Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_

Due Date: \_\_\_\_\_\_\_

**Disc Golf Learning Packet**

Be sure to answer ALL parts of the questions in COMPLETE SENTENCES. Not all the answers will be found in the packet. You will have to use other resources to find all the answers.

List three similarities and three differences between Disc Golf and traditional Golf.

Name and define the four characteristics that describe a Disc Golf disc.

What is the difference between driving and putting when playing disc golf?

Describe the characteristics of a power grip and name what it is used for when playing Disc Golf.

Describe the characteristics of a control grip and name what it is used for when playing Disc Golf.

Describe the characteristics of a sidearm grip and name what it is used for when playing Disc Golf.

Describe the terrain that is typically found on a Disc Golf course and how that terrain can help improve an individual’s health related fitness.

List three factors that can make Disc Golf more accessible to the general population than traditional Golf.

Research and find 5 local places where disc golf can be played. Tell where they are found and give a highlight of each course.

List 3 places where you can buy disc golf supplies and list the prices of 5 different discs. (You will need to look online)