

EDSTART KNOW

- I can explain how to choose the correct type of throw or shot for different target games.
- I can describe how to give constructive feedback to help my peers improve their technique and positioning.
- I can understand how to analyse performance and suggest ways to make it better.

EDSTART GO

- I can select and perform the correct throw or shot with accuracy and control.
- I can work effectively as part of a team, showing communication, focus, and encouragement.
- I can identify areas of my performance that need improvement and apply ideas or practices to make progress.

EDSTART SHOW

- I can demonstrate precision and consistency in my throws or shots during target games.
- I can support others by giving useful feedback and applying advice from my peers.
- I can show patience, focus, and good sportsmanship while aiming to achieve my personal best..

Key Vocabulary

aim, control, precision,
accuracy, balance, focus,
consistency, technique

Role Models



Charley Hull -
British Professional
Golfer, Solheim Cup
Champion



Alison Williamson MBE -
GB Olympic Archer

What do we know about Target Games?

Target games test precision rather than power. Golf, archery, and frisbee all rely on the performer's ability to control force, angle, and direction. Golf originated in 15th-century Scotland and evolved into one of the world's most technically demanding sports. Archery, dating back over 10,000 years, moved from hunting to Olympic competition in 1900. Frisbee (disc golf and ultimate) emerged in the 20th century, combining accuracy with flight control.

In the UK, England Golf, Archery GB, and UK Ultimate promote inclusion, fair play, and performance pathways from school to elite level.

In Year 5 we learnt

- to control the direction of the ball using both a putter and a chipper.
- to demonstrate their understanding of aim, distance and control through taking part in several skills games