

## National School Program 2.0 | 2-3 Lesson 2

### LEARNING OBJECTIVES

**Core Value COURTESY:**  
Be Friendly and Shake Hands

**Golf Skill/Concept SET-UP:**  
Use a Side-orientation

**Healthy Habit PLAY:**  
Recharge My Battery

### LESSON OVERVIEW

In the Core Learning Activity, players will focus on two key objectives as they participate in today's activities: **Courtesy** by being friendly and shaking hands when switching with their partner and **Set-Up** using a side-orientation to putt the ball to the target. During the Warm-up Activity, players focus on the health objective **Play** by taking time to "recharge" during the activities.

### ASSESSMENT FOCUS (SHAPE STANDARDS)

Players demonstrate taking turns courteously, rolling a ball with a putter using hold and putt cues, and following the basic rules of a game. (S 1, 2, 4, & 5)

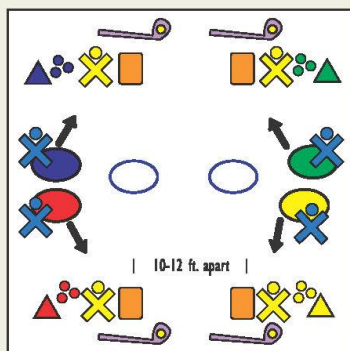
Players identify the wedge, the elements of being friendly and shaking hands with courtesy, a side-orientation with set-up cues and strategies to restore energy during play. (S 2, 3, 4, & 5)

### LESSON ASSESSMENT/ TEACHER REFLECTION

At the end of the lesson identify at least 3 things that went well (**GOOD**) with the lesson, and 1 thing to do differently for next delivery of this lesson to make it **BETTER**. Include **HOW** you plan to make it better.

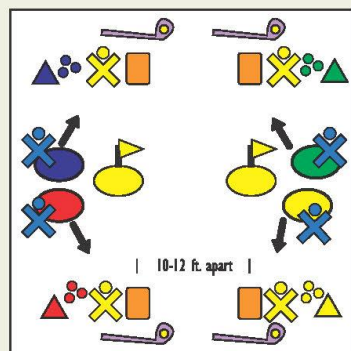
### CORE LEARNING ACTIVITY DESCRIPTION

Players putt three balls when its their turn at stations #1 and #2 using Hold and Putt Cues. At stations #3 and #4, players strike the ball with the wedge club to the target using side-orientation and set-up cues. As players switch with their caddy, prompt them to demonstrate courtesy by being friendly and shaking hands each time they meet at the hoop.



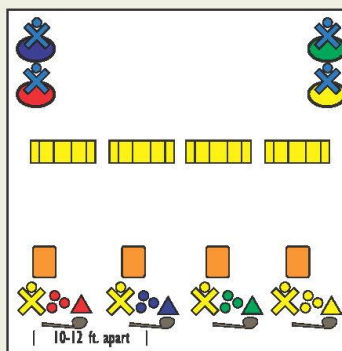
#### Station ONE

2-3: Putt using Hold/Putt Cues – 8 ft.



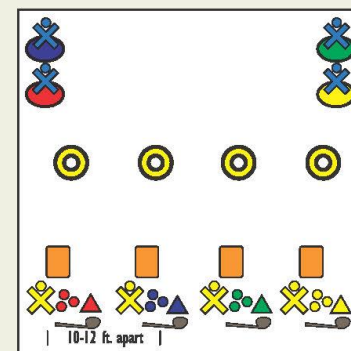
#### Station TWO

2-3: Putt using Hold/Putt Cues – 8 ft.



#### Station THREE

2-3: Strike with Wedge with Set-Up Cues – 15 ft.



#### Station FOUR

2-3: Strike with Wedge with Set-Up Cues – 30 ft.

#### Equipment List

Stacking Cones  
16

Safety Hoops  
16

Hoop  
4

Rectangle  
4

Flag  
2

Bullseye  
4

Tee  
16

Putter  
8

Wedge  
8

Balls  
48

Player  
16

Caddy  
16

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### WARM-UP HEALTHY ACTIVITY 5-10 Minutes

#### Healthy Habit PLAY: Recharge My Battery

- Behavior: Players respond with an example of “re-charging their batteries,” such as breathing deeply.
- Play includes keeping your body ready for activity. To be ready for activity, players need to recharge their batteries through rest and sleep. Rest can take place during the day such as taking deep breaths/relaxing between shots or at night such as getting enough sleep before or after a round of golf. During the activity ask players how they can build in quick routines to rest and refocus their actions.

