

Goals for a Golf Unit

1. Students are able to grip the golf club by using either the interlocking or the overlapping grip.
2. Students are able to correctly address the ball and assume the correct stance for a full swing.
3. Students are able to identify and demonstrate the process and performance cues for the full swing with a wood and long iron while hitting balls from a tee.
4. Students are able to analyze their full swing performance, as well as that of a peer, through observation and offer corrective feedback for improvement.
5. Students are able to define and appropriately use identified golf terms.
6. Students are able to name and identify the areas of a golf hole and course.
7. Students are able to identify errors in swings and ball flight (e.g., hook, slice, topping, mulligan) and determine how to correct the swing in order to avoid these errors.
8. Students are able to identify and demonstrate the performance cues when hitting either a chip shot or a pitch shot from a mat or from the grass.
9. Students are able to identify and make necessary adjustments to the stance and the selection of the club in relation to the lie of the ball and the distance of the ball from the pin when hitting an approach stroke or a shot from the fairway, the rough, or a sand trap.
10. Students are able to implement correct grip, stance, preparation, swing, and follow-through for putting.
11. Students are able to play three rounds of nine holes each on a par-3 golf course.
12. Students are able to identify and apply correct procedures, rules of play, and rules of etiquette when playing on a golf course.
13. Students are able to keep track of their shot progress, golf skill, and knowledge development, during both practice and play.
14. Students are able to keep track of practice in which they participate outside of class over the course of the unit.
15. Students are able to articulate their feelings about playing golf as a leisure activity.