



**GRADE 10**

# Golf Academy

## SD53 Okanagan Similkameen

The course has been developed to support and encourage students to explore new ways of developing physical and mental fitness in a unique and fun manner. In addition, students will learn about their environment, safety, respect of others and further develop their social skills which will be needed while playing on the course.

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**Credits:** 4

**Approval Date:** May 2018

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**Hours:** 120

**Trax Code:** YLRA

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## GOALS AND RATIONALE

Golf 10 is the first part of the Learn, Practice and Play series of golf instruction that the South Okanagan Golf Academy offers. This course will lead students through a natural progression of instruction, which will sequence the parts of the golf swing. The swing will be broken down into segments, which will take into account swing mechanics as well as the physiological differences for different body types. After the swing has been instructed various shots will be taught. Students who take this course are expected to know the golf swing and its mechanics affecting the different type of shots, which are an extension of the basic golf swing.

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## BIG IDEAS

Physical activity is an important part of overall health and well-being. Participating and learning an enjoyable activity can motivate people to participate more regularly in physical activity. Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve all goals. Knowing how our bodies move and function helps us to stay safe during golf and leads to healthy decisions. Making healthy choices can help us to reach our health and personal goals

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## ADDITIONAL INFORMATION

Special Equipment: - Flightscope 3D ball tracking device - Putting stroke motion analysis device  
- V1 video swing analysis software - Laser alignment system - Putt tracking device