



**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 (# and Title): PLAYER / PAR

<p><b>Review</b>  #1 <u>Welcome and Showing Respect</u>  #2 <u>Courtesy Toward Others</u>  #3 <u>Responsibilities for the Course</u>  #4 <u>The Honesty of PLAYers</u>  #5 <u>Modeling Sportsmanship</u>  #6 <u>Developing Confidence</u>  #7 <u>Using Good Judgment</u>  #8 <u>Playing with Perseverance</u>  #9 <u>Living with Integrity</u></p>	<p><b>Review</b>  #10 <u>Exploring the game GAME</u>  #11 <u>Respecting the Rules</u>  #12 <u>Meeting and Greeting ALR</u>  #13 <u>Having fun while you learn</u>  #14 <u>Staying cool</u>  #15 <u>Finding your Personal Par</u></p>	<p><b>Golf Skill Category:</b> <u>PUTT / CHIP / PITCH / FULL SWING/ On Course</u>  <b>9 Golf Fundamentals:</b> <u>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</u>  <b>9 Healthy Habits:</b> <u>Energy / Play / Safety / Vision / Mind / Family / Friends / School / Community</u></p>
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**Balance in Golf and in Life**

**Objective(s) for Life Skills:** In Life we can find a balance between confidence and arrogance and we will find the similarities between sportsmanship and developing friends for life.

**Objective(s) for Golf Skills:** I will learn the best balance for my golf game set-up and finish

Time	Three Elements of Life Skills Experience Lesson Plan
5 min.	<b>1. Warm-up</b>  (Include *rapport-building, *mental & physical activity, and *safety.) Ramsey stretches with eyes closed to create awareness for balance.
20 min	<b>“Balance”</b> <b>“Balance and Review Grip Options.”</b> <b>Course Play (optional) 2 hours</b> <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>
10 min	Range Time: <ul style="list-style-type: none"> <li>Balance awareness while competing with targets on full swing (Develop a score system)</li> </ul> <b>Break for water and restroom</b>
20 Min	Putting Green: Balance your distance response with your alignment using “Lane Putting/ Lane Chipping” Practice Session
5 Min	<b>3. Wrap-up</b>  (*Inquire about general experiences, *check for learning and *bridge to golf & life.) <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>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>

