Social Distance Spring Lesson Plan Template

This week’s lesson plan is to emphasize **Courtesy.** In this time of social distancing and wearing of face masks we will need to act out courtesy through our body language. My usual facial expression is a smile accompanied with a deep voiced hello. I was taught to have good manners and be courteous to everyone you meet. To open doors for others and have respect your elders. We should be kind to each other.

The intent is to make the plans easy to understand and follow, (so the participant (and the families) can complete together). Plans include areas of focus and a check list for kids to complete for the week. This is for the week of April 13-20. We have a week to complete the activities but they can be expanded to fill the month. Some new habits may be established for a lifetime.

**Coach Name**: Coach David Alexander

**For the week of** April 13, 2020

**Core Value**: Courtesy

**Healthy Habit:** Safety

**Golf Skill**: Target Awareness

**Family talk topic**: Grand friend Interview/Financial Literacy

**Core Activities:**

* **Pick a day this week and** –
	+ Warm up, walk around a 3 target set up of a Tri-Angle. Walk, Forward, Forward , Backward (typically 5 minutes)

 For example 3 yards, 6 yards, 10 yards,

* + Golf skill: Toss a golf ball toward the 1st Target and pace the distance, then the 2nd Target and pace the distance, Then the 3rd Target and pace the distance. These should be 3 different distances. (typically 15 to 20 minutes)
	+ Golf skill: Use a wedge or 9 Iron and one ball. Chip to target number 1, pace the distance. Chip to Target number 2 and pace the distance. Chip to Target number 3 and pace the distance. These should be three different distances. Do again and chip to the right side of the target. Do again and chip to the left side of the targets. (typically 15 to 20 minutes)
	+ Try again and move the targets a different distance.
	+ Pick up the targets and practice supplies, put them back for another days activities.
	+ Cool down Stretch , Reach to the sky and then touch your toes, Do this 5 times , then have a cool glass of water.
* **Throughout the week**:
	+ Using COURTESY, ask an older member of your family if they would be willing to

Participate in an interview?

* + Talk as a family, what you found out, during the interview.
	+ Write up a brief summary of the interview, and one thing you had in common with the person you interviewed.

Participants engage with their grandparents, a “grand friend” or some older person in their life (by phone or other virtual means). This idea comes from a program called The Legacy Project and it involves kids interviewing grandparents or older friends/mentors to help tell their life stories. Below is a link that provides more information. (Parents this is a really cool project, that has been done over 20 years. It is accompanied by a book called “Dreams” )

Participants do the following:

* Choose the older adult or grandparent
* Set up a time to do an interview
* Have some sample questions prepared:
	+ Where were you born? Did you live in a house or an apartment?
	+ Where did you go to school?
	+ What was your favorite subject?
	+ What was your least favorite subject?
	+ What did you do to improve in a subject?
	+ Did getting better help make your more confident?
	+ Did you play sports? Which ones?
	+ Were you good?
	+ If you weren’t that good, did you still have fun?
	+ What was your best memory from your school days?
	+ Did you have chores at home? Which ones?
	+ What was your most favorite/least favorite chore
* You get the idea – a list of questions is virtually endless but the questions should help highlight one of our Core Values – Courtesy.
* Thank them for their participation
* If the kids get very enterprising around this, they can record their interviews and write an essay as described in the Legacy Project – while this is more of a language arts type of exercise (the A in STEAM education), it might be a way to get extra credit for school. It’s a great exercise to get younger people and their various “grands” connected and it doesn’t really require the direct attention or participation of parents. This is a good way to record and chronical family history. Grandparents love to be able to tell their story.
* This exercise was suggested by Coach Chris Stadler, from the Meadowbrook Program location in Westlake, Thank you Coach Chris, DA
* Let me know what you think. Above are some sample questions that can be used.

<https://www.legacyproject.org/contests/ltal.html>

* **STEM activity of the week**:
	+ Provide a word problem/activity for participants to engage STEM skills

Word problem,

I know that Gross income, less Expenses, equal Net Income.

How much money do I have for the trip to Disney?

For The month of April, we got (gross income) a check $1000.00

 We saved (expense) $100.00

 We spent (expense) food $200.00

 We spent (expense) Utilities $200.00

 We spent (expense) Rent $350.00

 We spent (expense) MISC\_\_\_\_\_\_\_\_$ 50,00\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Net Income \_\_\_\_\_\_\_\_

If I need $300, When can I afford to go to Disney? June July August September

Explain your answer!!!

The answer is coming next week, Thanks Coach David.

\*See the attachment celebrating April being Financial Literacy Month

\*Coach Michael Lisman has a Financial Empowerment Golf Course, that he set up, while at home.

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