



## **Car Talk for Par Week #2**

**Today's Core Value: Courtesy**

**Today's Core Lesson: Respecting the Rules.** The Rules of Golf contain three distinct sections – Etiquette, Definitions, and Rules. Players show Respecting the Rules in their actions by following the rules while playing and by playing safe and fair.

**Specific Behaviors Reflective of Today's Core Value:** A round of golf begins and ends with a handshake. Players should remain still and quiet while others are playing a shot.

**Today's Healthy Habit: Play** – A variety of energizing play can help the body to stay strong, lean, fit, and be fun in the process. Sleep, diet, and other forms of re-charging allow one to engage in play on a daily basis. Play also helps to develop imagination and motor skills.

**Today's Golf Skills Fundamental: Target Awareness / Target Selection** – See the target. Players learn to focus on the target and ways to alter the aim and direction of their intended shots. Players learn to see the target by standing behind their ball and finding their intended target line for every shot. "Every great golf shot starts from behind the ball."

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**Guiding questions and topics for parents to review with their child:**

- What was fun/challenging/interesting today at The First Tee?
- What kinds of things did you learn today? About golf? About a core value/core lesson? About a healthy habit?
- How does target selection help you play better golf?
- Every great golf shot starts where?
- What does Respecting the Rules mean?
- What are the different sections of The Rules of Golf?
- How do you show respect for the rules in golf? At home? At school?