



**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 5 (# and Title): PLAYER / PAR



<p><b>Review</b>  <a href="#">#1 Welcome and Showing Respect</a>  <a href="#">#2 Courtesy Toward Others</a>  <a href="#">#3 Responsibilities for the Course</a>  <a href="#">#4 The Honesty of PLAYers</a>  <a href="#">#5 Modeling Sportsmanship</a>  <a href="#">#6 Developing Confidence</a>  <a href="#">#7 Using Good Judgment</a>  <a href="#">#8 Playing with Perseverance</a>  <a href="#">#9 Living with Integrity</a></p>	<p><b>Review</b>  <a href="#">#10 Exploring the game GAME</a>  <a href="#">#11 Respecting the Rules</a>  <a href="#">#12 Meeting and Greeting ALR</a>  <a href="#">#13 Having fun while you learn</a>  <a href="#">#14 Staying cool</a>  <a href="#">#15 Finding your Personal Par</a></p>	<p><b>Golf Skill Category:</b> <a href="#">PUTT / CHIP / PITCH / FULL SWING/ On Course</a>  <b>9 Golf Fundamentals:</b> <a href="#">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</a>  <b>9 Healthy Habits:</b> <a href="#">Energy / Play / Safety / Vision / Mind / Family / Friends / School / Community</a></p>
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**Objective(s) for Life Skills:** Can you live to do what is “right” when no one is looking? Can you utilize the Four Rs to help you control your emotions and improve your athletics?

**(REVIEW) 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 Pre-Shot for my golf swing and putting.

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