



BEST PRACTICE AND LESSON PLAN IDEAS

Category: Golf Motor Skills – Full Swing

Suggested Grade: K- 5th

Title: Safe Driving

Submitted by: Daniel Shin, Thurgood Marshall Elementary, Florida

Equipment/Materials:

- The First Tee National School Program equipment: Tee mats, all targets: bull's-eye targets, folding targets, flag targets, balls, wedges
- Cones
- Gallon metal fruit cans

Description:

- Prepare for lesson by hanging targets off of basketball backboard, rim, and supports using rope or Velcro. Set up mats 3-4 feet apart on the opposite side of the gym. Place cans w/ 3 balls of the same color in the cans.
- Put students in groups of 3-5.
- Teach proper form of full swing (“drive”): “circle away to circle high”
- Hold the club properly: “left on yellow, right on red, glue together.
- Set-up by forming a larger triangle with ball atop tee mat and left and right foot: “legs A, arms Y, dot the eye”
- Practice swing, follow through.
- Students get 3 tries per turn. Have students retrieve balls when all are done with that round. After all balls are hit and there are no more to hit. Have students collect balls leaving 3 in the can and putting the rest away for later rounds.
- Stress teamwork (working together) and other The First Tee nine core values.
- Safety: Make sure students never enter the “driving range” to collect balls until all students are done hitting. Also, make sure no student other than the golfer (“player”) goes on the mat. Make sure that students stay away from the player and mat – inside well-marked safety zones. Use cones to designate lines and separation between mats and hitting areas.