

Key Stage 4 Physical Education

Scheme of work

Golf

Scheme of Work - Levels and Content

Level 9-10

Content: Candidates at this level will be able to demonstrate correct set-up and action consistently within all areas of the game.

With Long Game they should be beginning to achieve distance and accuracy with Tee shots and approach shots. With Short Game pupils should be able to select and apply a range of short game shots from around the green, including green-side bunker shots, achieving a high degree of accuracy and distance control and will be beginning to link skills of Short Game and Putting. Within **Putting** pupils should be able to consistently 'hole out' and should demonstrate a high level of distance control for long range putting over a sustained period. In terms of **Rules & Etiquette** pupils should understand how to obtain a handicap for golf and be able to demonstrate a good understanding of the general rules of play. In relation to **Playing** candidates should demonstrate effective course management over a full round of golf and be able to undertake shot analysis on theirs' and others games in order to plan and implement a practice routine for themselves and playing partners to work on identified weak areas. **All targets relating to this level are contained within the Junior Golf Passport Level 5.**

Level 7-8

Content: Pupils should be able to demonstrate correct set-up and action for all areas of the game, however, they may lack consistency during course play.

With **Long Game** pupils should be beginning to achieve accuracy with Tee shots and approach shots over medium distances. With **Short Game** they will be beginning to demonstrate a range of shots from around the green achieving accuracy and distance control. With **Putting** pupils' will be able to 'hole out' regularly and should demonstrate a high level of distance control for long range putting fairly consistently. In terms of **Rules & Etiquette** pupils' should demonstrate a good understanding of different playing and scoring formats and will understand how to appropriately prepare for a game of golf. In relation to **Playing** they will be able to demonstrate effective course management over 9-holes of golf and should be able to undertake shot analysis of their game to identify areas for improvement and plan a practice programme to work on these areas. **All targets relating to this level are contained within the Junior Golf Passport Level 4.**

Level 5-6

Content: Candidates at this level will be able to demonstrate an understanding of pre-shot routines used to achieve correct set-up and action for all areas of the game, including greenside bunker shots, however, they may lack consistency when applying this during course play. With **Long Game** pupils' will be able beginning to achieve accuracy with Tee shots over medium distances, however, they may lack accuracy with approach shots. With **Short Game** pupils' should be able to select and apply the chip and pitch shot achieving accuracy and also the greenside bunker shot with a high percentage of shots landing on the green. With **Putting** pupils' should be able to 'hole out' and demonstrate distance control for long range putting fairly consistently. With **Rules & Etiquette** they should demonstrate an understanding of rules relating to both the green and hazards and will understand how to mark a scorecard. With **Playing** they will be able to demonstrate effective course management over a short number of full-course holes or over 9-holes on a par-3 course and should be able to apply a pre-shot routine for Long Game shots and Putting. **All targets relating to this level are contained within the Junior Golf Passport Level 3.**

Level 3-4

Content: Pupils should be able to demonstrate correct set-up for all areas of the game; however, they may lack consistency when demonstrating correct action. With **Long Game** pupils' will be able to demonstrate correct aim, grip stance and posture during the swing and will be able to hit Tee shots through the air onto a fairway over short distances. With Short Game they will be able to use a pitch shot as well as a chip shot, achieving a degree of distance control. With **Putting** pupils' should be able to 'hole out' fairly consistently and will be able to demonstrate good distance control with long range putting over a short number of holes. With **Rules & Etiquette** they will be able to demonstrate an understanding of rules relating to the green and will understand how to mark a scorecard. With **Playing** pupils' should be able to apply knowledge of how to play a golf hole and should be able to record a total for at least 3 par-3 holes. They will also be able to apply chipping, pitching and putting technique when playing a par-3 hole and should be able to provide feedback to playing partners on safety issues during course play. **All targets relating to this level are contained within the Junior Golf Passport Level 2.**

Level 1-2

Content: Candidates at this level should be able to demonstrate correct technique for chipping, putting and elements of Long Game; however, they will lack consistency when applying correct action. With **Long Game** pupils' will be able to demonstrate a correct grip and should be able to hit the ball in the air fairly consistently; however shots may lack accuracy or distance. With **Short Game** pupils' should be able to demonstrate a chip shot achieving a degree of distance control. With **Putting** they will be able to 'hole out' fairly consistently but may lack distance control with long range putting. With **Rules & Etiquette** pupils' should have a good understanding of safety issues and should understand how to play a golf hole. With **Playing** pupils' will be able to explain to others' how to play a hole and should be able to record a score of 7 shots or less for a par-3 hole. **All targets relating to this level are contained within the Junior Golf Passport Level 1.**

