CORE LEARNING ACTIVITY DESCRIPTION

Players putt at station #1 and #2 using Set-Up and Putt Cues. At station #3 underhand toss the ball into the hoops and throw the ball high in the air at station #4 attempting to focus on the target and stop the ball in the target area in one throw. As players participate, prompt them with questions to think about how proper attire at school and in physical education is one way to show respect not only for themselves but also for others.

LEARNING OBJECTIVES

Core Value RESPECT:
Wear Proper Attire

Golf Skill/Concept HOLD, SET UP and PUTT:
Use side-orientation

Healthy Habit SAFETY:
Start Slow, Finish Safe

LESSON OVERVIEW

In the Core Learning Activity, players will focus on two key objectives as they participate in today’s activities: Respect by understanding that they must wear proper attire to P.E. class and Hold, Set-Up and Putt by positioning the body in a side-orientation to roll the ball to the target. During the Warm-up Activity, players focus on the health objective Safety by identifying one or more warm-up exercises.

ASSESSMENT FOCUS (NASPE STANDARD)

Players identify proper attire for PE class and strategies to become physically fit. (S 2, S 3, S 5, S 6)

Players demonstrate following rules, putting to a target with a putter and using hold, set-up and putt cues. (S 1-6).

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.

Equipment List

<table>
<thead>
<tr>
<th>Stacking Cones</th>
<th>Safety Hoops</th>
<th>Hoop</th>
<th>Rollerama</th>
<th>Flagstick</th>
<th>Bullseye</th>
<th>Tee</th>
<th>Putter</th>
<th>Wedge</th>
<th>Balls</th>
<th>Player</th>
<th>Caddy</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>16</td>
<td>2</td>
<td>5</td>
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**WARM-UP HEATHY ACTIVITY**  5-10 Minutes

**Healthy Habit SAFETY: Start Slow – Finish Safe**
- Behavior: Players respond with an example of a technique and exercise for warming-up to reduce their chance of injury.
- Safety is not just about using appropriate equipment during an activity; it is about injury prevention so you can be at your best while you play. A proper warm-up and cool-down routine will generate the necessary blood flow in the muscles for optimal performance. Similarly, it is important to understand your own physical limitations during an activity to avoid unnecessary strain on muscles (ligaments, tendons, etc.).

**Description:** Using the set-up for Lesson Plan One, have everyone jog, skip or crabwalk to a hoop to stand in or a tee to stand next to. Tell students: If in a hoop, point to the person closest to you with cone/balls that match the color of your hoop. That is your partner. If you are near the tee you are the **Player.** If you are in the hoop, you are the **Caddy.** Players go to your Caddy partner’s hoop and greet them with a high-five or a knuckle bump. Now switch and Players become Caddies and stay in the hoop and Caddies go to the hoop and become the Player. Have students move around the play area and find a different hoop and/or tee-mat. Ask them to point to their partner and make sure they know who is the Player and who is the Caddy. Have Players meet their Caddy partners at the safety hoop with a high-five or knuckle bump and switch positions. Remind them that Caddies may not leave their hoops until the Player meets/greets them at the hoop.

**Learning/Assessment Prompts:**
- What kinds of warm-up exercises are you doing to warm-up your body for today’s activity?
- What will these warm-up exercises do to prepare the muscles you will use for the golf activities today?

**CORE LEARNING ACTIVITY**  15-25 Minutes

**Core Value RESPECT: Wear Proper Attire**
- Behavior: Players respond that it shows respect when you wear proper attire to physical education class.
- Respect is shown by following rules and by honoring game traditions. Another game “tradition” and a way to show respect is wearing the proper attire while at the golf course. Many golf courses require collared golf shirts and slacks or shorts/skirts that are a longer length such as to the knee. For example many golf courses do not allow jeans and t-shirts.

**Golf Skill/Concept: SET-UP: Use side-orientation**
- **[Practice]** PUTT and PUTTER: The putt is used in golf to roll the ball to the target. The club used is a “putter.”
- **[Reinforce]** Golf is a TARGET sport.

**Description:** Using the set-up for Lesson Plan One, have everyone jog, skip or crabwalk to a hoop to stand in or a tee to stand next to. Tell students: If in a hoop, point to the person closest to you with cone/balls that match the color of your hoop. That is your partner. If you are near the tee you are the **Player.** If you are in the hoop, you are the **Caddy.** Players go to your Caddy partner’s hoop and greet them with a high-five or a knuckle bump. Now switch and Players become Caddies and stay in the hoop and Caddies go to the hoop and become the Player. Have students move around the play area and find a different hoop and/or tee-mat. Ask them to point to their partner and make sure they know who is the Player and who is the Caddy. Have Players meet their Caddy partners at the safety hoop with a high-five or knuckle bump and switch positions. Remind them that Caddies may not leave their hoops until the Player meets/greets them at the hoop.

**Learning/Assessment Prompts:**
- What did you learn about how to set-up to the ball?
- What did you learn about golf today?
- Where else can you show respect by wearing proper attire? What will you do tomorrow to show respect by wearing proper attire? How does following the rules honor the game of golf?