

Recap: What do we know about Tri-Golf?

Lesson 1/6

To develop the stance needed when using a Tri-Golf club

EDSTART KNOW

- I know how to stand sideways to the ball with feet shoulder-width apart
- I know the difference between a putter and a chipper
- I know the tick-tock swing comes from the shoulders, not the arms

EDSTART GO

- I can set up my stance correctly before swinging
- I can swing in a tick-tock motion with control
- I can use both putter and chipper to see how they are different

EDSTART SHOW

- I can demonstrate a correct stance and swing to others
- I can explain why stance and balance matter for accuracy
- I can help a partner adjust their grip and posture

Recap: To develop the stance needed when using a Tri-Golf club

Lesson 2/6

To develop being able to control the chipper

EDSTART KNOW

- I know chipping makes the ball travel into the air for short distances
- I know how my grip changes the distance (lower for short, higher for far)
- I know swing speed affects how far the ball travels

EDSTART GO

- I can chip the ball to different distances with control
- I can choose the right swing for the target I'm aiming at
- I can complete simple chipping challenges with accuracy

EDSTART SHOW

- I can demonstrate a chip and explain how swing speed changes distance
- I can hit a target consistently using good technique
- I can support a partner in choosing the correct chip for a target

Recap: What do we know about Frisbee?

Lesson 3/6

To develop the correct technique for throwing a Frisbee

EDSTART KNOW

- I know how to grip the Frisbee with three fingers underneath and thumb on top
- I know I should step with the opposite foot when throwing
- I know I need to open my hips when releasing the Frisbee

EDSTART GO

- I can throw the Frisbee with a flat release and controlled wrist snap
- I can use my hips and shoulders to add power and control
- I can catch Frisbees from different heights and angles

EDSTART SHOW

- I can demonstrate an accurate Frisbee throw using correct technique
- I can explain how hips and wrist flick affect distance and accuracy
- I can help a partner improve their grip and throwing stance

Recap: To develop the correct technique for throwing a Frisbee

Lesson 4/6

To develop the correct way to aim a Frisbee

EDSTART KNOW

- I know to shift my bodyweight forward when throwing
- I know different angles (flat, curve, high) change the flight path
- I know I must judge power depending on distance to the target

EDSTART GO

- I can aim and throw the Frisbee towards set targets
- I can change the angle of release to control flight
- I can throw with accuracy at different distances

EDSTART SHOW

- I can demonstrate aiming at a target and explain my choice of angle
- I can show how adjusting my stance and power changes the outcome
- I can help a partner correct their aim for better accuracy

Recap: What do we know about archery?

Lesson 5/6

To develop the skill of how to hold the bow in archery

EDSTART KNOW

- I know my feet must be shoulder-width apart with front foot facing the target
- I know how to hold the bow with a relaxed but firm grip
- I know my bow arm should be straight but not locked

EDSTART GO

- I can stand correctly and hold the bow safely
- I can keep my balance while aiming at the target
- I can practise posture and grip drills with consistency

EDSTART SHOW

- I can demonstrate safe bow hold and explain why relaxation is important
- I can show correct posture when standing at the shooting line
- I can give feedback to a partner's stance and bow hold

Recap: To develop the skill of how to hold the bow in archery

Lesson 6/6

To develop the technique of drawing the bow

EDSTART KNOW

- I know how to draw the bowstring smoothly towards my anchor point
- I know my elbow should be high and shoulders rotated
- I know to touch my index finger to my mouth for consistency

EDSTART GO

- I can draw the bow using controlled, steady movements
- I can coordinate breathing with my draw for accuracy
- I can release smoothly while maintaining posture

EDSTART SHOW

- I can demonstrate drawing the bow correctly to the anchor point
- I can explain how breathing and rotation help accuracy
- I can check and support a partner's draw technique