

HEALTHY HABITS | BENCHMARKS AND EXIT OUTCOMES PLAY, SAFETY, ENERGY

LEVEL 4 ADVANCED (Transfers to other contexts) BENCHMARK GRADES 4-5

- Encourages others to “do their best” to be physically active
 - + helps others stay engaged in physical activities
 - + encourages others to take part in after school activities
- Encourages others to be safe in all situations
 - + applies player and caddy relationship dynamic in other situations
 - + contrast negative and positive risks in a variety of situations
- Selects and eats healthy foods
 - + when playing sports and other physical activities eats healthy snacks
 - + prepares for physical activity by hydrating and remains hydrated

LEVEL 3 PROFICIENT (Exhibits without teacher prompting) BENCHMARK GRADES 4-5

- Explains that fitness levels will impact play levels
 - + works to improve fitness levels in class
 - + stays engaged in all activities
- Demonstrates an awareness of safety issues for self and others
 - + explains how fitness levels are related to injury prevention
 - + selects appropriate attire for physical activity
- Selects healthy snack when offered
 - + chooses to hydrate in appropriate manner

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) BENCHMARK GRADES 2-3

- Engages in activities created by the teachers
 - + chooses to be involved in games
 - + demonstrates effort in attempt to stay involved
- Responds to teacher requests to follow safety rules
 - + remains in safety zones while others participate
 - + uses equipment in appropriate ways
- Taking water breaks when planned by the teacher

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK FOR GRADES K-1

- Identifies games and activities that are fun
 - + identifies working with peers makes a game fun
 - + continues to choose to be engaged in activities
- Recalls rules of games and activities in class
 - + identifies rules provide structure for games
 - + identifies safety zones used in routines set by the teacher
- Identifies food and water provide energy for the human body.
 - + identify healthy vs. non-healthy foods

HEALTHY HABITS | BENCHMARKS AND EXIT OUTCOMES FAMILY, SCHOOL, MIND

LEVEL 4 ADVANCED (Transfers to other contexts)

- Encourages friends to promote the importance of family time
 - + encourages friends to make time for their families
- Assists teachers and other school personnel
 - + offers support to others when working on group assignments
- Encourages others to do their best
 - + offers meaningful advice to peers

LEVEL 3 PROFICIENT (Exhibits without teacher prompting)

- Promotes to family members the importance of family time
 - + encourages family members to make time for others
- Seeks out help in school for assignments and test preparation
 - + demonstrate a willingness to attend help sessions without prompts
- Maintains self confidence
 - + continues in activities in light of difficulties

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) BENCHMARK GRADES 4-5

- Engages in family activities
 - + discusses with family members topics such as healthy eating
 - + demonstrates a willingness to help family members prepare meals
- Responds to teacher requests for help in the classroom and school
 - + demonstrate a willingness to work in extra help situations
- Remains confident when encouraged by the teacher
 - + demonstrates the capacity to remain focused when directed by the teacher

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK GRADES 2-3

- Identifies family activities in which they participate
 - + identifies vacations and family outings as important
 - + recognizes meals and daily interaction as important family time
- Identifies core knowledge learned in school that promotes a healthy life
 - + identifies concepts related to healthy nutrition
 - + identifies concepts related to physical activity and fitness
- Identifies positive skills and attitudes of oneself
 - + recognizes one has the skills to meet others and be friendly

HEALTHY HABITS | BENCHMARKS AND EXIT OUTCOMES FRIENDS, VISION, COMMUNITY

LEVEL 4 ADVANCED (Transfers to other contexts)

- Encourages others to plan for challenging situations
 - + helps others persevere through difficult situations
- Encourages others to sets short-and long-term goals to plan for success
 - + helps others to develop a plan to achieve long term goals
- Promotes community activities
 - + helps adults plan for and implement The First Tee, YMCA and Boys & Girls Club events

LEVEL 3 PROFICIENT (Exhibits without teacher prompting)

- Demonstrates capacity to identify challenging situations and solutions
 - + creatively solves problems
- Sets long-term goals to plan for success
 - + develops a plan to achieve long-term goals
- Attends community activities
 - + seeks out information about The First Tee, YMCA and Boys & Girls Club events

