

Player	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9 / Certification
Life Skill / Core Lesson	<u>#1, Welcome and Showing Respect / The First Tee Code of Conduct / Meeting and Greeting</u>	<u>#2, Courtesy Towards Others</u>	<u>#3, Responsibility for the Course</u>	<u>#4, The Honesty of Players / #5, Modeling Sportsmanship</u>	<u>#6, Developing Confidence</u>	<u>#7, Using Good Judgment</u>	<u>#8, Playing with Perseverance</u>	<u>#9, Living with Integrity</u>	
Golf Fundamental / Factor of Influence	Distance Response / Size or Length of Motion / Y-Chip-Y, Y-Putt-Y	Target Awareness / Target Selection / See The Target	Get Ready to Swing / Hold, Set-Up, Aim & Alignment	Distance Response / Size or Length of Motion / Y-Putt-Y, Y-Chip-Y	Target Awareness / Target Selection / See The Target	Get Ready to Swing / Hold, Set-Up, Aim & Alignment	Distance Response / Size or Length of Motion / Y-Chip-Y, Y-Putt-Y	Target Awareness / Target Selection / See The Target	
Locations / Activities	Putting	Putting	Putting	Putting	Putting	Putting	Putting	Putting	
	21 Square Putting	Through the Gates Putting	1,2,3, Putting Game	Simon Says Putting Game	Through the Gates Putting	1,2,3, Putting Game	Around the World Putting	3,3,3 Putting Game	
	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	
	Leap Frog Chipping	21 Triangle Chipping	Capture the Tee	Tic Tac Toe Chipping	Capture the Tee	Depth Charge Chipping	Leap Frog Chipping	21 Triangle Chipping	
	Range	Range	Range	Range	Range	Range	Range	Range	
	Football Golf with Small, Medium, and Large Swings	Target Golf, Phase Challenge	Noodle Bowling	Football Golf with Small, Medium, and Large Swings	Target Golf, Phase Challenge	Football Golf with Small, Medium, and Large Swings	21 for Full Swing	Target Golf, Phase Challenge	
	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	
Activity Diagrams	21 Square Putting	Through the Gates Putting	1,2,3 Putting Game	Simon Says Putting Game	Through the Gates Putting	1,2,3 Putting Game	Around the World Putting	3,3,3 Putting Game	
	Leap Frog Chipping	21 Triangle Chipping	Capture the Tee	Tic Tac Toe Chipping	Capture the Tee	Depth Charge Chipping	Leap Frog Chipping	21 Triangle Chipping	
	Football Golf	Target Golf, Phase Challenge	Noodle Bowling	Football Golf	Target Golf, Phase Challenge	Football Golf	21 for Full Swing	Target Golf, Phase Challenge	
Healthy Habit	Safety	Play	Energy	Family	Friends	School	Safety	Play	
Etiquette / Definitions / Rules	Pace of Play / USGA and R & A / The Game / 1-1, 3-1,2.	Sections of The Rules of Golf / Stroke Play, Match Play / Equipment / 4, 4-4a	Consideration for Other Players / The Teeing Ground / 11-1,2,3,4b.	The Spirit of the Game / The Putting Green / 16-1, 17-3.	Care of the Course / Playing the Ball / 12-2, 13-1,4, 14-1/.	On The Putting Green / Player's Responsibility / 6-1,5,6,7, 7-2, 10-2.	Pace of Play / Be Ready to Play / Relief Situations / 20-2, 26-1a,b, 27-1,2.	Preventing Unnecessary Damage / One Practice Swing / Ball Marker / Flagstick	

