**High School Course 1 Pacing Guide**

**Resources:**

[**www.sparkfamily.org**](http://www.sparkfamily.org) **/ Middle School PE / Golf**

**GOLF**

***Focus Points:***

1. Identify historical events contributing to the evolution of golf.
2. Identify the parts and features of a golf course.
3. Identify the various clubs and other equipment and how to use and care for them properly.
4. Describe and after practice execute the following skills: grip, stand, swing, pitch chip, sand shots and putting.
5. Identify and carry out the courtesies associated with the sport.
6. State and interpret the major official rules of golf.

***Skills:***

***History:***

The game of golf as it is played today originated in Scotland in the early 14th century.

In 1754, the first rules to govern golf were established by a committee at the Royal and Ancient Golf Club of St. Andrews in Scotland.

Golf was introduced in the united States in about 1885.

The first golf club in the United States was St. Andrews of Yonkers, New York, and was established in 1888.

John G. Reid, called the “Father of American Golf,” introduced golf to his friends at Yonkers in 1888. Play took place in a cow pasture, and the course consisted of six holes from 150 to 200 yards long. Because the players had no lease from the owner to use the land, it wasn’t long until they were forced to move to another site. The first permanent clubhouse was established at Shinnecock Hills Golf course in Westchester County, New York.

***Strategies:***

1. Select a target when planning any shot or putt.
2. During the swing, concentrate on ball contact and direction rather than distance.
3. Know what club to use for 150 yards. Men can usually add or subtract 10 yards per club, women 7 yards.
4. For downhill shots, use a lofted club, wide stance, and play the ball back in the stance.
5. For uphill shots, use a less lofted club, wide stance for balance, and play the ball forward in stance. In both uphill and downhill shots, adjust shoulder position and swing to match the contour of the hill.
6. Consider weather conditions when planning a shot.
7. Most amateur golfers make three mistakes: they under club themselves, over swing, and over estimate ability.

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music.”