HEALTHY HABITS | BENCHMARKS AND EXIT OUTCOMES
PLAY, SAFETY, ENERGY

LEVEL 4 ADVANCED (Transfers to other contexts) BENCHMARK GRADES 4-5
- Encourages others to “do their best” to be physically active
  + helps others stay engaged in physical activities
  + encourages others to take part in after school activities
- Encourages others to be safe in all situations
  + applies player and caddy relationship dynamic in other situations
  + contrast negative and positive risks in a variety of situations
- Selects and eats healthy foods
  + when playing sports and other physical activities eats healthy snacks
  + prepares for physical activity by hydrating and remains hydrated

LEVEL 3 PROFICIENT (Exhibits without teacher prompting) BENCHMARK GRADES 4-5
- Explains that fitness levels will impact play levels
  + works to improve fitness levels in class
  + stays engaged in all activities
- Demonstrates an awareness of safety issues for self and others
  + explains how fitness levels are related to injury prevention
  + selects appropriate attire for physical activity
- Selects healthy snack when offered
  + chooses to hydrate in appropriate manner

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) BENCHMARK GRADES 2-3
- Engages in activities created by the teachers
  + chooses to be involved in games
  + demonstrates effort in attempt to stay involved
- Responds to teacher requests to follow safety rules
  + remains in safety zones while others participate
  + uses equipment in appropriate ways
- Taking water breaks when planned by the teacher

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK FOR GRADES K-1
- Identifies games and activities that are fun
  + identifies working with peers makes a game fun
  + continues to choose to be engaged in activities
- Recalls rules of games and activities in class
  + identifies rules provide structure for games
  + identifies safety zones used in routines set by the teacher
- Identifies food and water provide energy for the human body.
  + identify healthy vs. non-healthy foods
HEALTHY HABITS | BENCHMARKS AND EXIT OUTCOMES
FAMILY, SCHOOL, MIND

LEVEL 4 ADVANCED (Transfers to other contexts)
- Encourages friends to promote the importance of family time
  + encourages friends to make time for their families
- Assists teachers and other school personnel
  + offers support to others when working on group assignments
- Encourages others to do their best
  + offers meaningful advice to peers

LEVEL 3 PROFICIENT (Exhibits without teacher prompting)
- Promotes to family members the importance of family time
  + encourages family members to make time for others
- Seeks out help in school for assignments and test preparation
  + demonstrate a willingness to attend help sessions without prompts
- Maintains self confidence
  + continues in activities in light of difficulties

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) BENCHMARK GRADES 4-5
- Engages in family activities
  + discusses with family members topics such as healthy eating
  + demonstrates a willingness to help family members prepare meals
- Responds to teacher requests for help in the classroom and school
  + demonstrate a willingness to work in extra help situations
- Remains confident when encouraged by the teacher
  + demonstrates the capacity to remain focused when directed by the teacher

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK GRADES 2-3
- Identifies family activities in which they participate
  + identifies vacations and family outings as important
  + recognizes meals and daily interaction as important family time
- Identifies core knowledge learned in school that promotes a healthy life
  + identifies concepts related to healthy nutrition
  + identifies concepts related to physical activity and fitness
- Identifies positive skills and attitudes of oneself
  + recognizes one has the skills to meet others and be friendly
HEALTHY HABITS | BENCHMARKS AND EXIT OUTCOMES
FRIENDS, VISION, COMMUNITY

LEVEL 4 ADVANCED (Transfers to other contexts)
- Encourages others to plan for challenging situations
  + helps others persevere through difficult situations
- Encourages others to set short- and long-term goals to plan for success
  + helps others to develop a plan to achieve long-term goals
- Promotes community activities
  + helps adults plan for and implement The First Tee, YMCA and Boys & Girls Club events

LEVEL 3 PROFICIENT (Exhibits without teacher prompting)
- Demonstrates capacity to identify challenging situations and solutions
  + creatively solves problems
- Sets long-term goals to plan for success
  + develops a plan to achieve long-term goals
- Attends community activities
  + seeks out information about The First Tee, YMCA and Boys & Girls Club events

