

# Activity: GOLF

## Grading

Name \_\_\_\_\_

Class \_\_\_\_\_

Participation	/24
Skill development and application	/6
Use of strategy	/6
Knowledge	/12

### Skill 1: Stance

- Uses appropriate grip
- Alignment of feet and shoulders is relative to the ball and the target
- Back is straight, knees slightly bent and hands are at waist level

### Skill 2: Swing

- Backswing-Weight balanced and shifted to back foot, front arm remains straight and shoulder rotates over the ball
- Downswing-Hip rotation begins downswing, balanced weight shift, stiff wrists
- Contact-Eyes on ball, hands over ball
- Follow through-Shoulders and hips open to target, balanced finish

### Skill 3: Short game (Chipping)

- Correct ball alignment, more towards back foot
- Controlled-short back swing
- Club speed is same back and through
- At contact, ball is lifted into the air

### Skill 4: Putting

- Stance- Weight balanced on both feet, appropriate grip
- Alignment-Clubface and line matched with feet
- Swing-Rotation is initiated and controlled through shoulders
- Follow through-Ball travels with appropriate speed and direction

- ✓ Is able to hit the ball the distance of designated areas on the range
- ✓ Is able to chip the ball within 10 yards of the designated areas on the range
- ✓ Is able to putt the ball within inches of the cup consistently

Total skill development and application \_\_\_\_\_ /6 \_\_\_\_\_

- ✓ Understands and performs appropriate golf etiquette
- ✓ Understands common hazards that play into the game of golf
- ✓ Chooses the correct club for different lies on the course

Total game strategy \_\_\_\_\_ /6 \_\_\_\_\_

TEE/HOLE	1	2	3	4	5	6	7	8	9	OUT	TOTAL
BLACK	469	506	408	177	320	124	468	315	214	3001	3001
PAR	4	5	4	3	4	3	5	4	3	35	35
HANDICAP	1	17	3	9	11	15	13	5	7		
RED	410	437	378	145	215	77	437	278	117	2494	2494
PAR	5	5	4	3	4	3	5	4	3	36	36
HANDICAP	7	3	5	11	9	13	1	17	15		

**Birdie:** One under par for that particular hole. IE: Frank scored a 3 on a par 4 hole, he birdied the hole.

**Bogie:** One over par for that particular hole. IE: Lynn missed her putt for par but she scored a bogie sinking her next putt.

**Chip:** A shot that occurs from around the green. The ball is lofted into the air to land on the green with little movement after the ball lands.

**Drive:** A shot from the tee box that is usually accomplished with a driver.

**Eagle:** Two under par for that particular hole. IE: Grant sank a hole in one on a short par 3, clinching his first eagle!

**Par:** In golf, each hole has a score that has been established as the number of shots you are expected to take to put the ball in the hole. If you reach the cup in the number of strokes designated for that hole, you have shot par.

