

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

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

### Ages 7-9: 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 0– 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 \_\_\_\_\_

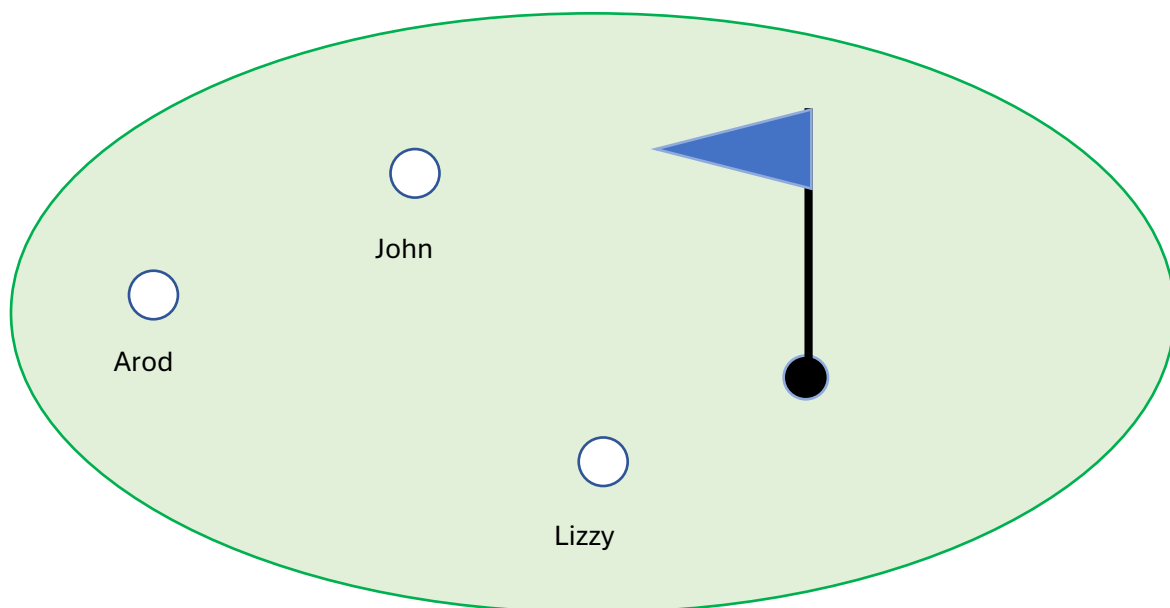
Week 7 \_\_\_\_\_

3. Show a coach before or after any class how you mark your golf ball on the putting green! Ask a coach if you are unsure!

4. Show a coach during any class how you safely hold your golf club & where to stand when it is not your turn on both the putting green and driving range.

5. Hit 10 “Y-Chip-Y” shots on the driving range before or after any class. How many did you hit in the air over your head? Set a goal and see how many weeks you accomplished your goal.

6. What is the longest grass on the golf course called?
- A. Fairway
  - B. Rough
  - C. Putting Green
  - D. Fringe
7. When you hit a ball towards someone, what do you shout?
- A. "Look Out!"
  - B. "Peppa Pig!"
  - C. "Heads!"
  - D. "Fore!"
8. 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
9. Who putts first? \_\_\_\_\_



10. 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.

11. Practice your putting before or after class each week. Set a goal to accomplish within 10 minutes. For example, I want to make 3 shots in a row from 5 feet away.

12. Name 5 parts of a golf club. Show a coach!

13. What color is a penalty area?

A. Red or Yellow

B. White

C. Purple

D. Green

14. When class is on the driving range, set a goal relating to the learning objective. (For example- learning objective involves hitting driver, my goal is to make solid contact by being balanced.

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

16. Each week complete a learning objective for your age in the First Tee LMS app

17. What color is out of bound stakes on a golf course?

A. Purple

B. Red

C. White

D. Yellow

18. Each week, introduce yourself to a classmate that you do not know and list 3 things about him/her (for example, favorite food, music band, subject in school, etc.)

Name:

3 Favorites

1	
2	
3	
4	
5	
6	
7	

20. Healthy Habits are important! What is your favorite exercise? Do 10 reps each! (for example- pushups, jumping jacks, sumo-squats) , How many weeks were you able to do your favorite exercise at least 5 of 7 day?s

21. Name the 9 core values and list an example of each:

1	
2	
3	
4	
5	
6	
7	
8	
9	

### 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)]**.