

Golf week 7: dinosaur theme
<p>Lesson aims:</p> <ul style="list-style-type: none"> • Understanding how we can make a different theme • Understanding how we can use our creativity skills • To be able to understand how we can use different pieces of equipment
<p>Equipment:</p> <ul style="list-style-type: none"> • Golf clubs • Rope • Balls • Cones • Benches (if available) • Target holes • Hurdles • Skipping ropes • Size 5 balls • Chairs (if available) • Paper • Pencil
<p>Warm up: 10 minutes</p> <p>Dinosaur tag – one child to be holding a green cone to highlight they are the dinosaur. Child will be trying to tag other players. Once tagged the player will turn into a dinosaur trying to get another child. When they are tagged, they are running like a raptor with the arms curled. The last child who last will be the winner of the game.</p> <p>NOTE: if there are too many children running then end the game reset the whole game and bring in a new tagger. Assess the situation of the game.</p>
<p>Main activity: 40 minutes</p> <p>First drill: Timing our shots</p> <ul style="list-style-type: none"> • Depending on the number of children put them in pairs or 4s. Put a child in the middle with the target hole at the other end. Aim is too hit the ball along the ball through the child's leg. • Child in the middle will be doing star jumps, the idea is the children will need to hit the ball and time the shot to get in through the legs while they open and close. • Swap the child in the middle after 5 shots. <p>Second drill: Drawing our design</p> <ul style="list-style-type: none"> • Put the children into groups. Each child will create their own 2 holes for the dinosaur theme. Get them to draw the two designs and apply the equipment you will be able to use. • Once they have drawn it and linked it to them theme then start giving the children equipment to use. <p>Third drill: Creating a design</p> <ul style="list-style-type: none"> • Groups will now use the rope and other equipment which is available to them. They will create the design and link to the theme. • Coach to go around and ask how it links to theme. Make sure the children have a story behind their creation and how it would link.

- Enforce the idea of using obstacles so it makes the course harder and how the ball can travel.

Forth drill: Testing our course

- Groups will now pre-run the course to test if it can be completed, if it is safe, and that the ball can travel to the target hole.
- Get each person in the group to test the course out.

Fifth drill: Playing our course

- Children will now be able to play the course once each hole is completed.
- Make sure the groups are trying out different parts of the course
- Once they have tried out parts of the course, number parts of course from 1 to how many there are. Groups will start from the first hole work there way around.

Coaching points:

- Take our time when we are timing our shots. Use our hand eye coordination before we take the shot.
- Do not rush the shot and reinforce there is no time limit when we take the shot.
- Make sure no one is hitting the ball hard when child is in the middle.
- We can use obstacles for the ball to be hit at to get closer to the target hole.

Cool down: 5 minutes

Head it, catch it – get children into a circle, with the coach in the middle. Coach will state that head it and catch it will be the opposite of the action they call out.

For example:

Head it = catch it

Catch it = head it

If they do not do the correct one, they take a knee, or they will be out of the game. If they are on a knee you can get them back in.

Debrief and certificate:

Ask questions – why do we need to time our shot? What can happen if we do not time our shot? What other pieces of equipment could we use next time?