

Par Core Lesson – Select Core Lesson

Par Yardage Book (pp. Enter page number(s) from YB.)

Coach Name: **Enter Name**. The First Tee of: **Enter Chapter**. Facility: **Enter Facility**. Date: [Click here](#), then arrow for calendar.
 Duration (mins): **Select or enter time**. # of Coaches/Volunteers: **Enter number**. # Participants: **Enter number**. PLAYEr-to-Coach ratio: **Enter ratio**. Age Range: **Enter age range**. Skill Level: **Select or enter skill level**. # of Stations/# of Holes: **Enter # of Stations or Holes to be played**. Equipment/supplies needed: **Enter supplies needed for lesson/stations**.

Warm-up

Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:

- [Click here to briefly describe how you will mentally and socially engage PLAYers to understand Core Lesson Objectives](#)

Safety – Review and emphasize; connect to Healthy Habit:

- [Click here to briefly describe how you will maintain safety and incorporate Healthy Habits](#)

Life Skills Experience

For each component of the Life Skills Experience, identify what players will learn in each component

- [Click here to briefly state what participants learn through this core lesson.](#)
- [Click here to briefly state what participants will learn about Golf Fundamental and Factor of influence delivered seamlessly.](#)

Guiding Questions: *Ask questions to connect activities and lesson objectives*

- *How do you...[Click here to write open-ended questions to guide PLAYers' experience?](#)*
- *What happens when... [Click here to write open-ended questions to help PLAYers self-reflect on experience?](#)*
- *What would happen if... [Click here to write open-ended questions to help PLAYers do something different?](#)*

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
<input type="checkbox"/> Putt <input type="checkbox"/> Chip <input type="checkbox"/> Pitch <input type="checkbox"/> Full-swing	<input type="checkbox"/> Distance-response <input type="checkbox"/> Target Awareness Get Ready to Swing <input type="checkbox"/> Body Balance <input type="checkbox"/> Clubface and Ball Contact Swing Rhythm Routines: <input type="checkbox"/> Preshot <input type="checkbox"/> Postshot <input type="checkbox"/> Ball Flight <input type="checkbox"/> On-course Strategies	<input type="checkbox"/> Size or length of motion <input type="checkbox"/> Club selection <input type="checkbox"/> Variable amount of energy... <input type="checkbox"/> Target selection <input type="checkbox"/> Distance to target <input type="checkbox"/> Reaction to the target <input type="checkbox"/> Hold <input type="checkbox"/> Set-up <input type="checkbox"/> Aim/alignment <input type="checkbox"/> Balanced finish <input type="checkbox"/> Balanced start <input type="checkbox"/> Balanced during swing <input type="checkbox"/> Clubface direction at contact <input type="checkbox"/> Centeredness of hit <input type="checkbox"/> Impact position <input type="checkbox"/> Swing tempo <input type="checkbox"/> Swing sequencing <input type="checkbox"/> Mental and emotional aspects... <input type="checkbox"/> Variable playing conditions... <input type="checkbox"/> Emotionally neutral response... <input type="checkbox"/> Memory storage of desirable process... <input type="checkbox"/> Trajectory <input type="checkbox"/> Curvature <input type="checkbox"/> Self-management <input type="checkbox"/> Course management	Click here to list coaching cues to help participants learn.
Healthy Habit	Etiquette/Rules of Golf		
Healthy Habit—Physical: <input type="checkbox"/> Energy <input type="checkbox"/> Play <input type="checkbox"/> Safety Other Healthy Habit(s): <input type="checkbox"/> Family <input type="checkbox"/> Friends <input type="checkbox"/> School <input type="checkbox"/> Vision <input type="checkbox"/> Mind <input type="checkbox"/> Community	Identify Etiquette and/or Rule(s) for the core lesson		

Good-Better-How Feedback (at least 3 Goods and 1 Better/How)

Good: *After delivery of Core Lesson, identify Goods with coaches/volunteers.*

Better: *After delivery of Core Lesson, is there anything that you/coaches/volunteers identify that could be Better.*

How: *If a Better is identified, describe How you would make a change to this lesson.*

WARM-UP (Identify number of stations, equipment needed, rotation, etc.)

TIME: [Click here to select or type in time allotted.](#) **LOCATION(S):** [Identify where Warm-ups will take place.](#)

Physically engage PLAYers in a fitness circuit (Recommend one activity from each Category) :

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Choose activity.	Choose activity.	Choose activity.	Choose activity.	Choose activity.
Quantity	Quantity	Quantity	Quantity	Quantity

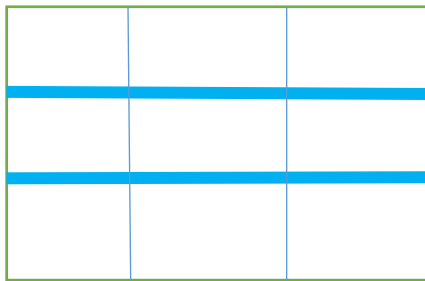
Station Rotation/Circuit

Briefly describe how participants will move through rotation or circuit.

LIFE SKILL EXPERIENCE (List bullet points for time allotted, lesson flow, and location)

TIME (MINS.): [Click here to enter time.](#)

DIAGRAM: (Draw stations for set-up with safety zones. If needed, attach diagram on separate sheet.)



Tic Tac Toe Wall to Play the Game Called STAR or PAR or PLAY

15 Yards away- Hitting through the specific row or square depending on skill level.



Wrap-up

Ask players questions to review what they learned and how they can apply what they learned to school, home, etc.

1. What did you experience today about ...? [Click here to enter text.](#)
2. What did you LEARN about ...? [Click here to enter text.](#)
3. How can what you learned today be used in school, at home and in other areas of your life off the golf course? [Click here to enter text.](#)