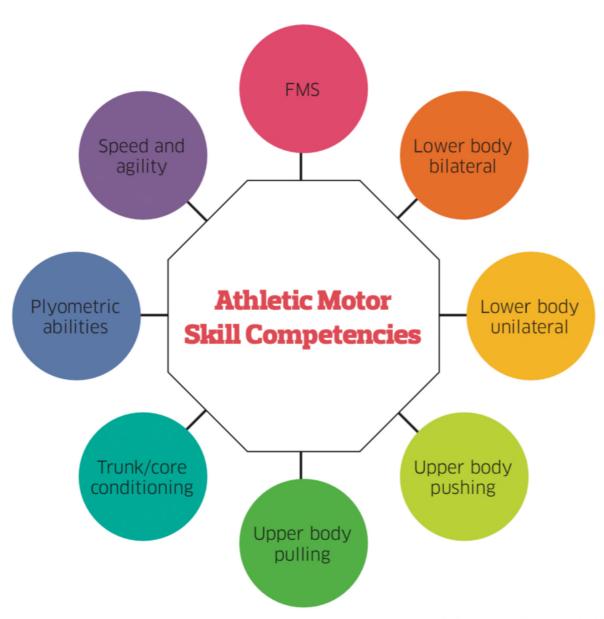
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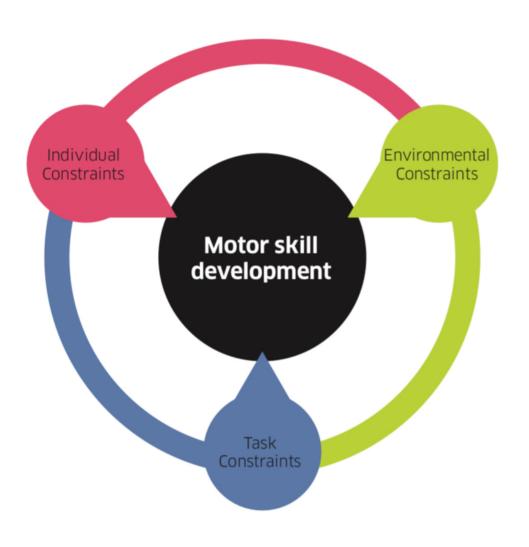
Lloyd, R.S. and Oliver, J.L. (2014)

Children need to develop the physical and movement qualities that will allow them to engage in and enjoy sport.

These qualities are termed athletic motor skill competencies (AMSC).

All AMSC are underpinned by the need for a child to have mastered FMS. Where this has not happened, the ability to develop AMSC will be limited.

Poor movement skill and low strength may also make a child more susceptible to sports-related injuries.



Lloyd, R.S. and Oliver, J.L. (2014)

As a coach, you can manipulate the constraints of a task to make it sufficiently challenging for a child.

For some children, this will mean having a very simple task, whereas for other children, the task will need to be more complex.

As a coach, you will typically manipulate the task constraints (eg rules of a task) or environmental constraints (eg physical surroundings).

Tasks can be made simpler or more demanding by using a model such as the STEP model.

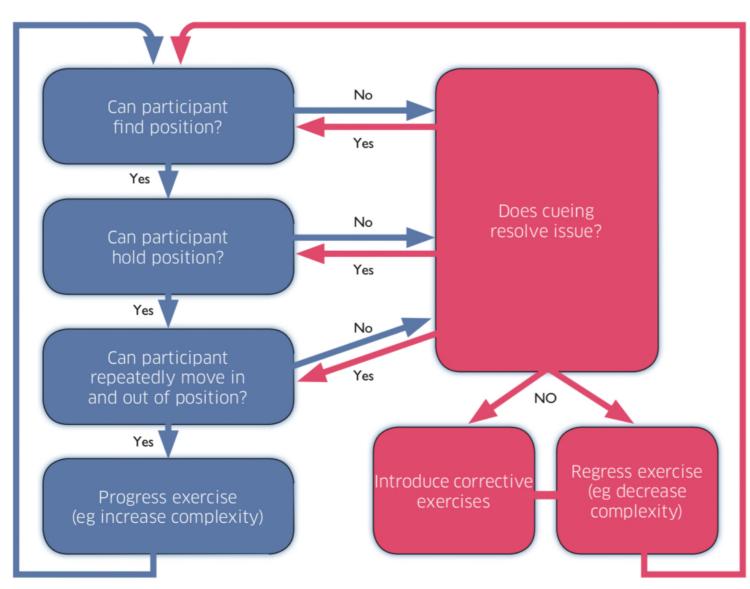
The key fundamental skills can be developed in any coaching session with the application of high quality coaching principles.

