

Chad Massie

Life Sports Weekly Lesson Plan

Unit: Golf

Topic: Pitching and techniques

Objectives: Students will experience hitting golf balls with a seven iron and learn a proper golf swing.

Activities: Students will try to get close to targets on the field by hitting the balls from the hill. Demonstrations can be done by members of the golf team and the remaining students will give it a try. Safety with their swings and where they are hitting too will be discussed.

Materials: Golf clubs, golf balls

Standards: A12.1, B12.1, D12.1-4, F12.1-7, G12.1-5