

## Par Core Lesson # 10 Exploring the Game

Coach Name: Lundy \_\_\_\_\_ Chapter: Indiana \_\_\_\_\_ Facility: Gongaware Academy \_\_\_\_\_ Date: 4/21/2015 \_\_\_\_\_  
 # of Coaches/Volunteers: 1 \_\_\_\_\_ # Participants: 1 \_\_\_\_\_ Age Range: 11 \_\_\_\_\_ Skill Level: Par \_\_\_\_\_  
 PLAYer-to-Coach ratio: 1 :1 \_\_\_\_\_ X Par 3  Par 4  Par 5 # of Stations/# of Holes: 1 station 1 Hole  On-course  Off-course  
 Duration (mins.): 60 mins. \_\_\_\_\_ Equipment and supplies needed: Targets, Golf Balls, Tees \_\_\_\_\_

Additional Notes: \_\_\_\_\_

Warm-up				
<b>Time Allotted:</b> 10 minutes		<b>Location(s):</b>		
<i>Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:</i>				
<i>Physically engage PLAYers in a fitness circuit (Recommend one activity from each category):</i>				
<b>Strength</b> Frog Jumps	<b>Flexibility/Mobility</b> Arm Circles	<b>Agility/Coordination</b> Scissor Jacks	<b>Balance</b> One legged toe touches	<b>Object Control</b> Pass the ball
<i>Safety – Review and emphasize; connect to Healthy Habit: Play</i>				

Life Skills Experience	
<b>Time Allotted:</b> 40 minutes	
<i>List what players will learn in each component</i>	
<b>LIFE SKILLS OBJECTIVE(S): EXPLORING THE GAME</b>	<b>GOLF SKILLS OBJECTIVE(S):</b>
<ul style="list-style-type: none"> <li>Learn club selection</li> <li>How to make ball go low and high</li> <li>Who is responsible for making choices on the course</li> </ul>	<ul style="list-style-type: none"> <li>How many attempts to get one in the target</li> <li>Height of shots how to change that.</li> <li>Club Selection</li> </ul>
<b>Guiding Questions:</b> <i>Ask questions to connect activities and lesson objectives</i>	
<ul style="list-style-type: none"> <li>How do you... Name me a famous explorer? How do you think they decided to become an explorer? What do you think they liked?</li> <li>What happens when... You use different clubs?</li> <li>What would happen if... ?</li> </ul>	

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
<input type="checkbox"/> Putt <input type="checkbox"/> Chip <input type="checkbox"/> Pitch <input checked="" type="checkbox"/> Full-swing	X Distance-response	<input type="checkbox"/> Size or length of motion X <b>Club selection</b>	Describe the differences in clubs  Hold cues – Elbows out, Thumbs In  Set Up cues – hands under shoulders  Balance on your feet- before swing, during swing and after swing
	<input type="checkbox"/> Target Awareness	<input type="checkbox"/> Target selection X <b>Distance to target</b>	
	<input type="checkbox"/> Get Ready to Swing	X Hold X Set-up <input type="checkbox"/> Aim/alignment	
	<input type="checkbox"/> <b>Body Balance</b>	X <b>Balanced finish</b>	
	<input type="checkbox"/> <b>Clubface and Ball Contact</b>	<input type="checkbox"/> <b>Clubface direction at contact</b>	
	<input type="checkbox"/> Swing Rhythm	<input type="checkbox"/> Swing tempo	
	Routines: <input type="checkbox"/> Preshot	<input type="checkbox"/> Mental and emotional aspects	
	<input type="checkbox"/> Postshot	<input type="checkbox"/> Emotionally neutral response...	
	<input type="checkbox"/> Ball Flight	<input type="checkbox"/> Trajectory	
<input type="checkbox"/> On-course Strategies	<input type="checkbox"/> Self-management		

Etiquette/Rules of Golf: Teeing Ground, Pace of Play, Order of Play	
<b>Healthy Habit—Physical:</b> <input type="checkbox"/> Energy X Play <input type="checkbox"/> Safety <input type="checkbox"/> <b>Other Healthy Habit(s):</b>	How do explore when we Play. What type of power do you use when you have to make a decision?

