Best Practices

Title: Increase Fitness During Golf Lessons!

- **Grade Level(s):** K-5th
- **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

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- **Date Submitted:** December 2013