



**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

<u>#16 Dreams and Goals (REVIEW)</u> <u>#17 Setting goals that are positive &amp; important to you</u> <u>#18 Setting goals that are specific &amp; 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>	<b>Golf Skill Category:</b> <u>PUTT / CHIP / PITCH / FULL SWING/ On Course</u> <b>9 Golf Fundamentals:</b> 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 <b>9 Healthy Habits:</b> Energy / Play / Safety / Vision / Mind / Family / Friends / School / Community
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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	<b>Three Elements of Life Skills Experience Lesson Plan</b>
10 min.	<b>1. Warm-up</b> <b>"Get a Grip"</b> Experiment with your favorite grip on the putting green (9 holes putting) Set a positive goal for your putting session today Find a grip that works for you on full swing <ul style="list-style-type: none"><li>• Learn self-management; being more responsible toward the golf course and your equipment- repairing ball marks, and pace of play.</li><li>• Learning the three most used golf grips: Overlap, Ten finger, and Interlock.</li></ul> <ul style="list-style-type: none"><li>• How do you grip the club? What ways can we show responsibility on the course?</li><li>• What happens when we find the grip for our own golf game?</li><li>• If you are focused on something – you can be extraordinary</li></ul>
30 min	<b>2. Practice</b> Play a round of golf with a partner or alone, focusing on the grip and putting skills learned in the warm-up. Encourage players to take ownership of their mistakes and learn from them.
10 min	<b>3. Wrap-up</b> (*Inquire about general experiences, *check for learning and *bridge to golf & life.) <ul style="list-style-type: none"><li>• Give examples of responsibility at home, school, golf course</li><li>• How can "honesty" be applied at home, school, golf course?</li><li>• What are rules of life? Are they needed in society? Why do we have golf rules?</li></ul>