

# PLAYer Core Lesson # 5 Modeling Sportsmanship

Coach Name: Lundy Chapter: Indiana Facility: Gongaware Date: May 5, 2015  
 # of Coaches/Volunteers: 1 # Participants: 4 Age Range: 9-11 Skill Level: Player- 3 Par -1  
 PLAYer-to-Coach ratio: 4:1  3-hole  6-hole  9-hole # of Stations/# of Holes: 2  On-course  Off-course  
 Duration (mins.): 60 Equipment and supplies needed: \_\_\_\_\_

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

Warm-up				
<b>Time Allotted:</b> 5 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> Lunge Walk	<b>Flexibility/Mobility</b> High knees	<b>Agility/Coordination</b> Zig zag hops over line	<b>Balance</b> Walk the line	<b>Object Control</b> Ball bounce & catch
<i>Safety – Review and emphasize; connect to Healthy Habit:</i>				
<i>Play-</i>				

Life Skills Experience—The Nine Core Values			
<b>Time Allotted:</b> 40 minutes			
<b>PLAY</b> <i>(Games/Activities PLAYers will experience)</i>	<b>LEARN</b> <i>(Behaviors reflective of The First Tee Code of Conduct and Nine Core Values)</i>	<b>APPRECIATE</b>	<b>YOUR GAME</b>
<p><b>Activity: Timed activity with all 4 players then in groups of 2</b></p> <p><b>The Game: Golf relay with 2 players on each team using tennis ball. Safety check before each shot. Cannot hit shot until all players on your team are in the right place with all their equipment.</b></p>	<p><b>Life Skill—Objective &amp; Behaviors:</b> Playing with a partner, keeping score and following the rules</p> <p><b>Golf Skills:</b> Select at least two skills  <input type="checkbox"/> Putt <input type="checkbox"/> Chip <input type="checkbox"/> Pitch <input checked="" type="checkbox"/> Full-swing                      (Size or length of motion)</p> <p><b>Golf Fundamental (Factor of Influence):</b>  <input type="checkbox"/> Distance-response                      (Size or length of motion)  <input checked="" type="checkbox"/> Target Awareness (Target Selection)  <input type="checkbox"/> Get Ready to Swing                      (Hold-Set-up-Aim and Alignment)</p> <p><b>Physical Healthy Habits:</b>  <input type="checkbox"/> Energy <input checked="" type="checkbox"/> Play <input type="checkbox"/> Safety</p>	<p><b>Game of Golf: Pace of Play, Pick a club, safety check, hit the shot, go to next.</b></p> <p><b>Etiquette: Who’s turn is it? Where to stand? What to say?</b></p> <p><b>Rules of Golf: Identifying ball and scoring.</b></p>	<p><i>...the outcomes of integrating PLAY, LEARN and APPRECIATE into each lesson plan. Progression of YOUR GAME is self-paced and can be charted through 3-hole and 6-hole markers, and 9-hole certification.</i></p>
<b>Purposeful Play Activities/Games Description(s):</b> The golf relay will be one hole to get them into playing the game. We will do the warm up and practice full swing cues on range before we play the game.			
<b>Guiding Questions – (Ask questions to connect activities and lesson objectives)</b>			
<ul style="list-style-type: none"> <li>Ask what...? How ...? What is ...? What do the ...?</li> <li>Ask how type of ball requires a different size or length of motion to advance the "ball"</li> </ul>			

Wrap-up	Time Allotted: 5 minutes
<p><b>Ask open-ended questions to inquire about general experiences, check for learning and bridge to golf and life:</b></p> <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 be used in school, at home and in other areas of your life off the golf course?</li> </ol>	

<b>Warm-up</b> (Identify location; activities; number of stations; equipment needed; rotation, etc.)	
5:30-5:35	Review yardage books & review already covered core values.
5:35-5:45	Meet & Greet & Sportsmanship after each exercise. Help a person up. How to shake hands. How to offer encouragement.

<b>Time</b>	<b>Lesson Progression:</b> (List bullet-points for time allotted, lesson flow, and location of lesson activities/stations.)
5:45-6:05	Working on golf skills with 3 different lofted clubs with one being the driver. After each shot to watch their partner and offer kind advice. What is different about each club.
6:05-6:25	Play the golf course relay you can only hit a shot if the music is not playing. As soon as the music starts you have to pick your bag up and walk quickly to the ball where the second player in the group will then play their shot when the music stops. We'll repeat this process on every shot until we have completed the hole. Encouragement on each shot, pace of play, club selection, where to stand,  If time permits we will set a goal for the second hole to try to get under.
6:25-6:30	Wrap Up -

<b>DIAGRAM:</b> (Identify number of stations and location, equipment needed for each, and brief description for each station activity.)
<i>If needed, attach diagram on separate sheet)</i>

<b>Good-Better-How Feedback (at least 3 Goods and 1 Better/How)</b>
What was GOOD?
What could have been BETTER?
HOW would I improve it next time?