

Recap: What do we know about Tri-Golf?

Lesson 1/6

To create a small course with 6–8 activities in Tri-Golf

EDSTART KNOW

- I know how to use a putter for rolling and a chipper for lifting
- I know what makes a hole harder or easier (distance, obstacles, target size)
- I know the importance of controlling direction when playing

EDSTART GO

- I can create and play a golf hole with obstacles and targets
- I can choose the correct club for the type of shot
- I can control the ball's direction through different activities

EDSTART SHOW

- I can design a hole that challenges myself and others
- I can explain why I chose a certain club or shot
- I can demonstrate control by completing my hole with accuracy

Recap: To create a small course with 6–8 activities in Tri-Golf

Lesson 2/6

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

EDSTART KNOW

- I know how to keep score fairly in golf
- I know which club to use for putting or chipping
- I know how to aim my body and club face at the target

EDSTART GO

- I can play a mini round of golf using different clubs
- I can keep an accurate score on a scorecard
- I can work with my team to complete challenges

EDSTART SHOW

- I can demonstrate keeping fair and accurate scores in a group game
- I can explain how shot choice affected my score
- I can support my peers in playing a round responsibly

Recap: What do we know about Frisbee?

Lesson 3/6

To understand the rules of Frisbee Golf and to be able to compete against themselves and others

EDSTART KNOW

- I know the rules of Frisbee Golf (taking turns, scoring throws, following the course)
- I know how to keep score in a fair way
- I know why rules make competition safe and fair

EDSTART GO

- I can throw the Frisbee with control while following rules
- I can play through a course, counting my throws
- I can avoid hazards while completing holes

EDSTART SHOW

- I can demonstrate playing by the rules of Frisbee Golf
- I can explain why following rules keeps the game safe and fair
- I can lead my team in keeping scores accurately

Recap: To understand the rules of Frisbee Golf and to be able to compete against themselves and others

Lesson 4/6

To understand the concept of creating a course is to challenge pupils' ability for Frisbee Golf

EDSTART KNOW

- I know how to design a Frisbee Golf hole with obstacles and challenges
- I know which throws (forehand, backhand) suit different holes
- I know accuracy is more important than power

EDSTART GO

- I can create my own Frisbee Golf hole with targets and hazards
- I can adapt my throws depending on the course
- I can keep score fairly while playing my course

EDSTART SHOW

- I can design a challenging but fun course for others to try
- I can explain how obstacles change the difficulty of a hole
- I can support others by helping them complete my course

Recap: What do we know about archery?

Lesson 5/6

To set up their shot in archery

EDSTART KNOW

- I know how to stand on the shooting line with my least dominant foot forward
- I know how to hold, draw, and aim the bow correctly
- I know calm focus helps me prepare for a shot

EDSTART GO

- I can load an arrow and set up a shot with correct stance
- I can draw the bow smoothly and aim at a target
- I can release safely while keeping my posture steady

EDSTART SHOW

- I can demonstrate setting up a safe and accurate shot
- I can explain what makes a good setup (stance, grip, calmness)
- I can give feedback to a partner about their setup

Recap: To set up their shot in archery

Lesson 6/6

To release and follow through when taking the shot in archery

EDSTART KNOW

- I know aiming is aligning my eye, string, and arrow
- I know rushing the release makes the shot go off target
- I know calm breathing and follow-through help accuracy

EDSTART GO

- I can aim my arrow at a target with control
- I can keep my muscles strong and steady while sighting
- I can release smoothly with a follow-through

EDSTART SHOW

- I can demonstrate aiming and releasing with good alignment
- I can explain how focus and breathing improve accuracy
- I can help a partner improve their aiming technique