

## Par Core Lesson # 15 Finding Your Personal Par

Coach Name: Lundy \_\_\_\_\_ Chapter: Indiana \_\_\_\_\_ Facility: Gongaware \_\_\_\_\_ Date: 8/17/17 \_\_\_\_\_  
 # of Coaches/Volunteers: 1 \_\_\_\_\_ # Participants: 4 \_\_\_\_\_ Age Range: 10-11 \_\_\_\_\_ Skill Level: Par \_\_\_\_\_  
 PLAYer-to-Coach ratio: 4:1 \_\_\_\_\_ x Par 3  Par 4  Par 5 # of Stations/# of Holes: 1 \_\_\_\_\_ x On-course  Off-course  
 Duration (mins.): \_\_\_\_\_ Equipment and supplies needed: Golf Clubs, Bag, Golf Balls \_\_\_\_\_

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

Warm-up				
<b>Time Allotted: 5 Min.</b>		<b>Location(s): Academy Green</b>		
<i>Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:</i>				
<i>Finding Your Personal Par through activity of playing 3 consecutive holes of golf</i>				
<i>Physically engage PLAYers in a fitness circuit (Recommend one activity from each category):</i>				
<b>Strength</b> Walking Lunges	<b>Flexibility/Mobility</b> Lunge Twist	<b>Agility/Coordination</b> Skater Hops	<b>Balance</b> Arm swing to Balance	<b>Object Control</b> Tossing Ball using golf swing
<i>Safety – Review and emphasize; connect to Healthy Habit:</i>				

Life Skills Experience	
<b>Time Allotted: 45 minutes</b>	
<i>List what players will learn in each component</i>	
<b>LIFE SKILLS OBJECTIVE(S): FINDING PERSONAL PAR</b>	<b>GOLF SKILLS OBJECTIVE(S):</b>
<ul style="list-style-type: none"> <li>Target score will be 8 on each hole with Personal par being score they shoot</li> <li>Using 4 R's when target score is not reached</li> <li>Playing at a pace of 15 minutes per hole.</li> </ul>	<ul style="list-style-type: none"> <li>Using all swings – Determine good shots and bad shots and what clubs they used.</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... What will your score be after you play 3 holes? What happens when you don't reach that score? Higher? Lower? What shots/clubs that you hit were good? Bad?</li> <li>What happens when... You go to practice the next time? How do you know you improved.</li> <li>What would happen if... ?</li> </ul>	

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
x Putt x Chip x Pitch x Full-swing	<input type="checkbox"/> Distance-response	<input type="checkbox"/> Size or length of motion <input type="checkbox"/> Club selection	
	<input type="checkbox"/> Target Awareness	<input type="checkbox"/> Target selection <input type="checkbox"/> Distance to target	
	<input type="checkbox"/> Get Ready to Swing	<input type="checkbox"/> Hold <input type="checkbox"/> Set-up <input type="checkbox"/> Aim/alignment	
	<input checked="" type="checkbox"/> Body Balance	<input checked="" type="checkbox"/> Balanced finish	
	<input type="checkbox"/> Clubface and Ball Contact	<input type="checkbox"/> Clubface direction at contact	
	<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		

<b>Etiquette/Rules of Golf: All rules that apply to golf: Lateral Water Hazard, Immovable Obstruction,</b>	
<b>Healthy Habit—Physical:</b> <input type="checkbox"/> Energy x Play <input type="checkbox"/> Safety <b>x Other Healthy Habit(s):</b> Family, Friends, School	How does personal par affect your life off the golf course. What standards are you setting for yourself when around friends, family and school mates.

Wrap-up	Time Allotted: 10 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.)

Heading to the first tee we will do our warmup and prior to teeing off we will conclude the warm up activities before we start our round.

**LIFE SKILL EXPERIENCE**

TIME	LESSON PROGRESSION: List bullet points for time allotted, lesson flow, and location.
7:15-7:20	Warm Up
7:20-8:05	<ul style="list-style-type: none"><li>• Play 3 holes keeping score,</li><li>• Keeping up a good pace (15 minutes per hole),</li><li>• Following all golf rules and drop situations</li><li>• Feedback on Personal Par</li><li>• Using 4 R's after each hole, keeping track of what they do well and not well.</li></ul>
8:05-8:15	Wrap Up – Establishing how having a personal par will help them every day at school (Grade goals) with family ( staying out of trouble) and with friends ( using integrity and helping friends stay out of trouble)

**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)*

Using 3 Holes on the Par 3 course. 90 Yards, 130 yards and 100 yards.

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

What was GOOD?

What could have been BETTER?

HOW would I improve it next time?