Golf

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 1 & 2**
Length: **3 weeks**
Status: **Published**

Standards

2.2.12.MSC	Movement Skills and Concepts
2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
2.2.12.LF.1	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.

Enduring Understandings

1. There are fundamental rules and skills in the game of golf. **HE.9-12.2.2.12.MSC** - *[Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).*
2. Hand-eye coordination and specific golf swings are essential skills to successfully complete a round of golf. **HE.9-12.2.2.12.MSC -** *[Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).*
3. Creative thinking skills are used to figure out the best solution to get the golf ball to a specific target. **HE.9-12.2.2.12.PF** - *[Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*
4. The nature of golf provides not only a lifetime form of exercise, but creates an outlet for social networking. **HE.9-12.2.2.12.LF -** *[Core Idea] - Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).*
5. The importance of flexibility, coordination, body alignment, and muscle strength will be discovered through the game of golf. **HE.9-12.2.2.12.LF** - *[Core Idea] - Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).*

Essential Questions

1. What are the fundamental skills of golf?
2. How do you adapt to the various challenges of each hole?
3. What are the various components/stages of the golf swing?
4. What major muscles are involved in the specific sequence of motion to hit the golf ball successfully?
5. How does power, mechanics, and finesse play a role while performing various golf strokes?

Knowledge and Skills

Performance expectations are:

- Acquire knowledge, skill, understanding of skill techniques of the game, and proper etiquette necessary to continue this lifetime activity. ***HE.9-12.2.2.12.MSC.4***
- Understand common golf terminology and strategies associated with proficient game play. ***HE.9-12.2.2.12.LF.1***
- Understand cause and effect factors that influence ball flight. ***HE.9-12.2.2.12.MSC.2***
- Demonstrate pre and in-swing fundamentals of the short, long game and putting. ***HE.9-12.2.2.12.MSC.2***
- Apply and learn the proper rules and regulations necessary to play the game proficiently. ***HE.9-12.2.2.12.MSC.5***

Transfer Goals

1. Students will be able to independently participate in lifelong activity
2. Students will be able to be physically and socially active and can work towards improving hand-eye coordination and accuracy
3. Students will be able to develop proper coping mechanisms to stress as it relates to sport and lifestyle.

Resources

- Golf Station and Instruction Ideas in Physical Education: https://blog.gophersport.com/golf-station-and-instruction-ideas-in-physical-education/
- Golf for Schools Program: https://static1.squarespace.com/static/5bd213ee94d71a50e0d764c2/t/5e2c3f962ce90872b8c25e6e/1579958201713/School+sport+Australia+.pdf
- Indoor Golf Stations: https://peuniverse.com/video/indoor-golf-stations/

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit