

## Little sticks Year 2

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	To be able to demonstrate a putting or chipping technique with some consistency.		<p><b><u>Warm up-</u></b>  <b><u>Activity Beans</u></b> - Tell the children they are going to be beans. Explain that they need to listen to which type of bean they will be and then move like that type of bean.</p> <p>Start off with about 3 different types of beans. This can be increased as the children get used to playing the game.  Choose from: Runner bean-moving fast, jumping bean -moving jump, Coffee bean -Run on the spot.  French bean-Walk up on tiptoes and say, 'ooh la la.' Jellybean -Shake like jelly. Baked bean -Curl up very small on the ground.</p> <p><b><u>Teach-</u></b>  <b><u>Rolling</u></b>  Rolling hand with ball, opposite hand points to target, opposite foot forward, head up, bend knees so that throwing hand almost touches floor, lean forward and release ball for a 'controlled' roll.  <b><u>Putting</u></b>  Dominant hand at the bottom of the handle &amp; weaker hand above. The forefinger of the weaker hand interlinks with the small finger of the dominant hand to form a firm grip. Stand sideways onto the target with feet slightly apart. Keep arms straight and ensure that the putter head almost touches the floor. Swing the club in a 'Tick-Tock' motion, making sure the club does not rise above knee height.</p> <p><b><u>Apply-</u></b>  <b><u>Sector Ball</u></b>  Staying within their teams of 3 or 4 people, teams now stand opposite another team. Directly in front of each team, place a mat or a square of cones - this is their 'Sector'.</p>	Cones, balls, putters	Roll, throw, bend, catch, hit, putt, aim

		<p>Taking turns, each team must attempt to land their ball in the opposition's Sector. Each time this happens, the successful team score a point.</p> <p>Introduce the 'putter' if appropriate. Talk about the shape, which part to hold and which part to putt. Allow children time to 'free hit' a range of balls or objects to develop 'swing' - this more require most of the lesson.</p> <p><u>Lemmings</u> Mark out starting point using cones, put children into small teams and start from behind a cone. Mark out a finishing line at the end of the hall. Each team must try and putt the ball closest to the finishing line without going over. Each player has 1 ball and one chance. Team with the closest putt to the finish line wins.</p> <p><u>Cool Down-</u> <u>Gears</u> Explain to the children that they have three gears and a break. Shout out the different gears so that children move around the space, going up and down the gears, changing speed. After a couple of minutes, slow the children down completely, then ask them to stop.</p>		
2	To be able to demonstrate the correct putting technique.	<p><u>Warm up-</u> Play 'Ball-Tag' - Each child has a small sponge ball and must avoid the 'tagger' who has a large sponge ball. The tagger must try to touch (not allowed to throw) as many players as possible with the large ball. If tagged, a player must stand still with their legs apart. The tagged player may only rejoin the game when another player rolls their small sponge ball between their legs and then retrieves it. The tagger can tag anyone at any time. Alternate the game by swapping tagger / adding tagger / changing the way the players can move around the hall / changing the size of the area.</p> <p><u>Teach-</u> <u>'Putting'</u> Dominant hand at the bottom of the handle grip and weaker hand at the top.</p> <p>Standing sideways onto the target with legs shoulder width apart, straight arms and form a triangle shape between two feet and the ball as the point / top of triangle.</p>	Tri-Golf Clubs & Balls, cones,	aim, bend, putt, hit, target

		<p>Gently swing the club backwards and forwards keeping arms straight. Do not move the club more than 30cm ruler away from or past the ball when hitting. (children must not swing the club hard or lift the club above knee height).</p> <p>Tip: Look at the target and take a few practice swings.</p> <p><b><u>Apply-</u></b>          Explain to the children the purpose of 'putting' (that it is used as a way of sending a ball over a short distance; control of the ball is crucial).</p> <p><b><u>Through the gates:</u></b> Set up cones around the playing area as different sized gates. The aim of the game is to 'putt' the ball through the different gates until the set time is over. To score more points, children can aim for the cones to hit as well as score through the gates.</p> <p><b><u>Poacher:</u></b> Spread out cones on a line or around an area and children play as either individuals or in teams. The aim of this game is to hit as many cones as possible by 'putting' the ball. The more cones that are hit helps the overall score of the teams or individuals.</p> <p><b><u>Cliff-hanger:</u></b> The aim of this game is to 'putt' the ball as close to or on the line of the cliff. Children one at a time hit their ball and see where it finishes. If the ball travels over the cliff (line) then they are out of the round. The ball that travels closest to the cliff but does not go over wins that round. Set up the edge of the cliff using cones. The distance between the starting line can be changed depending on children's ability.</p> <p><b><u>Cool Down-</u></b>  <b><u>Animal kingdom</u></b> - Ask children to stand in a space.          Start by asking the children to be energetic monkeys moving around the hall, jumping from spot to spot, only stopping to have a quick scratch.          Next, ask the children to be tigers that crawl quickly and leap, only stopping to show their claws.          Finally, ask the children to be snakes that slowly slither on the floor.</p>		
3	To be able to amend the speed and accuracy of a golf	<p><b><u>Warm up-</u></b>  <b><u>Divots</u></b>          Scatter markers across an area. Split children into 2 teams - 'Hackers and</p>	Tri-Golf Clubs & Balls, cones, hoola-hoops,	aim, bend, putt, hit, target

