



LIFE SKILLS EXPERIENCE of The First Tee Pine Mountain 2020
Implementation of Golf Skills Curriculum and Nine Healthy Habits
COVID 19 (Modified Programming) June 2020
Ages 7 – 11 practices with a family member/guardian

Date: Week 2 Time for Session: 2 hrs. Core Lesson: **PLAYER / PAR**

PLAYER Lessons #1 Welcome and Showing Respect #2 Courtesy Toward Others #3 Responsibilities for the Course #4 The Honesty of PLAYers #5 Modeling Sportsmanship #6 Developing Confidence #7 Using Good Judgment #8 Playing with Perseverance #9 Living with Integrity



PAR Lessons #10 Exploring the game GAME #11 Respecting the Rules #12 Meeting and Greeting ALR #13 Having fun while you learn #14 Staying cool #15 Finding your Personal Par

Golf Skill Category: PUTT / CHIP / PITCH / FULL SWING/ On Course 9 Golf Fundamentals: Distance-control / Target Awareness / Get Ready to Swing / Body Balance / Clubface and Ball Contact / Swing Rhythm / Preshot and Postshot Routines / Ball Flight / Playing On-course 9 Healthy Habits: Energy / Play / Safety / Vision / Mind / Family / Friends / School / Community

Get a Grip

Objective(s) for Life Skills: While being responsible we can help manage the course, under our control, and repair divots, ball marks, and raking bunkers.

Objective(s) for Golf Skills: I will learn the best golf grip for my game and learn a proper grip for meeting and greeting (Currently, No handshakes with Covid 19)

Time	Three Elements of Life Skills Experience Lesson Plan
10 min.	1. Warm-up 
30 min	<p align="center">“Get a Grip”</p> <hr/> <p>Experiment with your favorite grip on the putting green (9 holes putting)</p> <p>Find a grip that works for you on full swing</p> <ul style="list-style-type: none"> Learn self-management; being more responsible toward the golf course and your equipment- repairing ball marks, and pace of play. Learning the three most used golf grips: Overlap, Ten finger, and Interlock. <hr/> <ul style="list-style-type: none"> How do you grip the club? What ways can we show responsibility on the course? What happens when we find the grip for our own golf game? If you are focused on something – you can be extraordinary
10 min	<p>3. Wrap-up  (*Inquire about general experiences, *check for learning and *bridge to golf & life.)</p> <ul style="list-style-type: none"> Give examples of responsibility at home, school, golf course How can “honesty” be applied at home, school, golf course? What are rules of life? Are they needed in society? Why do we have golf rules?