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted)
- Works through challenging situations with assistance
  + solves problems with advice from mentors
- Sets goals to plan for success with assistance
  + sets life-related goals that are important to school with mentors
- Attends community activities with encouragement from adults
  + attends events organized by The First Tee, YMCA and Boys & Girls Club

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK GRADES 4-5
- Identifies how friends work through challenging situations
  + recognizes that friends have support to help during challenging times
- Recognizes the importance of having goals to plan for success
  + identifies life-related goals that are important to school
- Identifies community resources that help youth engage in a healthy life
  + recognizes The First Tee, YMCA and Boys & Girls Club as community resources
CORE VALUES | BENCHMARKS AND EXIT OUTCOMES
RESPECT, COURTESY, RESPONSIBILITY

LEVEL 4 ADVANCED (Transfers to other contexts) **BENCHMARK GRADES 4-5**
- Demonstrate positive group behaviors in other school activities
  + develops strategies for taking care of equipment
  + readying play areas for activities
- Adhere to new rules in other school activities
  + selects appropriate attire for various school contexts
  + assists others in recognizing the importance of following rules
- Initiates new relationships with peers and adults
  + supports others to be fully involved
  + greets others with friendly tone

LEVEL 3 PROFICIENT (Exhibits without teacher prompting) **BENCHMARK GRADES 4-5**
- Demonstrate positive group behaviors during physical education
  + takes care of equipment during physical education
  + returns equipment in working order
- Adhere to class rules
  + wears appropriate attire for physical activity
  + encourages others to follow rules
- Interacts with peers and adults in a positive manner
  + encourages others to be fully involved
  + smiles and says hello to greet others

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) **BENCHMARK GRADES 2-3**
- Demonstrate positive group behaviors when directed by the teacher
  + follows direct when told how to utilize equipment
  + cleans up play areas when instructed
- Follows teacher direction for activities
  + wears appropriate attire for physical activity when reminded by teacher
  + holds self accountable to follow rules
- Works with a partner during group activities
  + takes turns during activities
  + responds to friendly greetings

LEVEL 1 PRACTICING (Knows when asked by teacher) **BENCHMARK GRADES K-1**
-Identifies positive group behaviors when directed by the teacher
  + recalls rules and directions regarding the use of equipment
  + recognizes that play areas need to be cleaned after class
-Attentive during class activities
  + takes turns during activities
  + responds to friendly greetings
CORE VALUES | BENCHMARKS AND EXIT OUTCOMES
HONESTY, SPORTSMANSHIP, CONFIDENCE

LEVEL 4 ADVANCED (Transfers to other contexts)
- Encourages others to “do their best” in other school contexts
  + helps others identify positive aspects in other school activities
  + provides meaningful feedback to others
- Promotes others to be honest in other school contexts
  + models honesty in other school activities
  + asks clarifying questions to better understand expectations
- Maintains a positive outlook in all situations
  + sets realistic goals
  + honest self reflection and comparison to specific situations

LEVEL 3 PROFICIENT (Exhibits without teacher prompting)
- Demonstrates positive outlook during physical education
  + creates strategies to remain positive
  + offers support to others during activities
- Holds oneself accountable during activities
  + self imposes penalties if rules are broken
- Self regulates a positive attitude in activities
  + sets goals specific to skills and activities
  + explains what they did well during activities

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) BENCHMARK GRADES 4-5
- Demonstrates honest behaviors when requested by the teacher
  + completes scorecards and other assessments truthfully
  + reflects on performance in truthful ways
- Responds to others with kindness when winning and losing
  + recognizes that their positive outlook can influence others
  + demonstrates a willingness to accept teacher feedback
- Responds to teacher with strategies to remain confident in difficult situations
  + can remain focused when performance in activities is lower

