

# National School Program 2.0 | 4-5 Lesson 1

## LEARNING OBJECTIVES

### Core Value RESPECT:

Wear Proper Attire

### Golf Skill/Concept HOLD, SET UP and PUTT:

Use side-orientation

### Healthy Habit SAFETY:

Start Slow, Finish Safe

## LESSON OVERVIEW

In the Core Learning Activity, players will focus on two key objectives as they participate in today's activities: **Respect** by understanding that they must wear proper attire to P.E. class and **Hold, Set-Up** and **Putt** by positioning the body in a side-orientation to roll the ball to the target. During the Warm-up Activity, players focus on the health objective **Safety** by identifying one or more warm-up exercises.

## ASSESSMENT FOCUS (NASPE STANDARD)

Players identify proper attire for PE class and strategies to become physically fit. (S 2, S 3, S 5, S 6)

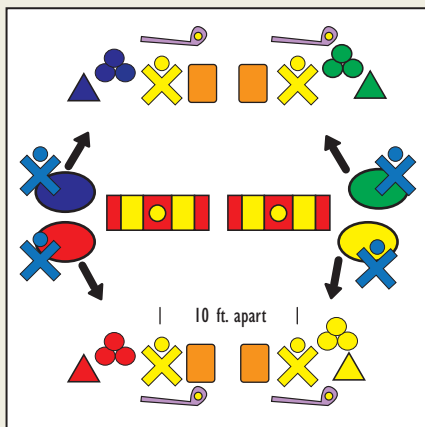
Players demonstrate following rules, putting to a target with a putter and using hold, set-up and putt cues. (S 1-6).

## LESSON ASSESSMENT/TEACHER REFLECTION

At the end of the lesson identify at least 3 things that went well (**GOOD**) with the lesson, and 1 thing to do differently for next delivery of this lesson to make it **BETTER**. Include **HOW** you plan to make it better.

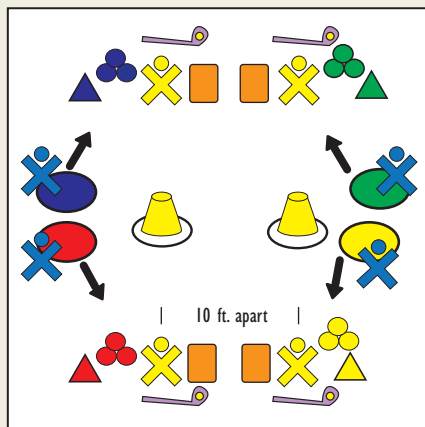
## CORE LEARNING ACTIVITY DESCRIPTION

Players putt at station #1 and #2 using Set-Up and Putt Cues. At station #3 underhand toss the ball into the hoops and throw the ball high in the air at station #4 attempting to focus on the target and stop the ball in the target area in one throw. As players participate, prompt them with questions to think about how proper attire at school and in physical education is one way to show respect not only for themselves but also for others.



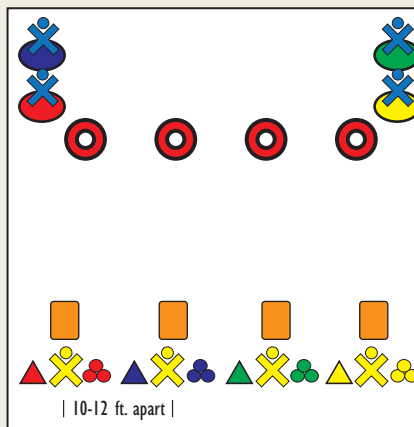
### Station ONE

4-5: Putt with Putter using Set-Up and Putt Cues – 8 ft.



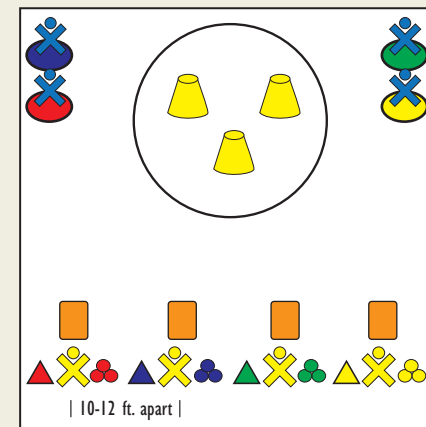
### Station TWO

4-5: Putt with Putter using Set-Up and Putt Cues – 10 ft.



### Station THREE

4-5: Underhand Toss with Hand – 20 ft.



### Station FOUR

4-5: High overhand Throw with Hand – 40 ft.

