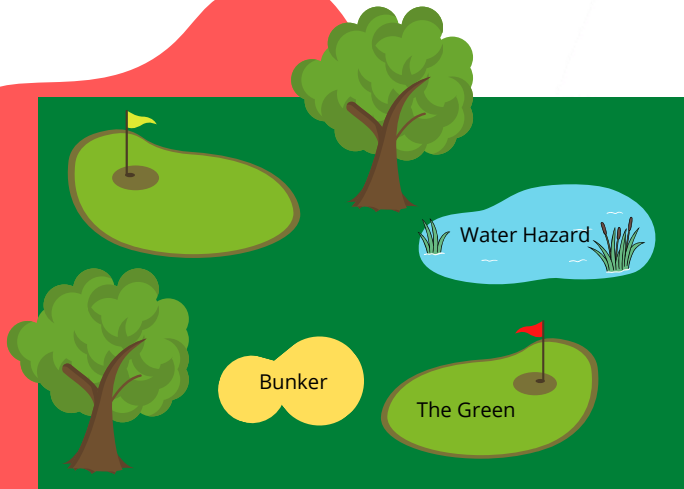


# Knowledge Organiser

## Golf Year 4

### About this Unit

Golf can be played individually or as a team. Players hit a small ball with a stick, called a club, around a golf course. Golf is a target game. In golf the targets are small holes. Players aim to hit the ball into the holes in as few hits as possible. In golf hits are called strokes.



### Key Vocabulary

**adjust:** change behaviour to achieve desired outcome  
**chip:** a shot used in golf over a short distance  
**drive:** a shot in golf used to hit over a long distance  
**grip:** the way an object is held  
**opponent:** someone not on your team  
**power:** speed and strength combined  
**putt:** a short shot played when the ball is on the green (near the hole)  
**relaxed:** not tense  
**support:** to help  
**swing:** smooth semi circular action  
**technique:** the action used correctly  
**tournament:** a competition of more than two teams



### Ladder Knowledge



### Striking

using a smooth action will help to increase accuracy.

### Movement Skills

- balance
- co-ordination
- striking

This unit will also help you to develop other important skills.

**Social** work safely, support and encourage others, collaboration, respect, communication  
**Emotional** perseverance, determination, honesty  
**Thinking** comprehension, observation, provide feedback, select and apply skills

### Rules

- Strokes must be taken from where the ball stops.
- Be honest when adding up your score.

### Healthy Participation



- Remain a safe distance from others when they are swinging.
- Do not swing the clubs when waiting to play.

If you enjoy this unit why not see if there is a golf club in your local area.



How will this unit help your body?

balance and co-ordination

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Hit it to Win it



**What you need:** Household items, a ball or rolled up socks

#### How to play:

- Place the household items out at varying distances.
- Begin behind a line and roll or throw your ball to hit one of your items.
- When successful retrieve the item you hit.
- Playing against someone else? Who can collect the most items?
- Playing by yourself? How quickly can you retrieve all items?
- Make this harder by allocating 2 points for items that are smaller or placed further from your start line.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



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