

# COMPETING EDSTART

## Year 5 - Target Games Tri-Golf, Frisbee & Archery - Unit of Work

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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#### Children can:

- Start to develop a broader range of techniques and skills for attacking and defending
- Pass, dribble and shoot with control in games
- Identify and use tactics to help the team keep the ball and advance it
- Mark opponents and help each other in defence
- Apply basic principles of team play to keep possession of the ball
- Play effectively as part of a team
- Pick out parts of performance that could be improved and suggest ideas and practices to make them better

### Learning Objective

### Learning Outcomes

**1 To understand each type of shots in Tri-Golf**

**Children can:**

- Know how 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

**2 To play a round of golf and be able to keep score**

**Children can:**

- 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

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

**Children can:**

- 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

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

**Children can:**

- 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

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

**Children can:**

- Understand that when they pull or draw the string toward the right side of your 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

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

**Children can:**

- Need 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

### Assessment Mark

### Requirements

#### Working Towards

- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Can perform a variety of passes, dribble with a ball and aim at a target (Unopposed)
- Retain key information

#### On Target

- Use correct technique when aiming at a target
- Can consistently receive and control an object against a defender
- Children can demonstrate their understanding of aim, distance and control through taking part in a number of skills games

#### Above Target

- Use correct technique when aiming at a target in a game situation
- Can consistently aim an object at a target in different situations
- Consistently demonstrate an understanding of spatial awareness
- Effectively apply some elements of strategy and tactics

#### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Can identify and use tactics to help the team keep the ball and advance it forward
- Can identify and use tactics to help the team defend and win the ball back
- Can officiate small games between themselves and are able to restart the game after a stoppage in play
- Can analyse skills and techniques to modify and improve performance

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.