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted)

- Works through challenging situations with assistance
 - + solves problems with advice from mentors
- Sets goals to plan for success with assistance
 - + sets life-related goals that are important to school with mentors
- Attends community activities with encouragement from adults
 - + attends events organized by The First Tee, YMCA and Boys & Girls Club

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK GRADES 4-5

- Identifies how friends work through challenging situations
 - + recognizes that friends have support to help during challenging times
- Recognizes the importance of having goals to plan for success
 - + identifies life-related goals that are important to school
- Identifies community resources that help youth engage in a healthy life
 - + recognizes The First Tee, YMCA and Boys & Girls Club as community resources

CORE VALUES | BENCHMARKS AND EXIT OUTCOMES RESPECT, COURTESY, RESPONSIBILITY

LEVEL 4 ADVANCED (Transfers to other contexts) BENCHMARK GRADES 4-5

- Demonstrate positive group behaviors in other school activities
 - + develops strategies for taking care of equipment
 - + readying play areas for activities
- Adhere to new rules in other school activities
 - + selects appropriate attire for various school contexts
 - + assists others in recognizing the importance of following rules
- Initiates new relationships with peers and adults
 - + supports others to be fully involved
 - + greets others with friendly tone

LEVEL 3 PROFICIENT (Exhibits without teacher prompting) BENCHMARK GRADES 4-5

- Demonstrate positive group behaviors during physical education
 - + takes care of equipment during physical education
 - + returns equipment in working order
- Adhere to class rules
 - + wears appropriate attire for physical activity
 - + encourages others to follow rules
- Interacts with peers and adults in a positive manner
 - + encourages others to be fully involved
 - + smiles and says hello to greet others

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) BENCHMARK GRADES 2-3

- Demonstrate positive group behaviors when directed by the teacher
 - + follows direct when told how to utilize equipment
 - + cleans up play areas when instructed
- Follows teacher direction for activities
 - + wears appropriate attire for physical activity when reminded by teacher
 - + holds self accountable to follow rules
- Works with a partner during group activities
 - + takes turns during activities
 - + responds to friendly greetings

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK GRADES K-1

- Identifies positive group behaviors when directed by the teacher
 - + recalls rules and directions regarding the use of equipment
 - + recognizes that play areas need to be cleaned after class
- Attentive during class activities
 - + takes turns during activities
 - + responds to friendly greetings

CORE VALUES | BENCHMARKS AND EXIT OUTCOMES HONESTY, SPORTSMANSHIP, CONFIDENCE

LEVEL 4 ADVANCED (Transfers to other contexts)

- Encourages others to “do their best” in other school contexts
 - + helps others identify positive aspects in other school activities
 - + provides meaningful feedback to others
- Promotes others to be honest in other school contexts
 - + models honesty in other school activities
 - + asks clarifying questions to better understand expectations
- Maintains a positive outlook in all situations
 - + sets realistic goals
 - + honest self reflection and comparison to specific situations

LEVEL 3 PROFICIENT (Exhibits without teacher prompting)

- Demonstrates positive outlook during physical education
 - + creates strategies to remain positive
 - + offers support to others during activities
- Holds oneself accountable during activities
 - + self imposes penalties if rules are broken
- Self regulates a positive attitude in activities
 - + sets goals specific to skills and activities
 - + explains what they did well during activities

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) **BENCHMARK GRADES 4-5**

- Demonstrates honest behaviors when requested by the teacher
 - + completes scorecards and other assessments truthfully
 - + reflects on performance in truthful ways
- Responds to others with kindness when winning and losing
 - + recognizes that their positive outlook can influence others
 - + demonstrates a willingness to accept teacher feedback
- Responds to teacher with strategies to remain confident in difficult situations
 - + can remain focused when performance in activities is lower

LEVEL 1 PRACTICING (Knows when asked by teacher) **BENCHMARK FOR GRADES 2-3**

- Identifies situations when honesty is expected of players
 - + recognizes scoring and penalty situations demand honest behaviors
 - + explains to teacher the importance of being truthful
- Explains that other players’ behaviors influence his/her positive outlook
 - + identifies taking turns as a positive behavior
 - + explains how friendly greetings help create a positive learning environment
- Remains active in the majority of activities to comply with teacher directions
 - + explains that they enjoy engaging in activities

