



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 4 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 & important to you</u> <u>#18 Setting goals that are specific & 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>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: In Life we can find a rhythm in life and get in our flow by using good judgment and decision-making. Understand the difference and importance of Outcome, Process, and Performance Goals.

Stop Think Anticipate Respond: stop doing what you don't like, think about your options/best methods, anticipate what may happen due to your choices, respond with confidence

Objective(s) for Golf Skills: I will learn the best rhythm for my golf swing and putting.

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>“Rhythm”</p> <p>“Get a Rhythm” 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"> Rhythm awareness while competing with targets on full swing (Develop a score system) <p>Break for water and restroom</p> <p>Putting Green: Practice to find “YOUR best Rhythm” in “Lane Putting/ Lane Chipping”</p> <p>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 set goals in golf? How can a process goal help your performance? What are your goals for the summer? How can we use the STAR in golf, in life?

