



Coach Name: Dorothy Kasper
For the week of: May 11, 2020

Core Value: Confidence

Healthy Habit: Play

Golf Skill: Get Ready to Swing-Set Up

Family talk topic: What to do when you feel not confident? What to do?! What to do?!

Core Activities:

- **Pick a day this week and –**
 - Put on your socks and athletic shoes. Warm up by finding some stairs. Walk slowly up and down the staircase 3 times.
Walk quicker up and down the staircase 3 times. How fast can you go safely up and down the stairs? Holding on to the railing, walk up and down the stairs backward 3 times. With your feet together, jump up 2 steps, jump back down. Jump up 3 steps, jump back down 3 steps. Can you jump up and down 4 steps? Holding on to the hand rail, can you walk slowly up and down the stairs with your eyes closed? Climb the stairs as a dog? A crab? What other animals can climb stairs? If no stairs, you can march! March forward, backward, sideways. Then walk like a dog, like a crab, jump like a kangaroo, slither like a snake. All around the house!
 - Get ready to swing inside- 15 minutes-Carpet Golf Bowling! Set up 10 upside down golf tees just like bowling pins are set up. 3 feet away, putt a golf ball to knock down all the pins.....before you putt, “Get Ready to Swing”.....how are you holding the club? Where is the ball in your stance? Where are you looking? How far apart are your feet? Where is the club face pointed?now you are ready! Putt! Repeat this game from 5 feet away, then 10 feet away, then farther! Be sure you are “ready to swing” each time.
 - Get ready to swing outside-Short Shot Challenge! Put a hula hoop or laundry basket about 10 yards away from you and gather your favorite short shot golf club. Try to get the golf ball into the hoop or basket.....before you hit, “Get Ready to Swing”.....how are you holding the club? Where is the ball in your stance? Where are you looking? How far apart are your feet? Where is the club face pointed?.....now you are ready! Swing! Repeat this game from 15 yards, then 20 yards, then farther (if you can do this safely).
 - Cool down and think up! Go back to the stairs, slowly walk up and down while thinking about your Carpet Golf Bowling and Short Shot Challenge.....did you have fun? Did you “get ready to swing” each shot?.....take 2 deep breaths.....keep slowly walking up and down the stairs and think some more.....did your golf swings become more accurate?.....did you knock down more golf tee pins?.....did you get the ball into the hoop/basket more?.....did you feel more confident with each shot?.....take 3 more deep breaths.....lastly, think about “What other things do I get ready to do?”



- **Throughout the week:**

- Think about everyday things you do.....after you wake up, what do you do? Before you eat, what do you do? After you eat, what do you do? Before you go to bed, what do you do? How do you get ready for these activities? Do you need to set up? Do you need help? What happens when you do the same activities over and over? Does the word “practice” come to mind?
- Ask your parent, grandparent about when you were little.....how did you learn to walk? Tie your shoes? Get dressed? Talk as a family about learning new things, practicing new skills, feeling confident. Any funny stories? (I bet there are, I fell off my 2-wheel bike a lot when I was learning, lots of skinned knees and crying!)

- **STEM activity of the week:** LEGO Challenges, “Get Ready to Build!” (play alone or with others in your home) Gather all your Lego blocks: Build something that flies; Build something with just 4 LEGOS; Build your favorite fruit and see if someone can guess it; Make a pattern with LEGOS; Build a LEGO tic-tac-toe board and then play a game with it; Build a triangle that is the same length on two sides; Build a boat that really floats in the water; What else can you build with LEGOS?; Create your own LEGO challenges for everyone in the family!

IMPORTANT: NEVER STEP ON A LEGO IN BARE FEET, IT REALLY HURTS!

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