

The First Tee National School Golf Program (3rd-6th graders)

Program framework used by Robyn Lorain - PGA

Day 1

Learning Objective: Putting & Sportsmanship

Introduction (5 min.)

Teaching & Cue words (5 min.)

Demonstrations with volunteer(s) (5 min.)

Organize into groups, set ground rules (2 min.)

4 Stations: (5-6 min. ea. Station)

Putting to Rollarama (short putt)

Putting to Flagsticky w/hoop (middle putt)

Putting to Rollarama (long putt)

Putting around the World

Review and Bridge to Life. (3-4 min.)

Day 2

Learning Objective: Chipping & Judgment

Review Putting, Sportsmanship, examples, cue words. (5 min.)

Demonstrate new shot. (5 min.)

Discuss. Discuss same cue words and Y-chip-Y.

Introduce Judgment along with chipping. Discuss definition and examples.

Review responsibilities of partner in hoop and how to get out of hoop.

Demonstrations with Volunteer(s) (5 min.)

Organize into groups (2 min.)

4 Stations: (5-6 min. ea)

Never Ending Putt

Chipping to Rollarama

Pinocchio Putting

Chipping to Flagsticky

Review and Bridge to Life (3-4 min.)

Day 3

Learning Objective: Pitching & Responsibility

Review putt, sportsmanship, chip, judgment (5 min.)

Introduce new shot. Notice differences about target. Ideas for shot? Demonstrate chip. Would it work? What could be different? Demonstrate shot. (2 min.)

Introduce Pitch shot. Describe new letter formed during shot. Discuss target, point value for bulls-eye, etc. Introduce ABCs of Safety. "I'm Pitching" (5 min.)

Demonstrate with a different volunteer for each station. Review safety, how to get out of the hoop, shaking hands, collecting balls, etc. (5 min.)

4 Stations: (5-6 min. ea.)

Pitching

Chipping Limbo

Bonus Putting

Chipping Hula

Review and Bridge to Life (3-4 min.)

Day 4

Learning Objective: Full Swing & Responsibility

Review of previous days, cue words and core values. (2 min.)

Set up for driving range (inside or out). Work in partners outside or have a 3-way rotation indoors. One hitting, one on-deck, and one to shag balls (no partners/groups, 3 parts to the rotation). Use ABCs of Safety. "I'm Swinging." Take a knee when done. "Driving Range is Open" and "Driving Range is Closed" to allow students to pick up golf clubs, pick up balls, etc. Teach and demonstration (5-10 min.)

"Driving Range Game" (25-30 min.)

"Sole Patrol" 2nd half

Review and Bridge to Life (3-4 min.)