

MOVING EDSTART

Year 3 - Intro to Target Games Tri-Golf, Frisbee & Archery - Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Use a range of skills, e.g. throwing, catching, and hitting with some degree of control**
- **Throw over a variety of distances using the underarm and overarm techniques**
- **Have the correct stance when throwing the Frisbee**
- **Have the right body position when receiving a Frisbee**
- **Understand they need to straddle the shooting line with one foot on either side**
- **Understand they need to stand forward with their least dominant foot over the shooting line**
- **Judge the flight on an object and be ready to catch the appropriate technique**
- **Understand the correct stance when using a Tri-Golf club**

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Learning Objective

Learning Outcomes

1 To introduce the stance needed when using a Tri-Golf club

Children can:

- Understand to swing with balance it is important to stand correctly
- Need to ensure:
 - Feet are shoulder width apart
 - Ball is in line with the centre of body
 - Toes and waist facing the ball

2 To introduce being able to control the putter

Children can:

- Control the distance of the ball in the air using a putter
- Need to ensure they:
 - Stand with the club on the floor with the grip pointing to the centre of their feet
 - Make like a scarecrow with hands out – the hand closest to the target goes on top of the grip
 - The hand furthest from the target goes underneath
 - Both hands are touching

3 To introduce receiving and throwing of a Frisbee

Children can:

- Have the correct stance when throwing the Frisbee
- Have the right body position when receiving a Frisbee
- Understand the right of their hands when distributing the Frisbee to achieve a strong throw (Thumb should be on top of the Frisbee, your index finger should be against the edge and your remaining fingers should touch the underside. Stand with your feet a 90° to your target)

4 To introduce aiming at a target with using the correct technique in Frisbee

Children can:

- Understand the basic skills when holding the Frisbee
- Understand the right force to use when passing to another child
- Be comfortable throwing with basic techniques

5 To introduce how to hold the bow in archery

Children can:

- Understand they need to straddle the shooting line with one foot on either side
- Understand they need to stand forward with their least dominant foot over the shooting line
- Understand they need to turn their front foot towards the target

6 To introduce the technique of drawing the bow

Children can:

- Know how to pull or draw the string toward the side of their face towards the dominant side
- Understand to rotate their hips and shoulder until their elbow is in front of the arrow
- Know that when they draw the bow back they touch their index finger to the corner of the mouth

Assessment Mark **Requirements**

**Working
Towards**

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)

On Target

- Can throw and catch individually
- Can use different techniques with moderate accuracy
- Makes contact with the ball more often than not
- Uses the correct throwing technique, depending on throwing distance (Underarm short distance, overarm longer distance)

**Above
Target**

- Can throw and catch with a partner/small group
- Can bowl overarm with moderate accuracy
- Is confident when striking a bouncing ball
- Communicates with others effectively
- Uses spacial awareness to judge fielding positions
- Uses different fielding techniques (Short/long barrier) at the appropriate time

Excelling

- Competes/demonstrates an ability to compete at an elite level
- Demonstrates leadership qualities
- Effectively apply some elements of strategy and tactics
- Consistently demonstrate an understanding of spatial awareness

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**.