



PE Virtual Learning

# Golf Swing Techniques

April 20, 2020



6th Grade PE  
Lesson: April 20, 2020

**Objective/Learning Target:**

I will be able to hit a golf ball (or substitute ball) straight 5 times in a row.

**NAPSE:**

Strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffleboard and golf.

(S1.M19.6)



## Essential Question:

How do I correctly hit a golf ball?



## Warm-Ups

1. Push-ups x 10 (Do modified on your knees if needed)
  - a. 10 Second Break
2. Sit-ups x 15
  - a. 10 Second Break
3. Air Squats x 15--Video: [Air Squat](#)
  - a. 10 Second Break
4. Jog around your house 2 times.



## Practice:

Watch this video on the motions of a golf swing.

Video: [Golf Swing Motion](#)

As you watch it, write down three aspects of the swing you didn't know.

Here is another video on the techniques of a golf swing.

Video: [Golf Swing Techniques](#)

In case you don't have an implement to swing, here is an video of learning to swing without a golf club.

Video: [No Club Practice](#)



## Practice:

You will need a golf club (or substitute such as a broom), golf ball (or substitute such as a ping pong ball), and an area to hit it (outside). You will also need a target to hit at such as a bucket or basket.

You will be swinging the club and trying to hit the ball straight at a target 5 times in a row. You don't need to make it in the target, but gauge if you are around 5 feet from it. You will need to place the target about 20 yards (60 feet) away.

Once you hit around the target 5 times you are done.



## Self Assessment:

How well were you able to hit the ball in the air?

How many times did you miss around the target?

What did you struggle with and what did you do well with?

If you could do it again, what would you do differently?