



Social Distance Spring Lesson Plan May 4, 2020

Coach Name: Greg Norris

For the week of: Sportsmanship

Core Value: Sportsmanship, playing by the rules regardless if you are winning.

Healthy Habit: Energy, it is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body with the most useful energy.

Golf Skill: Target Awareness

Family talk topic: Play a game as a family showing good sportsmanship

Core Activities:

- **Pick a day this week and –**
 - **Warm up activities-** 15 Toe Touches, 15 Jumping Jacks and run in place for 2 Minutes.
 - **Golf skill activity-** Golf Target Practice. Place numerous objects on the ground and hit to them for points, you can assign the value. Attached are 5 Food group golf flags you can add them to your targets and if you hit a target with flag and you have eaten something from that food group the past 2 days give yourself 2 extra points. (If you do not have the space to chip and pitch with real golf balls, use plastic golf balls or toss the ball, or set up to putt the ball to the targets.) Play for 15 Minutes keeping score, then repeat.
 - **Cool down activities:** Complete 5 Minutes of Stretching
- **Throughout the week:**
 - Play a game with your family showing sportsmanship
 - Read a story about your favorite golfer and share what you found with your family.
- **STEM activity of the week:**
 - With a family member or by yourself create a golf game using targets as points with wacky fun rules.



The photo shows an example of a backyard chipping course. The snow stakes and traffic cone represent the Tee Box and then various targets

