

Curriculum

	Class Name	Mastering the Game	Learning the Game Category	Learning the Game Topic	Whole Golfer Category	Whole Golfer Focus	Challenge
Step 1	An Introduction to Swing	Swing	Orientation	Orientation of the Game / Orientation of Equipment	Body	Fit for Golf Introduction	Iron Challenge
	An Introduction to Chipping	Around the Green	Orientation	Orientation of the Game/ Orientation of Equipment	Body	Overuse Injuries	Chipping Challenge
	An Introduction to Putting	On the Green	Orientation	Orientation of the Game / Orientation of Equipment	Mind	Dispelling Myths in Putting	Short Putts Challenge
	An Introduction to the Course	On the Course	Orientation	Orientation of the Game / Orientation of the Course	Social	Adapting the Experience to Suit your Needs	N/A
Step 2	Long Putts and Slopes	On the Green	Rules and Etiquette	Rules and Etiquette on the Green	Mind	Positive self-talk	Long Putts
	The Driver	Swing	Orientation	Orientation of Equipment	Body	Your swing will be unique	Driver & Fairway Woods Challenge
	Contact and Distance in Chipping	Around the Green	Rules and Etiquette	Rules and Etiquette Around the Green	Body	Injury Prevention	Chipping Challenge
	Rules and Etiquette	On the Course	Orientation	Orientation at the Club	Social	Playing in front of others	N/A
	Short Putts and Slopes	On the Green	Preparing to Play	Warming Up to Play	Mind	Growth Mindset	Scoring Challenge
	Iron Play and Wedges	Swing	Rules and Etiquette	Rules and Etiquette in Full Swing	Mind	Dispelling Myths in Full Swing	Iron Challenge
	Pitching and Bunker Introduction	Around the Green	Rules and Etiquette	Rules and Etiquette Around the Green	Mind	In Swing Thoughts	Bunker Play & Pitching Challenge
	Formats and Scoring	On the Course	Playing and Scoring	Orientation of the Course/ Marking a Scorecard	Social	Reacting to Bad Shots	N/A
Step 3	Scoring	On the Green	Playing and Scoring	Handicap Indexes	Social	Practising and Playing With Others	Scoring
	Fairway Woods & Hybrids	Swing	Preparing to Play	Nutrition and Hydration / Orientation of Equipment	Mind	Knowing your Challenge Point	Driver & Fairway Woods Challenge
	Club Selection and Awkward Lies	Around the Green	Preparing to Play	Warming Up to Play	Mind	Dispelling Myths Around the Green	Chipping Challenge
	Conditions and Awkward Lies	On the Course	Preparing to Play	Adverse Conditions	Body	Staying Safe in Adverse Conditions	N/A
	Getting Up and Down	Around and On the Green	Orientation	Orientation of the Game	Mind	How long will it take to get good?	Scoring Challenge
	Hit it Further	Swing	Rules and Etiquette	Rules and Etiquette on the Practice Facilities	Mind	Dealing with Nerves	Driver Challenge
	Developing Pitching & Bunker Play	Around and On the Green	Orientation	Orientation of Equipment	Social	Respectful When Others Are Playing	Bunker Play & Pitching Challenge
	Course Management	On the Course	Orientation	Orientation of the Club	Mind	Enjoy Errorful Practice	N/A