

PLAYER - Week 1	
Core Lesson	Welcome & Showing Respect
Golf Skills	Full Swing, Pitch, Chip, Putt
Golf Skill Objective	Get Ready to Swing (Stance & Setup)
Life/Golf Skill Questions	What is the First Tee Code of Conduct? How do you show respect at school? What is the area of the golf course where you start? How can you be safe on the golf course?

PAR - Week 1	
Core Lesson	Exploring the GAME
Golf Skills	Full Swing, Pitch, Chip, Putt
Golf Skill Objective	Distance Response (Stance & Posture)
Life/Golf Skill Questions	What is the First Tee Code of Conduct? Explain the acronym GAME? How can you make a GAME out of anything? What does GAME mean to you?

BIRDIE - Week 1	
Core Lesson	Dreams & Goals
Golf Skills	Full Swing, Pitch, Chip, Putt
Golf Skill Objective	Get Ready to Swing (Posture, Set-up, Aim, Alignment)
Life/Golf Skill Questions	What is personal par and how did you use it in the golf activities? What are goals? What are dreams? How are goals and dreams different? How do you determine your own personal par?

EAGLE - Week 1	
Core Lesson	Staying Well for Life
Golf Skills	Full Swing & Chip/Pitch
Golf Skill Objective	Distance Response & Target Awareness
Life/Golf Skill Questions	What does the word wellness mean to you? What is the importance of a healthy body and mind? How can being healthy in these ways help you achieve your goals on the golf course? What are some ways to increase your wellness?

PLAYER - Week 2	
Core Lesson	Courtesy & Responsibility
Golf Skills	Putt and Chip
Golf Skill Objective	Distance Response with Posture & Stance Awareness
Life/Golf Skill Questions	What are your responsibilities for on the golf course? What does Courtesy mean to you? What are some things you can do that will give you energy? What did you do to alter the distance your ball went?

PAR - Week 2	
Core Lesson	Respecting the Rules
Golf Skills	Pitch and Full Swing
Golf Skill Objective	Get Ready to Swing
Life/Golf Skill Questions	What can you do respect the rules of golf? Who is responsible for knowing the rules of golf? How did you incorporate Get Ready to Swing in class today?

BIRDIE - Week 2	
Core Lesson	Setting Goals that are Positive & Important to you
Golf Skills	Full Swing and Putt
Golf Skill Objective	Target Awareness - Body Balance
Life/Golf Skill Questions	What kind of attitude(s) are important to have when setting your goals? What motivated you in achieving your goals? How can you use the goal setting techniques at school?

EAGLE - Week 2	
Core Lesson	Building a 'Go-To' Team
Golf Skills	Short Game
Golf Skill Objective	Body Balance
Life/Golf Skill Questions	Why are family & friends important to you? In what ways do you depend on your friends? What is the importance of a 'Go-To' team in life? Why is a balance golf swing vital? How can you be a better friend? What are some balance drills you can do away from the golf course?

PLAYER - Week 3	
Core Lesson	Honesty & Sportsmanship
Golf Skills	Putt and Pitch/Chip
Golf Skill Objective	Target Awareness
Life/Golf Skill Questions	What is the importance of choosing a target in golf? What are some targets in golf? What other core values can help you show Sportsmanship? How did you show Honesty in class today?

PAR - Week 3	
Core Lesson	5 Steps for Meeting Someone New & A-L-R
Golf Skills	Putt and Chip
Golf Skill Objective	Clubface and Ball Contact
Life/Golf Skill Questions	How can you make a positive first impression? What do you do when you meet someone new? What does A-L-R stand for? How will you use the 5 Steps this week? How can you practice good ball contact?

BIRDIE - Week 3	
Core Lesson	Setting Goals that are Specific and Under Your Control
Golf Skills	Full Swing, Pitch, Chip, Putt
Golf Skill Objective	On Course Strategies - Swing Rhythm
Life/Golf Skill Questions	What are the 4 guidelines for setting a goal? What core values & life skills do you use when you are playing a round of golf? How do you plan on practicing in order to improve your on-course abilities?

EAGLE - Week 3	
Core Lesson	Appreciating Diversity
Golf Skills	Full Swing & Short Game
Golf Skill Objective	Ball Flight
Life/Golf Skill Questions	Why is diversity important? What can we learn from people who are different than us? What do you do to make a golf shot go higher or lower? How do you adjust your set-up to change the height of your golf shot? What could you be doing to make a difference in your community?

PLAYER - Week 4	
Core Lesson	Confidence & Judgment
Golf Skills	Putt & Full Swing
Golf Skill Objective	Distance Response - Aim & Alignment
Life/Golf Skill Questions	What does it mean to be confident? How do we become more confident? What is the difference between good judgment and poor judgment? How did distance response help you in the golf activities today? How will confidence help you at home or at school?

PAR - Week 4	
Core Lesson	5 Steps for Having Fun
Golf Skills	Putt and Chip
Golf Skill Objective	Body Balance
Life/Golf Skill Questions	What are the 3 tips for having fun? Why is body balance important in golf? How did you use body balance in the golf activities? Name a situation when you can use the 3 tips for having fun at school.

BIRDIE - Week 4	
Core Lesson	Setting Different Types of Goals (Process, Outcome, Performance)
Golf Skills	Putting & Short Game Certification Practice
Golf Skill Objective	Certification Practice
Life/Golf Skill Questions	What is an outcome goal? What is a performance goal? What is a process goal? What do you need to improve on in order to pass certification? What type of goal will you set?

EAGLE - Week 4	
Core Lesson	Dealing with Conflict using C.A.R.E
Golf Skills	Putting & Short Game Certification Practice
Golf Skill Objective	Certification Practice
Life/Golf Skill Questions	What are some ways you deal with conflict? What does C.A.R.E stand for? What is a pre-shot routine? Why are post-shot routines important?