



Name: \_\_\_\_\_

Session: \_\_\_\_\_

### Ages 10-11: Written Assessment

1. What are the 5 key commitments to being a game changer?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. Each week, write down how you used one of the 5 key commitments either at home, at school or at your First Tee class (Ex. Week 1 – I collaborated with my siblings in setting and cleaning the table for a family meal.)

Week 1 \_\_\_\_\_

Week 2 \_\_\_\_\_

Week 3 \_\_\_\_\_

Week 4 \_\_\_\_\_

Week 5 \_\_\_\_\_

Week 6 \_\_\_\_\_

Week 7 \_\_\_\_\_

3. Show a coach during any class session how to repair a ball mark on the putting green. Repair any ball mark you find on any putting green you use during class.

4. What does the first tee acronym “A-L-R” stand for?

- A. Ask, Listen, Respond
- B. Ask, Listen, Retract
- C. Assume, Look, Repeat
- D. Ankle, Leg, Retina

5. What are the "3 tips for developing grit"?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

6. Complete a learning objective for your age each week in the First Tee Learning Management System online or on the app.

7. Write down a dream that you have for any area of your life as well as a goal!

Dream:

Goal:

8. What is the correct order for the "4 Rs"?

- A. Redo, Relax, Replay, Ready
- B. Rhinestones, Ruff, Rhino, Rabies
- C. Relax, Replay, Ready, Redo

9. The "4 Rs" can be used as a "post shot routine" to help you stay cool. **True or False**

10. Write down how you used integrity over the course of this session. Hint: No one watches you when you attempt to complete a goal that you establish during this session!

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11. How long are you allowed to search for a "lost ball"?

- A. 5 minutes
- B. 3 minutes
- C. 6 minutes
- D. 10 minutes

12. Name 7 parts of a golf club. Show a coach!

13. What color is out of bounds stakes?

- A. Red or Yellow
- B. White
- C. Purple
- D. Green

14. What happens if your golf ball goes out of bounds? (Hint: you may use a rule book)

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15. Set a 'personal par' for yourself on how many of 10 putts from 10 feet you can sink in 1. Did you achieve your personal par? What was your goal? (example – My 'personal par' was 5, made 3 first week, goal was 7). Keep trying each week until you reach your goal. Keep resetting your 'personal par' and goal each time you accomplish your goal.

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16. What is the maximum number of golf clubs you can have in your bag?

- A. 10
- B. 12
- C. 14
- D. 15

17. What is the shortest grass on the golf course called?

- A. Fairway
- B. Rough
- C. Putting Green
- D. Fringe

18. Repair a ball mark on the putting green 😊

19. How long should it take you to play 1 hole of golf?

- A. 25 minutes
- B. 18.5 minutes
- C. More than 60 minutes
- D. Less than 12 minutes

20. What is the penalty for taking a drop off a cart path?

- A. 2
- B. 1
- C. There is no penalty, this is a free drop
- D. Stroke & Distance

21. What is an unplayable lie? Who decides if a ball is unplayable?

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22. At the driving range, set a goal to accomplish. (For example: “My goal is to make 2 chip shots with my wedge into a net!”). Use various clubs and set a different goal for each club.

23. Draw a golf hole below. Label these parts of the course: Putting Green, Bunker, Fairway, Rough, Tee Box, Penalty Area

24. Write down the 3 options you have if your ball goes into a red penalty area.

- 1.
- 2.
- 3.

25. What is the difference between ‘stroke’ play and ‘match’ play when you play on a golf course?

### **Need More Information About Our Life Skills?**

Download the **First Tee App** to explore our **Five Key Commitments** and other Life Skills we teach.

Log in using your **registration email** with “.(child’s name)” added at the end, and the **same password** as your registration email.

Need help? Contact **[[tjchiu@tftmny.org](mailto:tjchiu@tftmny.org)]**.