

EXPLORING THE GAME

Try different things, see what works for you.

HEALTHY HABIT

Friends

Golf with your Friends, or make new ones at the golf course. When friends participate in activities together, they are more likely to be successful in achieving their health-related goals.

GOLF RULE

Rule 4b – Maximum of 14 clubs

Explore the best 14 clubs for you. Consider the possibility of more wedges with different lofts or even 2 putters for a long or short putt.

WARM UP

Get your body ready to play

- 10 toe touches
- 15 jumping jacks
- Arm circles for 1 minute

GOLF SKILL

Try a new way to hold a putter

- Reverse grip
- Claw grip

THINGS TO THINK ABOUT

- What healthy food would I like to try?
- Where would I like to travel?
- If I could learn about something new at school, what would it be?

PUTTING GAME

Turn a plastic cup upside down and place 5 golf balls circling the cup – all 3 feet away. Putt all 5 balls with the same grip:

- Standard
- Reverse hands
- Claw grip

Explore not only which grip **felt** the best but which grip **worked** the best.

PAR LEVEL GOLF SKILLS, HEALTHY HABITS, ETIQUETTE (MANNERS) AND RULES

WHAT YOU WILL EXPLORE



BALANCE! The importance of a balanced finish to your swing.

CLUBFACE! Why it's important and how it helps you get the ball to fly at your target and the distance you want.



HEALTHY HABITS! Discover ways to stay safe, energized and playing the game for your whole life.

HAZARDS! How to handle the challenges of bunkers and water hazards on the golf course.



WHAT'S IN YOUR BAG? Explore what club(s) to carry in your bag; and what other supplies you should have to be ready to play.

RULES and ETIQUETTE! *What is stroke play? What is match play? Are the rules the same for every format?*