Try using the STEP principle to develop all your coaching sessions and make them participant-centred:

- **S** Space (change the space in which the activity is taking place in order to achieve personal goals)
- T Task (change the type of activity in order to achieve personal goals)
- **E** Equipment (change the type and size of equipment being used in order to achieve personal goals)
- People (change the people who are involved in order to achieve personal goals).

Adapted from Stevenson (2007)

What Does Movement Competency Look Like?



Faigenbaum, A.D., Lloyd, R.S. and Oliver, J.L. (in press)

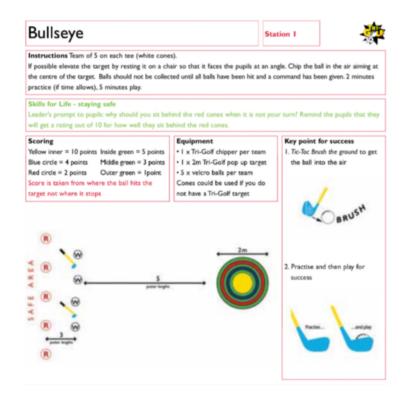
When coaching, the movement competency of children should be a key priority.

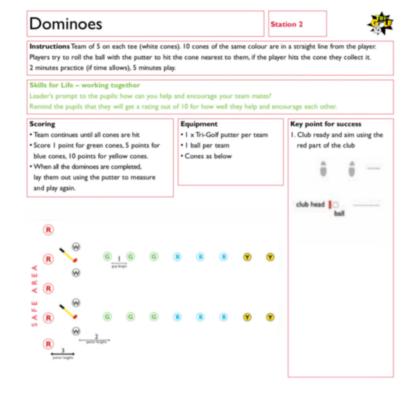
As a coach, you need to know what competent movement looks like. How should the child be moving during a task?

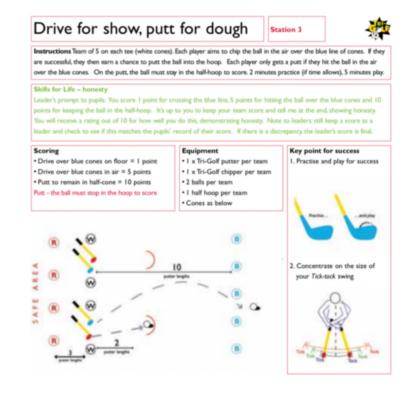
If a child struggles with a movement, you should see if additional cueing can help. External cues tend to work better than internal cues with children (eg 'Look at something in the distance,' rather than 'Keep your head' up if trying to correct head position).

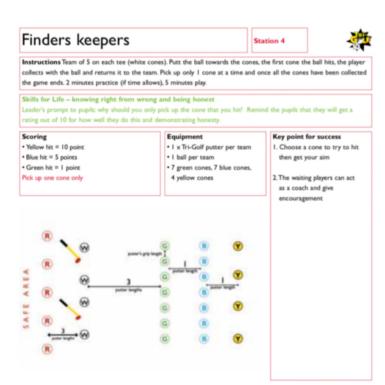
If a child still struggles, regress the task and make it simpler, and if needed, introduce simple complementary exercises to help correct movement issues.

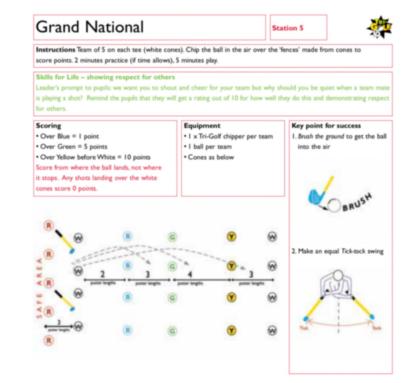
If a child demonstrates good competency, progress the task and make it more complex.

