



BEST PRACTICE AND LESSON PLAN IDEAS

Category: Golf Motor Skills/Core Value Integration

Suggested Grade: 4th-5th

Title: Golf Skills Rotation Stations

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Equipment/Materials:

- Wedges Flagstick Targets
- Putters Rollerama Targets
- Snag Balls Core Value Posters
- Bulls Eye Targets Cue Cards
- Tees Dome Cones
- Cones Poly Spots
- Hula Hoops
- Rollerama Targets

Description:

- This activity is a culmination activity after teaching proper technique of basic skills of The First Tee National School Program golf, and students have an awareness of the safety rules and correct way to rotate within their group.

I have a big playground area, both grass and cement, so this activity works really well at our school!

- The stations are:
 1. On cement basketball court: rollerama targets with 3 SNAG balls under a dome cone. Students putt from 3 different stances.
 2. Grassy playground area: hula hoops on the ground with flagstick targets placed inside the hoops. (Simulates a putting green) Students chip 3 SNAG balls at the flagstick targets.
 3. Grassy playground area: the bulls-eye targets are placed out in front of the tees. Student gets 3 SNAG balls to full swing and try and hit the bulls eye target.
- These stations allow for students to get one more chance at each of the golf motor skills of putting, chipping and full swing.
- Students are in groups and we practice, many times, before even touching a club, how to rotate properly for safety reasons. The A-B-C is a reminder to them they cannot hit until they have done that!

GOLF SKILLS ROTATION STATIONS
CULMINATION ACTIVITY

Content Goal: Students Will Be Able To Demonstrate the Proper Technique of:
 Putting Chipping Full Swing

Language Goals:

- *Discuss with group members how you grip the club for putting, chipping and full swing.
- *Make sure students who are hitting the ball perform the A-B-C's to ensure safety.

Social Goals:

- *Students work in groups of 5-6, and each student knows what their Job is at each station.
- *To ensure safety, cones are set up as a visual reminder of where Each student should be standing at their station.

Description of Activity/Station:

- *As an end of the unit culmination activity, I set up three different golf stations. Students rotate through each station using the SNAG golf equipment and recalling skills taught in previous lessons.
- *After 6-8 minutes, the 3 stations rotate.....putting goes to full swing; full swing goes to chipping; and chipping goes to putting. This allows enough time for students to get many hits in. At each station, 4-5 students can go at a time, because of the big area I have to teach!

Closure Activity:

- *I have questions written on an index card that relate to lessons taught throughout the First Tee Golf Program. On another card is the answer to that question. I will hand the boys the question card and the girls get the answer card. They then have to mingle and find who has the correct answer to their question.

Example:

- Question Card: Name one of the 9 First Tee Core Values
- Answer Card: Could be just one...Responsibility, or might put all 9 of them as an answer!
- Question Card: Full Swing Cues
- Answer Card: Circle Back, Sweep Low, Circle High
- Question Card: What Does A-B-C's Stand For?
- Answer Card: "A"=All sides...check for space
 "B"=Broadcast...tell teammates you are going to hit
 "C"=Check again to make sure it is all clear to hit