



**GRADE 12**

## **Golf Skills 12A**

**SD62 Sooke**

The Goff Skills course (12A) is a personalized learning pathway and curriculum that allow for the assessment of student learning while participating in Sooke School Districts 62 Golf Academy. While involved in organized, specific, community and high performance sport, and through training and competition, students will learn how to flight the ball high or low, understand how to move the ball from left to right and right to left, learn the fundamentals of the bump and run, flop shot and bunker pl

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**Credits:** 4

**Approval Date:** Jun 2020

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**Hours:** 120

**Trax Code:** YHRA

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## GOALS AND RATIONALE

Sooke School Districts 62 sports Academies endorse Long-Term Athlete Development (LTAD) for the development of all Canadian athletes. LTAD combines the best research in today's sport science with the best practices in coaching and training from around the world. LTAD is a clear path to better sport, greater health, and higher achievement. Children, youth, and adults need to do the right things at the right time to develop in their sport or activity. LTAD describes the things athletes need to

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## ADDITIONAL INFORMATION

Students will be able to relate these aspects to their individual performance. Students will learn from a variety of experiences, hands-on practice, various types of media and literature, CPGA professional instruction, as well as direct and indirect instruction by the teacher, coaches, and other athletes (peers). Each semester, students will complete one four (4) credit course as they move through the stages of the LTAD. Students will improve and build on their training and skills from the pr