

CORE LESSON 8: PLAYING WITH PERSEVERANCE

Playing with perseverance is represented in The First Tee Code of Conduct and primarily falls under the sub-category of respect for myself. PLAYers at the 9-hole sub-level are purposely exposed to games/activities that reinforce showing perseverance.



For each PLAYer class on playing with perseverance, coaches should create multiple opportunities for participants to play the game, learn behaviors that are reflective of perseverance, learn the golf fundamental of target awareness, and appreciate the etiquette and Rules of Golf. More specifically, Core Lesson 8 focuses on helping PLAYers appreciate areas adjacent to the golf course called out of bounds.

Upon completion of Core Lesson 8 at the 9-hole sub-level, PLAYers should understand, demonstrate and exhibit behaviors that show perseverance.

COACHES' TIP

PLAYer Core Lesson 8 helps provide a foundation for Par Core Lesson 13: Having Fun While You Learn; and Par Core Lesson 14: Staying Cool.

GENERAL LEARNER OBJECTIVES

After completing classes at the 9-hole sub-level on Core Lesson 8, PLAYers should be able to:

- State the meaning of perseverance
- Understand that The First Tee Code of Conduct emphasizes perseverance and the importance of this core value
- Understand, demonstrate and exhibit (9-hole) that they try their best regardless of how they are playing
- Understand, demonstrate and exhibit (9-hole) that they learn from their past experiences
- Utilize perseverance away from The First Tee and be able to share/explain how it was put into action
- Understand the importance of target awareness when playing golf
- Understand the game, its etiquette and the Rules of Golf related to out of bounds
- Follow the etiquette and Rules of Golf related to out of bounds while playing golf
- Understand, demonstrate and exhibit (9-hole) the physical healthy habits of energy, play and safety

CORE LESSON 8



LEARN

LIFE SKILL CATEGORY ADDRESSED

- Self-management

BEHAVIORS REFLECTIVE OF THE CODE OF CONDUCT AND NINE CORE VALUES


PERSEVERANCE — to keep going no matter what

A PLAYer learns about the Code of Conduct and shows perseverance in his/her actions by:

1. Trying her/his best no matter how s/he is playing
2. Learning from her/his past actions

SUGGESTED PLAYER PROGRESSION FOR GOLF SKILL CATEGORIES AND GOLF FUNDAMENTAL

For more information on the Golf Skill Categories and the progression of the Golf Fundamentals at the PLAYer level, coaches are encouraged to review the Golf Skills section of this guide. Core Lesson 8 for PLAYer 9-hole sub-level focuses on the following:

- Golf Skill Categories—Select two or more from putt, chip, pitch and full-swing
- Golf Fundamental— Target Awareness (target selection)

An example of a game you can play for this is the ***Around the World game in the PLAYer Yardage Book.***



Go to the members' side of www.thefirsttee.org to find PDFs that can be downloaded from the PLAYer Yardage Book.

SEE 9-HOLE SAMPLE LESSON PLAN ON THE MEMBERS' SIDE OF WWW.THEFIRSTTEE.ORG.





APPRECIATE

Playing with perseverance is a lot like playing with self-determination. Whether or not a young person decides to keep going after experiencing a less than favorable outcome, largely depends on how much they like the challenge of the task, view failure as an opportunity to learn new things and make an effort to figure things out on their own. More importantly, when PLAYers are aware of specific information related to the Rules of Golf, they expand their opportunities to be successful and will want to continue playing so they can learn more about the game of golf and appreciate what resources they have available to them to adjust goals to meet their needs.

It is inevitable that PLAYers at The First Tee will have to deal with errant shots and mistakes, and face challenges that feel like roadblocks. In the core lessons associated with perseverance, PLAYers learn to appreciate and accept these challenges as opportunities to try something new in pursuit of self-improvement and their goals.

SUGGESTED CONTENT TO APPRECIATE — THE GAME, ETIQUETTE AND THE RULES OF GOLF

9-HOLE SUB-LEVEL

9-HOLE		
THE GAME	ETIQUETTE	RULES OF GOLF
Areas of the Course <ul style="list-style-type: none"> Understand areas of the course that have less favorable consequences — <i>Out of bounds</i> 	Safety <ul style="list-style-type: none"> Wait until PLAYers ahead have cleared before hitting 	<ul style="list-style-type: none"> Obstructions (24) Ball Lost or Out of Bounds (27-1) Provisional Ball (27-2) Ball Unplayable (28)
Terminology/Procedures <ul style="list-style-type: none"> Provisional/identifying golf ball Stakes associated with out of bounds 	Spirit of the Game <ul style="list-style-type: none"> Does the PLAYer continue to play with a good attitude when faced with challenges? 	