

**PLAYer Car Talk Week 3**

Suggested questions for an engaging recap with your child/children about today’s experience at First Tee of Central Mississippi and practice suggestions to help between classes!

**Weekly Core Value:** Responsibility- it’s up to me; I am the one myself and others depend on to make it happen.

**Weekly Healthy Habit:** Energy (Eating healthy snacks to maintain energy)

**Weekly Golf Skill:** Pitching and Full Swing

**Homework Assignment:** p. 13-15 in PLAYer Book.

**Guiding Questions:**

* What did you learn about Responsibility?
* How is Responsibility connected to Courtesy and Respect?
* How do you show Responsibility at First Tee?
* How do you show Responsibility away from First Tee?
* What snacks can you eat that help you keep up your energy?
* What golf skill did you learn today?
  + Pitching and Full Swing

**Golf Skill Practice:** This week your child learned how to make a pitch and a full swing. This is what most people think of when they think of a golf stroke. They also learned about the importance of selecting targets. They should practice their golf posture for 5 minutes each day. Here is a simple way to do that.

* In the bathroom mirror they should cross their arms across their chest and rest their hands on their opposite shoulder and stand in their “A” stance.
* From here they simply rotate their shoulders around their spine and finish in a balanced position. See the link below (you do not have to use a golf club or swing stick).
* <https://www.youtube.com/watch?v=OX-tumLPWYE>