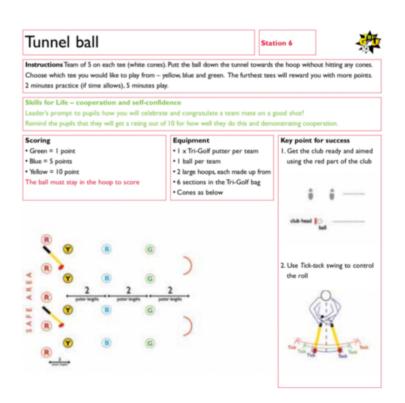


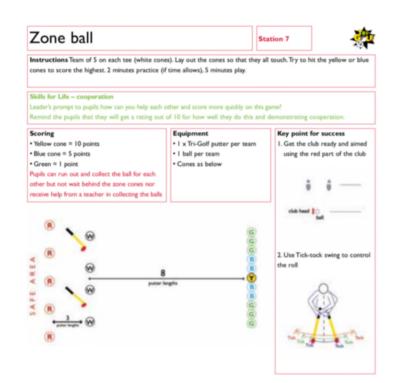


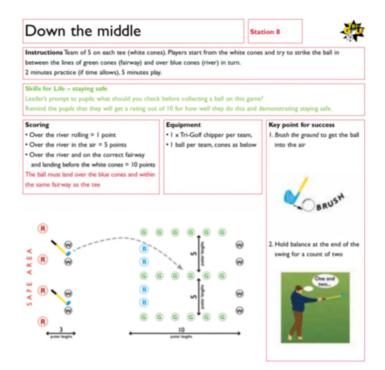


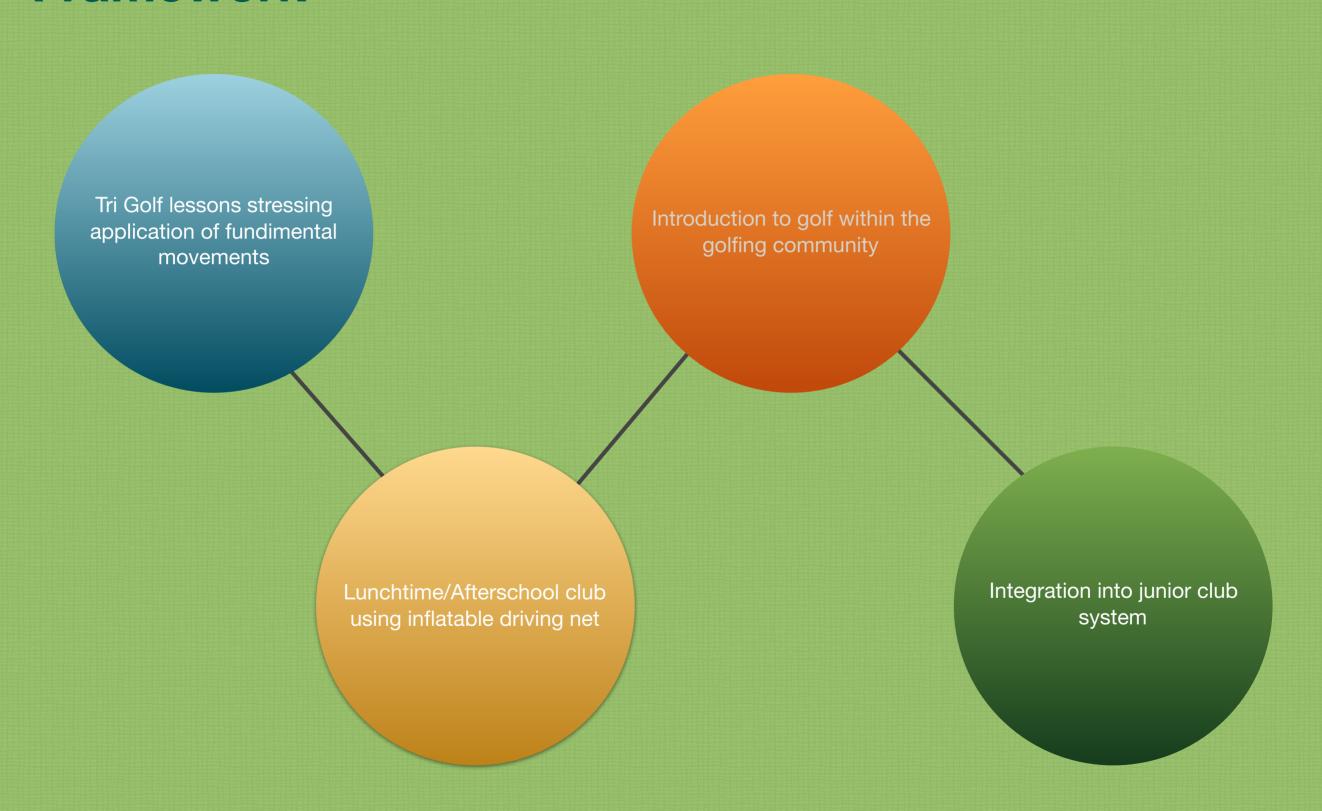












Primary School Sport development plan

Forum School based Club based **Festivals** Sport and basic technical introduction, Skill development and Youth and Talent development Stage Talent discovery talent discovery Charged\funded Cost Free Free Free Year 5\6 festival Intro sessions in Skill development **Pro and Group** Have a go school during opportunity **sessions** to session lesson time. Medium competitive Ρ One off develop technique Focus on element. lunchtime **Group and club** Pathway to marrying up to a Year 3\4 festival competitive sport and\or trial session FMS, Skill development X amount of free afterschool club Coordination, opportunity trial sessions at as an stability and Low competition h opportunity for club level with multi sport element students to have pro\SDO as intro movement W **Hook in Festival** to youth and a go at the identification **Talented** Skill development talent sport. and similarities. development a With fun element (eg eg practice shots development **Pathways** Delivery through **Inter school Crazy** in inflatable V fun activity and Club and golf) driving range games with SDO, representative with SDO\Pro GSC or Pro opportunities

