Social Distance Spring Lesson Plan (Honesty)

**Coach Name**: Jay Schiffbauer

**For the week of:** April 27th, 2020

**Core Value**: Honesty

**Healthy Habit:** Energy – challenge: - can you drink 3 glasses of water a day?

**Golf Skill**: Focus on putting (Distance Control and Target Awareness)

**Family talk topic**: Ways to help around the house

**Core Activities:**

* **Pick a day this week and** –
  + Warm up - Do 5 down and backs in your hallway, then 10 pushups, rest for 30 seconds then do 10 sit-ups. Repeat 1 time. (typically 5 minutes)
  + Golf Skill – putting with distance control - Find a wall and stand 15 feet away (5 steps). Putt 3 balls and try to just barely hit the wall. Next time try to come up short of the wall by half a putter length. Keep Alternating between just hitting the wall and coming up a putter length short. (typically 15 to 20 minutes)
  + Golf Skill – Putting with Target Awareness - Focus on an object around the house and try to putt a ball to it. Work on getting the ball to just bump into the object. (typically 15 to 20 minutes)
  + Cool Down - Take 10 deep breaths, hold for 3 seconds and focus on slowly relaxing the air out. Do 5 times.
* **Throughout the week**:
  + During the week, talk to your parents and tell them how you honestly feel about how you performed your golf skills.
  + Ask your parents what more you can do around the house during this time and ask your parents what chores they had when growing up. How did they feel about having to do chores?
  + Read a book about golf, health, fitness or sports for 20 minutes a day. Write down 5 things you learned.
* **STEM activity of the week**:
  + When walking from place to place around your house. Count how many steps it took and guess how many yards that was. Write down your answer. Then measure it to see how close you were. Remember, there are 3 feet in a yard. This activity will help with figuring out yardages – great for helping to control your distances!

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