



## Best Practices

### **Title: Increase Fitness During Golf Lessons!**

- **Grade Level(s):** K-5<sup>th</sup>
- **Equipment:** Various: Jump ropes, mats, cones, climbing bars, etc.
- **Description:**

Add a separate fitness station as part of the rotation during the golf lesson plans or adding fitness to the golf stations.

1. Add a jumping (use lines or low hurdles) or jumping rope station
  2. Add a short "track" between stations
  3. Add a strength or flexibility station – climbing bars, curl up mat, weighted ball exchanges
  4. Add balance beams (2x4's) between stations to increase balance
  5. Set-up cones for dribbling soccer balls through as a separate station
- **Submitted by:** Lana Peterson, Lincoln Public Schools
  - **Date Submitted:** December 2013