





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): EAGLE

<p>#22 <u>Stay Well for Life (REVIEW)</u> #23 <u>Building a Go-to Team</u> #24 <u>Appreciating Diversity</u> #25 <u>Dealing with conflicts</u> #26 <u>Be a Go-to Person</u> #27 <u>Planning for the Future</u> ACE PLANNING</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 9 Healthy Habits: Energy / Play / Safety / Vision / Mind / Family / Friends / School / Community</p>
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Objective(s) for Life Skills: Learn to “Appreciate Diversity”. Learn about whom to include on a “GoTo Team”.

Objective(s) for Golf Skills: I will learn The Diversity in My golf game and develop balance before, during, and after my swings.

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

