

## CORE LESSON 1: WELCOME AND SHOWING RESPECT

The First Tee Nine Core Value of respect is the overarching theme of The First Tee Code of Conduct. It challenges PLAYers to incorporate respect into their daily behaviors by showing: respect for myself, respect for others and respect for my surroundings. Whether PLAYers are starting at the 3-hole, 6-hole or 9-hole sub-levels, they are purposely exposed to games that reinforce showing respect.

For each PLAYER class on welcome and showing respect, coaches should create multiple opportunities for participants to play the game, learn behaviors that are reflective of respect, learn about the golf fundamental of distance-response when playing, and appreciate the etiquette and Rules of Golf. More specifically, Core Lesson 1 focuses on helping PLAYers understand the overall purpose of the game of golf, as well as appreciate the different areas of the golf course.

Upon completion of Core Lesson 1 at the 9-hole sub-level, PLAYers should understand, demonstrate and exhibit behaviors that show respect to self, others and their surroundings.

### COACHES' TIP

PLAYER Core Lesson 1 helps provide a foundation for Par Core Lesson 11: Respecting the Rules.

### GENERAL LEARNER OBJECTIVES

After completing multiple classes across 3-hole, 6-hole or 9-hole sub-levels on Core Lesson 1, PLAYers should be able to:

- State the names of The First Tee staff and other PLAYers
- State the meaning of respect
- Understand the importance of The First Tee Code of Conduct and that it emphasizes respect for myself, respect for others and respect for my surroundings
- See how golf differs from other sports
- Understand (3-hole), demonstrate (6-hole) and exhibit (9-hole) that they follow instructions and safety rules
- Understand (3-hole), demonstrate (6-hole) and exhibit (9-hole) the importance of dressing neatly and wearing golf or athletic shoes
- Utilize respect and the Code of Conduct away from The First Tee and be able to share/explain how it was put into action
- Understand the general areas of a golf course
- Understand the overall purpose of the game of golf
- Experience and understand the importance of distance-response when playing golf
- Understand (3-hole), demonstrate (6-hole) and exhibit (9-hole) the physical healthy habits of energy, play and safety



## CORE LESSON 1



### LIFE SKILL CATEGORIES ADDRESSED

- Interpersonal skills
- Self-management

### BEHAVIORS REFLECTIVE OF THE CODE OF CONDUCT AND NINE CORE VALUES

#### RESPECT — to be nice and kind in one's actions

A PLAYER learns about the Code of Conduct and shows respect for self and others by:

1. Following instructions and safety rules
2. Dressing neatly and wearing golf or athletic shoes

## THE FIRST TEE CODE OF CONDUCT

### RESPECT FOR MYSELF

- I will dress neatly and wear golf or athletic shoes.
- I will always try my best when I play or practice.
- I will keep a positive attitude and catch myself doing something right regardless of the outcome.
- I will be physically active, eat well, get enough sleep and be safe so I can stay healthy.
- I will be honest with myself, including when I keep score and if I break a rule.
- I will use proper etiquette and maintain my composure even when others may not be watching.

### RESPECT FOR OTHERS

- I will follow all instructions and safety rules.
- I will keep up with the pace of play on the golf course.
- I will be friendly, courteous and helpful.
- I will remain still and quiet when others are playing and have fun without being loud and rowdy.
- I will be a good sport toward others whether I win or lose.
- I will encourage others to be safe and physically active.


### RESPECT FOR MY SURROUNDINGS

- I will keep the golf course and practice areas clean and in as good or better shape than I found them.
- I will clean and take care of my and others' golf equipment.
- I will be careful not to damage anything that belongs to others.

## CORE LESSON 1

### SUGGESTED PLAYER PROGRESSION FOR GOLF SKILL CATEGORIES AND GOLF FUNDAMENTAL

Coaches are directed to the Golf Skills section of this guide for detailed information on the Golf Skill Categories and Golf Fundamentals at the PLAYer level. Core Lesson 1 for PLAYer 3-hole sub-level focuses on the following:

- Golf Skill Categories—Select two or more from putt, chip, pitch and full-swing
- Golf Fundamental— Distance-response (size or length of motion)



Go to the members' side of [www.thefirsttee.org](http://www.thefirsttee.org) to find PDFs that can be downloaded from the PLAYer Yardage Book.

