



## **FIRST TEE GREATER SAN ANTONIO PAR LESSON GUIDE**

Hello everyone!

Welcome to the Online First Tee Lesson Guide! We have created this Fun and Activity filled guide for you to complete during your time home! Below is the overview of what you will be learning throughout this section. Tag us or post all of the fun videos and pictures you take during the activities to our First Tee Greater San Antonio Facebook page (@firstteesa)!

We look forward to seeing everyone soon! If you have any questions contact Coach Johany at [johany@golfsanantonio.org](mailto:johany@golfsanantonio.org).

Overview:

- 1) Exploring the game
- 2) Rules
- 3) 5 steps for meeting someone new
- 4) Three tips for having fun

## Exploring the GAME:

A player shows exploring the game in his or her actions by:

- 1) Trying out different ways to hit each club in order to find out what makes the ball go longer or shorter
- 2) Practicing on his/ her own to discover the most fun part of playing golf

What does G.A.M.E. stand for?

G- Go Play

A- And Explore

M- My Interest

E- Enjoy what's fun for me!

Activity:

What are three things you have enjoyed doing during your time at home?

- 1.
- 2.
- 3.

Now, with parental permission, it is time to go explore in this scavenger hunt!!

Go around your house or backyard and find as many of these things as possible and mark them down!

## FIRST TEE SCAVENGER HUNT

Item	Check off when you find it!
Any kind of Ball	
A marker	
Something Blue	
A Shoe Box	
A Golf club	
A key	
A First Tee Logo	
A Feather	
A baby picture	

## Respecting the Rules

A player shows Respecting the Rules in his/ her action by:

- 1) Following the Rules of Golf while playing different formats such as stroke play or match play
- 2) Playing Safe and fair in practice areas and on the course

### Activity:

Fill out the questions below about the rules of golf!

(Either use your Rules of Golf Book or Google search these answers)

- 1) How many rules are there in golf?
- 2) What does "Pace of Play" mean?
- 3) What two organizations approve the Rules of Golf?
- 4) What does USGA stand for?
- 5) What does R & A stand for?

## 5 steps for meeting someone new and A-L-R

A player shows meeting and greeting in his / her actions by:

- 1) Introducing themselves at the start of each golf round
- 2) Gets to know playing partners by asking open-ended questions

5 Steps for meeting new people:

- 1) Face the other person
- 2) Smile and look him or her in the eye
- 3) Give a firm handshake
- 4) State your name clearly and loudly enough to be heard
- 5) If you need information, ask a question

What does ALR stand for?

A- Ask the other person a question

L- Listen to what they say

R- Respond to what they have said

Activity:

With parental permission, reach out to 5 friends and have conversations with them! Ask questions, listen to what they say, and respond back. Find out 5 new facts from each friend you did not know about!

- 1)
- 2)
- 3)
- 4)
- 5)

## Three tips for having fun!

- 1) Be patient
- 2) Be positive
- 3) Ask for help

How do we use these tips during school? Golf? At home?

Activity:

By using these three tips and parents' permission, play this chipping game outside!

Supplies needed:

- 1) A ball
- 2) A target

Game:

You can play this game inside or outside!

- 1) Set up a target approximately 15 feet away from you.
- 2) Try to throw the ball and have it land on the target with your dominant hand and then switch! What was easier?
- 3) Next throw the ball with your eyes open.... Now throw it with your eyes closed! Which was easier and why?
- 4) Finally, throw your looking at the target... now turn around and throw the ball backwards at your target.... Which was easier and why?