	<p><b>'Putt'.</b></p> <p>Greenkeepers'. Spread children around the hall and on the word go - hackers run and trun as many markers upside down and greenkeepers run and turn them right way up. After set time, count which team has won.</p> <p><b><u>Teach-</u></b> Putting technique as lesson 2. Amend the angle of the putt so that shoulder points towards target and club and when followed through the club points towards the target.</p> <p>Amend force to the ball by swinging the club slightly further back. Remind the children that the putt must show control. The club must not be raised above knee height. Teacher demonstrates this to prove the point.</p> <p><b><u>Apply-</u></b> Explain to the children that they are going to attempt to change their Putting technique depending on the distance and direction of the target.</p> <p><u>Corner to middle:</u> The aim of this game is to land the ball into the middle of the playing area marked out by cones or hula hoops. Split children into four teams all pointing to the middle. On the command 'Go' children at the front of their teams put their ball to the middle. Whoever gets the closest to the middle or lands their ball in the middle scores a point for their team. If two teams put their ball in the middle, then points are shared. Add obstacles like cones or hula hoops to make reaching the middle harder.</p> <p><u>Boccia Golf:</u> Set up the playing area into a 'V' shaped court like a Boccia court. The aim of this game is for teams to 'put' their ball closest to the 'Jack' ball/cone. Teams take it in turns like a Boccia game and the team closest to the 'Jack' wins the point (the more balls puttred to the 'Jack', the more points scored).</p> <p><b><u>Cool Down-</u></b> <u>Body shapes</u> Ask the children to sit on the floor. They should move around the space on their bottoms. Shout out a shape command and the children should make that shape (long, tuck, wide, flat).</p>		
4	<p><b>To show consistency and control when using equipment.</b></p>	<p><b><u>Warm up-</u></b> Bunkers and Birdies - see activity card Split into 2 teams, each each form a line so that they are able to touch each</p>	<p>Tri-Golf Clubs &amp; Balls, cones,</p> <p>aim, bend, putt, hit, target</p>

	<p><b>To be able to cooperate with others in a competitive situation.</b></p>	<p>others fingertips. One team is Birdie, the other Bunker. Teacher to call out either 'group' and they should run and try to reach the line cones nearest to them. The other 'group' should try and tag them before they reach the cones.</p> <p><b><u>Teach-</u></b> <b><u>Putting</u></b> Dominant hand at the bottom of the handle &amp; weaker hand above. Forefinger of weaker hand interlinks with small finger of dominant hand to form a firm grip. Stand sideways on to the target with feet slightly apart. Keep arms straight and ensure that putter head almost touches floor. Swing the club in a 'Tick-Tock' motion making sure the club does not rise above knee height.</p> <p><b><u>Apply-</u></b> <b><u>Treasure Island'</u></b> - Put children into groups of 3 or 4 and line the groups up behind a starting point. Place some large hula-hoops in a line in front of each team, spaced out about 3-5m apart. Each team have 1 ball and must underarm throw (see TP) the ball to land in the first hoop. If successful, then all 3 players move into the first hoop. Keep taking turns until the team move through all hoops - the first to do so wins. Remind children of the skills of using the putter club (see TP).</p> <p><b><u>Lemmings</u></b> Mark out starting point using cones, put children into small teams and start from behind a cone. Mark out a finishing line at the end of the hall. Each team must try and putt the ball closest to the finishing line without going over. Each player has 1 ball and one chance. Team with the closest putt to the finish line wins.</p> <p><b><u>Minefield</u></b> Spread cones over 'the playing area' and put children into groups of 3 or 4. Each team will have a putter. Each team must try and 'putt' their balls through the markers on the playing area avoiding the mines (cones). If successful they return to the back of the team line and sit down, if unsuccessful they must keep going. The winning team is the team with everyone sat down. Extend with distance or decrease number of (mines).</p>		
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5	To be able to demonstrate a putting technique with some consistency.	<p><b><u>Warm up-</u></b>  <b><u>Foxes and Bunnies</u></b>          Choose 3 children to be foxes. The rest of the children will be bunnies. Foxes move around the space on all fours. Bunnies hop around the space. The foxes try to catch the bunnies by tapping them on the back. •Once a bunny has been caught by a fox, they freeze. The other bunnies now try to tap the frozen bunnies on the back to defrost them. Swap the foxes during the game.</p> <p><b><u>Teach-</u></b>  <b><u>Rolling</u></b>          Rolling hand with ball, opposite hand points to target, opposite foot forward, head up, bend knees so that throwing hand almost touches floor, lean forward and release ball for a 'controlled' roll.</p> <p><b><u>Putting</u></b>          Dominant hand at the bottom of the handle &amp; weaker hand above. The forefinger of the weaker hand interlinks with the small finger of the dominant hand to form a firm grip. Stand sideways onto the target with feet slightly apart. Keep arms straight and ensure that the putter head almost touches the floor. Swing the club in a 'Tick-Tock' motion, making sure the club does not rise above knee height.</p> <p><b><u>Apply-</u></b>  <b><u>3 in a row</u></b>          Split children into teams, place a hoop on the floor a set distance away from each team. Mark out a safe area for children to stand in for not hitters. Place different coloured markers equally spaced away from the hoop. Each player starts from the nearest marker and tries to putt the ball into the hoop. If successful, the next player retrieves the ball and then starts from</p>	Tri-Golf Clubs & Balls, cones, hoola-hoops, skipping ropes	Roll, throw, bend, catch, hit, putt, aim, target