Primary Schools: Future Development

Mission Statement:

Introduce all nine year-olds to some basic golfing skills and terms as part of a school programme while taking part in a fun activity, using colourful, modified golf equipment.

Possible Curriculum:

Session 1: Skills session Session 2: Skills session

Session 3: Competition session

Session 4: Field trip to a golf course

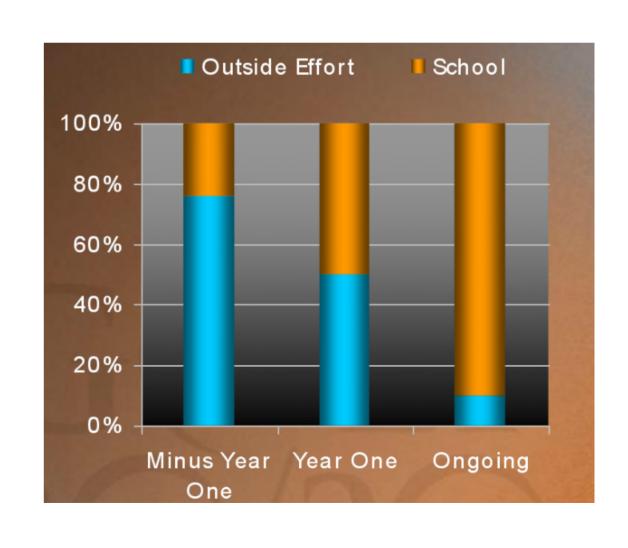


Future Partnership with Primary schools for junior golf development

- Based on Guernsey physical education philosophy of motor skill development
- Curriculum written for physical with or without a golf background
- Input and cost to outside partners should decline over time.

Programme for primary Schools

- Goal to role out programme to all junior schools
- Four 1 hour sessions taught on school site. Location of lessons is flexible and can be taught indoors or outside.
- A field trip for the class to a golf course
- Raise awareness of what is the next step into golf



Primary Schools: Future Development

The goals for future development should be to develop what is currently available.

Sources of funding to further develop offerings for primary education are:

