

Par Core Lesson #13 Having Fun While You Learn

Coach Name: Lundy _____ Chapter: Indiana _____ Facility: Gongaware _____ Date: 9/19/17 _____
 # of Coaches/Volunteers: 1 _____ # Participants: 2 _____ Age Range: 10 _____ Skill Level: Par _____
 PLAYer-to-Coach ratio: 2:1 _____ Par 3 x Par 4 Par 5 # of Stations/# of Holes: 1 _____ x On-course Off-course
 Duration (mins.): 60 mins. _____ Equipment and supplies needed: Cones, clubs, ball _____

Additional Notes: _____

Warm-up				
Time Allotted: 5 min.		Location(s): Next to Putting Green		
<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 Planks	Flexibility/Mobility Toe Touches	Agility/Coordination Jump turns	Balance One Legged Toe Touches	Object Control Ball bounce on club
<i>Safety – Review and emphasize; connect to Healthy Habit: Habit is Play and Mind and how we can use our mind to make playing more fun.</i>				
<i>Play so participants stay active. Mind being creative in coming up with new ways to play</i>				

Life Skills Experience	
Time Allotted: 50 minutes	
<i>List what players will learn in each component</i>	
LIFE SKILLS OBJECTIVE(S):	GOLF SKILLS OBJECTIVE(S):
<ul style="list-style-type: none"> Having Fun while Learning – creating different ways to play the game of golf. Being totally driven by the students 	<ul style="list-style-type: none"> Getting Ready to Swing – How they could have the lowest score within the framework of the rules. Using Aim, Hold, Alignment, and Set Up
Guiding Questions: <i>Ask questions to connect activities and lesson objectives</i>	
<ul style="list-style-type: none"> How do you... <i>If you can make the rules up for a game how can you make it fun?</i> What happens when... <i>the game you created is too easy? Hard?</i> What would happen if... <i>?you changed the game each time. Objective of the game is? What happens when you make up the rules of the game?</i> 	

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
x Putt <input type="checkbox"/> Chip x Pitch <input type="checkbox"/> Full-swing	<input type="checkbox"/> Distance-response <input type="checkbox"/> Target Awareness X Get Ready to Swing <input type="checkbox"/> Body Balance <input type="checkbox"/> Clubface and Ball Contact <input type="checkbox"/> 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"/> Target selection <input type="checkbox"/> Distance to target x Hold x Set-up x Aim/alignment <input type="checkbox"/> Balanced finish <input type="checkbox"/> Clubface direction at contact <input type="checkbox"/> Swing tempo <input type="checkbox"/> Mental and emotional aspects <input type="checkbox"/> Emotionally neutral response... <input type="checkbox"/> Trajectory <input type="checkbox"/> Self-management	Process of Aiming – Clubface, Eyes, Shoulders, knees, feet. Step by step. Comfortable Set-Up to Ball Focusing on Aiming and Alignment Using different Swings and Throws

Etiquette/Rules of Golf: Order of Play, The game. Penalty Shots. Marking Ball on the green. Pace of Play	
Healthy Habit—Physical: <input type="checkbox"/> Energy x Play <input type="checkbox"/> Safety Other Healthy Habit(s): Mind- thinking about making a fair game from lots of options	

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...? What made this experience fun? What can make it more fun. 2. What did you LEARN about...? Did you learn anything new that you didn't know before? 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.)

7:00-7:05	<p>One minute stations doing:</p> <ul style="list-style-type: none"> • Planks – can you do it for a minute • Toe Touches – Can you touch your toes • One Legged Toe Touches – which leg do you have better balance • Jump Turns – how far can you go around • Ball Bouncing on the club – to help work on aiming clubface at ball when its bouncing <p>Questions are asked during the minute drills to see if they can make warming up more fun.</p>
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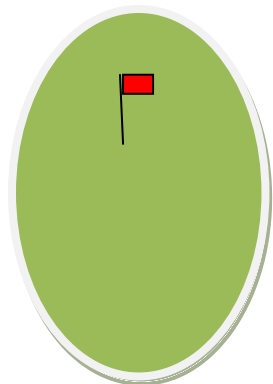
LIFE SKILL EXPERIENCE

TIME	LESSON PROGRESSION: List bullet points for time allotted, lesson flow, and location.
7:05-7:10	<ul style="list-style-type: none"> • Make up the game. What is objective of the game? Where do we play? What can we use? What are the rules of the game.
7:10-7:50	<p>Game #1 – Starting with your back to the target throw the ball as many times as necessary to get on green. Once on the green you then rolled the ball into the hole. Lowest score would win this game.</p> <p>Game #2 – Starting with you putter and progressing backwards with clubs (putter, SW, 9, 7, Hybrid, Driver, putter, etc.) until you had a score. Once you used up all your clubs in reverse order you started over with the first club you used. Low score won.</p> <p>Game #3 – Alternate throw, then hit, then throw, then hit until you have a score. Get to pick 2 clubs of your choice. Throw could be facing the target this time around.</p> <p>Game #4 – Alternate throw, then hit with the biggest change of high score wins. Get to pick 2 clubs again. Ball must be thrown or hit in direction of the hole and the ball must go at least one club length or a penalty of taking away 1 stroke would occur. (Takes a while to grasp this concept). Have to have a time limit or this game would never end.</p>

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)

Hole Length is 50 yards.



All games were played on the golf course. After each game we made the rules for the next game. Mutual Agreement on what the rules would be.

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

What was GOOD? They had fun making up the game. They had more fun trying to figure out strategy to win the game. They had fun playing the game from a different perspective with their back to the target and alternating their clubs from putter to driver. It was just different and I think they liked that.

What could have been BETTER? Could have changed the distance and location of the holes to make each game like different holes on the golf course.

HOW would I improve it next time? I would improve by adding more rules of golf into the game by adding hazards, out of bounds, obstructions and loose impediments.