		<p>the next hoop. If unsuccessful, the next player must try again and continue until all 3 balls are in the hoop.</p> <p><u>Bullseye</u> Using skipping ropes/hoops or markers, mark out a bullseye target and lay it down in the centre of the playing area and line several teams (of about 3 or 4 people in each) around the target approximately. 5m away so that they are all facing in towards the target. One at a time, a player from each team attempts to put their Velcro-spotted ball to the centre. Points are scored depending on how close to the centre the ball reaches *use velco markers from little sticks resources. Players accumulate points for their team. The game could last a designated time, or teams can be allocated target scores, which encourages a range of accuracy and numeracy links. Differentiate by changing the hitting distance or target size.</p> <p><u>Cool Down-</u> <u>Hibernating hedgehogs</u> Tell children that they are going to pretend to be a hedgehog. Children should move about slowly on all fours. Children should then curl up as small as possible into a ball.</p>		
6	To be able to demonstrate a putting technique with some consistency.	<p><u>Warm up-</u> <u>Divots</u> Scatter markers across an area. Split children into 2 teams - 'Hackers and Greenkeepers'. Spread children around the hall and on the word go - hackers run and trun as many markers upside down and greenkeepers run and turn them right way up. After set time, count which team has won.</p> <p><u>Teach-</u> <u>Putting</u> Dominant hand at the bottom of the handle &amp; weaker hand above. The forefinger of the weaker hand interlinks with the small finger of the dominant hand to form a firm grip. Stand sideways onto the target with feet slightly apart. Keep arms straight and ensure that the putter head almost touches the floor. Swing the club in a 'Tick-Tock' motion, making sure the club does not rise above knee height.</p> <p><u>Apply-</u></p>	Tri-Golf Clubs & Balls, cones, hoola-hoops	Roll, throw, bend, hit, putt. aim, target

		<p><u>Going for green:</u> The aim of this game is for pupils to take alternate tries to land the ball on the 'Green' to score maximum points.</p> <p>Set up three coned circles each representing different parts of the golf runway. Blue (Water Hazard), Yellow (Sand Bunker), Green (Green putting area). 1 point is scored for landing the ball in the blue area, 5 points is scored for landing the ball in the yellow area and 10 points for landing the ball in the green area. The team with the most points at the end of the game wins.</p> <p><b>Station 1: Short Putting</b></p> <p>Using the flag targets, children must putt using the correct technique to try and get the ball to stick onto the target. Every time the ball sticks to the target, one point is scored. If the children miss the target, then five points is scored. The person with the lowest score wins.</p> <p><b>Station 2: Long Putting</b></p> <p>Using the triangular targets with 5,3,1, children must aim to putt the ball and make it stick to the target. The aim is to land the ball onto the middle of the target scoring one point, if the ball misses the target, then the player scores ten points. The lowest score wins the round.</p> <p><b>Station 3: Short putting</b></p> <p>Using the two round targets, children stand a short distance away from the targets aiming to put the ball into the target. The bullseye is worth 1 point whilst the outer rings are marked by points going outwards in tens. The lowest score wins the round</p> <p><b><u>Cool Down-</u></b></p> <p>2 Children from each team stand at the end of the tunnel facing each other, raise their arms above their heads and touch hands forming an 'archway'. One at a time the remaining players from each team walk down the tunnel of cones and under the 'archway'. Walk to the teacher and sit down. Review skills.</p>		
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