





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): EAGLE

<p>#22 Stay Well for Life (REVIEW) #23 Building a Go-to Team #24 Appreciating Diversity #25 Dealing with conflicts #26 Be a Go-to Person #27 Planning for the Future 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</p> <p>9 Healthy Habits: Energy / Play / Safety / Vision / Mind / Family / Friends / School / Community</p>
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Objective(s) for Life Skills: Learn to be a go to person and plan for the future

Objective(s) for Golf Skills: I will learn a go to shot in My golf game and develop rhythm in 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>“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 become a go to person? How can a go to shot help in golf? How do you plan for the future this summer? What are you plans after graduating?

