



PLAYer Level 1 Nine Week Lesson Plan Grid

PLAYer 9 Week Lesson Plan	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Core Value	Welcome and Showing Respect	Courtesy Toward Others	Responsibility for the Course	Honesty of players	Modeling Sportsmanship	Developing Confidence	Using Good Judgment	Playing with Perseverance	Living with Integrity
Life Skill	The First Tee Code of Conduct	Shaking hands when greeting others	Keeping up with Pace of Play	Reporting a correct score	Treating others kindly whether winning or losing	Notice something you are doing well no matter the result	Making decisions about which clubs to use with each shot	Trying your best no matter how you are playing	Staying calm when you think no one is watching
PLAYer Book Page	#4-5	#8-9	#12-13	#16-17	#20	#24-25	#28	#32-33	#36-37
Golf Fundamental	Distance Response	Target Awareness	Get Ready to Swing	Distance Response	Target Awareness	Get Ready to Swing	Distance Response	Target Awareness	Get Ready to Swing
Factor of Influence	Size or Length of Motion	Target Selection/See the Target	Hold, Set-up, Aim & Alignment	Size or Length of Motion	Target Selection/See the Target	Hold, Set-up, Aim & Alignment	Size or Length of Motion	Target Selection/See the Target	Hold, Set-up, Aim & Alignment
Healthy Habit	Safety- Following Instructions	Play- Being still and quiet	Energy- 8-10 hours of sleep	Safety- Playing at your turn	Play- Etiquette	Safety- Being aware of surroundings	Energy- Choice of food/water	Play- How many steps do you take in one day?	Energy- Stay active
Warm-Up Activities	Strength	Flexibility and Mobility	Agility and Coordination	Balance	Object Control	Circuit Examples	Strength	Flexibility and Mobility	Agility and Coordination
Activities/Games	Putting: 21 Rectangle	Putting: Tic-Tac-Toe	No Putting This Week	Putting: Healthy Habit Game	Putting: Simon Says	No Putting This Week	Putting: Around the World	Putting: Fish Bowl Putting	No Putting This Week
	Chipping: Tic-Tac-Toe	No Chipping This Week	Chipping: 21 Triangle	Chipping: Leap Frog	No Chipping This Week	Chipping: Depth Charge	Chipping: Simon Says	No Chipping This Week	Chipping: Chips & Putts
	No Full Swing This Week	Full Swing: Football Golf	Full Swing: Noodle Bowling	No Full Swing This Week	Full Swing: Hit the Noodle Fairway	Full Swing: Posture	No Full Swing This Week	Full Swing: Aim & Alignment	Full Swing: Dirty Right Toe
	LESSON PLAN HERE	LESSON PLAN HERE	LESSON PLAN HERE	LESSON PLAN HERE	LESSON PLAN HERE	LESSON PLAN HERE	LESSON PLAN HERE	LESSON PLAN HERE	LESSON PLAN HERE
Rules of Golf	Pace of Play / USGA and R & A / The Game	Consideration for Other Players / The Teeing Ground	Consideration for Other Players / The Flagstick	The Spirit of the Game / The Putting Green	Care of the Course / Ball Marker	On The Putting Green / Player's Responsibility	Pace of Play / Be Ready to Play/One Practice Swing	Preventing Unnecessary Damage / Flagstick	Relief Situations