

Golf Week 2: Creating our obstacles:
Lesson Aims: we can create our obstacles in groups using communication and creativity
<p>Warm up: 10 minutes</p> <p>Everyone's it -</p> <p>Everybody is a tagger that is running around the area trying to tag other players. If you are tagged you sit down. Watch your tagger if they get tagged they sit down you are back up into the game. If you tag same time rock paper scissors.</p>
<p>Equipment:</p> <ul style="list-style-type: none"> • Golf clubs • Rubber balls • Skipping ropes • Cones • Paper • Pencil
<p>Main activity: 40 minutes</p> <p>First drill: coach to make their own course using the Cones.</p> <ul style="list-style-type: none"> • Make a course with the skipping ropes acting as barriers. • Use any cones to act as obstacles and again for the course • Have a target hole for the ball to go into • Get children to practise the course in pairs or groups. Explain how we go around each part of the course. Use technique from last week how to hit the ball. • Scoring system - if it takes 3 hits to get it in the hole the score is 3. • Get children to record their scores on a piece of paper. <p>Second drill: using the Cones to create a course</p> <ul style="list-style-type: none"> • Before we use the ropes for next week get the children into groups of 4 or more. • Using the cones and skipping ropes get them to make a target area for the ball to go into and then an obstacle course for them to make. Explain how crazy golf looks like. • Make a short course for up to 2-3 holes <p>Third drill: practise using other players courses</p> <ul style="list-style-type: none"> • Now other groups will go around on other groups courses. • Use the score sheets or create a new one to do the score system • Go around each group making sure they are hitting the ball properly. • Ask for feedback from each group about their courses.
<p>Coaching points:</p> <ul style="list-style-type: none"> • Reinforce the idea of them communicating in different ways such as verbal and non-verbal. • Explain to the children we are using teamwork to build these courses. • Use coaching points from last week in order to hit the ball • Tell the children sometimes we may need to hit the ball a once not several times.

Once we hit the ball and the ball has stopped we then have another go or our partner has there go. Again it might be the case they need too try and get the ball around the obstacle

Cool down: 5 minutes

Splat -

Get children into a circle. Coach in the middle who is the Splat master. Splat a child they go down. The two children next to the person who went down Splat each other. First person to say Splat is the person still in. Who said it last is out of the game. If the person does not duck down they are out. Any false Splat they are also out.

Debrief and certificate:

Ask questions - what did we learn? How can we use communication in different ways?
How do we score in golf?