

THE FIRST TEE MAGAZINE

FALL 2016

More Than a Game



THE POWER OF RELATIONSHIPS

ABBI FLEINER



IN MY OWN WORDS

ASHTON RADVANSKY

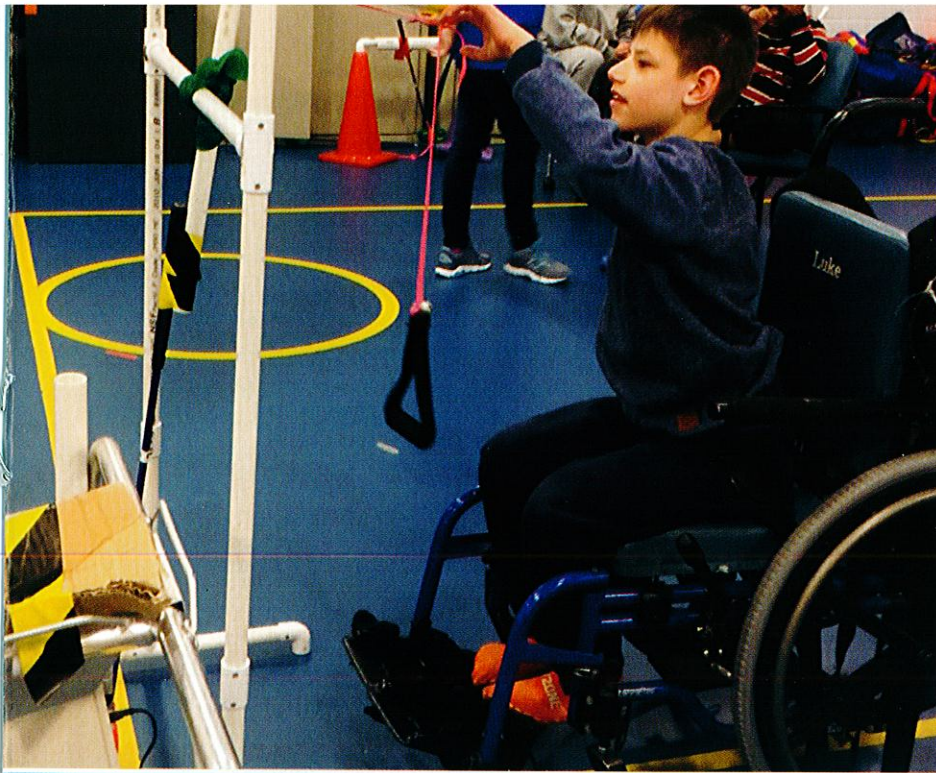
A HOLE-IN-ONE FOR ANY COMMUNITY

THE FIRST TEE DRIVE

PLAYING GOLF LIKE A GIRL

CLARE BRADY





Luke Wright enjoys playing golf during PE



Jody with one of her students, Andrew Ryan

WHY ADAPTIVE PE MATTERS

The First Tee National School Program



For many students, going to physical education class means a needed break from their classroom work to join classmates in engaging activities that promote health and wellness. The health and social benefits that physical education offers is also very important for students with disabilities.

This year, Jody Zinn, an adaptive physical educator at Cedar Lane School in Fulton, Md., worked closely with The First Tee of Howard County to introduce The First Tee National School Program to her students, all of whom have a wide range of disabilities. She shares how golf can be a game for everyone.

Why does adaptive PE matter?
Adapted PE allows all to participate in lifetime activities and social activities. My students range from 3 to 21 years in age, and PE allows them the opportunity to enjoy sports, fitness and wellness activities that may otherwise be inaccessible.

Tell us about the modified equipment you created.

The equipment provided through the National School Program is amazing and allows for so many modifications for student access. I took the equipment, PVC plastic and other PE supplies to build resourceful devices for students who are unable to perform a traditional swing. Some students can use their arms and hands to activate the equipment, while others may need to use their head or other body part to activate it. I develop modifications for each individual in order to make it meaningful and successful.

How did the students react to playing golf in class?

They really seemed to enjoy the cause and effect process. The balls sticking to the targets provide a concrete outcome, and the bells I added to the targets provided auditory feedback and reinforcement.

What was your inspiration for developing these modifications?

I was a high school golfer, so when I learned about the National School Program, I was excited to incorporate golf into my program. I believe the activities I do should be fun and exciting but also purposeful to my students. I believe it is important for people to recognize there aren't necessarily limitations, there are just obstacles. Sometimes we need to work a little harder to help our students overcome and pass those obstacles. No matter what, all individuals can be successful.

Currently introduced to more than 8,000 schools, The First Tee aims to expand the National School Program to 10,000 elementary schools by 2017.

To learn how you can bring The First Tee National School Program to your community, visit thefirsttee.org/programs