

LESSON PLAN: TRI GOLF: YEAR 4: WEEK 1

LESSON OBJECTIVE: To focus on power and accuracy in putting and underarm throwing.

WARM UP (10 MINS)

Course Awareness:

Lay out different areas of a golf course using colour coded cones:

- Bunker – Yellow cones ● The Green – Green Cones
- Water – Blue Cones ● Tees – Red cones ○ Trees – White cones
- ▶ Holes – Place flags

Pupils move around the area by running, skipping, jumping etc. Teacher calls out an area of the Golf course, students must run to that area, the last person in does 10 star jumps.

MAIN LESSON (20 MINS)

Discuss how the putter is used to cover short and accurate distance; the ball should travel across the floor towards the hole. Place the class into small groups and set up the drill shown in the diagram. One person at a time rolls the ball through the tunnel and tries to get the ball in the hole. Start with the ball behind them bringing the arm past the side of the body following through with the arm to generate power and accuracy. Fingers should end up pointing at the target, encourage students to step forward with their opposite leg (If it's the right arm throwing the left leg steps forward). If they successfully roll it through without touching any of the cones then they score themselves a point.

Question: How many times can they get the ball in the hoop?

Develop: Progress by making tunnels thinner meaning accuracy becomes more essential.

Use the putters; ensure the ball stops in the hoop by getting pupils to focus on power. Now change the distances of the hoops or use smaller targets such as cones.

GAME/COMPETITION (15 MINS)

In pairs, pupils are given 3 cones each and are to stand 15 steps away from each other.

The pupils now place the 3 cones within 1 meter radius of themselves. The aim is for pupils to roll the ball and hit their partner's cones. When a cone is hit it is removed, the asks their partner do 10 start jumps.

EQUIPMENT

- Soft Balls
- Cones
- Hoops
- Putters

KEYWORDS

- Power
- Accuracy
- Aim

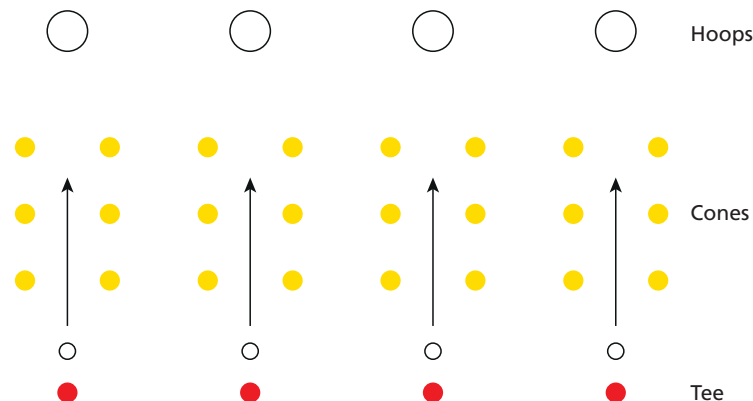
DIFFERENTIATION

LESS ABLE

- Make tunnels shorter meaning they are closer to target.
- Have larger targets.

MORE ABLE

- Longer tunnels making the distance longer.
- Change the shape of the tunnel.
- Have smaller targets.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform an underarm roll and putt to a high ability using power and accuracy?
	5	Can they perform the putt with a certain degree of control, accuracy and power?
	4	Can they perform the underarm roll and putt with some control?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the under arm roll and putt.
	5	Can work with a partner & understands the task set.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: rolling and putting techniques in a competitive environment?
	5	Can they show and link: some of skills required to perform an underarm roll and putting in a competitive environment?
	4	Show an underarm roll and putting.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.