



## Best Practices

### **Title: Instant Healthy Habits All Year!**

- **Equipment:** Varies (see Lesson Plans)
- **Grade Level(s):** K-5<sup>th</sup>
- **Description:**

Use The First Tee Nine Healthy Habit activities throughout the year as *Instant Activities* (Warm up activities, ASAPs). Rotate them through each new lesson or use one habit for a connected series of lessons to improve the skill/fitness and the understanding of the healthy habit.

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