### Equipment List



Stacking Cones

16



Safety Hoops

16



Hoop



Rollerama

2



Flagstick

5



Bullseye

4



Tee

16



Putter

8



Wedge



Balls

16



Player

16



Caddy

16



## WARM-UP HEALTHY ACTIVITY 5-10 Minutes

### Healthy Habit SAFETY: Start Slow – Finish Safe

- Behavior: Players respond with an example of a technique and exercise for warming-up to reduce their chance of injury.
- Safety is not just about using appropriate equipment during an activity; it is about injury prevention so you can be at your best while you play. A proper warm-up and cool-down routine will generate the necessary blood flow in the muscles for optimal performance. Similarly, it is important to understand your own physical limitations during an activity to avoid unnecessary strain on muscles (ligaments, tendons, etc.).

**Description:** Using the set-up for Lesson Plan One, have everyone jog, skip or crabwalk to a hoop to stand in or a tee to stand next to. Tell students: If in a hoop, point to the person closest to you with cone/balls that match the color of your hoop. That is your partner. If you are near the tee you are the **Player**. If you are in the hoop, you are the **Caddy**. Players go to your Caddy partner's hoop and greet them with a high-five or a knuckle bump. Now switch and Players become Caddies and stay in the hoop and Caddies go to the tee and become the Player. Have students move around the play area and find a different hoop and/or tee-mat. Ask them to point to their partner and make sure they know who is the Player and who is the Caddy. Have Players meet their Caddy partners at the safety hoop with a high-five or knuckle bump and switch positions. Remind them that Caddies may not leave their hoops until the Player meets/greets them at the hoop.

**Learning/Assessment Prompts:** *What kinds of warm-up exercises are you doing to warm-up your body for today's activity? What muscle groups are warmed up while moving to different locations? How will these warm-up exercises prepare the muscles you will use for the golf activities today?*

## CLOSURE 3-5 Minutes

### Understanding – Achievement of Objectives

- **Core Value** – What did you learn about respect today? Name some examples of proper attire for P.E. class (ex. sneakers vs. sandals, shirt tucked in, shoe laces tied).
- **Golf Skill/Concept** – What did you learn about golf today? What did you learn about how to set-up to the ball?

### Application – Bridge to Life

- **Core Value** – Where else can you show respect by wearing proper attire? What will you do tomorrow to show respect by wearing proper attire? How does following the rules honor the game of golf?



## CORE LEARNING ACTIVITY 15-25 Minutes

### Core Value RESPECT: Wear Proper Attire

- Behavior: Players respond that it shows respect when you wear proper attire to physical education class.
- Respect is shown by following rules and by honoring game traditions. Another game “tradition” and a way to show respect is wearing the proper attire while at the golf course. Many golf courses require collared golf shirts and slacks or shorts/skirts that are a longer length such as to the knee. For example many golf courses do not allow jeans and t-shirts.

### Golf Skill/Concept: SET-UP: Use side-orientation

[Practice]: Before swinging the club to strike the ball, players set-up so the body is in a side orientation in relationship to the ball and the clubface is aimed at the target.

- HOLD Cues: “Left on Yellow/Right on Red/Glue Together.”
- SET-UP Cues: “Arrow on Target – Legs A – Arms Y – Dot the Eye” players point the tee mat arrow toward the target and stand in a “side-orientation” to the ball; similar to how a batter stands in baseball. Legs are placed about shoulder width apart and the club and arms form a letter “Y.” The dot on the club is placed behind the ball which is referred to as the “eye” for the cue “dot the eye.”
- PUTT Cues: “Y-Putt-Y” The motion should be one continuous swing from “Y...” as club moves away from the target through to final “...Putt-Y” as the club swings toward the target and finishing past point where ball was set.

[Practice] PUTT and PUTTER: The putt is used in golf to roll the ball to the target. The club used is a “putter.”

[Reinforce] Golf is a TARGET sport.

**Description:** Players putt at station #1 and #2 using Set-Up and Putt Cues. At station #3, underhand toss the ball into the hoops and throw the ball high in the air at station #4 attempting to focus on the target and stop the ball in the target area in one throw. As players participate, prompt them with questions to think about how proper attire at school and in physical education is one way to show respect not only for themselves but also for others.

**Learning/Assessment Prompts:** During the activity, verbally reinforce individual players who are dressed appropriately for the physical activity class, follow the rules, or use appropriate cues for the putt. Ask guiding questions to focus their attention on showing respect by wearing proper attire. For example:

- **Core Value** – What is the proper attire to wear in physical education class? How might this attire differ when playing golf? As you play games, how does following rules show respect for yourself and others? Give an example of what you do when you follow the rules as you play.
- **Golf Skill/Concept** – What cues do you use for Set-up and Putt? (Arrow on Target – Legs A – Arms Y – Dot the Eye) (Y-Putt-Y) What does it mean to use a “side orientation” when setting up to putt the ball? What other sports set-up with a “side orientation”? Golf involves moving a ball from a starting point to an end point? What type of game/sport is golf? (Target)