

### EDSTART KNOW

- I can explain how to throw, catch, and strike a frisbee safely and with control.
- I can describe the difference between underarm and overarm throws.
- I can explain why using the correct stance and grip helps me throw more accurately.

### EDSTART GO

- I can throw the frisbee using an underarm or overarm technique with control and accuracy.
- I can catch the frisbee safely using both hands and good coordination.
- I can use the correct stance and body position when preparing to throw.

### EDSTART SHOW

- I can perform accurate throws and catches during small games or challenges.
- I can work with others, showing teamwork and communication when passing the frisbee.
- I can play fairly, follow the rules, and show enjoyment during frisbee games.

## Key Vocabulary

**aim, focus,**

**control, target,**

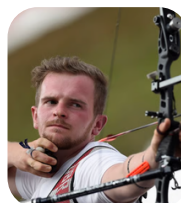
**accuracy, power,**

**balance, precision**

## Role Models



**Georgia Hall –  
British Professional  
Golfer**



**Patrick Huston –  
GB Olympic Archer**

## What do we know about Target Games?

Target games are about aiming carefully rather than moving quickly. Golf, frisbee, and archery all require focus and patience. Golf started in Scotland over 500 years ago, while archery has been used for sport and hunting since ancient times. Frisbee games are newer and focus on teamwork and accuracy. These games help children improve concentration, balance, and coordination.

## In Year 2 we learnt

- to use a variety of simple tactics.
- to understand basic rules of games and can follow them.