



Drive4Success

Session 2, Lesson 6

Lesson Overview:

- **Life Skill:** Finding Your Personal Par
 - **Etiquette:** Spirit of the Game #2
 - **Golf Fundamental:** Clubface at Ball Contact
 - **Worksheet:** Personal Par Card
 - **Warm-Up & Games:** Rock, Paper, Scissors, TAG!; Rock, Paper, Scissors, PUTT!, Par for a Short Course
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30 minutes

Opening Questions & Snack:

- Life Skill: Finding Your Personal Par- What does this mean to you? The First Tee's Definition: A measure of how you perform, not just in golf, but at school and home, too.
 - Complete Personal Par Card Worksheet
 - Etiquette Bit: Golf is played, for the most part, without the supervision of a referee or umpire. The game relies on the integrity of the individual to show consideration for other players and to abide by the rules.
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10 minutes

Warm-Up: Rock, Paper, Scissors TAG!

Equipment: 10 Bean bags or scarves

How to Play: Before starting the game, make sure players know the basic rules of Rock, Paper, Scissors; Rock (fist) beat Scissors (horizontal peace sign), Scissors beat Paper (flat hand), and Paper beats Rock.

Next, divide the group in half; half are chasers, half are fleers. The chasers carry a bean bag or scarf in their hand. On GO, the chasers run after and tag a flier. Once tagged, the flier stops and the two of them play Rock, Paper, Scissors. The winner becomes (or stays as) the flier, and the loser becomes (or stays as) the chaser. If they switch roles, they also hand off the bean bag or scarf. Just keep playing until it seems as though everyone has had a chance to play both roles. A suggested rule is to not allow the chasers to tag the same flier twice in a row.

5 minutes

Golf Fundamental Cues: Clubface at Ball Contact- “Dot the Eye”- Make sure the face of the club is “square” on contact (not angled one way or the other), and the bullseye directly hits the ball, in order to hit a straight shot.

20 minutes

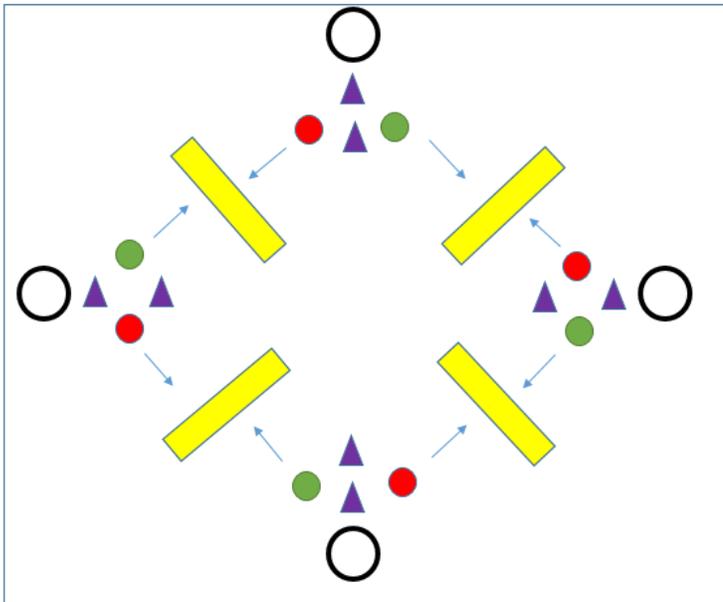
Golf Activity 1: Rock, Paper, Scissors, PUTT!

Skill Objectives & Cues: To hit straight putts to the center of the target.

Game Objectives: To win Rock, Paper, Scissors four times in a row, and putt to the four different targets in a row from the green spots.

