

Welcome to First Tee! Let's Work Together!

Key Commitment #1- Collaborating with Others

- I respect other perspectives, especially when they are different than mine
- I show kindness, consideration, and care for others
- I know that my attitude and how I treat others have an impact

Overview

At First Tee, we care about the impact of our words and actions. The things we say and do matter, and when we show care for how our words and actions make others feel, we demonstrate **respect** and **courtesy**. Our world is filled with opportunities to learn from and **Collaborate with Others**, while having fun! When we treat one another with **respect**, we help them to feel valued and important, and when we act with **courtesy**, we show kindness, consideration, and care.

Coaching Tips/Seamless Integration

- Create multiple opportunities for participants to play the game, collaborating with one another, and learning behaviors that show respect and courtesy
- Help players explore how swings of different sizes affect the distance their ball travels

Life Skill Concept

- Participants can recognize things that they have in common with their peers and appreciate their differences

Golf Skill

- Distance Response/Size or Length of Motion
 - Players will experiment with small, medium, and large swings.

Activities

Intro and Warm Up (10 Minutes):

Activity 1 (25 minutes): [Hungry Hippos](#)

Activity 2 (25 minutes): [Touchdown Chipping](#)

Wrap Up (5 minutes): Recap lesson and bridge key commitment to life

Guiding Questions

1. Why are respect and courtesy important on the golf course? At school? At home?
2. What are some ways we can have a positive impact with our words and actions?

Lesson Length: 60 minutes
Number of Kids: 8
Key Commitment: Collaborating with Others
Golf Skill(s): Putting & Chipping
Golf Fundamental:
-Distance Response
-Size/Length of Motion

Key Terms:

Collaborations
Respect
Courtesy
Consideration
Kindness