



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): EAGLE

<p><u>#22 Stay Well for Life (REVIEW)</u> <u>#23 Building a Go-to Team</u> <u>#24 Appreciating Diversity</u> <u>#25 Setting different types of goals</u> <u>#26 Getting to your goal</u> <u>#27 Dealing with challenges STAR</u> <u>ACE PLANNING</u></p>	<p><u>Golf Skill Category:</u> 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 Build a “GO TO Team”. Learn who to include on a “GoTo Team”.

Objective(s) for Golf Skills: I will learn my “Go To” golf grip for my game and develop my “GoTo” shots.

Time	Three Elements of Life Skills Experience Lesson Plan
10 min.	<p>1. Warm-up </p>
30 min	<p style="text-align: center;">“Get a Grip”</p> <hr/> <p>Experiment with your favorite grip on the putting green (9 holes putting) “Your Go To Grip”</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 does it mean to have a “go to team”? • 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 a “go to team” • What type of people should be on your team? • What are rules of life? Are they needed in society? Why do we have golf rules?