CORE VALUES | BENCHMARKS AND EXIT OUTCOMES JUDGMENT, PERSEVERANCE, INTEGRITY

LEVEL 4 ADVANCED (Transfers to other contexts)

- Encourages others to “do their best” in other school contexts
 - + helps others identify positive aspects in other school activities
 - + provides meaningful feedback to others
- Promotes others to be honest in other school contexts
 - + models honesty in other school activities
 - + asks clarifying questions to better understand expectations
- Maintains a positive outlook in all situations
 - + sets realistic goals
 - + honest self reflection and comparison to specific situations

LEVEL 3 PROFICIENT (Exhibits without teacher prompting)

- Demonstrates positive outlook during physical education
 - + creates strategies to remain positive in adverse situations
 - + offers support to others during activities
- Demonstrates a demeanor that represents a variety of Nine Core Values
 - + self imposes penalties if rules are broken
- Self regulates a positive attitude in activities
 - + sets goals specific to skills and activities
 - + explains what they did well during activities

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted)

- Demonstrates appropriate behaviors during activities
 - + players turn in self assessments and scorecards with honest information
 - + self reflect when prompted by the teacher
- Demonstrate the capacity to persevere in difficult activities
 - + utilizes self regulating strategies to refocus on activities
 - + explains strategies to remain engaged in activities when less successful
- Demonstrates positive decision making during activities
 - + makes positive decisions with respect to relationships with peers
 - + selects appropriate club for various situations

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK GRADES 4-5

- Identifies situations when a player will need integrity
 - + explains golf is a game where players hold themselves accountable
 - + identifies instances in golf where integrity is needed
- Recognizes that players need patience to be successful in golf
 - + identifies instances in golf where a player will need patience
 - + explains strategies to help players remain focused during games
- Identifies that players will make difficult decisions in the game of golf
 - + recognizes that there are strategic game decisions players will make

GOLF SKILLS | BENCHMARKS AND EXIT OUTCOMES

GOLF SKILLS AND KNOWLEDGE

LEVEL 4 ADVANCED (Transfers to other contexts) BENCHMARK GRADES 4-5

- Applies all of the prior skills and knowledge in game context

LEVEL 3 PROFICIENT (Exhibits without teacher prompting) BENCHMARK GRADES 4-5

Cognitive

- Explains the similarities of side-to-target orientation in all shots
- Selects the appropriate club for various shots
- Explains the technique to vary swing length to control distance
- Identifies the importance of pre-shot routines
- Identifies the importance of mental rehearsal during pre-shot routine

Psychomotor

- Utilizes a side-to-target orientation in all shots
- Utilizes the appropriate club for a variety of shots based on situational context
- Varies swing length to control distance based on situational context
- Demonstrates a fluid swing in all shots by maintaining tempo of swing
- Demonstrates balance when swinging a club

LEVEL 2 DEVELOPING (Demonstrates when teacher prompted) BENCHMARK GRADES 2-3

Cognitive

- Explains that a putter is a club used to roll a ball
- Explains the importance of using a side orientation in preparation to strike the ball
- Identifies a chip uses a wedge to make the ball fly low and bounce
- Identifies that a pitch uses a wedge to make the ball fly at a medium/high level
- Identifies that a full swing is used to make a ball fly the farthest at a high level
- Identifies that force of a swing is controlled by length of swing

Psychomotor

- Rolls a ball with a putter toward a target with accuracy
- Demonstrates a side orientation in putting, chipping, pitching and full swing
- Explores the full swing, chip and pitch by varying swing lengths
- Appropriately positions body and ball during setup based on alignment

LEVEL 1 PRACTICING (Knows when asked by teacher) BENCHMARK GRADES K-1

Cognitive

- Identifies golf is a target sport
- Identifies differences among rolling, bouncing and lobbing
- Identifies clubs such as putter and wedge
- Identifies side-to-target orientation

Psychomotor

- Rolls a ball with a putter and hands toward a target
- Positions body with side orientation to desired target with putter and wedge