Title: Instant Healthy Habits All Year!

- **Equipment:** Varies (see Lesson Plans)
- **Grade Level(s):** K-5th
- **Description:**
  
  Use The First Tee Nine Healthy Habit activities throughout the year as *Instant Activities* (Warm up activities, ASAPs). Rotate them through each new lesson or use one habit for a connected series of lessons to improve the skill/fitness and the understanding of the healthy habit.

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- **Date:** December 2013