



**RESPECT** – to be nice and kind in one's actions

**Respect for Myself**

**Respect for Others**

**Respect for My Surroundings**

### Healthy Habit: SAFETY

- ❖ Physical **SAFETY** includes proper warm-ups and cool-downs when doing activities.
- ❖ When you properly stretch your muscles and body, you are showing **RESPECT** to yourself.

### THINGS TO THINK ABOUT

- ❖ What is the highest number of clubs the rules allow me to carry in my bag?
- ❖ Should you fix divots on the course and pitch marks on the green?
- ❖ Should you rake bunkers that you play from?
- ❖ Should you keep your clubs clean or just let them remain dirty?
- ❖ 8. What do you do if you hit your ball toward someone?
- ❖ What should you do if there is thunder and lightning?

### DID YOU KNOW?

PLAYER IS MORE THAN A LEVEL OF THE FIRST TEE PROGRAM. PLAYER IS ALSO A WORD THAT MEANS A PERSON WHO PLAYS THE GAME OF GOLF. GOLF IS A GAME WITH A TARGET, LIKE BASKETBALL, SOCCER OR ARCHERY. AT THE BEGINNING, YOU WILL PLAY SHORTER COURSES AND GAMES. THE MORE YOU PLAY AND PRACTICE, THE BETTER YOU WILL GET. THEN, YOU WILL BE ABLE TO PLAY LONGER AND MORE CHALLENGING COURSES.

### ACTIVITY

Strength, Agility, and Balance

Leap over various sized objects:

- ❖ Leaping over a line on the ground requires a small amount of energy.
- ❖ Leaping over a box will require more energy.
- ❖ Make a long zig zag line with string or rope. Walk forward and backward and see if you can stay on the line.