



GRADE 12

Golf 12

SD23 Central Okanagan

Golf 12 is part of the series of the Learn, Practice, Play series of golf instruction that the Central Okanagan Golf Academy offers. Golf will be the physical activity focus, along with healthy lifestyles & personal & social responsibility.

Credits: 4

Approval Date: Oct 2021

Hours: 120

Trax Code: YLRA

GOALS AND RATIONALE

The course has been developed to support & encourage students to explore new ways of developing physical, mental, & emotional fitness in a unique & fun manner. Additionally, students will learn more about their environment & the weather, as well as safety considerations that will need to be considered playing & competing on the golf course.

BIG IDEAS

Technical development: putting, chipping, pitching, sand play, full swing shots etc. Tactical development: short & long game, trouble shots, sand play etc. Personal growth: how to be a leader in your environment, cooperation with others in group settings, communicating effectively & mutual respect for others around you will help to build a positive community around you. Healthy lifestyle: living a life with proper nutrition, sleep, exercise & hydration.

ADDITIONAL INFORMATION

This course is the third of three courses that makes up the Golf Academy Program offered in Central Okanagan Public Schools.