

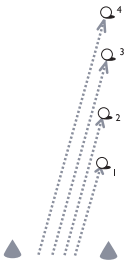
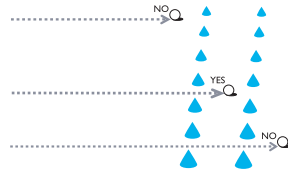
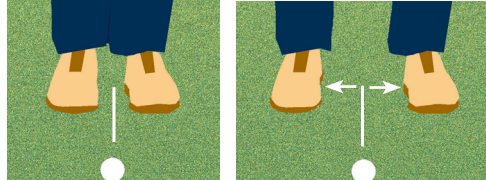
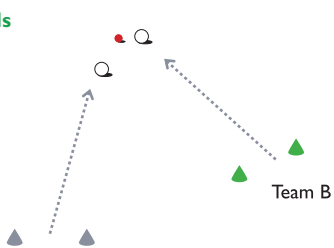

START LEVEL 1 – SESSION 2

START

	GOLFER'S CODE	PUTTING	SHORT GAME	LONG GAME	PLAYING
LEVEL 1	<input type="checkbox"/> Answer safety questions <input type="checkbox"/> Demonstrate knowledge of how to play a golf hole	<input checked="" type="checkbox"/> Demonstrate set-up for putting <input type="checkbox"/> Hole 2/5 putts, a putter's length from the 'hole'	<input type="checkbox"/> Demonstrate set-up for chipping <input type="checkbox"/> Hit 3/5 chip shots onto a 'green'	<input type="checkbox"/> Demonstrate correct hold of the club <input type="checkbox"/> Hit 3/5 shots in the air	<input type="checkbox"/> Play a par-3 'hole' <input type="checkbox"/> Play a par-3 'hole' in 7 shots or better

SESSION PLAN

Activity	Game / Exercise	Approx Timings	Key Information
Warm Up		5 mins	A simple, fun warm up
Session Goals		2 mins	Set ground rules for safety. Goals from JGP
Game	Ladders	7 mins	Putt ¾ balls equal distances away each past the next. Use questioning to draw out key learning.
Exercise	Equal Steps	7 mins	Introduce stance routine for putting
Game	Cliff-hanger	7 mins	Use distance control learning to play the game
Exercise	Arms and Shoulders	7 mins	Refine learning with the exercise and develop further awareness of equal length swing using length of swing to control distance
Game	Bowls	7 mins	In pairs play games of bowls to use the skills learnt (try as underarm rolling first)
Recap Learning		3 mins	Question pupils on what they have learnt from today's session and what they need to practice before the next session
		45 mins	

<p>Game 1 Ladders</p>  <p>Cliffhanger</p> 	<p>Exercise 1 Equal Steps</p> 
<p>Game 2 Bowls</p> 	<p>Exercise 2 Arms and Shoulders</p> 

Coaches notes

What went well?

What could be improved?