**SEE 3-HOLE, 6-HOLE AND 9-HOLE SAMPLE LESSON PLANS AT THE END OF CORE LESSON 1.**





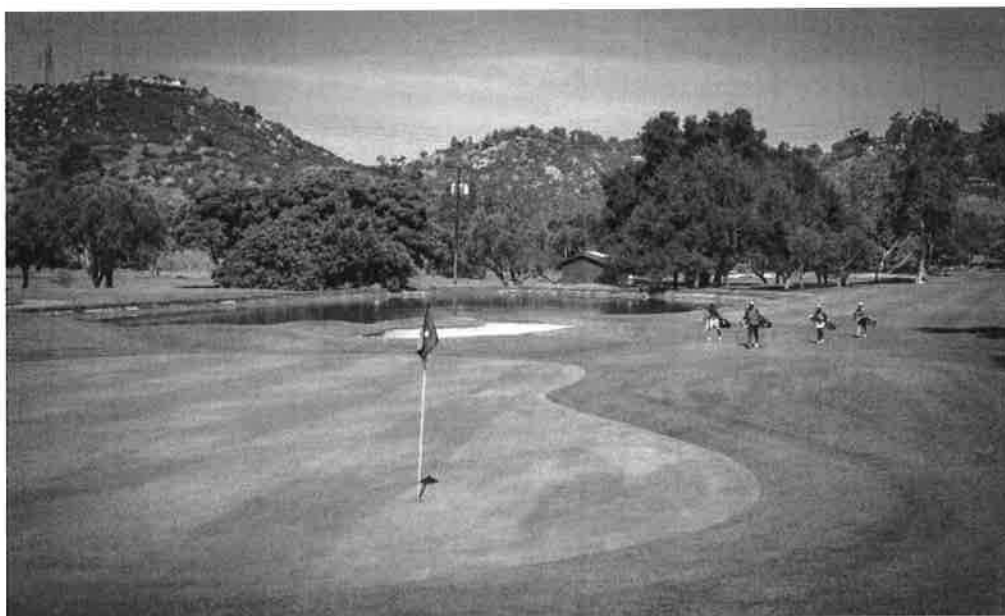
# APPRECIATE

Golf is one of the few sports in which PLAYers are responsible for reporting any breach of a rule to fellow competitors or a rules official. Knowing the rules and etiquette of the game allow PLAYers to maintain a good pace of play, show respect for the course and fellow competitors, as well as enjoy the game as it should be played.

For those PLAYers who are new to golf, the Rules of Golf may be difficult to appreciate unless opportunities are created to experience and understand the game “where” it is played—on the golf course. In addition to the life skills and golf skills specified in Learn, PLAYers should know basic information such as:

- How to hold equipment while waiting to play
- Where they start each hole
- Where they end each hole

During their involvement at the PLAYer level, participants are exposed to the vocabulary, etiquette and the Rules of Golf through games and activities that take place on all areas of the golf course (or simulated course) so they can learn to appreciate the culture of golf. At the PLAYer level, a playing etiquette of safe, fast and courteous is reinforced. It is also important for PLAYers to understand that safety is the number-one concern when they are being introduced to the game of golf.



## CORE LESSON 1

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

#### THE GAME

As indicated in the Golf Skills section of this guide, there is a language and culture that PLAYers need to understand to play the Game of Golf. The following items will be the focus of Core Lesson 1 for PLAYer 3-hole sub-level.

#### 3-HOLE SUB-LEVEL

3-HOLE		
THE GAME	ETIQUETTE	RULES OF GOLF <sup>2</sup>
<b>Areas of the Course</b> <ul style="list-style-type: none"> <li>• Understand “Where to start” —<i>Teeing ground; tee markers</i></li> <li>• Understand “Where to end” —<i>Putting green</i></li> </ul>	<b>Safety</b> <ul style="list-style-type: none"> <li>• Understand “How to hold equipment when not playing”</li> <li>• Understand their <i>safety zone</i> when others are using equipment</li> </ul>	<ul style="list-style-type: none"> <li>• The Game (1-1) —<i>What the game consists of</i></li> <li>• Order of Play (10-2b) —<i>Farthest from the hole</i></li> <li>• Teeing Ground (11-1) —<i>When putting a ball into play</i></li> <li>• Teeing Ground (11-2) —<i>Tee markers</i></li> </ul>
<b>Terminology/Procedures</b> <ul style="list-style-type: none"> <li>• Understand “How to read a scorecard” to navigate around the course</li> <li>• Understand “Golf Skill Categories”—Putt, chip, pitch, full-swing</li> </ul>	<b>Consideration for Other PLAYers</b> <ul style="list-style-type: none"> <li>• Do not disturb others by moving</li> </ul>	
	<b>Care for the Course</b>	
	<ul style="list-style-type: none"> <li>• Always walk on putting green</li> </ul>	
	<ul style="list-style-type: none"> <li>• Do not step on or near the hole</li> </ul>	

<sup>2</sup> At the PLAYer level all rules are implemented based on stroke play.