

**Lumen Christi Catholic College – ASSESSMENT TASK**

**Year 9 PASS – Golf Analysis Weighting 20%**

**Teachers: Mr Crowley & Mrs De Borre**

**Date Due: Monday 10th June – Week 7**

**Total Marks** - **30**

**Outcomes:**

1.1 Discusses factors that limit and enhance the capacity to move and perform

3.1 demonstrates actions and strategies that contribute to enjoyable participation and skillful performance

4.3 performs movement skills with increasing proficiency

4.4 analyses and appraises information, opinions and observations to inform physical activity and sport decisions.

1. Create a table that describes the shot that you filmed

|  |  |
| --- | --- |
| Club Used |  |
| Club Range in metres |  |
| Purpose of the shot |  |
| Variations it can have in a game of golf |  |
| What factors other than the swing can affect the success of the shot |  |

2. Video yourself doing a golf swing. Break the swing down and analyse into these four phases.

* Preparation (Body Position, Grip)
* Backswing
* Downswing
* Follow Through

**Compare** it to a professional golf swing, by identifying what was similar and what was different. Use screen shots to highlight.

How could you improve, what coaching points can you give. Suggest at least five improvements to your technique and the benefit each if these improvements would have on the overall outcome of the stroke.

You may like to use Slow-mo on your video so you can break the swing down into parts or use the FREE app SloPro

**Marking Criteria:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | A | **B** | **C** | **D** | **E** |
| **1.****How the stroke is played** **/5** | Produces a detailed and extensive table that profiles the shot being played. Clearly highlights the variations that can occur within the shot and the external factors that can affect it success. | Produces an excellent table that profiles the shot being played. The table highlights some variations that can occur within the shot and the external factors that can affect it success. | The table shows a few features of the shot being played. The table identifies some variations that can occur within the shot and the external factors that can affect it success | The table identifies basic features of the shot being played. Limited points regarding the variations that can occur within the shot AND/OR the external factors that can affect it success | The table identifies a basic feature of the shot being played. Minimal points regarding the variations that can occur within the shot AND/OR the external factors that can affect it success |
| **2. Analysis of golf swing**  **/20** | Provides an analytical description of similarities and differences of their golf swing. Highly relevant screen shots are included to support this. 5 or more improvements are suggested with extensive links to benefits. Information will greatly assist in improvement of their golf swing | Provides a description of similarities and differences of their golf swing. Relevant screen shots are included to support this. 5 improvements are suggested, with links to how this would benefit the stroke.Information will positively assist in improvement of their golf swing  | A sound comparison of similarities and differences is made of their golf swing. Screen shots are included and linked to support this. 5 improvement suggestions are given with relevance to improving their golf swing with an attemt to link to benefits. | An attempt was made to compare similarities AND/OR differences of the golf swings with minimal justification. An attempt to use screen shots is made. Less than 5 improvement suggestions are given. | Minimal to no attempt was made to compare the golf swings. Limited coaching points were provided for improvements. |
| **3. Presentation**  **/5** | Outstanding presentation of their work with original ideas. Presented in a clear and logical manner. | Excellent presentation of their work. Presented in a clear and logical manner. | Acceptable presentation of their work | Basic presentation of work | Poor presentation of work |