



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

Date: Week 1 Time for Session: 2 hrs. Core Lesson: BIRDIE

#16 Dreams and Goals

- #17 Setting goals that are positive and under your control
- #18 Setting goals that are specific
- #19 Setting goals that are under your control
- #20 Getting to your goal
- #21 Dealing with challenges

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

Objective(s) for Life Skills: Understand the importance of presenting a friendly image to others by smiling and portraying an encouraging attitude. Each person we meet you can build a bridge or burn a bridge for the future. Getting your “attitude” into shape today can be beneficial in the future. Have you noticed that it is easy to be a nice person when you are playing well or beating everyone in your group – how are you perceived by others with you are playing poorly? Does your play performance determine your attitude?

Do you know successful athletes or business leaders, or community leaders? Do you think they have goals and utilize goal- ladders?

Objective(s) for Golf Skills: Understanding the importance of getting your short game into shape in distance control and direction. Understanding how to pick a target and estimate the amount of carry and roll to get close to the hole.

Time	Three Elements of Life Skills Experience Lesson Plan
5 min.	1. Warm-up 
30 min.	2. Seamless Activities (<i>*Description of golf learning activities with life skills explicitly integrated and *detailed for other staff to follow.)*</i> <i>Go to the putting green, pick any distance and record 9 holes score on a scorecard from the golf shop with your name on it. (Par – 3 short putts, 3 medium length, 3 long putts)</i> 9 hole putting assessment (Birdie 23 Putts on 9 Holes) (Target score for the end of the season) “Get your putting into shape” Hit one basket of balls with focus of finding a target on the range.
30 min.	Target Practice (Full Swing)
10 min	3. Wrap-up  What does it mean to burn a bridge or build a bridge with people you meet? <ul style="list-style-type: none"> • What are some other areas of life that you could “get into shape”? <p align="center">Turn In Your Scorecard to the golf staff in the pro shop with your name/score/date to be included on the weekly incentive drawing</p>