



The First Tee[®]

National School Program

An elementary physical education program that provides a safe, effective way to introduce golf to elementary age students.

Launched in 2004, The First Tee National School Program[™] trains physical educators to introduce children to the game of golf and The First Tee Nine Core Values[™] in a safe and fun manner during regular physical education classes. The National School Program provides participating schools with the necessary elements to easily deliver the program in most school settings including modified equipment, a comprehensive curriculum and either online or in-person training. The focus of the program is to establish a lifelong interest in golf by engaging young people in a structured golf curriculum taught during physical education classes, while promoting personal character development in every lesson.

Several key objectives are linked to our focus:

- **Provide** a complete golf program appropriate for today's elementary school physical education students and teachers
- **Enable** physical educators to introduce golf, in a developmentally appropriate manner, consistent with national standards for physical education
- **Develop** student appreciation of the positive values and life skills associated with the game in each lesson
- **Present** golf to students as a lifelong recreation and physical fitness activity
- **Create** connections between schools/students and their local golf community

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Three primary elements make up the program:



CURRICULUM

The First Tee National School Program is a developmentally appropriate golf program designed specifically for elementary physical education classes. The curriculum manual contains 24 lesson plans designed to include safe, fun and challenging activities that are flexible and therefore permit teachers to meet students' varying developmental levels. This teacher-friendly lesson design leads to a successful experience for both teacher and students. Due to the success students enjoy during participation in the program, they are more likely to continue in this lifelong activity.

The curriculum is written to align with national physical education standards established by the National Association for Sport and Physical Education (NASPE). By following these guidelines, the program fits within the school's physical education objectives and addresses limited class time, large class sizes, and other parameters unique to school physical education programs.

The curriculum also includes development of, and instruction in, cognitive concepts about motor skills and physical and cooperative skills through physical activity. Each lesson plan includes a skill (psychomotor), a concept (cognitive), and a core value (affective) objective. Participating students actively engage in a variety of motor skills and concepts associated with striking a stationary ball to a target. A progressive approach to introducing key skills is used to align with students' developmental processes.

Striking is taught through the basic golf skills of putt, chip, pitch and full swing in a gradual, safe progression as teachers move students through each lesson.

Furthermore, instruction in a variety of motor skills and physical activities are designed to enhance the physical, mental, social and emotional development of every student. Students learn and apply protocols for safe participation (taking turns/rotating through stations/checking personal space before swinging), in addition to their introduction to and application of golf rules and etiquette during participation.

Ongoing opportunities to develop positive social and cooperative skills through repetitive application of core values including integrity, respect, responsibility, and judgment may also transfer to other physical education and school activities. Overall, the design of the National School Program curriculum integrates the learning of skills, concepts and core values in each lesson.



*"About 650 students participated in the program. They had a blast! This is my favorite activity to teach my students."
— Brooke Thorne, School District of Lee County*

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TRAINING

All physical educators wishing to implement The First Tee National School Program in their schools must complete one of the professional development training programs offered through The First Tee. More than 1,900 physical educators have been trained in-person with a National School Program certified trainer or online through The First Tee's eLearning program.

In-Person Physical Educator Instruction:

A four-hour training session conducted by a certified trainer that consists of the following basic elements:

1. Curriculum Review
2. Equipment Review
3. Lesson Set-up Demonstration, Review and Participation
4. Test and Survey

Online Physical Educator Instruction:

The other form of training is eLearning, which requires teachers to navigate through a three-hour interactive, online training program. Excerpts from the curriculum manual, sample lesson cards and detailed core information are included throughout the session. Video examples of physical educators teaching in actual settings demonstrate how to teach key skills and concepts, as well as safety and core values to elementary students. Checkpoint questions are positioned throughout the program and require teachers to answer correctly before moving on to the next section. A final test completes the online training session.

"Here at Gust Elementary in Denver we have 485 K-5 students enrolled and we were able to utilize the equipment and implement the program with all 485 VERY EXCITED kids!"

*Shari Marcelly,
Denver Public Schools*

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EQUIPMENT

A safe, effective school golf program requires developmentally appropriate equipment that fits movement and muscle coordination typical with that of beginners. Early success and fun are the keys to creating interest for this lifelong activity, along with maintaining the attention of new learners without causing high levels of frustration during the learning process.

The equipment utilized as part of The First Tee National School Program is SNAG®, Starting New At Golf. SNAG is modified, golf equipment consisting of oversized clubs, tennis-style balls, and a variety of targets. Each school set contains enough equipment to teach large groups of 25 to 45 students, to meet the needs of physical education classes in the United States.



LEARNING FOR LIFE

Golf Simplified!

Reap a Lifetime of Rewards

Positive character development and learning through golf etiquette and skills.

Growing every year since 2004:

- 900,000 elementary school students
- Over 2,000 schools
- 119 school districts across the country

Complete, comprehensive elementary school program package:

- Curriculum based on NASPE national standards, 24 progressive, detailed lesson plans
- Equipment set for teaching up to 48 students per class
- Professional development training for physical educators

Program focus:

- Safety
- Character education – personal and social responsibility
- Motor skill development and concept learning
- Developmental approach to teaching and learning
- Protocols for safe participation: taking turns – rotating through stations – checking personal space before swinging
- Motor skills associated with striking: putting, chipping, pitching and the full swing in gradual progression
- Basic concepts of personal space, levels, force, flow, phases of movement, and routines

- Nine Core Values in each lesson: honesty, integrity, sportsmanship, responsibility, confidence, respect, perseverance, courtesy and judgment as they participate in the lessons



The 
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Program



For more information, please visit:

www.thefirsttee.org/NationalSchoolProgram • (904) 940-4349