Expectations

At the end of this unit

Most pupils will:

1. Understand aspects of safety, rules and etiquette and apply them in a practical and theoretical way
2. Demonstrate and apply correct technical elements of long game, short game and putting
3. Achieve Junior Golf Passport level 4 standards for long game, short game and putting
4. Select and use appropriate skills required to play a tee shot, approach shot, chip shot, pitch shot, greenside bunker shot and both long and short putts during course play
5. Achieve Junior Golf Passport level 4 standards for course play
6. Present personal pre-shot routines for the golf swing and putting stroke demonstrating correct technique

Some pupils will not have made so much progress and will:

1. Understand how to play a golf hole describing aspects of safety, rules and etiquette and begin to apply them in a practical way
2. Demonstrate and begin to apply correct technical elements for long game, short game and putting
3. Achieve Junior Golf Passport level 3 standards for long game, short game and putting
4. Select and use appropriate skills required to play a tee shot, chip shot, and both long and short putts during course play
5. Achieve Junior Golf Passport level 3 standards for course play
6. Understand and be able to use a scorecard during course play

Some pupils will have progressed further and will:

1. Understand how to obtain a golf handicap
2. Consistently apply correct technical elements for long game, short game and putting
3. Achieve Junior Golf Passport level 5 standards for long game, short game and putting
4. Select and use appropriate skills required to play a tee shot, approach shot, chip shot, pitch shot, greenside bunker shot and both long and short putts during course play
5. Achieve Junior Golf Passport level 5 standards for course play
6. Pass a 'rules of golf' test

Expectations

Learning Objectives	Teaching Activities	Learning Outcomes	Points to Note
Pupils should learn:	<u>What is putting? The AGES system for correct set-up: Aim, Grip, Eyes, Stance and 'Tick-Tock' motion of putting stroke</u>		
<ul style="list-style-type: none"> Understanding of the importance of safety aspects relating to putting 	<ul style="list-style-type: none"> Teacher highlights different areas of a putter & safety issues in relation to use of metal clubs/playing on a putting green/area – invite input from pupils 	<ul style="list-style-type: none"> Identify safety issues relating to putting 	<ul style="list-style-type: none"> Pupils may benefit from a diagram/picture of a putter to identify and name all areas of the club (links to ICT)
<ul style="list-style-type: none"> How to demonstrate correct technical elements for putting 	<ul style="list-style-type: none"> Teacher led demonstrations highlighting different elements of AGES system. 	<ul style="list-style-type: none"> Demonstrate correct set-up for putting 	
These activities may take 2-3 weeks	<ul style="list-style-type: none"> In pairs/small groups pupils practise 'holing out' 1 putters' length from the hole In pairs/small groups pupils practise achieving distance control using 'Tick-Tock' motion by playing a game, e.g. 'bowls', 'Cliffhanger' Teacher creates different scenarios to highlight rules & etiquette in relation to the green Pupils set-up and play a small 'Putting Course' 	<ul style="list-style-type: none"> Hole 3 out of 5 putts a putters length from the hole Hole 4 out of 5 putts a putters length from the hole Hole 5 out of 5 putts a putters length from the hole Demonstrate distance control for putting Demonstrate a knowledge of rules & etiquette relating to the green Complete 3 putting holes in 7 shots or better Complete 9 putting holes in 20 shots or better Complete 9 putting holes in 18 shots or better Complete 18 putting holes in 36 shots or better 	<ul style="list-style-type: none"> Key Skills: working with others as 'Player' and 'Professional' to highlight strengths & weaknesses Teacher highlights importance of developing and applying a pre-shot routine for putting Pupils' answer questions - can be done individually whilst groups are putting Incorporate uphill, downhill & sloping holes if possible Use can be made of Junior Golf Passport material as reference guide and recording method