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK FOR GRADES 2-3
- Identifies situations when honesty is expected of players
  + recognizes scoring and penalty situations demand honest behaviors
  + explains to teacher the importance of being truthful
- Explains that other players’ behaviors influence his/her positive outlook
  + identifies taking turns as a positive behavior
  + explains how friendly greetings help create a positive learning environment
- Remains active in the majority of activities to comply with teacher directions
  + explains that they enjoy engaging in activities
CORE VALUES | BENCHMARKS AND EXIT OUTCOMES
JUDGMENT, PERSEVERANCE, INTEGRITY

LEVEL 4 ADVANCED (Transfers to other contexts)
- Encourages others to “do their best” in other school contexts
  + helps others identify positive aspects in other school activities
  + provides meaningful feedback to others
- Promotes others to be honest in other school contexts
  + models honesty in other school activities
  + asks clarifying questions to better understand expectations
- Maintains a positive outlook in all situations
  + sets realistic goals
  + honest self reflection and comparison to specific situations

LEVEL 3 PROFICIENT (Exhibits without teacher prompting)
- Demonstrates positive outlook during physical education
  + creates strategies to remain positive in adverse situations
  + offers support to others during activities
- Demonstrates a demeanor that represents a variety of Nine Core Values
  + self imposes penalties if rules are broken
- Self regulates a positive attitude in activities
  + sets goals specific to skills and activities
  + explains what they did well during activities

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted)
- Demonstrates appropriate behaviors during activities
  + players turn in self assessments and scorecards with honest information
  + self reflect when prompted by the teacher
- Demonstrate the capacity to persevere in difficult activities
  + utilizes self regulating strategies to refocus on activities
  + explains strategies to remain engaged in activities when less successful
- Demonstrates positive decision making during activities
  + makes positive decisions with respect to relationships with peers
  + selects appropriate club for various situations

LEVEL 1 PRACTICING (Knows when asked by teacher)
BENCHMARK GRADES 4-5
- Identifies situations when a player will need integrity
  + explains golf is a game where players hold themselves accountable
  + identifies instances in golf where integrity is needed
- Recognizes that players need patience to be successful in golf
  + identifies instances in golf where a player will need patience
  + explains strategies to help players remain focused during games
- Identifies that players will make difficult decisions in the game of golf
  + recognizes that there are strategic game decisions players will make
GOLF SKILLS | BENCHMARKS AND EXIT OUTCOMES
GOLF SKILLS AND KNOWLEDGE

LEVEL 4 ADVANCED (Transfers to other contexts) BENCHMARK GRADES 4-5
-Applies all of the prior skills and knowledge in game context

LEVEL 3 PROFICIENT (Exhibits without teacher prompting) BENCHMARK GRADES 4-5
Cognitive
-Explains the similarities of side-to-target orientation in all shots
-Selects the appropriate club for various shots
-Explains the technique to vary swing length to control distance
-Identifies the importance of pre-shot routines
-Identifies the importance of mental rehearsal during pre-shot routine
Psychomotor
-Utilizes a side-to-target orientation in all shots
-Utilizes the appropriate club for a variety of shots based on situational context
-Varies swing length to control distance based on situational context
-Demonstrates a fluid swing in all shots by maintaining tempo of swing
-Demonstrates balance when swinging a club

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) BENCHMARK GRADES 2-3
Cognitive
-Explains that a putter is a club used to roll a ball
-Explains the importance of using a side orientation in preparation to strike the ball
-Identifies a chip uses a wedge to make the ball fly low and bounce
-Identifies that a pitch uses a wedge to make the ball fly at a medium/high level
-Identifies that a full swing is used to make a ball fly the farthest at a high level
-Identifies that force of a swing is controlled by length of swing
Psychomotor
-Rolls a ball with a putter toward a target with accuracy
-Demonstrates a side orientation in putting, chipping, pitching and full swing
-Explores the full swing, chip and pitch by varying swing lengths
-Appropriately positions body and ball during setup based on alignment

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK GRADES K-1
Cognitive
-Identifies golf is a target sport
-Identifies differences among rolling, bouncing and lobbing
-Identifies clubs such as putter and wedge
-Identifies side-to-target orientation
Psychomotor
-Rolls a ball with a putter and hands toward a target
-Positions body with side orientation to desired target with putter and wedge