

## Physical Education

- I. Course Description: This course will give the student the opportunity to improve skills in two sports: golf and tennis.

He will spend time weekly practicing golf skills learned in private lessons and clinics that are offered at Rancho Vista Golf Course, Rancho Sierra, Lake Hughes, Antelope Valley Country Club, and Lancaster Golf Center. He will spend time improving these skills by playing rounds of golf and practicing putting, driving and pitching. As skills improve he will be participating in tournaments for junior players.

He will spend time weekly with private tennis instruction from his father who is National Tennis Association certified. He will spend time practicing these skills weekly and as skills improve will participate in junior tennis tournaments.

- II. Course Goals and Objectives:

- A. The content of this course will enable the student to:
1. Participate in physical demanding activities
  2. Learn about lifetime sports and the reason for them
  3. Refine and perfect sports skill techniques
  4. Exhibit Christian character and sportsmanship

- III. Course Outline:

A. Golf

1. The Basic Swing
2. The Fairway Woods
3. Iron Play
4. The Short Game
5. Professional Tips
6. Golf Equipment
7. Golf Rules and Etiquette

B. Tennis

1. The Serve
2. The Forehand
3. The Backhand
4. The Grip

- 6. The Volley
- 7. The Half-volley
- 8. The Overhead
- 9. Keeping score

IV. Instructional Materials:

- A. *The Golfer's Bible*, Doubleday
- B. Braden, Vic *How to Play Winning Tennis*

V. Teaching Methods:

- A. Demonstrations by teacher
- B. Videotapes
- C. Private student instruction

VI. Evaluation:

- A. Motivation to practice skills learned
- B. Student's demonstration of knowledge of skills and proper use of equipment.
- C. Participation in competitions
- D. Cooperation and sportsmanship