Expectations

Learning Objectives	Teaching Activities	Learning Outcomes	Points to Note
Pupils should learn:	<u>What is Short Game? Set-up and action for chipping, pitching and greenside bunker shots</u>		
<ul style="list-style-type: none"> Understanding of the importance of safety aspects relating to short game 	<ul style="list-style-type: none"> Teacher highlights different areas of a wedge & safety issues in relation to playing on a chipping green/practise area – invite input from pupils 	<ul style="list-style-type: none"> Identify safety issues relating to short game 	<ul style="list-style-type: none"> A 'green' could be marked using cones on a field/astro-turf pitch
<ul style="list-style-type: none"> How to demonstrate correct technical elements for chipping, pitching and greenside bunker shots 	<ul style="list-style-type: none"> Teacher led demonstrations to focus on aim, grip, stance, posture & action. 	<ul style="list-style-type: none"> Demonstrate correct set-up for chipping, pitching & greenside bunker shots 	<ul style="list-style-type: none"> Key Skills: Video could be used to highlight strengths/weaknesses and identify targets for improvement A sand pit could be used for bunker shots
These activities may take between 3-4 weeks	<ul style="list-style-type: none"> In pairs/small groups pupils practise hitting short game shots towards a green 	<ul style="list-style-type: none"> Hit 3 out of 5 chip shots onto a green Hit 3 out of 5 pitch shots onto a green Hit 3 out of 5 greenside bunker shots onto a green 	
	<ul style="list-style-type: none"> In pairs/small groups pupils practise achieving distance control playing games, e.g. 'Bullseye', 	<ul style="list-style-type: none"> Hit 3 out of 5 chip shots to within a flag length of the hole Hit 3 out of 5 pitch shots, over a 'hazard', to within 2 flag lengths of the hole Hit 3 out of 5 greenside bunker shots to within 2 flag lengths of the hole Hit 5 short game shots from different positions, at least 2 shots to be followed by a single putt 	<ul style="list-style-type: none"> A 'hazard', such as a bunker, could be marked out using cones Teacher highlights importance of developing and applying a pre-shot routine for short game shots
	<ul style="list-style-type: none"> Teacher creates different scenarios to highlight rules & etiquette in relation to hazards 	<ul style="list-style-type: none"> Demonstrate a knowledge of rules relating to hazards 	<ul style="list-style-type: none"> Pupils' answer questions - can be done individually whilst groups are chipping

Expectations

Learning Objectives	Teaching Activities	Learning Outcomes	Points to Note
<ul style="list-style-type: none"> Understanding of the importance of safety aspects relating to long game How to demonstrate correct technical elements for Tee shots and Approach shots 	<p><u>What is Long Game? Set-up and action for Tee shots and Approach shots</u></p> <ul style="list-style-type: none"> Pupils re-cap/identify safety issues relating to practising on a range/practice area Teacher led demonstrations to focus on aim, grip, stance, posture & action. 	<ul style="list-style-type: none"> Identify safety issues relating to long game Demonstrate correct grip Demonstrate correct stance and posture 	<ul style="list-style-type: none"> Initial shots to be played with a medium iron (7-9 iron)
<p>These activities may take between 2-3 weeks</p>	<ul style="list-style-type: none"> In pairs/small groups pupils practise hitting long game shots towards a target In pairs/small groups pupils practise achieving distance using longer irons – this could include playing games, e.g. ‘Longest Drive’ Teacher highlights importance of developing and applying a pre-shot routine for long game In pairs/small groups pupils practise achieving accuracy using mid-irons – this could include playing games, e.g. ‘Artillery Command’ 	<ul style="list-style-type: none"> Hit 3 out of 5 shots in the air Hit 3 out of 5 shots 30+ yards onto a fairway Hit 3 out of 5 shots 60+ yards onto a fairway Hit 3 out of 5 Tee shots 80+ yards onto a fairway Hit 3 out of 5 Tee shots 100+ yards onto a fairway Develop a pre-shot routine for the swing Hit 3 out of 5 fairway shots 50+ yards onto a green Hit 3 out of 5 fairway shots 75+ yards onto a green 	<ul style="list-style-type: none"> A range could be simulated on a playing field using corner flags and cones Use 5-irons – 3W for Tee shots A ‘green’ could be marked out using cones Use 8-iron – Wedge for Approach shots Encourage pupils’ to hit shots without using a Tee Peg

