

Year 6 - Target Games

Lesson Plan

COMPLETE
EDSTART

Lesson Objective	To create a small course with 6-8 activities in Tri-Golf	Lesson 1/6
Equipment Needed	Tri-Golf clubs, foam golf balls, flat markers, small cones, large cones.	
Success Criteria	Children can: <ul style="list-style-type: none">• Create a course using 6-8 activities• Understand what club they need to use depending on the shot they need• Control the direction of the ball using both a putter and a chipper	
Adapted Learning (Differentiation) (Challenge)	<ul style="list-style-type: none">• Easier: Larger gates/targets, shorter distances• Harder: Narrower gates, obstacles, smaller bullseye zones.	
Key Questions	What made some holes harder than others? Smaller targets, longer distances, or tricky obstacles. Success came from teamwork, picking the right shot, and concentrating on control.	
Warm Up	<ul style="list-style-type: none">• Pupils rotate through movement tasks: Hopping, side-stepping, balancing, skipping• Add ball-handling drills: Rolling balls between cones, partner rolls	
Main Activity	Skill Development: Recap Putter vs Chipper technique. Children practise in pairs, focusing on control. Pupils split into small groups. Each group designs 1-2 "holes" that together make up a class golf course. Rotate so all pupils play every hole. Below is a list of ideas for the children to use. Teacher models how to design a simple hole (start point, obstacle, target). <ol style="list-style-type: none">1. Putting Gate Challenge: Pupils set up two cones as a "gate." The aim is to roll the ball cleanly through with as few strokes as possible. Progression: make the gate narrower to increase difficulty.2. Chipping Over a Barrier: Groups place a small barrier (cones/bench/rope) that pupils must chip over. Ball must land in a marked target zone behind the obstacle.3. Zig-Zag Path: A winding path is marked with cones. Pupils must navigate their ball through the course in the least strokes.4. Bullseye Zone: Set up a hoop or marked circle acts as a "bullseye." Closer landings score higher points. Children take 3 attempts and keep score.5. Long Putt: A distant hoop/target is set up. Pupils must judge power for distance.6. Curved Shot Challenge: Set up cones to create a curve to get around before reaching the target. Children must think tactically about shot placement.	
Cooldown / Plenary	Relay Golf: Teams of 4-5 work together, each taking a stroke to reach the target in as few shots as possible. Reinforces teamwork and strategy.	
Key Technical Points	<ul style="list-style-type: none">• Grip: Hands together, gentle grip• Stance: Feet shoulder-width apart, knees slightly bent, eyes on the ball	

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Lesson Objective	To play a round of golf and be able to keep score	Lesson 2/6
Equipment Needed	Tri-Golf clubs, foam golf balls, flat markers, small cones, large cones, arches, small tunnels (objects for obstacles).	
Success Criteria	Children can: <ul style="list-style-type: none">Work together as a team, measure out and build a gameDemonstrate their understanding of aim, distance and control through taking part in several skills gamesIdentify how they concentrated on a task	
Adapted Learning (Differentiation) (Challenge)	<ul style="list-style-type: none">Make holes larger (big hoops/targets), allow extra strokesAdd extra obstacles, introduce “par” scores (target number of shots)	
Key Questions	What skills helped you lower your score? Staying calm, focusing on aim, judging distance, and working together.	
Warm Up	Relay Push: Teams push a ball with their putter around cones without lifting it off the ground.	
Main Activity	Skill Development (15 mins): Recap how to score in golf (fewest strokes). Practise counting shots with partners and recording on scorecards. Main Activity (25 mins) – Team Golf Challenges: <ol style="list-style-type: none">Mini Course Play: Pupils play 4-5 holes, recording strokes.Team Score Relay: Teams take turns to reach target in fewest shots.Accuracy Ladder: Zones worth different points (short to long).Obstacle Golf: Play through gates, around cones, or over barriers.	
Cooldown / Plenary	Officiated Round: Pupils keep score and enforce rules for another pair.	
Key Technical Points	<ul style="list-style-type: none">Shot Selection: Putter for rolling, chipper for liftingAim: Point body and club face towards targetPower Control: Smooth swing, avoid hitting too hardScoring: Fewest shots = best score. Always count each stroke	

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Lesson Objective	To understand the rules of Frisbee Golf and to be to compete against themselves and others	Lesson 3/6
Equipment Needed	Frisbees (foam and plastic), cones, flat markers, hoops.	
Success Criteria	Children can: <ul style="list-style-type: none">Understand the correct rules to throw and compete when it comes to taking part in Frisbee GolfKeep scores when it comes to playing Frisbee GolfFollow a course correctly set up, avoiding hazards along the way	
Adapted Learning (Differentiation) (Challenge)	<ul style="list-style-type: none">Change the distance of the throwUse different sized / weight of Frisbees	
Key Questions	Why is it important to follow the rules in Frisbee Golf? It makes the game fair, helps everyone know their score, and keeps competition safe.	
Warm Up	Target Toss: Pupils throw beanbags/mini-Frisbees into hoops at different distances.	
Main Activity	Skill Development: Teacher demonstrates backhand throw and Frisbee Golf rules: Start at tee marker, Take turns, Count throws until Frisbee lands in target zone. Children practise in pairs aiming for hoops. Frisbee Golf Course: Class sets up 4-6 holes using hoops/targets. Pupils rotate through course. <ol style="list-style-type: none">Long Drive Hole: Big throw towards distant target.Accuracy Hole: Hoop target close but small.Obstacle Hole: Throw around/over cones.Relay Golf Hole: Teams complete hole together.Bullseye Hole: Land Frisbee in scoring zones.	
Cooldown / Plenary	Throw to Score: Children work in teams to throw and catch the Frisbee in a specific area. The score different points based on the difficulty and direction of the throw.	
Key Technical Points	<ul style="list-style-type: none">Grip: Fingers under Frisbee, thumb on topRelease Angle: Keep Frisbee flat – tilting causes it to curveStep Into Throw: Transfer weight forward to add power	

