



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 (# and Title): BIRDIE

<p><u>#16 Dreams and Goals (REVIEW)</u> <u>#17 Setting goals that are positive & important to you</u> <u>#18 Setting goals that are specific & under your control</u> <u>#19 Setting different types of goals</u> <u>#20 Getting to your goal</u> <u>#21 Dealing with challenges STAR Certification Progress</u></p>	<p>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</p> <p>9 Healthy Habits: Energy / Play / Safety / Vision / Mind / Family / Friends / School / Community</p>
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Objective(s) for Life Skills: Learn to set goals that are positive and important to you.

Objective(s) for Golf Skills: I will learn the best golf grip for my game and learn a proper grip for meeting and greeting for next week.

Time	Three Elements of Life Skills Experience Lesson Plan
10 min.	<p>1. Warm-up </p>
30 min	<p align="center">“Get a Grip”</p> <hr/> <p>Experiment with your favorite grip on the putting green (9 holes putting) <u>Set a positive goal for your putting session today</u> Find a grip that works for you on full swing</p> <hr/> <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 <i>(*Inquire about general experiences, *check for learning and *bridge to golf & life.)</i></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?