

FINDING YOUR PERSONAL PAR

A player shows **Personal Par** in their actions by:

- Setting their own par for each hole that may or may not match the scorecard and then keeping score.
- Practicing parts of their game in order to improve and get a lower overall score.

Although the golf course sets Par at 3, 4, or 5, those numbers are for expert golfers. As a beginner, you should set your own Personal Par for each hole.

WEEK 6



HEALTHY HABIT **SCHOOL**

- Determine your Personal Par and try to improve upon it. Success in SCHOOL leads to success in other areas of your life.
- In school, if you feel like Bs are your Personal Par, pick one class and really try to do your best and see if you can get an A.

THINGS TO THINK ABOUT

1. How is practicing your golf game like studying for a test in school?
2. How can Personal Par help us to be more positive about our golf skills?
3. Why is it important to set goals in golf and in life?

GOLF SKILL

In the backyard, try chipping with different clubs and notice the difference in what the ball does. Does it go higher or lower? Does it roll more or less? Remember, chipping is just like putting with an iron. Use the Y-putt-Y stroke and you will be successful.

GOLF RULE

Rule 15.2 – Movable Obstruction

A player may take relief, without penalty, from a movable obstruction as follows: If the ball does not lie in or on the obstruction, the obstruction may be removed. If the ball moves, it must be replaced, and there is no penalty.

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What does par mean on the golf course? _____

Most golf courses print on the scorecard and the tee sign the standard number of strokes it takes a professional or advanced PLAYer to get the ball in the hole. This is called par for that hole. Generally, shorter holes take 3 strokes. Longer ones take 4 or 5 strokes. Some golf courses also show the par for intermediate and beginner golfers.

Match the name to the score.

Ace	1 under (less than) par
Eagle	Standard or value
Birdie	1 over (more than) par
Par	In the hole with 1 swing
Bogey	2 over (more than) par
Double boæev	2 under (less than) par

CHIPPING GAME: BACKYARD GOLF

- Make a backyard golf course with hula hoops for the hole and swim noodles for the flag.
- Set up as many holes as you have room for.
- Set a Personal Par for each hole and keep score.

You will see the more that you practice, the more likely you will meet or beat your Personal Par on each hole.