

Week 1 Objectives (knowledge/skills/attitudes) Tasks**Resources for 20 children**

1.	Introduction to people/program	Activity 1 – ‘Something interesting’ <ul style="list-style-type: none">• Introduce selves + the name of the sport + welcome to the program• Give brief overview of Golf Croquet equipment and stress correct name for ‘hoop’, ‘peg’, ‘mallet’ & balls• Give brief outline of afternoon activities. Move into 2 groups with different leaders	Croquet court/s set up with 6 hoops and a centre peg, 20 mallets, 5 sets of croquet balls, plastic markers or cones, 4 large tennis balls, 4 plastic cricket bats, 4 hoops, 2 plastic target sheets
2.	Warm up activity Use of balls – rolling relay	Activity 2 - Warm up for each group <ul style="list-style-type: none">• Divide into groups for short relays• Using tennis ball, roll the balls as for a relay Change it <ul style="list-style-type: none">• Elicit how we can make this harder/easier (eg. length of runs, use different hand, change to smaller balls) Activity 3 <ul style="list-style-type: none">• Change to croquet balls Is it harder / easier with croquet balls? Change it How can it be made even harder? (use a stick)	Cones/cricket bats/tennis balls
3.	Learn to use a stick	Activity 4 – Relay using Croquet Balls <ul style="list-style-type: none">• Change to heavier mallets instead of plastic cricket bats• In same group of relay teams, mallets instead of cricket bats Change it <ul style="list-style-type: none">• Elicit how we could make it easier/ harder (eg shorter distance/ smaller balls/ longer distance)	As above
4.	Learning to use a stick (SSSSS) for the new game of Golf Croquet	Activity 5 - Learning to use a mallet <ul style="list-style-type: none">• Match children with appropriate mallet.• Discuss and demonstrate several ways of holding the mallet• Teach the stroking chant (emphasise SSSSS)<ul style="list-style-type: none">Stalk the ballSight the targetStand, Stare, S-W-I-N-G• Children to stand in pairs, 1 ball between each pair, facing each other, with a target between them. (Target is two cones placed to form a ‘gate’ about 1m away)	Croquet mallets, balls, foot markers for the ground, cones for gates, plastic sheets or similar which have a bull’s eye target drawn on it or similar marking.

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		<ul style="list-style-type: none">• Children to stroke the balls to each other, using the chant.• Similarly using the target sheet, each group have a turn stroking the ball onto the target sheet to score maximum number of '5' <p>Change it - Elicit how we could make it easier/ harder (eg shorter distance/ longer distance/ narrower gates) Children can do this depending on progress and skill at stroking ball accurately.</p>	
5.	Introduce Croquet Court	<ul style="list-style-type: none">• Introduce children to the croquet court by walking in sequence around the 6 hoops stressing the correct approach to running the hoop.• Explain how to hit a ball through the hoop to make it easy to stroke the ball to the next hoop.	Croquet lawn, 20 balls, 20 mallets
6.	Simple Golf Croquet	<p>Activity 6</p> <ul style="list-style-type: none">• Give each child a croquet ball.• Starting from designated point using a cone marker, children will begin stroking their ball through each of the hoops in turn from hoop 1 until they reach hoop 4 or 6 depending on time allocated. Children count how many strokes they took to make the 4 or 6 hoops.• Repeat the task but to improve honest recording of hits, use system of pairs. Each partner takes it in turn to hit the ball up to and through the hoops until they reach hoop 4 or 6.	As above
7.	Finish up and review	<p>Activity 7 – Walk about, talk about</p> <ul style="list-style-type: none">• Children to walk round to collect equipment and bring back to group.• Stretch tired parts of the body.• Talk about the session. (What did you enjoy about today? What was easy/ hard? What would you like to do again? What else could we do? What game is similar to Golf Croquet?)	

Comments [Evaluation/ what next?]