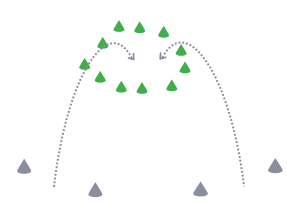
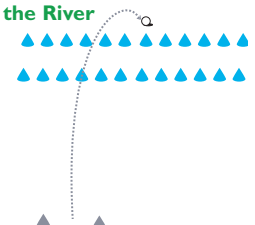
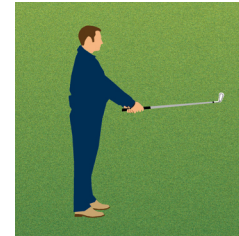
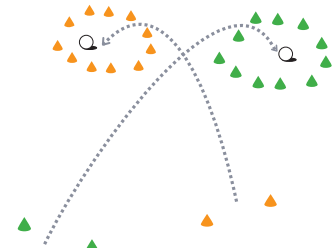



START

	GOLFER'S CODE	PUTTING	SHORT GAME	LONG GAME	PLAYING
<b>LEVEL</b> <b>1</b>	<input checked="" 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 checked="" type="checkbox"/> Hole 2/5 putts, a putter's length from the 'hole'	<input checked="" type="checkbox"/> Demonstrate set-up for chipping <input checked="" type="checkbox"/> Hit 3/5 chip shots onto a 'green'	<input checked="" type="checkbox"/> Demonstrate correct hold of the club <input checked="" 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	Green Hunter	7 mins	Allow pupils to hit from a short tee
Exercise	Bow & Bounce, count to two	7 mins	Monitor balance by getting pupils to count to two, slowly, out loud at the end of their swing.
Game	Over the River	7 mins	Use game to question what part of the ball they need to hit to get it into the air.
Exercise	Shake & Point	7 mins	Encourage pupils developed swing motion
Game	Trespassing	7 mins	Play in two teams, mixing equally ability groups
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><b>Game 1</b> <b>Green Hunter</b></p>  <p style="text-align: center;"><b>Over the River</b></p> 	<p><b>Exercise 1</b> <b>Bow and Bounce</b></p> 
<p><b>Game 2</b> <b>Trespassing</b></p> 	<p><b>Exercise 2</b> <b>Shake and Point</b></p> 

**Coaches notes**

<p><b>What went well?</b></p>	<p><b>What could be improved?</b></p>
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