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Lesson Objective	To understand the concept of creating a course, to challenge pupils' ability for Frisbee Golf	Lesson 4/6
Equipment Needed	Frisbees, cones, flat markers, hoops.	
Success Criteria	Children can: <ul style="list-style-type: none">Work together or as individuals to create a hole/course for Frisbee GolfSet limitations throughout the course, which will challenge themselves or othersCompete against themselves and others when it comes to Frisbee Golf, whilst keeping score throughout	
Adapted Learning (Differentiation) (Challenge)	<ul style="list-style-type: none">Vary the distance of the throwChange the size and weight of the Frisbee	
Key Questions	What made your course fun but also challenging? Adding obstacles, different distances, or rules like "must throw forehand."	
Warm Up	Frisbee Fitness Relay: Pupils run a short shuttle and pass Frisbee before tagging next teammate.	
Main Activity	Skill Development: Recap throwing techniques (backhand, forehand). Pupils experiment with accuracy and distance. Course Design & Play: Pupils design their own Frisbee Golf holes, adding obstacles and challenges. Rotate and try other groups' holes. Course Examples: <ol style="list-style-type: none">Tree Gate Hole: Throw through cone (gate).Curved Hole: Frisbee must land in target after bending around cones.Hazard Hole: Avoid marked "water" zone.Distance Hole: Furthest away with par limit.Creative Hole: Pupils invent new challenges.	
Cooldown / Plenary	Mini Frisbee Game (4v4): Pupils play small-sided games focusing on possession and passing. Encourage communication, lead passes, maintain body position for accurate throws.	
Key Technical Points	<ul style="list-style-type: none">Body Position: Side-on stance, shoulders relaxedThrowing Choice: Use backhand for accuracy, forehand for quick releasesControl Before Power: Accuracy is more important than distance	

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Lesson Objective	To set up their shot in archery	Lesson 5/6
Equipment Needed	Archery set (boards/bows/arrows), cones, flat markers.	
Success Criteria	Children can: <ul style="list-style-type: none">• Be confident with holding, drawing and aiming the bow• Stand correctly over the shooting line, with their least dominant foot forward	
Adapted Learning (Differentiation) (Challenge)	Vary the distance of the target.	
Key Questions	What helps you set up a good shot? Strong stance, steady grip, correct arrow position, calm focus.	
Warm Up	Hunter & Prey: Tag to raise heart rate and awareness of spatial positioning (Dynamic shoulder and posture stretches, arm circles, shoulder rolls, chest openers).	
Main Activity	Skill Development: Teacher demonstrates stance on shooting line, holding bow, loading arrow and drawing back. Pupils practise without arrows first, then with short-range shots. Archery Stations: Working in groups of 3 or 4 and move around each station. Set up 2 or 3 boards at each station. <ol style="list-style-type: none">1. Close Target Practice: 2-3 metres away for technique.2. Form Focus: Partner checks elbow, shoulder, posture.3. Balance Challenge: Maintain stance for 10 seconds before release.4. Hit the Colour: Aim for different coloured rings.	
Cooldown / Plenary	Round The Board: Children start with trying to hit the outer colour, once they hit, they move inwards. First to bullseye – wins.	
Key Technical Points	<ul style="list-style-type: none">• Stance: Stand side-on to target, least dominant foot forward• Grip: Hold bow gently, don't squeeze handle• Draw: Pull string smoothly to side of face (anchor point)	

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Lesson Objective	To understand the technique of aiming the arrow in archery	Lesson 6/6
Equipment Needed	Archery set (boards/bows/arrows), cones, flat markers.	
Success Criteria	Children can: <ul style="list-style-type: none">• 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	
Adapted Learning (Differentiation) (Challenge)	Vary the distance of the target.	
Key Questions	What happens if you rush your release? The arrow goes off target. A smooth release with follow-through improves accuracy.	
Warm Up	Target Dash: Set up cones around the space; children run to collect cones in sequence. Incorporate shoulder stretches, arm circles, and gentle torso twists to prepare muscles for drawing the bow.	
Main Activity	Skill Development: Teacher demonstrates release: relaxing fingers, hand moves forward, bow rocks gently. Children practise controlled releases at close targets. Main Activity (25 mins) – Archery Challenges: <ol style="list-style-type: none">1. Scoring Rounds: Children have 3 arrows each, keep score.2. Knockout Game: Each group aim to hit skittles/cones in front of target.3. Distance Challenge: After each shot, take step further back.4. Team Relay Shoot: Each team has 4 arrows, compete for total score.5. Form Check Station: In small groups children observes release & follow-through of their partner.	
Cooldown / Plenary	Team Relay Shoot: Teams take turns shooting 3 arrows each, then pass the bow to the next teammate. Combine points for a total team score. Progression: Introduce mini challenges, e.g., highest team score in limited time, or combining different types of targets for variety.	
Key Technical Points	<ul style="list-style-type: none">• Release: Relax fingers to let arrow go• Back Muscles: Keep shoulders and back strong during release• Hand Movement: Drawing hand moves forward slightly after release• Bow Reaction: Bow should rock gently in hand, not be gripped tight	