

## EDSTART KNOW

- I can explain how to stand correctly with my least dominant foot forward when preparing to shoot or throw.
- I can describe how to judge the flight of an object and get ready to catch it safely.
- I can understand the correct stance and grip needed when using a Tri Golf club.

## EDSTART GO

- I can stand in the correct position with balance and control before shooting or striking.
- I can judge the flight of an object and prepare to catch it using the right technique.
- I can use a Tri Golf club safely and correctly to aim at a target.

## EDSTART SHOW

- I can show focus, control, and accuracy when aiming, striking, or catching.
- I can perform each skill safely and confidently while following the rules of the game.
- I can show patience, encouragement, and respect when working with others in target activities.

## Key Vocabulary

**aim, focus, control,**  
**target, accuracy,**  
**balance, precision,**  
**consistency**

## Role Models



**Tommy Fleetwood – English Professional Golfer**



**Naomi Folkard MBE – GB Olympic Archer**

## What do we know about Target Games?

Target games are all about aiming accurately — not just hitting hard. Golf, frisbee, and archery involve control, focus, and calm concentration. Golf began in Scotland in the 1400s, archery is thousands of years old, and frisbee golf is a fun modern version of both. These games help children develop patience, fine motor skills, and the ability to focus under pressure.

## In Year 3 we learnt

- to 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.**
- to adopt the correct stance when throwing the frisbee.**