

**Physical Education  
Unit 7: Golf**

<b>Essential Understandings</b>	<ul style="list-style-type: none"> <li>▪ Students will learn the benefits of physical activity, cooperation, and team work.</li> </ul>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ What is par?</li> <li>▪ What is birdie?</li> <li>▪ What is bogey?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ <b>Basic Rules</b> <ul style="list-style-type: none"> <li>○ Scoring- every time you swing the club at the ball it is a shot. Least number of shots to get the ball into the hole the better.</li> <li>○ Par 3 course (9 holes) Groups of four. All players tee off from the mat towards the flag. Ball gets to 6 inches of flag- “ it is in the hole.”</li> </ul> </li> <li>▪ <b>Safety</b> <ul style="list-style-type: none"> <li>○ Students do not swing the club until told to do so by instructor.</li> </ul> </li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ par, birdie, bogey, stance, pitch, chip, putt, grip</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Demonstrate full swing, pitch shot, chipping and putting.</li> </ul>
<b>Related Maine Learning Results</b>	<p><u>Health and Physical Education</u>  G. Movement/Motor Skills and Knowledge  G1.Stability and Force  Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities.  b. Use the principle of opposition, point of contact, and point of release to change the path of an object during a game/physical activity.  G2.Movement Skills  Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity.  I. Personal and Social Skills and Knowledge  I1.Cooperative Skills  Students demonstrate collaborative skills while participating in skill activities.  a. Accept constructive feedback.  c. Include peers respectfully in activities.  I3.Safety Rules and Rules of Play  Students predict how etiquette/rules improve games/activities.  a. Explain how etiquette/rules contribute to productive participation.</p>

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<b>Sample Lessons And Activities</b>	<ul style="list-style-type: none"><li>▪ Last day- Par 3 course set up- learn to keep score. 4 students per group. Tournament.</li></ul>
<b>Sample Classroom Assessment Methods</b>	<ul style="list-style-type: none"><li>▪ Put students in groups of two and ask them to demonstrate proper swing techniques.</li></ul>
<b>Sample Resources</b>	<ul style="list-style-type: none"><li>▪ <u>Other Resources:</u><ul style="list-style-type: none"><li>○ United States Golf Association</li></ul></li></ul>

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