



## BEST PRACTICE AND LESSON PLAN IDEAS

Category: Golf Motor Skills/Fitness

Suggested Grade: 1<sup>st</sup> – 5<sup>th</sup>

Title: Fitness Golf in the Gym

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### Equipment/Materials:

- The First Tee National School Program equipment: wedges, tee mats, putters, balls
- Hula hoops
- Step boxes
- Targets,
- Hand weights
- Jump ropes
- Cones

### Description:

- My students love golf but it isn't always the best cardio workout for them. This Best Practice is to keep the students as active as possible in a 30 minute large (50 students) class and incorporate golf skills safely.
- This activity is for indoor use but can be set up outside also. To include golf skill practice in a fun circuit training set up, I use a wave or line formation. Putting or chipping is done at the beginning of the line with fitness stations in the middle of the line. After putting or chipping three balls, the student goes to the end of the line and everyone moves up a station. The safety aspect is that the students are doing fitness in a line all facing the same direction and understand when it is their turn to putt or chip.