





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

#22 Stay Well for Life (REVIEW)
#23 Building a Go-to Team
#24 Appreciating Diversity
#25 Dealing with Conflicts (STAR Method)
#26 Be a GoTo Person
#27 Planning for the Future
ACE PLANNING

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

Time	Three Elements of Life Skills Experience Lesson Plan
5 min.	1. Warm-up  (Include *rapport-building, *mental & physical activity, and *safety.) HOGAN DRILL Hogan Drill
30 min	“Get a Plan & Be the Man/Woman” Definition of “Pre-shot” Range Session with a routine Pre-Shot Practice with the BIRDIE BALLS. (20 Minutes) Borrow 6 Birdie Balls from the Golf Shop Return when your finished
15 min	<ul style="list-style-type: none"> • “Move the TEE Drill on pitch and full swing • How do you find your pre-shot plan? • What ways can we be a “go to person” on the course? In Life? • What happens when we operate with no plan? • Describe an example of a go to person/ go to shot. Putt 9 holes with a routine (your way = # of practice swings, glances to hole)
5 min	3. Wrap-up  (*Inquire about general experiences, *check for learning and *bridge to golf & life.) <ul style="list-style-type: none"> • Give examples of a go to person at home, school, golf course • What are rules of life? Are they needed in society? Why do we have golf rules?