

LESSON PLAN: TRI GOLF: YEAR 2: WEEK 2

LESSON OBJECTIVE: To learn how to play golf without equipment.

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. The last person to get there is out and has to start jogging around the outside of the course.

MAIN LESSON (20 MINS)

Lay out a variety of different targets different distances away from the tees. Individually the pupils have to choose a target and see how many rolls it takes for them to hit it. Once they hit the target they go back to the tee and aim for another target. Pupils have to add up how many times in total they had to roll the ball to hit all the targets.

Develop: Once all the targets have been hit, move the tees backwards so the pupils are further away from the targets. See if pupils can beat their previous score.

GAME/COMPETITION (15 MINS)

Pupils are to compete with a partner in a race to see who can hit all the targets first. Best out of 3 goes. Pupils are to focus on their accuracy, control and technique.

EQUIPMENT

- Balls
- Flags
- Cones

KEYWORDS

- Putter
- Bunker
- Green
- Water
- Tees
- Holes

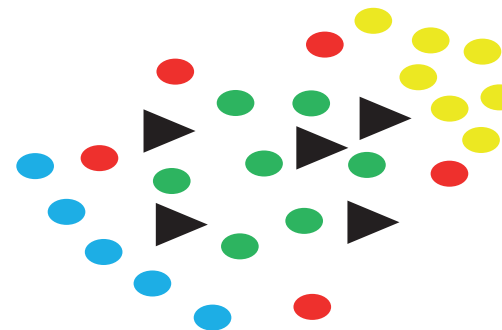
DIFFERENTIATION

LESS ABLE

- Bring the targets closer to the pupils.

MORE ABLE

- Set a shot limit for each target. E.G. 3 roll limit.
- Add Obstacles in between targets, E.G. Bunkers or Water.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	Can they perform the underarm throw/roll to hit a target?
	3	Can they perform an underarm throw/roll with a degree of accuracy degree?
	2	Can they perform an underarm throw/roll, but to a low ability?
Tactics, Rules & Teamwork	4	Works in a team & demonstrates throwing/rolling a ball & also shows understanding of different areas of the course, the use of tactics to get around a small course & the understanding of the rules.
	3	Can work in a team & understands where different areas of a golf course are.
	2	Starts communicating within a team.
Show & Link	4	Can they link the skills: underarm throw/roll with hitting targets?
	3	Can they show and link: underarm roll and getting closer to targets quickly?
	2	Show how to throw/roll a ball underarm.
Describe Ways to Improve	4	Are able to describe and improve performance.
	3	Are able to describe performance.
	2	Are able to see differences in performance against a simple model.
Fitness & Health	4	Shows a solid understanding of why physical activity has health benefits.
	3	Has some knowledge of why physical activity has health benefits.
	2	Has little knowledge of why physical activity has health benefits.