





**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 3 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 &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></p>	<p><b>Golf Skill Category:</b> <b>PUTT / CHIP / PITCH / FULL SWING/ On Course</b>  <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 / <b>Playing On-course</b>  <b>9 Healthy Habits:</b> 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 specific and under your control.

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
5 min.	<p><b>1. Warm-up</b>  (Include *rapport-building, *mental &amp; physical activity, and *safety.)            Ramsey stretches with eyes closed to create awareness for balance.</p>
20 min	<p><b>“Balance”</b></p> <p><b>“Balance and Review Grip Options.”</b>  <b>Course Play (optional) 2 hours</b></p> <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 importance of balance at setup and finish of the golf swing</li> </ul> <p>Range Time:</p> <ul style="list-style-type: none"> <li>Balance awareness while competing with targets on full swing (Develop a score system)</li> </ul> <p><b>Break for water and restroom</b></p> <p>Putting Green:            Balance your distance response with your alignment using “Lane Putting/ Lane Chipping”</p> <p>Practice Session</p>
5 Min	<p><b>3. Wrap-up</b>  (*Inquire about general experiences, *check for learning and *bridge to golf &amp; life.)</p> <ul style="list-style-type: none"> <li><b>How do you show balance in golf? What ways can we show balance on the course?</b></li> <li><b>How can creating specific goals help you in golf and in life?</b></li> <li><b>What happens when we develop balance in play vs. rest? Too much Xbox?</b></li> <li><b>If you are focused on something – you can be extraordinary.</b></li> </ul>

