



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 (# and Title): PLAYER / PAR



<p>Review</p> <p>#1 Welcome and Showing Respect #2 Courtesy Toward Others #3 Responsibilities for the Course #4 The Honesty of PLAYers #5 Modeling Sportsmanship #6 Developing Confidence #7 Using Good Judgment #8 Playing with Perseverance #9 Living with Integrity</p>	<p>Review</p> <p>#10 Exploring the game GAME #11 Respecting the Rules #12 Meeting and Greeting ALR #13 Having fun while you learn #14 Staying cool #15 Finding your Personal Par</p>	<p>Golf Skill Category: PUTT / CHIP / PITCH / FULL SWING/ On Course</p> <p>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: In Life we can find a rhythm in life and get in our flow by using good judgment and decision-making.

PAR: Be Patient, Be Positive, Ask for Help (3 tips for more fun)

4 Rs: Replay, Relax, Ready, Redo

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>“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"> 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>
10 min	
20 Min	
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 rhythm in golf? How can a team be in rhythm? PAR: Why do you need 3 tips for more fun? How can we use the 4 Rs?