Wrap-up	Time Allotted: 5 Minutes
<b>Ask open-ended questions to inquire about general experiences, check for learning and bridge to golf and life:</b>	
<ol style="list-style-type: none"> <li>1. What did you experience today about...?</li> <li>2. What did you LEARN about...?</li> <li>3. How can what you learned today in school, at home and in other areas of your life off the golf course?</li> </ol>	

**Warm-up** (Identify location; activities; number of stations; equipment needed; rotation, etc.)

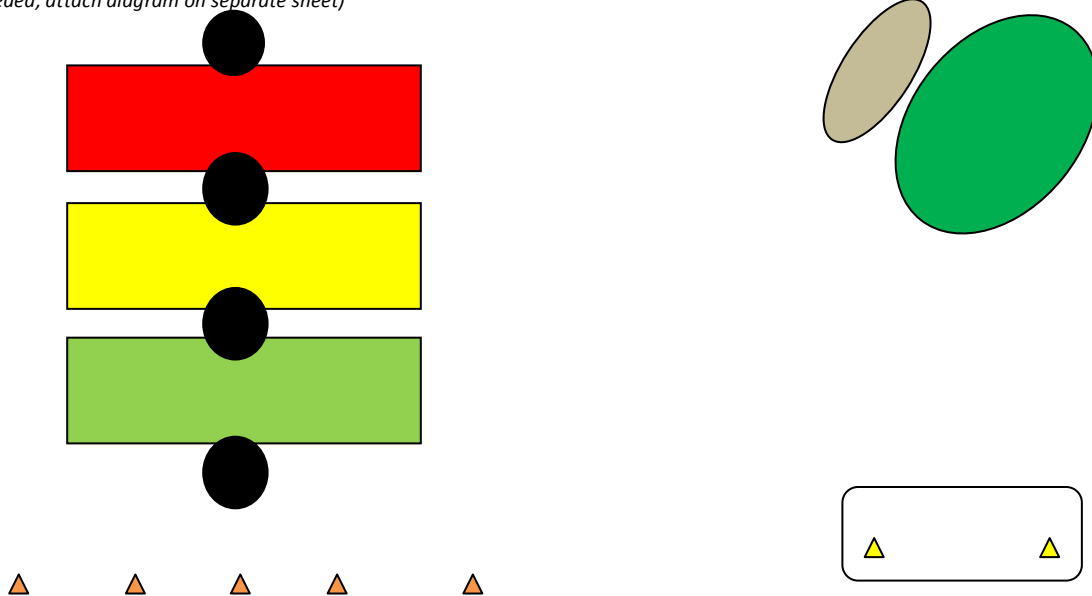
Play the name game, name a part of the course, & with an exercise attached Twice around the circle so we will do 10 exercises  
Talk about responsibility during this activity.  
Go through this twice.  
Station #1 – Small Circle arm length apart – Give your name and a part of the course and do 5 frog jumps  
Station #2 – Small Circle arm length apart – Give your name and a part of the course and do 5 big arms circle forward & 5 backward  
Station #3 – Small Circle arm length apart – Give your name and a part of the course and do 5 Scissor Jacks  
Station #4 – Small Circle arm length apart – Give your name and a part of the course and do 1 legged toe touches  
Station #5 – Straight Line – Give your name and a part of the course and do pass the ball under legs, to the side, and over head

**LIFE SKILL EXPERIENCE**

TIME	LESSON PROGRESSION: List bullet points for time allotted, lesson flow, and location.
7:15-7:25	Warm Up
7:25-7:45	Different Clubs for different distances, different heights, different lies
7:45-8:10	Using the correct club and working on Golf Fundamentals and Skills  Play one hole with 2 clubs Page 8 in yardage book
8:10-8:15	Wrap Up Yardage book assignemnt

**DIAGRAM:** (Identify number of stations and location, equipment needed for each, and brief description for each station activity.)

*If needed, attach diagram on separate sheet)*



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

What was GOOD? Participant was able to give me a great example of how using clubs affect the distance the ball will go. The warm up was good for today's lesson – Balance. Used proper course etiquette and followed the rules

What could have been BETTER? Forgot the 2 clubs only when we played hole and pace of play needs to improve

HOW would I improve it next time? Come up with a pace of play game.