Expectations

Learning Objectives	Teaching Activities	Learning Outcomes	Points to Note
Pupils should learn:	<u>What is Playing? How to play golf and record a score using different formats on a golf course</u>		
<ul style="list-style-type: none"> Understanding the importance of safety in relation to course play 	<ul style="list-style-type: none"> Pupils identify safety issues relating to playing holes on a golf course 	<ul style="list-style-type: none"> Identify safety issues relating to playing 	
<ul style="list-style-type: none"> Understanding of how to play golf on a course 	<ul style="list-style-type: none"> Teacher led demonstration of playing process for a par-3 hole: Tee shot, chip/pitch shot, putting, order of play, scoring, etc. 	<ul style="list-style-type: none"> Demonstrate knowledge of how to play a golf hole Demonstrate an understanding of how to mark a scorecard 	<ul style="list-style-type: none"> Ask pupils' to explain method for playing a hole to others' A par-3 hole could be simulated on a playing field
<ul style="list-style-type: none"> Understanding of how to record a score over a round of golf using different scoring formats 	<ul style="list-style-type: none"> In pairs/small groups pupils practise playing a series of par-3 holes 	<ul style="list-style-type: none"> Play a par-3 hole Play a par-3 hole in 7 shots or less Play 3 par-3 holes in 18 shots or less 	<ul style="list-style-type: none"> Pupils' provide feedback on safety issues during course play Assess application of short game and putting technique during play
<p>These activities may involve the need for Out of Hours Learning. Assessment of identified criteria could involve input from a PGA Professional/Golf Club Junior Organiser</p>	<ul style="list-style-type: none"> In pairs/small groups pupils practise playing a series of full-course holes or a round of 9 par-3 holes 	<ul style="list-style-type: none"> Play 9 par-3, or 5 full-course holes in 45 shots or less Play 9 par-3 or 5 full-course holes in 40 shots or less 	<ul style="list-style-type: none"> Pupils should be encouraged to apply pre-shot routines for all areas of the game Pupils' should demonstrate effective course management
	<ul style="list-style-type: none"> In pairs/small groups pupils practise playing 9 or 18 full-course holes 	<ul style="list-style-type: none"> Play 9 full-course holes in 70 shots or less Play 9 full-course holes in 65 shots or less Play 9 full-course holes in 60 shots or less Play 18 full-course holes in 110 shots or less Understanding of different playing/scoring formats 	<ul style="list-style-type: none"> Pupils' should be able to undertake shot analysis during course play of theirs' and others' games to identify areas for improvement Plan practise programme to work on identified areas for improvement

Expectations

Learning Objectives	Teaching Activities	Learning Outcomes	Points to Note
Pupils should learn:	<u>The Golfers' Code - A guide to positive behaviour and conduct (Rules & Etiquette)</u>		
<ul style="list-style-type: none"> • Understanding of the importance of safety in relation to all aspects of the game 	<ul style="list-style-type: none"> • Pupils identify safety issues in each lesson 	<ul style="list-style-type: none"> • Answer safety questions 	<ul style="list-style-type: none"> • Ongoing assessment
<ul style="list-style-type: none"> • Rules and etiquette relating to all aspects of the game 	<ul style="list-style-type: none"> • Teacher led demonstration of rules & etiquette relating to the green – e.g. position of flag-stick, marking a ball, repairing pitchmark, etc. 	<ul style="list-style-type: none"> • Demonstrate knowledge of rules & etiquette relating to the green 	<ul style="list-style-type: none"> • Pupils' could be asked to make decisions in relation to different scenarios on & around the green • This could be created during a putting or short game lesson (see Putting)
	<ul style="list-style-type: none"> • Teacher led demonstration of relating to hazards, i.e. water hazard – e.g. penalty strokes, dropping the ball, etc. 	<ul style="list-style-type: none"> • Demonstrate an understanding rules relating to hazards 	<ul style="list-style-type: none"> • This could be created during short game lesson (see Short Game)
<ul style="list-style-type: none"> • An understanding of how to prepare for golf 	<ul style="list-style-type: none"> • Pupils take part in a rules & etiquette quiz or test 	<ul style="list-style-type: none"> • Demonstrate knowledge of preparation for a round of golf 	<ul style="list-style-type: none"> • Example quiz/test available from the Golf Foundation
<p>These activities may involve the need for Out of Hours Learning or could take the form of homework.</p>	<ul style="list-style-type: none"> • Teacher led discussion into being a junior member at a golf club 	<ul style="list-style-type: none"> • Demonstrate an understanding of how to obtain a golf handicap 	<ul style="list-style-type: none"> • Supporting information available from the Golf Foundation

Key Stage 4 Unit

ABOUT THIS UNIT

This unit focuses on the Striking and Fielding game of Golf, looking at skills, techniques and knowledge appropriate to the sport.

Pupils will gain an understanding of the principals of:

- Long game
- Short game
- Putting
- Playing
- Rules and Etiquette
- Health and Fitness in relation to golf

Pupils will also undertake to plan and implement strategies to prepare for, approach and construct a score playing on a full golf course.

Pupils will be encouraged to produce practice routines for different elements of golf and accurately record theirs and other performance using different scoring systems for golf. They will also be required to work together engaging in enquiry-based learning and problem solving when technically evaluating their performance and that of others.

In carrying out these activities pupils will use ICT skills and will follow a nationally recognised education programme for golf – The Golf Foundation's Junior Golf Passport.

