



PE - Knowledge Organiser

Autumn 1 2024/2025 - Year 5 – Golf (Striking)



Knowledge Organiser Golf Year 5

About this Unit

Golf is a target game where players strike a ball into a hole with the fewest number of hits.

As well as developing your striking accuracy, playing golf can teach you some awesome skills that can help you in other areas of your life e.g.

- **Patience:** Golf can be a challenging game, and sometimes you need to try a few times to get the ball where you want it. This helps you practice patience – an important skill in many aspects of life.
- **Concentration:** Golf requires a lot of concentration. You need to pay attention to how you swing the club, the angle of the clubface, and the distance to the hole.
- **Analysis:** Sometimes the ball doesn't go where you want it to. That's when you need to think about how to adjust your next shot.
- **Respect:** Golf is a game of honesty and integrity. You're responsible for your own actions, and respecting others on the course is crucial.

Can you identify how golf helps you to develop these skills?

- Responsibility
- Collaboration
- Self regulation

Powerful Knowledge

- align:** place or arrange things in a straight line
- angle:** formed when two lines come together at a shared point e.g. arm to floor
- chip:** a shot used in golf over a short distance
- drive:** a shot in golf used to hit over a long distance
- force:** create power
- grip:** the way an object is held
- par:** the number of strokes expected for a particular hole or course
- putt:** a short shot played when the ball is on the green (near the hole)
- shot:** the type of hit used
- situation:** the environment created by the game
- stance:** the body position taken

Ladder Knowledge



Striking

Year 5: aligning your body and equipment before striking will help you to be balanced.

Movement Skills

- balance
- co-ordination
- striking

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

- Social** responsibility, support, collaboration, respect
- Emotional** patience, perseverance, self regulation, concentration, honesty
- Thinking** analysis, select and apply

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

What's the Par?



What you need: 1 ball, broom, objects

How to play:

- In a safe space, create a golf hole using household objects e.g. socks for a gate, put for an obstacle, dressing gown rope laid in a semi circle for the hole.
- Give yourself a par for the hole.
- See if you can complete the hole, using your broom as the club, within the par.
- Play the game again, can you complete the hole in fewer hits?

Playing against someone else? Who can complete the hole in the fewest hits?



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136