

LESSON PLAN: TRI GOLF: YEAR 3: WEEK 1

LESSON OBJECTIVE: Learning to accurately roll and putt the ball with a partner.

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

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 and stand in that area, the last person in does 10 star jumps.

MAIN LESSON

In pairs 4 meters apart, pupils roll a Golf ball to each other. 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). When receiving the ball pupils need to track the ball with their eyes, move their feet so the ball arrives in line with the middle of the body and create a cup shape with their hands together.

Now give one pupil in the pair a putter and explain how to hold the putter correctly (Left handers = right hand at the top, left hand at the bottom. Right handers are the opposite). The other partner places a cone 3 meters away, the putter has to try and hit the cone (1Point) and make the ball stop within 20cm of it (1 point). Attempt this 5 times and then swap over, if they get over 5 points they can move the cone back to 5 meters and repeat the same exercise.

GAME/COMPETITION

The teacher splits the class into 5 teams and places 10 cones 1 meter apart in a straight line in front of each team. One person at a time stands up and hits the ball towards the first cone. If they hit the cone, they collect it and return to their team. The next person tries to hit the next cone.

EQUIPMENT

- Soft Balls
- Cones
- Putter
- Flags

KEYWORDS

- Bunker
- Green
- Water
- Tees
- Low
- Grip

DIFFERENTIATION

LESS ABLE

- Use foot spots and lines to putt from.
- Decrease the distances students have to putt.

MORE ABLE

- Increase the distance between the partners.
- Harder surfaces or terrains.



ASSESSMENT FOR LEARNING

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