Par	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9 / Certification
Life Skill / Core Lesson	#10, Exploring the Game / GAME	#11, Respecting the Rules	#12, Meeting and Greeting with ALR / Five Steps for Meeting Someone New	#13, Having Fun While You Learn / Three Tips for Having Fun	#14, Staying Cool / The 4 Rs	#15, Finding Your Personal Par	#14, Staying Cool / The 4 Rs	#15, Finding Your Personal Par	
Golf Fundamental / Factor of Influence	Distance Response / Size or Length of Motion / Club Selection	Target Awareness / Target Selection / Distance to the Target	Get Ready to Swing / Hold, Set-Up, Aim & Alignment	Body Balance / Balanced Finish / Y-Chip-Y, Y-Putt-Y, Hold the Finish	Clubface and Ball Contact / Clubface Direction at Contact / Swing Through the Ball	Distance Response / Size or Length of Motion / Club Selection	Target Awareness / Distance to Target / Stand Behind the Ball / See the Target	Body Balance / Balanced Finish / T-Chip-Y, Y-Putt-Y, Hold the Finish	
Locations / Activities	Putting	Putting	Putting	Putting	Putting	Putting	Putting	Putting	
	21 Square Putting	Through the Gates Putting	1,2,3, Putting Game	Simon Says Putting Game	Through the Gates Putting	1,2,3, Putting Game	Around the World Putting	3,3,3 Putting Game	
	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	
	Leap Frog Chipping	21 Triangle Chipping	Capture the Tee	Tic Tac Toe Chipping	Capture the Tee	Depth Charge Chipping	Leap Frog Chipping	21 Triangle Chipping	
	Range	Range	Range	Range	Range	Range	Range	Range	
	Football Golf with Small, Medium, and Large Swings	Target Golf, Phase Challenge	Noodle Bowling	Football Golf with Small, Medium, and Large Swings	Target Golf, Phase Challenge	Football Golf with Small, Medium, and Large Swings	21 for Full Swing	Target Golf, Phase Challenge	
	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	
Activity Diagrams	21 Square Putting	Through the Gates Putting	1,2,3 Putting Game	Simon Says Putting Game	Through the Gates Putting	1,2,3 Putting Game	Around the World Putting	3,3,3 Putting Game	
	Leap Frog Chipping	21 Triangle Chipping	Capture the Tee	Tic Tac Toe Chipping	Capture the Tee	Depth Charge Chipping	Leap Frog Chipping	21 Triangle Chipping	
	Football Golf	Target Golf, Phase Challenge	Noodle Bowling	Football Golf	Target Golf, Phase Challenge	Football Golf	21 for Full Swing	Target Golf, Phase Challenge	
Healthy Habit	Safety	Play	Energy	Family	Friends	School	Safety	Play	
Etiquette / Definitions / Rules	Pace of Play / USGA, R & A / The Game / 2-1,3	Sections of The Rules of Golf / Stroke Play, Match Play / Equipment / 4-4, 4a	Consideration for Other Players / The Putting Green / Playing the Ball / 17-1. 13-2,3. 14-4,5. 15-3	The Spirit of the Game / Players Responsibility / 6-3. 7-1. 10-1,3.	Care of the Course / Red, Yellow, White Stakes / Ball Moved, 18-1, 2, 4, 5.	On The Putting Green / Scoring / Relief Situations / 20-1. 23. 24-1,2. 25-1. 28.	Pace of Play / Be Ready to Play / Lost Ball / Words to Know 54-55 / Review Rules Weeks 1-3	Review Etiquette / Review Rules Weeks 4-6	

Birdie	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9 / Certification
Life Skill / Core Lesson	#16, Dreams and Goals	#17, Setting Goals that are Positive and Important to You	#18, Setting Goals that are Specific and Under Your Control	#19, Setting Different Types of Goals	#20, Getting to Your Goals, Goal Ladders	#21, Dealing with Challenges, STAR	#20, Getting to Your Goals - Review	#21, Dealing with Challenges - Review	
Locations / Activities	Distance Response / Club Selection / Size or Length of Motion	Body Balance- Balanced Start and Finish, Hold the Finish / Weight on Inside of Feet at Address	Clubface and Ball Contact / Centerdness of Hit / Impact Position	Swing Rhythm / Swing Tempo / Consistent Swing Speed / Swing Sequencing / Flow of Motion	Preshot and Postshot Routines / STAR / The 4 Rs	Target Awareness - Verbalize a Target	Swing Rhythm / Swing Tempo / Consistent Swing Speed / Swing Sequencing / Flow of Motion	Preshot and Postshot , STAR, The 4 Rs	
	Putting	Putting	Putting	Putting	Putting	Putting	Putting	Putting	
	21 Square Putting	Through the Gates Putting	1,2,3, Putting Game	Simon Says Putting Game	Through the Gates Putting	1,2,3, Putting Game	Around the World Putting	3,3,3 Putting Game	
	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	
	Leap Frog Chipping	21 Triangle Chipping	Capture the Tee	Tic Tac Toe Chipping	Capture the Tee	Depth Charge Chipping	Leap Frog Chipping	21 Triangle Chipping	
	Range	Range	Range	Range	Range	Range	Range	Range	
	Football Golf with Small, Medium, and Large Swings	Target Golf, Phase Challenge	Noodle Bowling	Football Golf with Small, Medium, and Large Swings	Target Golf, Phase Challenge	Football Golf with Small, Medium, and Large Swings	21 for Full Swing	Target Golf, Phase Challenge	
	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	
Activity Diagrams	21 Square Putting	Through the Gates Putting	1,2,3 Putting Game	Simon Says Putting Game	Through the Gates Putting	1,2,3 Putting Game	Around the World Putting	3,3,3 Putting Game	
	Leap Frog Chipping	21 Triangle Chipping	Capture the Tee	Tic Tac Toe Chipping	Capture the Tee	Depth Charge Chipping	Leap Frog Chipping	21 Triangle Chipping	
	Football Golf	Target Golf, Phase Challenge	Noodle Bowling	Football Golf	Target Golf, Phase Challenge	Football Golf	21 for Full Swing	Target Golf, Phase Challenge	
Healthy Habit	Energy and Vision	School and Commu	Play and Mind	Safety and Friends	Family and Vision	Energy and Mind	Family and Friends	Review Healthy Habits	
Etiquette / Definitions / Rules	Pace of Play / Penalty for breach of Etiquette / The Game / 1-2,3. 2-2. 3-3,4,5.	Sections of the Rules of Golf / Equipment: Clubs and the Ball / 4-3. 5-1,3.	Consideration for Other Players / Teeing Groud and Putting Green / 11-4a. 5. 17-2.	The Spirit of the Game / Playing the Ball and The Player's Responsibility / 12-1. 13-4. 14-2. 6-2. 8-1.	Care of the Course / Preventing Unnecessary Damage / Ball Moved, 18-3,6. 19-1,2,4,5.	On The Putting Green / Scoring / Relief Situations / 20-3,4,5. 24-3.	Pace of Play / Be Ready to Play / Lost Ball / Review Rules Weeks 1-3	Review Etiquette / Review Rules Weeks 4-6	

