



science • technology
engineering • math • sports

GOLF

Module 7.0

Finding the Sweet Spot:
Force of a Golf Swing

GRADES K – 2nd





What Do You Need?

Supplies Provided

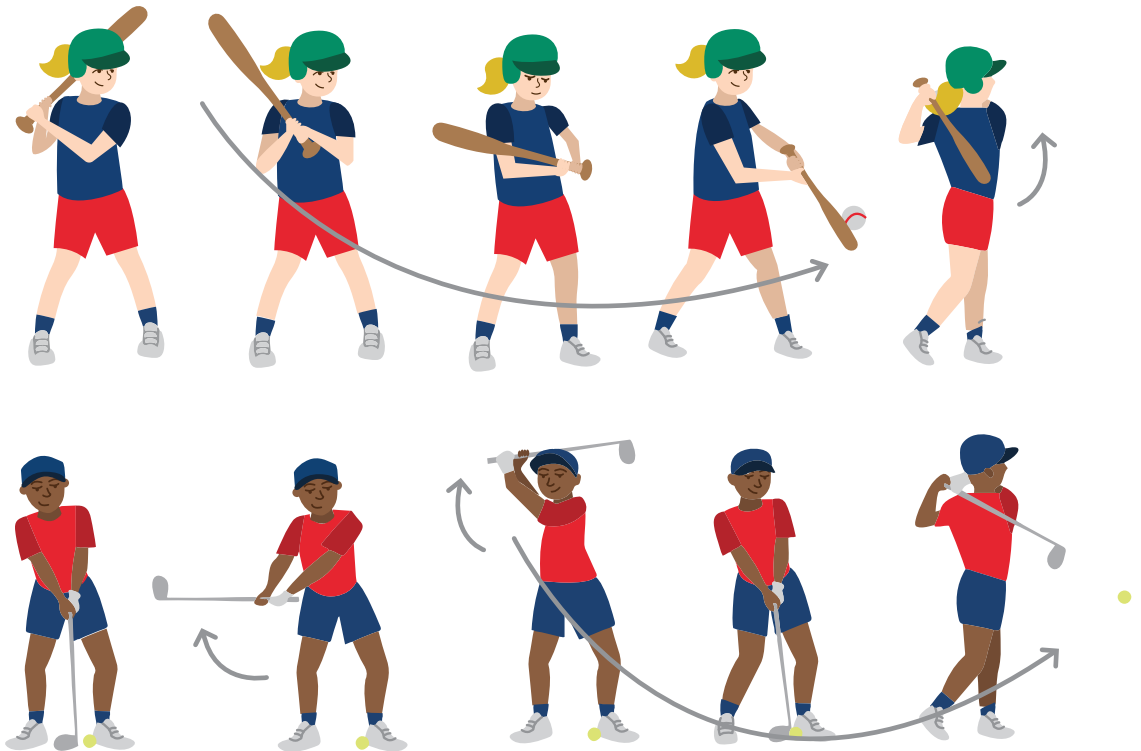
[Worksheets](#), mini-stikka!,
flagstick!, t-mat!, ballz! and
Clubs: puttr! and hitta!

Materials Needed

Pencils

Engage

How are swings similar and different from each sport?



Explore

Learn and practice different swings in golf. Use the [worksheet](#).



Explain

Learn about “force” and its importance to the game of golf.

Elaborate

What direction will your ball go? Find out through practice.

Evaluate

Based on your ball striking,
use the [worksheet](#) to
support your findings.

Extend

Challenge Yourself!

How does the amount of energy in a backswing affect the force?



What is your Dream Job?

STEM Jobs in Sports

- Golf Pro/Coach
- Golf Club Designer
- Director of Product Development
- Golf Equipment Manufacturer
- Materials Scientist

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