**Answer model Lesson plan**

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| Lesson Title: Golf Grade 10 | Lesson # 2: high pitch shot | Date: |

**Rational:**

To introduce students to wrist cock, shoulder turn, weight shift and timing using the high pitch shot.

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| **Prescribed learning outcome/s**:  **Personal and Peer connections**: Be a positive coach |

**Instructional objectives- Students will be able to:**

* Consistently encourage, analyze and give their partners appropriate advice
* Identify good posture at the setup of the swing
* Identify “back to the target” at the top of the swing
* Identify front to the target at the completion of the swing with the hands high and the golfer on his/her back toe
* Utilize the coaches eye app to help coach their partner on how to improve his/her swing
* Because golf can be very dangerous, students must follow the **safety parameters** and are **responsible for each others’ safety**. (If your partner screws up you’ve screwed up).

**Prerequisite Concepts and skills**: Students should be familiar with the chip shot covered in lesson #1. For homework, students should have come to class with the coaches eye app already downloaded.

**Materials required**: 9 iron, pitching wedges or sand wedges, golf balls or wiffle balls, hula hoops, and mobile devices or tablets with the coaches’ eye app downloaded.

Main Activity

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| Teacher Activities | Student Activities | Time |
| Introduction:  Students will be provided with an introductory demonstration to the high pitch shot | Students will listen to instructions and will then be provided with an opportunity to collect their required materials | 5-10 minutes |
| Anticipatory set:  Students will watch a video clip on how to utilize their coaches’ eye app to help coach their partners.  **Statement of safety: All students should be actively involved and contributing whether they are the golfer or the coach. Coaches should provide encouragement and positive feedback throughout the lesson.** | Students will watch a video and will then return to their golf mats to begin working on their high pitch shots. | 5 minutes |
| Body:  Allow students to practice their swings.  Utilize a check-in from time to time throughout the body of the lesson to review integral sections of the high pitch and the chip shot that was covered in the previous lesson. | The students take turns practicing their golf swings and coaching their partners | 30-35 minutes |
| Closure:  80/20 rule. Each student gives them self a score out of 100. 80 percent is based on personal performance/effort and 20 percent is based on being an excellent coach. Examples of exemplary coaching should be pointed out to ensure positive reinforcement | Students are seated near the instructor and voice their score. (IT MUST BE LOUD AND PROUD) | 5 minutes |

**Teacher Reflection:**