Eagle	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9 / Certification
Life Skill / Core Lesson	#22, Stay Well for Life	#23, Building a Go-To Team	#24, Appreciating Diversity	#25, Dealing with Conflicts	#26, Be A Go-To Person	#27, Planning For The Future	#26, Be A Go-To Person / Review	#27, Planning For The Future / Review	
Golf Fundamental / Factor of Influence	Distance Response / Size or Length of Motion / Club Selection / Energy or Speed applied to motion	Body Balance - Balanced Start and Finish, Hold the Finish / Weight on Inside of Feet at Address	Clubface and Ball Contact / Centeredness of Hit / Impact Position	Swing Rhythm / Swing Tempo / Consistent Swing Speed / Swing Sequencing / Flow of Motion	Preshot and Postshot Routines / STAR / The 4 R's	Ball Flight / Trajectory / Curvature	Swing Rhythm / Swing Tempo / Consistent Swing Speed / Swing Sequencing / Flow of Motion	On-Course Strategies / Self Management / Course Management	
Locations / Activities	Putting	Putting	Putting	Putting	Putting	Putting	Putting	Putting	
	21 Square Putting	Through the Gates Putting	1,2,3, Putting Game	Simon Says Putting Game	Through the Gates Putting	1,2,3, Putting Game	Around the World Putting	3,3,3 Putting Game	
	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	Chipping	
	Leap Frog Chipping	21 Triangle Chipping	Capture the Tee	Tic Tac Toe Chipping	Capture the Tee	Depth Charge Chipping	Leap Frog Chipping	21 Triangle Chipping	
	Range	Range	Range	Range	Range	Range	Range	Range	
	Football Golf with Small, Medium, and Large Swings	Target Golf, Phase Challenge	Noodle Bowling	Football Golf with Small, Medium, and Large Swings	Target Golf, Phase Challenge	Football Golf with Small, Medium, and Large Swings	21 for Full Swing	Target Golf, Phase Challenge	
	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	Play Date	
Activity Diagrams	21 Square Putting	Through the Gates Putting	1,2,3 Putting Game	Simon Says Putting Game	Through the Gates Putting	1,2,3 Putting Game	Around the World Putting	3,3,3 Putting Game	
	Leap Frog Chipping	21 Triangle Chipping	Capture the Tee	Tic Tac Toe Chipping	Capture the Tee	Depth Charge Chipping	Leap Frog Chipping	21 Triangle Chipping	
	Football Golf	Target Golf, Phase Challenge	Noodle Bowling	Football Golf	Target Golf, Phase Challenge	Football Golf	21 for Full Swing	Target Golf, Phase Challenge	
Healthy Habit	Energy, Play, Safety	Friends, School, Family	Vision, Mind, Community	Energy, Play, Safety	Friends, School, Family	Vision, Mind, Community	Friends, School, Family	Review Healthy Habits	
Etiquette / Definitions / Rules	Pace of Play / Penalty for breach of Etiquette / The Game / 1-4, 2-4,5,6.	Sections of the Rules of Golf / Equipment: Clubs and The Ball / 4-1, 2, 5-2	Consideration for Other Players / Putting Green / Playing the Ball / 17-4, 14-3,6, 15-1,2.	The Spirit of the Game / The Players Responsibility / 6-4, 8-2.	Care of the Course / Preventing Unnecessary Damage / Ball Moved, 19-3.	On the Putting Green / Scoring / Relief Situations / 20-6,7, 22, 25-2,3, 26-2.	Pace of Play / Be Ready to Play / Lost Ball / Review Rules Weeks 1-3	Review Etiquette / Review Rules Weeks 4-6	

Warm Up Activities- Introduction / Use At Least Three of the Five Categories	Strength	Flexibility and Mobility	Agility and Coordination	Balance	Object Control	Circuit Examples
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