

LESSON PLAN: TRI GOLF: YEAR 1: WEEK 1

LESSON OBJECTIVE: To learn the fundamental skills of rolling a ball underarm and the areas of a golf course.

LESSON

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
- ▶ Holes – Place flags

Explain each area. Then call out each area and pupils have to run and stand in that area.

MAIN LESSON (20 MINS)

In pairs, the pupils need to roll the ball to a partner; Looking for pupils to step forwards as they roll the ball. When receiving the ball look for pupils to create a cup shape with their hands and getting in line with the ball.

Question : How hard or soft do you need to roll the ball?

Set out some hoops in an area and encourage pupils to roll the ball so that it stops in the hoop. How hard or soft do they need to roll the ball?

GAME/COMPETITION (15 MINS)

Play the warm up game, recapping on the different areas of a golf course. The last person to the area is out and has to sit down.

EQUIPMENT

- Balls
- Flags
- Cones
- Hoops

KEYWORDS

- Bunker
- Tees
- Green
- Holes
- Water

DIFFERENTIATION

LESS ABLE

Don't count how many rolls it takes for the ball to stop in a hoop.

MORE ABLE

Add a roll limit to get the ball in a hoop.

Use smaller hoops/target



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they roll the ball with some accuracy to a high ability?
	2	Can they roll the ball with a certain degree of control?
	1	Can they roll the ball, but to a low ability?
Tactics, Rules & Teamwork	3	Works in a team & demonstrates rolling a ball & also shows understanding of different areas of the course.
	2	Can work in a team & understands where different areas of a golf course are.
	1	Starts communicating within a team.
Show & Link	3	Can they link the skills : rolling a ball into a hoop to a high ability?
	2	Can they show and link : rolling a ball into a hoop with some accuracy?
	1	Show how to roll a ball underarm.
Describe Ways to Improve	3	Are able to describe and improve performance.
	2	Are able to describe performance.
	1	Are able to see differences in performance against a simple model.
Fitness & Health	3	Shows a solid understanding of why physical activity has health benefits.
	2	Has some knowledge of why physical activity has health benefits.
	1	Has little knowledge of why physical activity has health benefits.