

Playing The Course & Review

Key Commitment:

- **Growing Through Challenges**
- **Collaborating with Other**
- **Building positive self identity**
- **Pursuing Goals**

Key Terms:

- **Par, Birdie, Eagle, Ace**
- **Bogey, Double bogey**
- **Scorecard**
- **Play the ball as it lies**
- **Outside agency**
- **Accidentally**
- **Deliberately**
- **Teeing Area**
- **Green, rough, fairway, bunker**
- **Tee box**
- **Stroke play**
- **Match play**
- **Alternate shot**
- **Four ball**
- **Penalty**
- **Stroke**
- **Divot**
- **Clubhead, shaft, Grip, Hosel, Clubface, Toe, Heel**
- **Iron**
- **Driver**
- **Wedge**
- **Putter**
- **Tee markers**
- **Pace of play**
- **Wrong ball**
- **Out-of-Bounds**

- **Stroke**
- **Distance relief**

Game Changing Behaviors:

- **State and define the first 2R's**
Relax & Replay
- **Understand how these 2R's can be applied to learning and playing golf**
- **Recognize that 2R's are valuable on and off the golf course and demonstrate emotional control as they attempt to stay cool**
- **Understand and can demonstrate the First Tee Five Steps for Meeting Someone new.**
- **Understand the meaning of A-L-R and can demonstrate how to use it in a golf setting and away from the course.**
- **Practice active listening and listening to understand.**
- **State and demonstrate the three tips for developing grit.**
- **Understand that attitude impacts enjoyment and performance.**
- **Develop and demonstrate grit in a golf setting as they face and grow through challenges.**
- **Understand and can explain diversity**
- **Demonstrate an appreciation of diversity**
- **Recognize and value diversity and differences as strengths rather than challenges**

A-L-R

- **Ask questions**
- **Listening and understand the reply**
- **Reflect and respond to the reply**

Five steps for meeting someone new

1. **Face the other person**

- 2. Smile and look them in the eye**
 - 3. Give a firm handshake**
 - 4. State your name clearly and loudly enough to be heard**
- If you need information, ask a question**

Three Tips for Developing Grit:

- 1. Be Patient**
- 2. Be Positive**
- 3. Ask for help**

Guiding Questions:

- 1. How can you relax on the course or in between shots?**
- 2. What is your replay routine?**
- 3. How might the 2R's help you off the golf course?**
- 4. How can you respect others when you do a agree with them?**
- 5. Why are respect and courtesy important on the golf course? At School? At home?**
- 6. What did you learn about small, medium, and large swings today?**

- 7. What does grit mean to you?**
- 8. How can you show grit away from First Tee?**
- 9. How did you demonstrate a balanced finish today?**
- 10. What is diversity?**
- 11. What should you do if you hit the wrong ball?**
- 12. How does the direction of your clubface affect where your ball goes?**

