Social Distance Lesson Plan Respect

**Coach Name**: Coach David Alexander

**For the week of** June 8, 2020

**Core Value**: Respect

**Healthy Habit**: Safety

**Golf Skill: body:** Distance Control

**Rule:** Intro to Players Edition of the Rules of Golf

**Etiquette**: Taking turns using Respect

**Family talk topic**: How did you learn to play golf?

What do you really think of the game?

**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? How can you use respect when asking to go to the golf course to practice?
  + Practice Putting one day, Practice chipping and Putting another day, Then go to Play 9 Holes of Golf (M,W,Fri)
  + Talk as a family about what Sports did you play when you were growing up? or what do you still play as an adult? Why did you choose this game? What lessons did you learn playing games?
  + Read 20 minutes a day either by yourself or with another person taking turns reading aloud. Find a subject you are interested in and share information you learned with a family member.
  + Go to The First Tee of Cleveland U Tube account and check out the putting drills.
  + Go To USGA.org to read The Players Edition of the Rules of Golf. Pages 1-16, cover the introduction, table of contents, The Forward, and How To Use The Players Edition. This will be useful as we proceed through the weeks.
* **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?
  + Pace off 10 yards, chip balls to finish at 10 yards, chip to carry in the air 10 yards,
  + How did you go a shorter distance? How did you go a longer distance?
  + Use your putter at the golf course, Put a line 5 yards away and 10 yards away. Putt the balls between the 2 lines. Try it again and putt the balls as close to the 5 yard line as possible.
  + Distance is one of the obstacles we must overcome, to play this game. How do you control the distance?

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