Equipment: 4 Rolleramas, 1 Snag ball and putter per player, 4 blue polyspots, 4 red polyspots, 4 hula hoops

Description/Diagram of Set-Up:



How to Play:

Assign two players to each of the four hula hoops. In the hoops, players compete in one round of Rock, Paper, Scissors, Shoot! The winner moves to and putts from the closest green spot to the Rollerama, and the loser moves to and putts from the closest red spot. After one putt, the players on the green spots move clockwise to the next hula hoop, and the players on the red spots return to the same hula hoop they were just in. Players compete in Rock, Paper, Scissors against the new players in their hoops, and then move to either the closest green or red spot, depending on whether they win or lose. Continue this process until a player is able to complete four putts in a row from the green spots. This is not a race, and players should be focusing on their putting skills, specifically contacting the ball with a square club face in order to hit the “1” on the Rollerama. Players should be considerate and wait patiently (Etiquette!) for their opponents to finish their putts before playing their next round of Rock, Paper, Scissors.

20 minutes

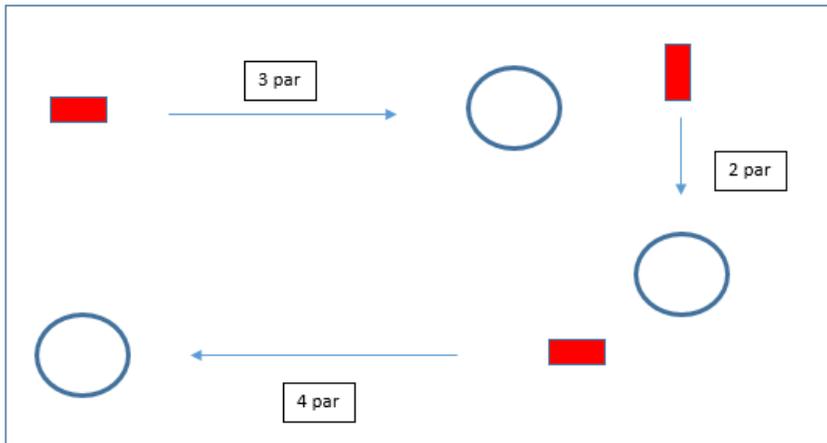
Golf Activity 2: Par for a Short Course- Chipping

Skill Objectives & Cues: The direction the clubface points when the clubface makes contact with the ball is the direction the ball will go, theoretically speaking. If the clubface points directly at the target (or “square”) at ball contact, then the ball will typically go to the target.

Game Objectives: Players will keep track of their strokes as they play a 3-hole, 9 par course.

Equipment: Launch pads, Snag irons and balls, surveyor’s tape and tees or spray paint, scorecards and pencils

Description/Diagram of Set-Up: Set up a basic course that has holes of varying distances, so that you can label them with different pars. Space them out and include safety zones.



How to Play:

Players will advance through the holes, attempting to make par. Players track their strokes as they play. Reassemble to discuss their scores. Have them repeat the course, but tell them to intentionally angle their clubface to the right (“open”) for each stroke. Reassemble and ask them how their scores differed. Play a third time, but tell them to now angle their clubface to the left (“closed”) as they play. Again reassemble and then reach some conclusions as a group about clubface and ball contact and how that concept affects par.

10 minutes

Clean Up, Wrap Up

Bridge to Life: Use the following questions to help participants apply their “on-course” work to their “off-course” activities and experiences.

1. How did you display today’s Etiquette Bit during class?
2. What did you learn about yourself in terms of your Personal Par at either school or home?
3. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.

Par for a Short Course- Chipping

Name:				
Hole:	1	2	3	Total
Par:	3	2	4	9
Round 1:				
Round 2:				
Round 3:				

Name:				
Hole:	1	2	3	Total
Par:	3	2	4	9
Round 1:				
Round 2:				
Round 3:				

Name:				
Hole:	1	2	3	Total
Par:	3	2	4	9
Round 1:				
Round 2:				
Round 3:				

Name: _____

Finding Your Personal Par

Directions: How well do you do in these areas *on average*? Think about what your grades *usually* are, or how often you *usually* make one of the healthy choices. Use faces to describe your **par** in each area. Ex. 😊 = Great! 😐 = So-So ☹ = Not good

Academics:

Math	Art	Science	Phys. Ed.	Reading	Music	Writing

Healthy Choices:

Exercising 30 Minutes Daily	Eating Fruits	Eating Vegetables	Sleeping 8 hours/night	Drinking 8 Cups of Water Daily	Brushing Your Teeth Twice Daily	Wearing Your Seatbelt