**Coach Name**: Coach Brian McFarland

**For the week of** April 6, 2020

**Core Value**: Respect

**Healthy Habit**: Safety

**Golf Skill: body** balance

**Family talk topic**: what we want to be when we grow up

**Core Activities**:

* **Pick a day this week and**:
  + Warm up by running in place for 3 minutes, 10 jumping jacks, balance on one foot for 20 seconds and switch. Finally, do 5 frog jumps
  + Balance finish – 15 minutes – take 20 chip shot swings (no ball needed) brushing the ground and hold finish for 3 seconds after each shot. Repeat with half swings. Repeat with full swings
  + Balanced swings – 10 minutes – for 10 minutes, take full swings with your feet together, holding your finish for 3 seconds.
  + Cool down – 5 minutes – stretch arms by doing arm circles forward and backwards slowly for 15 seconds each. Take 5 deep breaths. Think about two things that make you really happy.
* **Throughout the week**:
  + Find an opportunity to do something very respectful for a family member. How did it make them feel? How did it make you feel?
  + Talk as a family about what you want to be when you grow up, or what the adults wanted to be when they grew up. Why did you choose this profession, what is important to you about a job?
  + Read 20 minutes a day either by yourself or with another person taking turns reading aloud.
* **STEM activity of the week**:
  + Pick a room in your home or a space outside and find the area (length X width) in feet. Can you find the area in yards?

**If there are any questions please send them to info@thefirstteecleveland.org**