**Description:** “Re-charging Squares”— Students move about the play area while music is playing and freeze when it stops, either in place or in a designated target area. Encourage players to notice their breathing when stopped, to take a deep breath to recharge to run again. Explore the importance of balancing running and resting intervals to maintain energy.

**Learning/Assessment Prompts:** During the activity, ask individual players guiding questions to focus their attention on the concept of breathing deeply to recharge their batteries. Sample questions include: *What did you learn today about recharging your batteries? What is one way you can recharge your batteries when you play? How many of you took a deep breath when you were playing (ask for show of hands)? How can you tell when your heart is beating very fast?*

### CLOSURE 3-5 Minutes

#### Understanding – Achievement of Objectives

- **Core Value** – How did you show courtesy during class? How many of you were friendly and shook hands when switching with your partner? (ask for show of hands)
- **Golf Skill/Concept** – What club hits the ball in the air? (wedge) What cues did you use today to set-up to the ball? (Arrow on Target/Legs A/Arms Y/Dot the Eye)

#### Application – Bridge to Life

- **Core Value** – What will you do to show courtesy in your next class today? How can you show courtesy in the classroom or at home?



### CORE LEARNING ACTIVITY 15-25 Minutes

#### Core Value COURTESY: Be Friendly and Shake Hands

- Behavior: Player responds that it shows courtesy when they are friendly and shake hands when exchanging positions with partners.
- Courtesy is shown when you take your turn and then allow others to have their turn. Being courteous makes the experience enjoyable and gives each player equal time to learn and play.

#### Golf Skill/Concept SET-UP: Use a side-orientation

[Introduce] SET-UP: Before swinging the club to strike the ball, players need to set-up their body in a side-orientation in relationship to the ball with the clubface aimed at the target. Players will practice the cues for putting and how to use the wedge to strike the ball in the air toward a target.

- SET-UP Cues: The instructional cues for Set-Up are: “Arrow on Target/Legs A/Arms Y/Dot the Eye.” Players point the tee mat arrow toward the target and stand in a side-orientation to the ball; similar to how a batter stands in baseball. Legs are placed about shoulder width apart and the club and arms form a letter “Y.” The dot on the club is placed behind the ball which is referred to as the “eye” for the cue “dot the eye.”
- WEDGE Club: Show players the wedge and explain that the wedge is designed to strike the ball in the air (sometimes low and sometimes high) to the target. Allow players to discover how to strike the ball various distances as they rotate through the stations.

[Practice] PUTT Cues: “Y-Putt-Y”

[Practice] PUTT: The putt is used in golf to roll the ball to the target.

[Practice] HOLD Cues: Putter: 1. Clubhead up, Toe to head 2. Target hand on bottom, Favorite

hand on top 3. Glue Together, Thumbs straight on dots Wedge: 1. Clubhead up, Toe to head 2. Target hand on bottom, Favorite hand on top 3. Glue Together, Thumbs cross on dots

**Description:** Players practice putting three balls when its their turn at stations #1 and #2 using Hold and Putt Cues. At stations #3 and #4, players strike the ball with the wedge club to the target using Set-Up Cues. As players switch with their caddy, prompt them to demonstrate courtesy by being friendly and shaking hands each time they meet at the hoop.

**Learning/Assessment Prompts:** During the activity, verbally reinforce individual players who are taking turns, shaking hands, or using appropriate cues for the Set-Up. Ask guiding questions to focus their attention on these concepts. For example:

- **Core Value** – Identify how you are being courteous as you play. (Shake hands when switching.) Show me what to do when you take turns using courtesy.
- **Golf Skill/Concept** – Where do you stand when setting up to strike the ball? (On the side like a batter would in baseball) Identify the cues you say for Set-Up. (Arrow on Target/Legs A/Arms Y/Dot the Eye). What club is made to strike the ball into the air? (Wedge)

VOCABULARY WORDS: COURTESY | SET-UP | PLAY