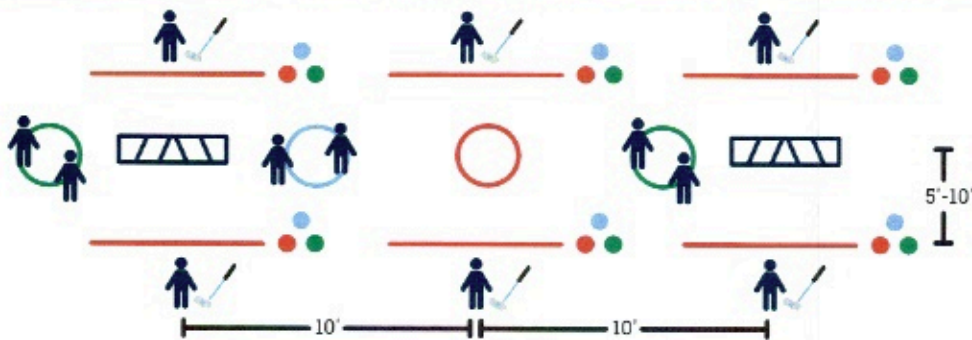


Activity Plan 1

Putting With Respect

PLAY: GOLF Darts



Set-Up: Rectangle Targets, Balls, Putters and Hoops

Player Exploration — Coaches Model And Ask Questions Related To Golf Skills:

- After a few rounds, ask players to share **how they hold their club**. How do they set-up to the ball? What other ways are there to hold the putter? What other ways are there to set-up to the ball? This self-discovery process facilitates learning and empowers players to discover how they aim their club face and set-up their body to the target.
- Coaches may choose to model the **Hold and Set-Up** cues after a few trials and invite participants to try these methods.
- Ask participants to **compare and contrast** which method works best for them. (See Instructional Cue Cards at the beginning of the “Let’s Play” section for information on Hold and Set-up cues.)

Core Value Integration — Coaches Model And Ask Questions Related To Core Value Behaviors:

- Ask players to **show respect** by following the instructions and safety rules.
- **Catch players following instructions;** provide positive reinforcement for showing respect by following the safety rules. During activity, ask players how are they showing respect.

Game Description

Players will play a dart game, rolling the balls to the **Rectangle Target** using Putters.

- **Divide players into partners.** Two groups can go at the same time from opposite side of **Rectangle Target** or hoop.
- Players alternate turns putting three balls and tracking the number of points they accumulate (5 for Red, 10 for Blue, and 25 for Bullseye). Award **20 points** for balls stopping inside hoop.
- If time permits, have players switch opponents and play again.

WRAP-UP

Interact with group in a way that, based upon today’s activities, draws out their experiences, understanding, and application. The questions below may be used as a model; or coaches can develop their own. Engage participants for approximately five minutes and help them bridge the use of skills learned through golf to other areas of their lives.

Experience:

- How would you describe your experience today?
- How was it fun? How was it challenging?
- What was most interesting to you?

Understanding:

- What kinds of things did you learn today?
- What did you learn about golf? Putting?
- Hold and set-up?

- What are the cues for hold? What are the cues for set-up?
- What did you learn about respect?
- What behaviors are associated with respect?

Application:

- What areas of your life can you use what you have learned today?
- How are you going to use the skills you have learned today to improve other areas of life?

- What is a specific example of how you are going to apply what you have learned today to school, family, friends or other?

Coach Notes:

- Use open-ended questions that typically begin “how” and “what.”
- Allow players to complete all sentences without interruption.
- Be comfortable with silence, allowing players adequate time to provide thoughtful responses.

Life Skills Table

The table below lists **Activity Plan** titles and indicates which life skills categories are addressed in each one. The core value emphasized is evident within the **Activity Plan** title. The life skills categories addressed provide information for the coach and should assist with planning, as well as discussions with parents, guardians and other adults who may assist with delivery. The core value and the related behaviors (see **Behavioral Checklist** in this section) are included in each **Activity Plan** when delivered to participants.

Activity Plan Titles	Life Skills Categories		
	Interpersonal Skills	Self-Management	Resilience Skills
1 Putting with Respect	✓	✓	
2 Chipping with Courtesy	✓		
3 Pitching with Responsibility	✓	✓	
4 Swinging with Honesty		✓	
5 Putting with Sportsmanship		✓	
6 Chipping with Confidence		✓	
7 Pitching with Judgment		✓	✓
8 Swinging with Perseverance		✓	✓
9 Putting with Integrity		✓	
10 Chipping with Respect	✓	✓	
11 Pitching with Honesty	✓	✓	
12 Swinging with Judgment		✓	
13 Playing Golf—Stroke Play with Courtesy	✓		
14 Playing Golf—Match Play with Responsibility	✓	✓	
15 Playing Golf—Scramble with Confidence		✓	
16 Playing Golf—Alternate Shot with Perseverance		✓	✓
17 Playing Golf—Best Ball with Sportsmanship		✓	
18 Playing Golf—Extreme Golf with Integrity		✓	

Changing the Game for Teachers & Students

Results from an independent review revealed that teachers agree the First Tee School Program is safe, fun and engaging for their students.



"While teaching [this program], the confidence level of students improves from beginning to end of the lesson."

- Physical educator, Kingwood, TX

"This program is everything you are looking for. It's fun, engaging and resourceful in so many ways."

- Melissa Argenzio, La Casa de Esperanza Charter School



98% of teachers agree that **students have fun while participating** in their First Tee program

98% of teachers agree that **students learn the basic skills of golf** by participating in their First Tee program

84% of teachers agree that **students know more about positive behaviors** by participating in their First Tee program.

First Tee & The Bridgespan Group Report (2019)

In Summary

Research reveals **convincing evidence** that youth involved in our programs transferred life skills to multiple settings and learned and used life skills through the game of golf. Our curriculum, combined with trained educators, **empowers participants** with a set of skills that prepares them for a lifetime of new challenges.



Weiss MR (2016), *Evaluation of First Tee in Promoting Positive Youth Development: Group Comparisons and Longitudinal Trends*





Our Impact

Since 2004, First Tee has been integrating the First Tee School Program into PE classes across the country. We've equipped educators at elementary and middle schools with our curriculum built around the game of golf, while positively impacting kids through both the game and its inherent ability to improve social emotional learning (SEL) skills.



We Build Experiences that Build Character

First Tee School Program aims to create a safe introduction to golf and opportunities to build the strength of character for today's students. Through our curriculum that is aligned with SHAPE national standards, the lesson plans integrate basic golf, motor skills, and positive development while allowing teachers to confidently introduce golf in their physical education classes.

It's About More Than Golf

With the belief that all kids deserve the chance to grow in a supportive environment with mentors guiding them, we are dedicated to building programs that are accessible, welcoming, and as impactful as they are fun.

An analysis of students in SEL programs showed:

- 11 percentile-points gained in academic achievement versus students who didn't participate
- 27% more likely to report positive social behavior (daily behaviors related to getting along with and cooperating with others)
- 25% more likely to report positive attitudes (self-esteem, self-concept, liking and feeling connected to school, etc.)
- 5% more likely to report fewer conduct problems (aggression, disruptiveness, etc.)

Casel (2011), The impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions

