

**Par Car Talk Week 5**

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 Lesson:** Staying Cool.

**Weekly Healthy Habit:** School

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

**Homework Assignment:** p. 30-37 in Par Book.

**Guiding Questions:**

* Can you tell me what the 4 R’s are?
* Why is it important to stay cool while playing golf?
* Are there any other areas where the 4 R’s could help you?
* Why do you think the 4 R’s are important?
* How does staying cool connect with exploring the game, respecting the rules, having fun while you learn, and meeting and greeting with a-l-r?
* What was your biggest challenge today?
* What was your greatest achievement today?

**Golf Skill Practice:** This week we talked about Staying Cool with the 4 R’s. This is an important concept to become successful in golf/life. As your child practices this week encourage them to use the 4 R’s on every shot, whether it is good or bad so that this can become a habit. Have your child work on the drill on pg. 36 of the Par book. If the golf course is not an option this week, they can practice underhanded pitching to different distance instead.