



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

All Ages: (7 – 11 years practices with a family member/guardian)

Date: Week 1 Time for Session: 2 hrs. Core Lesson: PLAYER / PAR

<p>Review #1 Welcome and Showing Respect #2 Courtesy Toward Others #3 Responsibilities for the Course #4 Courtesy Toward Others #5 Responsibilities for the Course #6 The Honesty of PLAYers #7 Using Good Judgment #8 Playing with Perseverance #9 Living with Integrity</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>
---	---	--

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?

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.)* 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) 9 Hole Putting Assessment PLAYer Level - no score but accurate PAR Level - 9 holes - 27 (target score for the end of the season) “Get your putting into shape” </i>
30 min.	Hit one basket of balls with focus of finding a target on the range. 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 style="text-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>