

LESSON PLAN: TRI GOLF: YEAR 1: WEEK 5

LESSON OBJECTIVE: To learn the fundamental skills to chip a golf ball.

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)

Introduce the iron. Working in pairs with 1 iron, explain how to hold when chipping. Writing hand goes at the bottom of the grip and the other hand at the top, pupils need to stand side on to the ball with feet shoulder width apart. Remind them that chippers are used for long distance shots. Line pupils up in pairs along a line and place a hoop approximately 5m in front of them. Pupils then need to hit the ball from underneath and see if they can get it to stop in the hoop. This will then allow the pupils to see how much power they need to use. The ball should project into the air and gain height and distance.

GAME/COMPETITION (15 MINS)

Battleships : Cover an area sporadically with cones. Set four cones around the outside as tees. Split the class into groups and ask each group to stand behind a different tee in a line. All the pupils at the front of the line go first and aim to hit a cone. If they hit a cone they collect it and return to their group. The next person goes and so on until all the cones have been hit. The team with the most cones win!

EQUIPMENT

- Iron
- Balls
- Flags
- Cones

KEYWORDS

- Iron
- Chip

DIFFERENTIATION

LESS ABLE

Bigger target.
Decrease the distance.

MORE ABLE

Smaller target.
Increase the distance.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they chip the ball with some accuracy to a high ability?
	2	Can they chip the ball with a certain degree of control?
	1	Can they chip the ball, but to a low ability?
Tactics, Rules & Teamwork	3	Works in a team & demonstrates the use of an iron & 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 : chipping a ball into a hoop to a high ability?
	2	Can they show and link : chipping a ball into a hoop with some accuracy?
	1	Show how to chip the ball with an iron.
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.