This unit will normally take 20 hours

KEY ASPECTS

Long game

Pupils will:

- Consistently demonstrate correct set-up technique
- Develop a pre-shot routine for the swing
- Hit 3 out of 5 Tee shots a minimum of 60 yards onto a fairway
- Hit 3 out of 5 Tee shots a minimum of 80 yards onto a fairway
- Hit 3 out of 5 Approach shots a minimum of 50 yards onto a green

Short Game

Pupils will:

- Demonstrate correct set-up for greenside bunker shots
- Hit 3 out of 5 bunker shots onto a green
- Consistently demonstrate correct set-up for chipping and pitching
- Hit 3 out of 5 chip shots onto a green to within a flag length of the hole
- Hit 3 out of 5 pitch shots over a hazard onto a green to within 2 flag lengths of the hole

Putting

Pupils will:

- Consistently demonstrate correct set-up for putting
- Develop a putting routine
- Complete 9 putting holes in 20 shots or less
- Hole 4 out of 5 putts a putters length from the hole
- Complete 9 putting holes in 18 shots or less

Playing

Pupils will:

- Play 9 par-3 holes or 5 full-course holes in 45 shots or better
- Play 9 par-3 holes or 5 full-course holes in 40 shots or better
- Play 9 full-course holes in 70 shots or better
- Play 9 full-course holes in 65 shots or better

Rules & Etiquette

Pupils will:

- Demonstrate an understanding of safety issues for golf
- Demonstrate knowledge of rules and etiquette relating to hazards
- Demonstrate knowledge of different scoring formats for golf
- Demonstrate knowledge of how to prepare for a round of golf

Health and Fitness

Pupils will:

- Demonstrate an understanding of practice routines for golf
- Research and implement a fitness programme for golf based on a Tour Professional

Language for learning

Through this unit pupils will be able to understand, use and spell correctly words relating to:

- Techniques and skills; hold, stance, posture, action, swing, stroke, aim, ball position, chipping, pitching, holing out, long game, short game, putting, playing
- Rules and Etiquette; honour, order of play, line of putt, flagstick, pitchmark, marking a ball, fore, attending the flagstick, penalty stroke, penalty drop, hazard
- Areas of a golf course; teeing area, fairway, green, bunker, water hazard, lateral water hazard, apron of the green, hole, rough
- Equipment relating to golf; tee, ball marker, iron, club, putter, ball, bag, scorecard, pencil
- Scoring formats for golf; stableford, matchplay, strokeplay, medal play, texas scramble, foursomes, greensomes

Key Stage 4 Unit

Speaking and listening

- Enhance their skills of speaking in front of peers performing the role of course Marshall or match referee
- Analyse their own and others' performances and comment on ways to improve
- Identify strengths and weaknesses in theirs' and others' performance
- Lead a small group warm up

Resources

- Balls
- Clubs – (a variety of mid-irons and wedges, predominantly right handed with 2-3 left handed)
- Putters (predominantly right handed with 2-3 left handed)
- Tees
- Markers (cones)
- Ball markers
- Flags
- Putting cups (for indoor use)
- Golf Foundation - resources including:
 1. Games and activity cards
 2. CD Rom
 3. Junior Golf Passport cards and Instruction manual
 4. Worksheets for rules, etiquette quizzes (wet weather contingency)

Extension and enrichment exercises

- Practice skills and techniques at home and during out of hours learning opportunities*
- Take part in school golf events either competitively or socially (e.g. British Heart Foundation Junior Golf Championships, Golf Foundation Weetabix Age Group Championships)
- Identify their local golf club and enquire about opportunities to receive additional coaching from a PGA qualified golf professional, access to the golf course for playing purposes and junior membership opportunities
- Identify their local Golf Foundation Starter Centre (see Foundation Golf resources) to highlight opportunities to continue progression through the Junior Golf Passport (if required)
- Attend or watch live golf events to appreciate high quality performance
- Search the internet to find information about golf

*Out of hours learning opportunities may need to be adequately supervised due to the safety issues relating to golf activities (i.e. practising long game).

Future learning

The activities covered in this unit will form the foundation and background skills that will be used in the KS4 course. The generic skills for Striking and Fielding will be used in some areas of other Striking and Fielding games. Generally the skills developed in speaking and listening and the understanding of Health and Fitness will be used in all other areas of the Physical Education Scheme.

Prior learning

It is helpful if pupils refer back to:

- Prior experience of Golf at KS3 level and/or as an out of hours activity
- Generic skills in common with other Striking and Fielding games
- Generic knowledge gained in Health and fitness from other units