

**Recap: What do we know about Tri-Golf?**

**Lesson 1/6**

# **To understand each type of shot in Tri-Golf**

## **Success Criteria**

**To be able to:**

- **Stand when playing each shot in Tri-Golf**
- **Understand the bigger the swing, the bigger shot**
- **Control the direction of the ball using both a putter and a chipper**

**Recap: To understand each type of shot in Tri-Golf**

**Lesson 2/6**

**To play a round  
of Tri-Golf  
and be able  
to keep score**

### **Success Criteria**

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#### **To be able to:**

- Work together as a team, measure out and build a game**
- Demonstrate their understanding of aim, distance and control through taking part in a number of skills games**
- Identify how they concentrated on a task**

**Recap: What do we know about Frisbee?**

**Lesson 3/6**

**To understand  
the different  
force needed  
when throwing  
the Frisbee**

### **Success Criteria**

#### **To be able to:**

- Understand the different amount of force needed when it comes to throwing a Frisbee**
- Understand how to generate the power/force for the Frisbee throw**
- Throw the Frisbee over different distances at a target, or partner**

**Recap: To understand the different force needed when throwing the Frisbee**

## **Lesson 4/6**

# **To understand the difference in body positions when throwing the Frisbee**

### **Success Criteria**

#### **To be able to:**

- **Correctly identify the body techniques needed when it comes to different throws for Frisbee**
- **Adapt themselves, depending on the situation, to get the desired throw needed**
- **Identify the correct throw, giving necessary feedback to peers to correct the positioning**

**Recap: What do we know about archery?**

**Lesson 5/6**

# **To understand the technique of drawing the bow in archery**

## **Success Criteria**

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### **To be able to:**

- Understand that they pull or draw the string toward the right side of their face (Opposite for left)**
- Rotate their hips and shoulder until the elbow is slightly in front of the arrow line**
- Keep the upper back muscles being active throughout the aiming, drawing and releasing of the arrow**

**Recap: To understand the technique of drawing the bow in archery**

**Lesson 6/6**

# **To understand the technique of aiming the arrow in archery**

## **Success Criteria**

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### **To be able to:**

- Align the arrow with the target while keeping the muscles active**
- Understand that 'sighting' is an alignment between your eye, the string and the arrow**
- Keep their muscles active during the sighting process**