



STAGE WHITE

PROGRESS REPORT

Participant	
Instructor	
Date	

FINAL RESULTS AND COMMENTS FROM INSTRUCTOR

MOVEMENT SKILLS

FUNDAMENTAL MOVEMENT SKILLS: Actively participate in activities for a minimum 15 minutes per session that includes at least one movement from: 1) Travelling Skills, 2) Object Control and 3) Balance.

PERFORMANCE SKILLS: Be introduced to a healthy active lifestyle that includes healthy behaviours at each session and support for families.

GOLF 101

SAFETY: Be introduced to the importance of physical safety in golf. May require redirection but follows the instructions of the coach.

ETIQUETTE: Be exposed to core golf etiquette such as: being quiet while others hit, not running on the course, and being supportive of other junior golfers.

GOLF TERMS: Explore basic golf terms such as types of golf clubs and parts of the course.

SKILL DEVELOPMENT

FULL SWING: Participate in striking objects with a variety of implements and be introduced to the basic movements of the full swing.

CHIPPING: Participate lofting a variety of balls over a short distance, using an iron and the basic movements of chipping.

PUTTING: Participate in rolling a variety of balls using a putter and the basic movements of putting.

ON COURSE PLAY

PLAY: Participate in skill development activities or exercises that take place in a supervised, on-course or modified facility environment.

RECOMMENDED FACILITIES: Provide parents with information on appropriate facilities for their child, including; practice facilities, short courses and youth friendly locations.

COMPETITION: Be exposed to activities and games where participation is the priority and winning and losing are not considered.

MIND MATTERS

CALMING: Be introduced to, and practice, skills that will encourage a calm state during learning and playing golf.

BREATHING: Be introduced to, and practice, the skill of diaphragmatic (breathing from the belly).

PERFORMANCE PREPERATION: Participate in activities that encourage fun, feeling good and trying their best.

LIFE SKILLS

EMOTIONAL REGULATION: Identify situations when they experience happiness or boredom during the activities and discuss the importance of remaining happy and active when playing golf.

TEAMWORK Demonstrates teamwork by following the coach's instructions and may demonstrate co-operative behaviours.