

Par Core Lesson # 11 Respecting the Rules

Coach Name: Lundy _____ Chapter: Indiana _____ Facility: Gongaware _____ Date: April 28, 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 & 1 _____ On-course Off-course
 Duration (mins.): 60 _____ Equipment and supplies needed: _____

Additional Notes: _____

| Warm-up | | | | |
|---|--|---|---|---|
| Time Allotted: | | Location(s): | | |
| <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> | | | | |
| Strength Frog Jumps | Flexibility/Mobility Toe Touches | Agility/Coordination Skaters Hops | Balance Jump & land on 1 foot | Object Control Balance ball on club |
| <i>Safety – Review and emphasize; connect to Healthy Habit:</i> | | | | |

| Life Skills Experience | | | |
|--|---|---|--|
| Time Allotted: 5 minutes | | <i>List what players will learn in each component</i> | |
| LIFE SKILLS OBJECTIVE(S): RESPECTING THE RULES | | GOLF SKILLS OBJECTIVE(S): Distance Response, Body Balance | |
| <ul style="list-style-type: none"> Respecting the Rules: Rule Book How many rules? Honesty | | <ul style="list-style-type: none"> Putting and Pitching different types of swings. | |
| Guiding Questions: <i>Ask questions to connect activities and lesson objectives</i> | | | |
| <ul style="list-style-type: none"> How do you... What happens when... What would happen if... ? | | | |
| Golf Skill Category | Golf Fundamental | Factors of Influence | Cues |
| X Putt <input type="checkbox"/> Chip X Pitch <input type="checkbox"/> Full-swing | X Distance-response | <input type="checkbox"/> Size or length of motion <input type="checkbox"/> Club selection | Aim is pointing clubface in direction you want ball to go. |
| | <input type="checkbox"/> Target Awareness | <input type="checkbox"/> Target selection X Distance to target | |
| | <input type="checkbox"/> Get Ready to Swing | <input type="checkbox"/> Hold <input type="checkbox"/> Set-up x Aim/alignment | Holding the club correctly |
| | X Body Balance | X Balanced finish | Balance at start, Middle and End |
| | <input type="checkbox"/> Clubface and Ball Contact | <input type="checkbox"/> Clubface direction at contact | Practice Swing in balance -Real swing in balance |
| | <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: Scoring, Pace of Play, | | | |
| Healthy Habit—Physical: <input type="checkbox"/> Energy X Play X Safety | | | |
| <input type="checkbox"/> Other Healthy Habit(s): | | | |

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

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

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|-----------|---|
| 5:30-5:40 | <ul style="list-style-type: none">• Part of Course and a Rule associated with that part, then an exercise |
|-----------|---|

LIFE SKILL EXPERIENCE

| TIME | LESSON PROGRESSION: List bullet points for time allotted, lesson flow, and location. |
|-----------|--|
| 5:40-6:10 | <ul style="list-style-type: none">• Set up 3 hole gate game course on putting green• Putt 3 hole course and keep score with gates |
| 6:10-6:25 | <ul style="list-style-type: none">• Play 1 hole on course with 2 clubs |

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)

Blank area for drawing a diagram.

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

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|-----------------------------------|
| What was GOOD? |
| What could have been BETTER? |
| HOW would I improve it next time? |