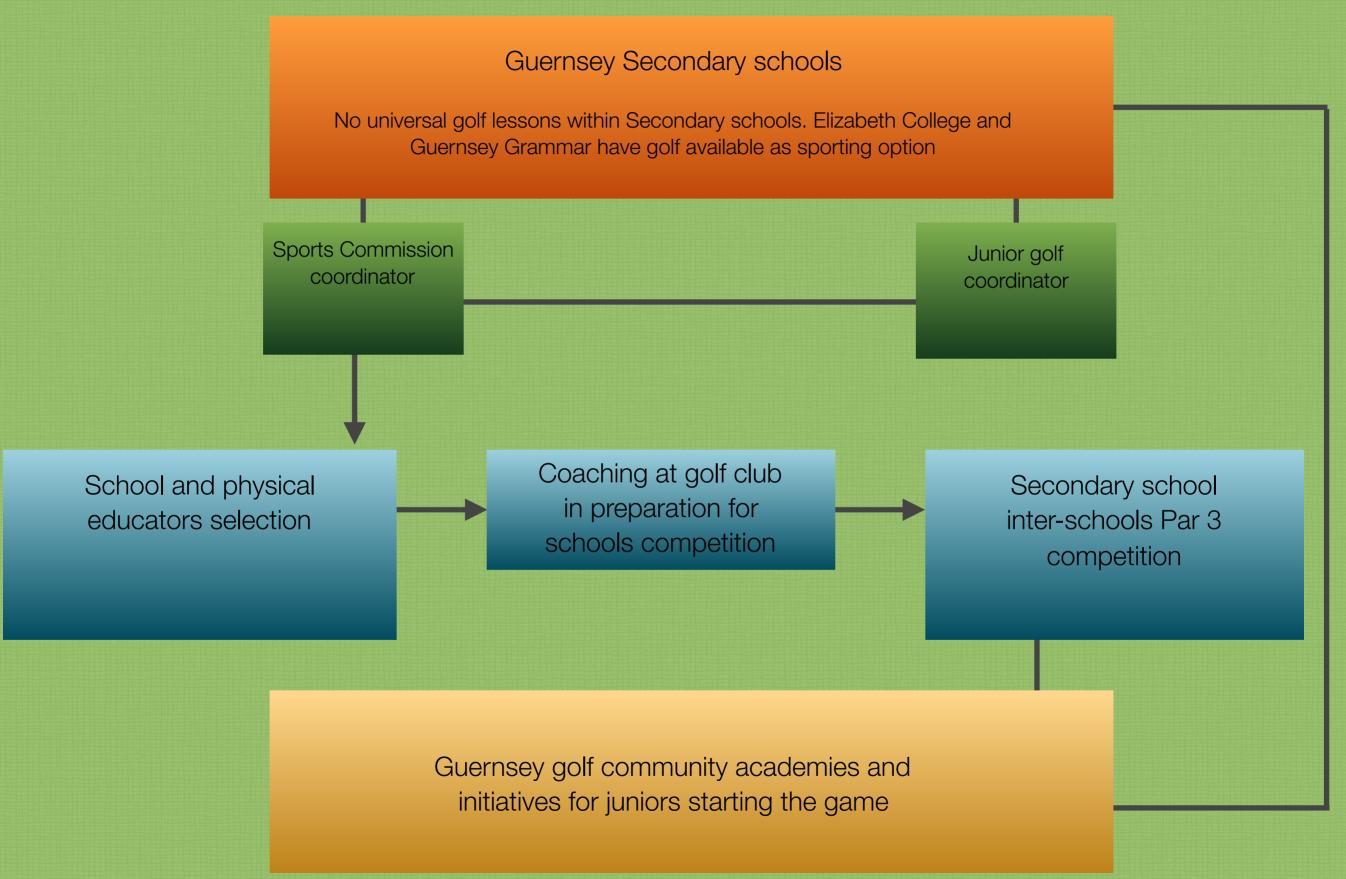
- Ray Lowe Sporting Foundation
- Partnerships between golf courses and schools







Secondary School: Introduction to golf - current position



Secondary School: Introduction to golf - current position

 There is currently no programme that allows all children of a secondary age to experience playing golf. Elizabeth College and Grammar School make golf available at various stages in a pupils time at these schools. Elizabeth college have an annual match against Victoria college in Jersey.





 School and physical Educators select a set of interested students to attend a set of coaching lessons at St Pierre Park and followed by a Par 3 inter school competition. This was funded in 2018 by ABN Amro and continues to be so in 2019.



Secondary Schools: Future Development

Mission Statement:

Give all children of Secondary School age the opportunity to gain some basic golfing skills and an understanding of the game as part of a school programme at a golf course with appropriate golf equipment.

Possible Curriculum:

Session 1: Skills session

Session 2: Skills session

Session 3: Skills session

Session 4: Competition day



Secondary Schools: Future Development

The structure of Secondary Education in Guernsey is going to change substantially in the near future. This should be seen as an opportunity to introduce golf into the physical education offerings of the new schools.

The current inter-School competition offers a number of coaching sessions and an on course competition for eight students from each school. This is hosted at St Pierre Park and funded by ABM Amro. Whilst good for those involved, this is limited exposure compared to the full school population.

Sources of funding to further develop offerings for secondary education are:

- Ray Lowe Sporting Foundation
- Partnerships between golf courses and schools





