Month: AUGUST

Theme: Competition: Golf Lesson 31A

**I. Objective of lesson:**

1. Build social skills

2. Follow simple to complex directions

3. Stay active and healthy

**II. Activities and Key learning points** Time: 30-45 min

[ ]  Red (Center based program)

1. Set up putting green in the room/out side allowing enough room for peers to see and cheer for one another
2. Put adaptive putter on Wheel chair or on arms of a regular chair if need
3. Give directions to move the putter
4. Have each person practice putting the ball 3x on the mobile putting green
5. Encourage peers to celebrate others accomplishments
6. Do as many rounds as time allows.
7. Praise highly

[ ]  Blue (Center/community based programs)

1. Set up putting green in the room/outside allowing enough room for peers to see and cheer for one another
2. Put adaptive putter on Wheel chair or on arms of a regular chair if need
3. Assist person with holding and standing next to ball correct
4. Have each person practice putting the ball 3x on the mobile putting green
5. Encourage peers to celebrate others accomplishments
6. Do as many rounds as time allows.
7. Praise highly

[ ]  Green (Community Based)

1. Set up putting green inside or out. Allow each person to practice 3x.
2. Assist person with holding and standing next to ball correct
3. Encourage peers to celebrate others accomplishments
4. One person at a time take turns competing to see who gets the most in the hole.
5. Keep score
6. Do as many rounds as time allows.
7. Praise highly

Supplies needed

1. Golf balls
2. Putters
3. Adaptive putter
4. Mobile putting green

Feedback on Lesson what went right/wrong?

1.

2.

3.