

More Than a Game

What elementary school physical education experts say about The First Tee National School Program.

Impact and Outcomes

Educators' responses from 2008 and 2012 surveys:

“While teaching [this program], the confidence level of students improves from beginning to end of the lesson.”

—Physical educator, Kingwood, TX

“I am particularly excited that we've been able to tie skills to the larger picture of what we want a student to grow up and look like and sound like as an adult.

We are very grateful for this program.”

—Principal, Jacksonville, FL



100% reported that the lessons helped students learn basic golf motor skills



98% rated the curriculum as “excellent” or “good”



79% incorporated the Nine Core Values during lessons



66% incorporated the Nine Core Values in their other sports and activities

SHAPE America National Standards

Our curriculum addresses all five national physical education standards developed by the Society of Health and Physical Educators.

Results from an independent review commissioned by the PGA of America¹

- The program is very well laid out and presented in a way that even the non-golf inclined teacher can comprehend and teach.
- Safety is evident throughout the program and will allow for optimum activity and safety of participants.
- Curriculum does an excellent job of including lessons on sportsmanship and the importance of personal and social responsibility.
- **Overall Evaluation:** Strong and engaging program that if properly implemented will teach far more than golf to elementary students.

¹ The PGA of America (2015)

Effect of The First Tee on Students



**The First Tee
National School
Program**



**The First Tee
Life Skills Experience**



**Know how
to behave**

**Know how to
work with others**

**Take care of
equipment**

Play for fun

In 2013, The First Tee authorized a case study to examine the National School Program in a district that included a chapter of The First Tee.²

Findings



There was a **positive**, or **additive effect** for students receiving The First Tee program material at school and at the chapter.



Case study participants who attended The First Tee Life Skills Experience at the chapter in addition to the experience in the school setting showed **the most benefits** from the National School Program.



Students participating in lessons at school and at the chapter self-reported engaging in more of the following **desirable behaviors** compared to students only receiving lessons from one of the programs:

- 1) knowing how to behave
- 2) knowing how to work with others
- 3) taking care of equipment
- 4) playing for fun

Findings from the 2013 case study of The First Tee National School Program support a long-standing belief in the power of the additive effect in promoting positive youth development.

